

Pool programme timetable

This pool programme is likely to change during school holiday times.
Please contact the venue or check the website for details.

	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	22.00
Mon		Public Swimming with Lanes		AquaFit	Schools		Staff Training		Children's Lessons				AquaFit	Club Session		Pool Closed
					Lessons			Public Swimming with Lanes			Club Session		Ladies Only	Public Swimming with Lanes		
Tues		Public Swimming with Lanes			AquaFit		Staff Training		Children's Lessons			Public Swimming with Lanes				Pool Closed
			Lessons					Public Swimming with Lanes				Club Session				
Wed		Public Swimming with Lanes		AquaFit	Lessons				Children's Lessons			AquaFit	Public Swimming with Lanes			Pool Closed
								Public Swimming with Lanes				Club Session				
Thurs			Lessons		AquaFit		Lessons		Children's Lessons			Public Swimming with Lanes				Pool Closed
								Public Swimming with Lanes				Club Session				
Fri			Lessons		AquaFit			Children's Lessons			Club Session					Pool Closed
Sat			Children's Lessons				Family Session									Pool Closed
Sun				Children's Lessons			Public Swimming with Lanes									Pool Closed
	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	22.00

Swim membership: Our swim membership offers unlimited access to any of our pools.
Swimming: Our programme offers children's and adults' lessons. The ethos of our lessons is fun, making advancement an enjoyable experience.

Please note: this programme is subject to change.
During club sessions there will be limited public lane swimming available.

tel 0131 551 2400