

Portobello Swim Centre pool timetable

- **Go to** 3rd - 9th July & 17th - 13th August
- **Go to** 10th - 16th July

Portobello main pool timetable

3-9 July & 17 July - 13 August 2017

	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				Porty Paddle		Public Swimming with Lane(s)				Education*			Club Session		
Tues				Porty Paddle		Public Swimming with Lane(s)				Education*			Club Session		
Wed	Public Swimming with Lane(s)			Porty Paddle		Lane Fit	Staff Training Pool Closed	Public Swimming with Lane(s)				Club Session	Club Session		
					Public Swimming										
Thurs				Porty Paddle		Education*				Aquanatal		Club Session			
Fri				Porty Paddle		Education*						Lane Fit	Club Session		
Sat	Pool Closed		Education*			Public Swimming with Lane(s)				Pool Closed					
Sun	Pool Closed		Public Swimming with Lane(s)						Club Session	Club Session		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

Lane Fit: Our new lane only swimming sessions. All swimmers are welcome, simply choose between slow, medium or fast lanes. For more information check out the 'Guide to Lane Etiquette' on our website or ask at the reception.

*Education Courses

Please note: when education courses are running there will be an area of the pool used, sometimes lanes / sometimes the boom end and that at these times the depth will be shallow to deep (2 metres).

tel 0131 669 6888

Please note this programme may be subject to change.

Portobello small pool timetable

3-9 July & 17 July - 13 August 2017

	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	Pool Closed		Aquafit	Lessons		Get Up & Go Swim	Lessons						Public Swimming with Lane			
Tues	Pool Closed		Aquafit	Lessons		Get Up & Go Swim	Lessons						Pool Closed	Public Swimming with Lane		
Wed	Pool Closed		Aquafit	Lessons	Aquafit	Get Up & Go Swim	Staff Training Pool Closed	Lessons				H ² O HIIT	Club Session	Female Only		
Thurs	Pool Closed		Aquafit	Lessons	Adults Only Lesson	Aqua Relax	Lessons						Public Swimming with Lane			
Fri	Pool Closed		Lessons		Aquafit	Get Up & Go Swim	Lessons					Aquafit	Set Up	Open All Hours	Public Swimming with Lane	
Sat	Pool Closed		Lessons					Family Session		Pool Closed						
Sun	Pool Closed		Lessons							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	

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 669 6888

Length of pool: 17 metres.

Please note this programme may be subject to change.

Portobello main pool timetable

10 - 16 July 2017

	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)									Education*			Club Session		Pool Closed	
Tues	Pool Closed															
Wed	Pool Closed															
Thurs	Pool Closed															
Fri	Pool Closed															
Sat	Pool Closed	Education*				Public Swimming with Lane(s)				Pool Closed						
Sun	Pool Closed	Public Swimming with Lane(s)							Club Session	Club Session		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

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Mon	Pool Closed		Aquafit	Lessons		Get Up & Go Swim	Lessons						Public Swimming with Lane(s)		
Tues	Public Swimming with Lane(s)		Aquafit	Education		Get Up & Go Swim	Public Swimming with Lane(s)								
Wed	Public Swimming with Lane(s)		Aquafit	Education	Aquafit	Get Up & Go Swim	Staff Training Pool Closed	Public Swimming with Lane(s)			H ²⁰ HIIT	Club Session	Female Only		
Thurs	Public Swimming with Lane(s)		Aquafit	Education	Adults Only Lesson	Aqua Relax	Public Swimming with Lane(s)								
Fri	Public Swimming with Lane(s)		Education		Aquafit	Get Up & Go Swim	Public Swimming with Lane(s)					Aquafit	Set Up	Open All Hours	Public Swimming with Lane(s)
Sat	Pool Closed		Lessons					Family Session		Pool Closed					
Sun	Pool Closed		Lessons							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

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