

MAIN POOL HOLIDAY TIMETABLE

	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
Mon		Public Swimming with Lane(s) 50m (2m deep)				BOOM	Aquafit*	Aquatics Camp+	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)			Lane Fit 50m (2m deep)	
		Masters		Public Swimming with Lane(s) (1.25m)*				Public Swimming with Lane(s) 50m (2m deep)									
		Club					SETUP	AQUADASH SESSIONS			SETUP		Club				
Tues		Public Swimming with Lane(s) 50m (2m deep)				BOOM	Hydrospin	Aquatics Camp+	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)		H ₂ O HIIT	Lane Fit 50m (2m deep)	
		Club					SETUP	Public Swimming with Lane(s) (1.25m)*			Public Swimming with Lane(s) 50m (2m deep)						
								Public Swimming (2m)			SETUP		Club				
								Public Swimming with Lane(s) (2m)			SETUP						
Wed		Public Swimming with Lane(s) 50m (2m deep)				BOOM	Aquafit*	Aquatics Camp+	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)				
		Club		Public Swimming (2m)			Public Swimming with Lane(s) (1.25m)*			Public Swimming with Lane(s) 50m (2m deep)							
		Club					SETUP	AQUARUN			SETUP		Club				
Thurs		P/with Lane(s) 50m (2m deep)		BOOM	BOOM	Hydrospin	Aquatics Camp+	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)		Lane Fit 50m (2m deep)			
		Masters				Public Swimming with Lane(s) (1.25m)*			Public Swimming with Lane(s) 50m (2m deep)								
		Club				Public Swimming (2m)		Public Swimming (2m)				SETUP	Club				
						Public Swimming with Lane(s) (2m)		SETUP				SETUP					
Fri		Public Swimming with Lane(s) 50m (2m deep)				BOOM	P/S (1.25m)	Aquatics Camp+	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)				
		Masters		Public Swimming with Lane(s) (1.25m)*				Public Swimming with Lane(s) 50m (2m deep)									
		Club					SETUP	AQUADASH SESSIONS			SETUP		Club				
Sat		P/S with Lane(s) 50m (2m deep)		BOOM	Public Swimming (1.25m)*							Pool Closed	Club	Pool Closed			
		Club			SETUP	AQUADASH SESSIONS			SETUP								
Sun	Pool Closed				Public Swimming (1.25m)*							Pool Closed	Club	Pool Closed			
					Club		Public Swimming with Lane(s) (1.25m)*										
					Public Swimming (2m)		Public Swimming with Lane(s) (2m)			AQUADASH SESSIONS					SETUP		
					Public Swimming with Lane(s) (2m)		SETUP				SETUP						

Key:

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

AQUADASH - Our amazing new inflatable assault course! Bookings can only be made **online** at edinburghleisure.co.uk/aquadash

■ = Pool Closed

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.

+During week commencing 2 April this time will be available for public swimming (1.25m)

DIVING POOL HOLIDAY TIMETABLE

■ = Pool Closed

	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	
Mon		Club			SETUP	Holiday Dive Camp			Supervised Public Dive	Public Dive (1 & 3m boards only)		Aquatics Camp+	Dive Squad				Club	
		Public Swimming 25m (5m Deep)																
Tues		Club		Dive Squad	SETUP	Holiday Dive Camp			Supervised Public Dive	Public Dive (1m only)		Aquatics Camp+	Dive Squad				Club	
Wed		Club		Dive Squad	SETUP	Holiday Dive Camp			Supervised Public Dive	Public Dive (1 & 3m boards only)		Aquatics Camp+	Dive Squad				Club	
Thurs		Club			SETUP	Holiday Dive Camp			Supervised Public Dive	Public Dive (1m only)		Aquatics Camp+	Dive Squad				Public Dive (1 & 3m boards only)	
Fri		Club		Dive Squad	SETUP	Holiday Dive Camp			Supervised Public Dive	Dive Squad						Club		
Sat		Club			SETUP	Dive Squad			Supervised Public Dive	Public Dive (1 & 3m boards only)		SETUP	Club					
Sun					SETUP	Public Dive (1 & 3m boards only)			Dive Squad	Supervised Public Dive	Public Dive (1 & 3m boards only)		SETUP	Club		Dive Squad		

+During week commencing 2 April this time will be available for public diving

TEACHING POOL HOLIDAY TIMETABLE

	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		
Mon		Club				Holiday Club		Public Swimming (0.92m deep)							Hydrospin	Hydrospin			
Tues						Holiday Club		Public Swimming (0.92m deep)								Club			
Wed						Holiday Club		Public Swimming (0.92m deep)							Hydrospin	SETUP	Aquafit*	SETUP	Club
Thurs					Aquafit*	Holiday Club		Public Swimming (0.92m deep)								Club			
Fri		Club			Aquafit*	Holiday Club		Public Swimming (0.92m deep)											
Sat					Public Swimming (0.92m deep)														
Sun					Public Swimming (0.92m deep)														

*Water depth at these times is 1.25m

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

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.