

## MAIN POOL TIMETABLE (excluding school holidays & special events)

	05.00	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	
<b>Mon</b>	Club Session				Education **							Club Session						
	Masters				Public Swimming 50m (2m deep)							Public Swimming 50m (2m deep)						
<b>Tues</b>	Club Session				Swim Lessons		Public Swimming 50m		S&D	PS	Swim Lessons		Club Session					
	Public Swimming 50m (2m deep)				Public Swimming with Lane(s) 50m (2m deep)							Public Swimming 50m (2m deep)		H2O HIIT	Lane Fit 50m (2m deep)			
<b>Wed</b>	Club Session		Public Swimming		Staff Training Pool Closed		Swim Lessons		S&D	PS	Club Session							
	Public Swimming with Lane(s) 50m (2m deep)				Public Swimming with Lane(s) 50m (2m deep)							Public Swimming 50m (2m deep)						
<b>Thurs</b>	Club Session		Public Swimming 50m (2m deep)							S&D	PS	Club Session						
	Masters		Public Swimming with Lane(s) 50m (2m deep)							Public Swimming 50m (2m deep)		Lane Fit 50m (2m deep)						
<b>Fri</b>	Club Session				Skills and Drills		Public Swimming 50m (2m deep)		BOOM		Swim Lessons		Club Session					
	Masters				Public Swimming with Lane(s) 50m (2m deep)							Public Swimming with Lane(s) *25m (0.93m)		Public Swimming 25m (2m deep)		Public Swimming with Lane(s) 25m (2m deep)		Public Swimming 50m (2m deep)
<b>Sat</b>	Club Session		Set Up	BOOM	Swim Lessons		Public Swimming 25m (0.93m deep)		Set Up	Public Swimming 25m (1.25m deep)			Set Up	Open Water (2m)	BOOM	Club Session Pool Closed		Pool Closed
	Public Swimming with Lane(s) 50m				Public Swimming with Lane(s) 25m (2m deep)			Public Swimming with Lane(s) *25 metre (1.25m)										
<b>Sun</b>	Pool Closed			BOOM	Club Session		Swim Lessons		Public Swimming 25m (0.93m deep)		Set Up	Public Swimming 25m (1.25m deep)			BOOM	Club Session Pool Closed		Pool Closed
	Public Swimming with Lane(s) 25m (2m deep)				Public Swimming with Lane(s) *25 metre (1.25m)			Aquarun										

When the pool is set at 50m there is no shallow water for weak or non-swimmers. \*Water depth suitable for weak or non-swimmers. This pool programme is likely to change during school holiday times. Please contact the venue or check the website for details.

### Key:

**S&D** - Skills and Drills **PS** - Power Swim **CLUB** - no public access

**BOOM** - The pool will be split into 2 x 25m pools by a moveable boom, swimming space will be disrupted during this set-up.

**Aquarun** - Fun inflatable session for those who can swim in 2m deep water

### Adult to child ratio:

**Under 5** - One adult to one child with or without armbands or one adult to two children with armbands

**5 to 8 years old** - One adult to two children with or without armbands

**Mixed Ages** - One adult to one under 5 and one 5 to 8 years old if the under 5 is wearing armbands

**tel 0131 667 7211**

Registered Scottish Charity No: SC027450

**Edinburgh Leisure**  
The Biggest Club in Town

## TEACHING POOL TIMETABLE (excluding school holidays & special events)

	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00		
<b>Mon</b>	Pool Closed			Swim Lessons	Education**	Swim Lessons										Hydrospin	Hydrospin	Pool Closed
<b>Tues</b>	Pool Closed	Hydrospin	Set Up	Pool Closed	Swim Lessons										Swim Lessons		Pool Closed	
<b>Wed</b>	Pool Closed			Staff Training Pool Closed	Swim Lessons										Hydrospin	Set Up	Aquafit*	Pool Closed
<b>Thurs</b>	Pool Closed	Hydrospin	Set Up	Pool Closed	Aquafit*	Swim Lessons				Swim Lessons				Swim Lessons	Mini Polo	Club Session	Pool Closed	
<b>Fri</b>	Pool Closed	Club Session		Pool Closed	Aquafit*	Swim Lessons										Swim Lessons		Pool Closed
<b>Sat</b>	Pool Closed		Swim Lessons		Public Swimming										Swim Lessons		Pool Closed	
<b>Sun</b>	Pool Closed		Swim Lessons		Public Swimming										Swim Lessons		Pool Closed	

Teaching Pool depth is either at 1.25m or 0.92m

## DIVING POOL TIMETABLE

	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	
<b>Mon</b>	Club Session			Set Up	Education**	Set Up	Aquafit*	Swim Lessons	Education**				Set Up	Dive Lessons			Club Session
	Public Swimming 25m							Skills and Drills									
<b>Tues</b>	Club Session	Dive Squad		Staff Training Pool Closed	Hydrospin	Set Up	Education**	Set Up	Public Dive (1m Springboards Only)			Dive Lessons			Club Session		
<b>Wed</b>	Club Session	Dive Squad		Set Up	Staff Training Pool Closed	Set Up	Aquafit*	Swim Lessons	Set Up	Adult Dive Lessons	Public Dive (1m Springboards Only)		Dive Lessons		Club Session		
<b>Thurs</b>	Club Session			Staff Training Pool Closed	Hydrospin	Set Up	Education**	Swim Buddies	Set Up	Staff Training Pool Closed	Public Dive (1m Springboards Only)	Set Up	Dive Lessons				
<b>Fri</b>	Club Session	Dive Squad		Set Up	Education**			Set Up	Dive Lessons						Set Up	Club Session	
<b>Sat</b>	Club Session		Set Up	Dive Lessons				Supervised Public Dive	Public Dive (1m & 3m Springboards Only)			Set Up	Club Session		Pool Closed		
<b>Sun</b>	Pool Closed		Set Up	Dive Lessons				Supervised Public Dive	Public Dive (1m & 3m Springboards Only)		Club Session		Dive Lessons		Pool Closed		

### Key:

\*Pool is set to 1.25m during these classes.

\*\* When there are no schools lessons running this time will be open for public use

Please note that this programme is subject to change. During peak times customers may be asked to wait to access the pool in order to ensure a safe and enjoyable environment for all.