

MAIN POOL HOLIDAY TIMETABLE

(No public swimming from Saturday 21 July onwards - AquaDash sessions running and bookable online)

Venue closed due to an event - Partial closure **21-27 July**; full closure **28 July-16 August** inclusive, see edinburghleisure.co.uk/euro-champs-2018-rcp for full details.

	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	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)*		SETUP		Club						
								Public Swimming (2m)									
Wed		Public Swimming with Lane(s) 50m (2m deep)			BOOM	AquaFit*	Aquatics Camp	Public Swimming (1.25m)*		BOOM	Public Swimming (2m)			Public Swimming with Lane(s) 50m (2m deep)			
		Club	Public Swimming (2m)			SETUP	AQUADASH SESSIONS		SETUP		Club						
Thurs		P/with Lane(s) 50m (2m deep)			BOOM	Hydrospin	Aquatics Camp	Public Swimming (1.25m)*		BOOM	Public Swimming (2m)		Lane Fit 50m (2m deep)				
		Masters	Club			SETUP	Public Swimming with Lane(s) (1.25m)*		SETUP		Club						
								Public Swimming (2m)									
Fri		Public Swimming with Lane(s) 50m (2m deep)			BOOM	P/S (1.25m)	Aquatics Camp	Public Swimming (1.25m)*		BOOM	Public Swimming (2m)			Public Swimming with Lane(s) 50m (2m deep)			
		Masters	Club			SETUP	AQUADASH SESSIONS		SETUP		Club						
Sat		P/S with Lane(s) 50m (2m deep)			BOOM	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)			Club		Pool Closed		
		Club				SETUP	AQUADASH SESSIONS			SETUP	Club						
Sun		Pool Closed			BOOM	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)			Club		Pool Closed		
			Club	Public Swimming with Lane(s) (1.25m)*		SETUP	AQUADASH SESSIONS			SETUP	Club						

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/aqudash

■ = 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.

DIVING POOL HOLIDAY TIMETABLE

(Pool closed from Saturday 21 July)

■ = 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		

TEACHING POOL HOLIDAY TIMETABLE

(Pool open as normal until Friday 27 July)

	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.