

# Aubigny Sports Centre Swimming Pool Timetables

Correct as of September 2020

		6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9
MONDAY	Main Pool	7:00-8:00	8:30-9:30	10:00-11:00	11:30-12:30	1:00-2:00	2:00-4:00	4:00-5:00	5:30-6:30	7:00-8:00	8:30-9:30						
	Infant Pool		8:30-9:30	10:00-11:00	11:30-12:30	1:00-2:00	2:00-4:00	4:00-5:00	5:30-6:30	7:00-8:00	8:30-9:30						
TUESDAY	Main Pool		8:45-9:45	10:15-11:15	11:45-12:45	1:15-4:15		4:45-7:30									
	Infant Pool		8:45-9:45	10:15-11:15	11:45-12:45	1:15-4:15		4:45-7:30									
WEDNESDAY	Main Pool	7:00-8:00	8:30-9:30	10:00-11:00	11:30-12:30	1:00-2:00	2:30-3:30	4:00-5:00	5:00-9:00								
	Infant Pool		8:30-9:30	10:00-11:00	11:30-12:30	1:00-2:00	2:30-3:30	4:00-6:15									
THURSDAY	Main Pool		9:00-10:00	10:30-11:30	12:00-1:00	1:30-2:30	3:00-4:00	4:30-7:15	7:45-8:45								
	Infant Pool		9:00-10:00	10:30-11:30	12:00-1:00	1:30-2:30	3:00-4:00	4:30-7:15	7:45-8:45								
FRIDAY	Main Pool	7:00-8:00	8:30-9:30	10:00-11:00	11:30-12:30	1:00-2:00	2:30-3:30	4:00-5:45	6:00-8:45								
	Infant Pool		8:30-9:30	10:00-11:00	11:30-12:30	1:00-2:00	2:30-3:30	4:00-5:45									
SATURDAY	Main Pool	7:30-8:45	9:00-11:30	12:00-1:00	1:30-2:30	3:00-4:00	4:30-5:30										
	Infant Pool		9:00-11:30	12:00-1:00	1:30-2:30	3:00-4:00											
SUNDAY	Main Pool	7:00-8:45	9:00-10:00	10:30-11:30	12:00-1:00	1:30-2:30	3:00-4:00										
	Infant Pool		9:00-10:00	10:30-11:30	12:00-1:00	1:30-2:30	3:00-4:00										

**Swim Session Descriptions**  
**Lane Swim**  
 An opportunity to enjoy swimming lengths of the pool. These sessions can be booked online or over the phone.  
**AquaFit**  
 An exercise class that takes place in the water! Available to book online or by phone.

**Family Tanks**  
 We are now organising our public swim sessions into bookable 'tanks'. These are roped off sections of the pool where families, households or group bubbles can enjoy their swim with complying with physical distancing. These sessions can only be booked with the centre directly.  
**Kids Swim Sessions**  
 Dedicated time in the pool for 8-11 year olds to enjoy a swim with fewer distancing restrictions. Book online (under the child's name / profile) or by phone.

**General Booking Policy:** Swim Sessions may be subject to change at short notice. Please contact the Sports Centre or check online for details.

## Pre-book Your Swim!

**YES! We are asking all customers to pre-book public swim sessions.**

This allows us to organise the pool into physically distanced lane swimming and public swim tanks, monitor maximum numbers and give each person a **45 min swim session** to enjoy plus an extra 15mins for changing. Between each session the pool and changing rooms will close for deep cleaning. Please arrive 'Pool Ready' with your Swimming Costume on under your clothes.



**Children Under 8 Years.**  
 Children under the age of 8 years must be accompanied by an adult (over 16 years). A maximum ratio of 1 adult to 2 children under 8 years applies.



**Children Over 8 Years**  
 Children 8 years and above can attend a public swim session unaccompanied providing they can competently swim a minimum of 25m.



**Lane Swimming**  
 When booking a lane swimming lesson, please ensure that you book into the appropriate lane for your swimming capabilities.

