

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) | | | | Public Swimming with Lane(s) (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) | | | | Public Swimming with Lane(s) (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 with Lane(s) (1.25m)* | | Pool Closed | Club | | Pool Closed | | |
| | | Club | | | | SETUP | AQUADASH SESSIONS | | | SETUP | | | | | | | |
| Sun | | Pool Closed | | | BOOM | Public Swimming (1.25m)* | | | BOOM | Public Swimming with Lane(s) (1.25m)* | | Pool Closed | Club | | Pool Closed | | |
| | | | Club | Public Swimming (2m) | | SETUP | AQUADASH SESSIONS | | | 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/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.