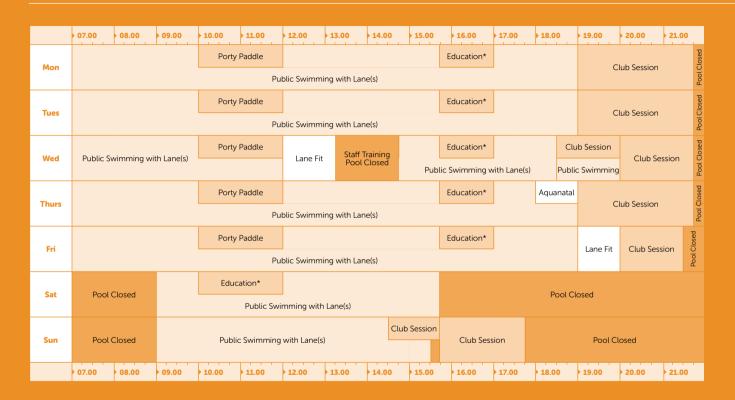
Portobello Swim Centre pool timetable

- 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



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.

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).

Portobello small pool timetable

3-9 July & 17 July - 13 August 2017

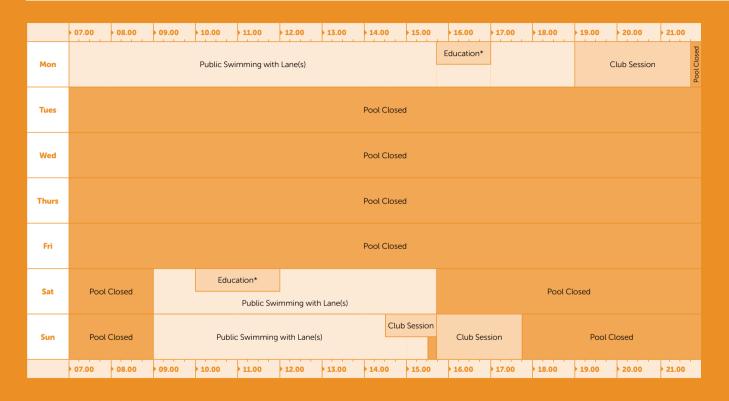
	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00		
Mon	Aon Pool Closed		Aquafit Lessons		sons	Get Up & Go Swim		Lessons Public Sv					wimming with Lane				
Tues	Pool Closed		Aquafit Lessons		Get Up & Go Swim	Lessons					Pool Closed	Public Swimming with Lane					
Wed	Pool Closed		Aquafit	Lessons	Aquafit	Get Up & Go Swim	Staff Tr Pool C	raining Closed		Lessons		H ²⁰ HIIT	Club Session	Female	Only 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 Aqu						Open All Hours	Public Sw with L	imming ane		
Sat	Pool Closed		Lessons				Family Session					Pool Closed					
Sun	Pool	Closed			L	essons							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



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 Ffucuette' on our website or ask at the recention.

*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 death will be shallow to deen (2 matres)

	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	Aquafit Lessons		Get Up & Go Swim		Lessons Public Swimmi with Lane(s)						ng	Pool Closed	
Tues	Public Swimming with Lane(s)		Aquafit Education			Get Up & Go Swim	Public Swimming with Lane(s)									Pool Closed
Wed	Public Swimming with Lane(s)		Aquafit	Education	Aquafit	Get Up & Go Swim	Staff T Pool	Training Public :		c Swimming with Lane(s)		H ²⁰ HIIT	Club Session	Female Only		Pool Closed
Thurs	Public S with	wimming Lane(s)	Aquafit	Education	Adults Only Lesson	Aqua Relax		Public Swimming with Lane(s)								Pool Closed
Fri	Public Swimming with Lane(s)		Education Aquafit			Get Up & Go Swim		Public Swimming with Lane(s) Aquafit Open All Hours Public Swim with Lane						rimming ane(s)	Pool Closed	
Sat	t Pool Closed		Lessons				Family Session Pool C						osed			
Sun	Pool	Closed			ļ	_essons		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