



Applicable from 08/10/18 - 18/11/18

## Swimming Pool Programme

Weekend timetable on reverse

	6.30-7	7-8	8-9	9-10	10-11	11-12	12-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	Lane			
Monday					Lessons	Lessons				MAC Aqua	Swimming Lessons - pool Closed	Swimming Lessons - pool Closed		Aquafit	Aquafit	Aquafit	1		
																			2
																			3
																			4
																			5
																			6
Tuesday					Lessons	Lessons	Lessons	Lessons	Lessons								1		
																	2		
																	3		
																	4		
														Rookie Lifeguard			5		
																	6		
Wednesday					Aquafit	Aquafit	Aquafit				Swimming Lessons - pool Closed	Swimming Lessons - pool Closed					1		
																			2
																			3
																			4
																			5
																			6
Thursday					Lessons	Lessons	Lessons		Lessons	Lessons	Lessons	Lessons					1		
																	2		
																	3		
																	4		
																	5		
																	6		
Friday					Primary	School	Lessons				STAFF TRAINING						1		
																		2	
																		3	
																		4	
																		5	
																		6	

Subject to change once high school timetable is known

Public Swimming	High School use	Boom Wall raised / Swimming lessons	Lane Swimming	Midlothian Swim Club	Pool Closed

	6.30 – 7	7 – 8	8 – 9	9 – 10	10 – 11	11 – 12		12 – 1	1 – 2	2 – 3	3 – 4	4 – 5	5 – 6	6 – 7	7 – 8	8 – 9	Lane			
Saturday	6.30 – 7	7 – 8	8 – 9	Lessons	Lessons	AquaFit	AquaFit	Deep	End									1		
								At 0.8	Metres									2		
																		3		
																		4		
																		5		
																		6		
Sunday	6.30 – 7	7 – 8	8 – 9	Lessons	Lessons	Deep	End	Fun Session Inflatable in Pool										1		
						At 0.8	Metres											2		
																				3
																				4
																				5
																				6

Public Swimming	High School use	Boom Wall raised / Swimming lessons		Lane Swimming	Midlothian Swim Club	Pool Closed

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