

The Penicuik Centre

Swimming Pool Programme

Tel: 01968 664066



	07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	
Monday	Public Swimming 07:00 - 15:45 2 Lanes Available 07:00 - 14:45								Public Swimming (shallow end) Pre-school 15:00 - 16:30	Pre-school + Junior Lessons 15:45 - 18:00 Pool and Health Suite Closed	Midlothian Swim Club 18:00 - 20:00 (Health Suite available)	Lifesaving 3 Lanes 20:00-20:45 Public Swimming Half Pool Available	CENTRE CLOSSES 21:00		
Tuesday	Public Swimming 07:00 - 15:45 2 Lanes Available 07:00 - 10:45				Aqua Aerobics 11:00 - 12:00 (boom wall area available)	Public Swimming 07:00 - 15:45 2 Lanes Available 12:30 - 14:45			Public Swimming (shallow end) Pre-school 15:00 - 16:30	Pre-school + Junior Lessons 15:45 - 18:00 Pool and Health Suite Closed	Midlothian Swim Club 18:00 - 20:00	2 Lanes Available 20:00 - 20:45 Public Swimming 18:00 - 20:45 Half Pool Available	CENTRE CLOSSES 21:00		
Wednesday	Public Swimming 07:00 - 17:45 2 Lanes available 07:00 - 08:45		Public Swimming From Boom Wall down to Shallow end Primary School Swimming Lessons 09:00 - 12:00		Public Swimming 07:00 - 17:45 2 Lanes available 12:30 - 16:15			● staff training 13:45 - 16:15 Please see note below	Rookie (3) Public Swimming 16:30 - 17:45 Half Pool Available	Midlothian Swim Club 18:00 - 20:00 (Health Suite available)	Public Swimming 2 Lanes 20:00 - 20:45	CENTRE CLOSSES 21:00			
Thursday	Public Swimming 07:00 - 15:45 2 Lanes Available 07:00 - 09:15		Public Swimming From Boom Wall down to Shallow end Adult & Child Lessons 09:30 - 12:10 Boom wall end		Public Swimming 07:00 - 15:45 2 Lanes Available 12:30 - 15:45			Pre-school + Junior Lessons 15:45 - 18:00 Pool and Health Suite Closed	Midlothian Swim Club 18:00 - 20:00	2 Lanes Available 20:00 - 20:45 Public Swimming 18:00 - 20:45 Half Pool Available	CENTRE CLOSSES 21:00				
Friday	Public Swimming 07:00 - 19:45 2 Lanes Available 07:00 - 09:45		Aqua Aerobics 10:00 - 11:00 (boom wall area available)	Public Swimming 07:00 - 19:45 2 Lanes available 11:00 - 13:45		Fun Session 14:00 - 15:30 Boom wall up Floor 0.8m		Sensory Session 16:00 - 17:00 2 Lanes Available	Public Swimming 3 Lanes 17:00 - 17:45	Peebles Swim Club 18:00 - 19:30 Public Swimming 18:00 - 19:45 Half Pool available	CENTRE CLOSSES 20:00				
Saturday	CENTRE OPENS 09:00		Public Swimming 09:00 - 15:45 2 Lanes Available 09:00 - 10:15	Inflatable Session 10:30 - 12:00 Boom wall up Floor 0.8m		Public Swimming 09:00 - 15:00		Sensory Session 14:00-15:00 2 lanes Available	Pool Closed at 15:00 Available for Party Bookings Between 15:15 - 17:00		CENTRE CLOSSES 17:00				
Sunday	CENTRE OPENS 09:00		Midlothian Swim Club 09:00 - 11:00 (Health Suite available)		Public Swimming 11:00 - 16:45		Fun Session 13:30 - 15:00 Boom wall up Floor 0.8m		Public Swimming 15:00 - 16:45	Peebles Swim Club 15:15 - 17:15 Public Swimming	● staff training 15:00 - 17:00 Please see note below	CENTRE CLOSSES 17:00			
PCP11.19.3 SWIMMING PROGRAMME 01/01/2023					Please Contact Reception for Public Swimming Availability				The Boom Wall may be raised up to 15 minutes before the session starts				Program is subject to minor changes		
OPEN TO PUBLIC	CLOSED TO PUBLIC	SWIM LESSONS	PRIVATE LETS	Inflatable / fun session Boom wall at 0.8m		Due to ESSENTIAL STAFF TRAINING. Pool closed 1st Wednesday of each month 13:45 - 16:15 Pool closed 3rd Sunday of each Month 14:45-17:15			Last Entry Time for Swimming Monday-Thursday 20:00 Friday 19:00 Saturday 15:00 & Sunday 16:00				PHS using pool facilities at various times throughout the week (please check at Reception).		Sensory Session 2 Lanes Available