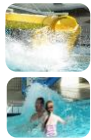
# Dunbar Leisure Pool

## Swimming Pool Timetable

Correct as of September 2020

	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9				
<b>MONDAY</b>	5:45-7:45 Swim Club		8:15-9:00 Lane Swimming 25m		9:45-10:30 Aqua Fit Lane Swim 15m Lane Swim 15m		11:15-12:15 Lane 2 x 15m Family Tank Family Tank Family Tank		12:45-1:45 Lane 2 x 15m Family Tank Family Tank Family Tank		2:15-3:15 Lane 2 x 15m Family Tank Family Tank Family Tank		3:45-6:15 Swimming Lessons			6:30-9:15 Swimming Club				
<b>TUESDAY</b>					9:00-10:00 Lane Swimming 25m		10:30-11:30 Lane 2 x 15m Family Tank Family Tank Swim Lessons		12:00-1:00 Lane 2 x 15m Family Tank Family Tank Family Tank		1:30-2:30 Lane 2 x 15m Family Tank Family Tank Family Tank		3:00-4:00 Lane 2 x 15m Family Tank Family Tank Family Tank		4:30-5:30 Lane 2 x 15m Family Tank Family Tank Family Tank		6:00-7:00 Lane 2 x 15m Family Tank Family Tank Family Tank		7:30-8:30 Lane 2 x 15m Family Tank Family Tank Family Tank	
<b>WEDNESDAY</b>					9:00-10:00 Lane Swimming 25m		10:30-11:30 Swim Lessons Aqua Fit		12:00-1:00 Lane 2 x 15m Family Tank Family Tank Family Tank		1:30-3:30 Staff Training		3:45-6:00 Swimming Lessons			6:30-7:30 Lane Swimming 25m		8:00-9:00 Lane Swimming 25m		
<b>THURSDAY</b>					9:00-10:00 Lane Swimming 25m		10:30-11:30 Swim Lessons Lane 2 x 15m Family Tank Family Tank		12:00-1:00 Lane 2 x 15m Family Tank Family Tank Family Tank		1:30-2:30 Lane 2 x 15m Family Tank Family Tank Family Tank		3:45-6:15 Swimming Lessons			6:30-9:15 Swimming Club				
<b>FRIDAY</b>					9:00-10:00 Lane Swimming 25m		10:30-11:30 Swim Lessons Aqua Fit		12:00-1:00 Lane 2 x 15m Family Tank Family Tank Family Tank		1:30-2:30 Lane 2 x 15m Family Tank Family Tank Kids Session 8-11 yrs		3:00-4:00 Lane 2 x 15m Family Tank Family Tank Kids Session 8-11 yrs							
<b>SATURDAY</b>					8:00-10:30 Swimming Lessons			11:00-12:00 Lane 2 x 15m Family Tank Family Tank Family Tank		12:30-1:30 Lane 2 x 15m Family Tank Family Tank Family Tank		2:00-3:00 Lane 2 x 15m Family Tank Family Tank Family Tank		3:30-4:30 Lane 2 x 15m Family Tank Family Tank Family Tank						
<b>SUNDAY</b>					8:30-9:30 Swim Club		10:00-11:00 Lane 2 x 15m Family Tank Family Tank Family Tank		11:30-12:30 Lane 2 x 15m Family Tank Family Tank Family Tank		1:00-2:00 Lane 2 x 15m Family Tank Family Tank Family Tank		2:30-3:30 Lane 2 x 15m Family Tank Family Tank Family Tank		4:00-5:00 Lane 2 x 15m Family Tank Family Tank Family Tank					

**Waves & Flume**  
We're sorry to advise customers that due to current restrictions and to maintain physical distancing we are unable to operate the waves and flume features of the Leisure Pool at this time.



**Swim Session Descriptions**  
**Lane Swim**  
An opportunity to enjoy swimming lengths of the pool. These sessions can be booked online or over the phone.  
**Family Tanks**  
We are now organising our public swim sessions into bookable 'tanks'. These are roped off sections of the pool where families, households or group bubbles can enjoy their swim will complying with physical distancing. These sessions can only be booked with the centre directly.  
**AquaFit**  
An exercise class that takes place in the water! Available to book online or by phone.  
**Kids Swim Sessions**  
Dedicated time in the pool for 8-11 year olds to enjoy a swim with fewer distancing restrictions. Book online (under the child's name / profile) or by phone.

**General Booking Policy:** Swim Sessions may be subject to change at short notice. Please contact the Sports Centre or check online for details.

