

## Pool Activity Schedule – Edinburgh

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim	10:30-17:30		10:30-17:30		12:00-17:00	12:00-17:00	12:00-17:00
Shark testing	15:30 – 16:00		15:30 – 16:00		15:30 – 16:00		
Kids Swim School	15:30-18:00	16:00-18:00	15:30-18:00	16:00-18:00	16:00-18:00	12:00-15:00	12:00-15:30
Aqua	12:30-13:15	*13:00– 13.45* *18:05-18:50*	*09:45-10.30*	09:30-10:15		*9:30–10:15*	
Swim Fit			19.30-20.30 20.30-21.30				10:45-11:45
Puddle Ducks	10:00 – 11:30						08:30 – 10:00

*\*Aqua\* - Indicates use of all lanes for aqua aerobics class*

### Pool Etiquette

- During children swim times please respect our members who are using the pool, family swim takes place in the free lane only, please ask the Lifeguard if you are unsure.
- Aqua Attendance – If you are attending the pool for Aqua please be courteous to our swimming members and do not access the pool until your class is due to start.
- All group swim lessons sessions noted above will take place in the slow lane only.
- Puddle Ducks will take place in a sectioned off part of our freestyle lane.
- Children are to be changed using the middle bays of each changing room only where we provide hairdryers, lockers and baby facilities. Children aged 7 and above must use their own sex changing rooms
- All adults and children must shower before using our wet side facilities.
- Children under the age of 16 must be accompanied by an adult into the pool at all times.
- Children under 4, ratio 1:1. Children 4-15 1:2 (adult: child). We expect all adults who are accompanying children to stay within close proximity, with them at all time including pool areas, changing rooms and toilets. No child should enter the water before the adult

Our swim school follows the ASA Learn to swim pathway and all instructor are ASA qualified. Ask at reception for more information.