## Pre-book Your Swim!

**YES! We are asking all customers to pre-book public swim sessions.**

This allows us to organise the pool into physically distanced lane swimming and public swim tanks, monitor maximum numbers and give each person a **45 min swim session** to enjoy plus an extra 15mins for changing. Between each session the pool and changing rooms will close for deep cleaning. Please arrive 'Pool Ready' with your Swimming Costume on under your clothes.



**Children Under 8 Years.**  
Children under the age of 8 years must be accompanied by an adult (over 16 years). A maximum ratio of 1 adult to 2 children under 8 years applies.



**Children Over 8 Years**  
Children 8 years and above can attend a public swim session unaccompanied providing they can competently swim a minimum of 25m.



**Lane Swimming**  
When booking a lane swimming lesson, please ensure that you book into the appropriate lane for your swimming capabilities.

Dunbar Leisure Pool, Castle Park, Dunbar, EH42 1EU

**T: 01620 820655 Book Online: [www.enjoyleisure.com](http://www.enjoyleisure.com)**

Delivering services for East Lothian Council. Enjoy East Lothian Ltd is a registered Scottish Charity: SC040527

# Loch Centre

## Swimming Pool Timetable

Correct as of September 2020

	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10			
<b>MONDAY</b>	6:00-7:15 Swim Club		7:45-8:45 Lane Swim		9:15-10:15 Lane Swim		10:45-11:45 Lane Swim		12:15-1:15 Lane Swim		1:45-2:45 Lane Swim		4:00-6:00 Swim Lessons		6:30-10:00 Swim Club					
<b>TUESDAY</b>	7:15-8:15 Lane Swim		8:45-9:45 Lane Swim AquaFit		10:15-11:15 Lane Swim Lessons		11:45-12:45 Lane Swim		1:15-2:15 Lane Swim		2:45-3:45 Lane Swim Lessons		4:15-5:15 Lane Swim		5:45-6:45 Lane Swim		7:15-8:15 Lane Swim AquaFit			
<b>WEDNESDAY</b>	6:00-7:15 Swim Club		7:45-8:45 Lane Swim		9:15-10:15 Lane Swim		10:45-11:45 Lane Swim		12:15-1:15 Lane Swim		1:45-2:45 Lane Swim Lessons		3:15-4:15 Lane Swim		4:45-5:45 Lane Swim Lessons		6:45-7:45 Swim Club		8:15-9:15 Swim Club	
<b>THURSDAY</b>	7:00-8:00 Lane Swim		8:30-9:30 Lane Swim		10:00-11:00 Lane Swim		11:30-12:30 Lane Swim		1:00-3:15 Staff Training		4:00-6:00 Swim Lessons		6:30-10:00 Swim Club							
<b>FRIDAY</b>	7:30-8:30 Lane Swim		9:00-10:00 Lane Swim		11:30-12:30 Lane Swim		1:00-2:00 Kids Swim Public Tanks Lane Swim		2:30-3:30 Kids Swim Public Tanks Lane Swim		4:00-6:00 Swim Club		6:30-8:45 Swim Club							
<b>SATURDAY</b>	9:00-11:00 Swim Lessons		11:30-12:30 Kids Swim Public Tanks Lane Swim		1:00-2:00 Kids Swim Public Tanks Lane Swim		3:00-4:15 Swim Club													
<b>SUNDAY</b>	9:15-10:15 Kids Swim Public Tanks Lane Swim		11:15-12:15 Kids Swim Public Tanks Lane Swim		12:45-1:45 Kids Swim Public Tanks Lane Swim		2:15-4:15 Swim Lessons		4:30-6:15 Swim Club											

**Swim Session Descriptions**  
**Lane Swim**  
 An opportunity to enjoy swimming 25m lengths of the pool. These sessions can be booked online or over the phone.  
**Public Tanks**  
 We are now organising our public swim sessions into bookable 'tanks'. These are roped off sections of the pool where families, households or group bubbles can enjoy their swim with complying with physical distancing. These sessions can only be booked with the centre directly.

**AquaFit**  
 An exercise class that takes place in the water! Available to book online or by phone.  
**Kids Swim Sessions**  
 Dedicated time in the pool for 8-11 year olds to enjoy a swim with fewer distancing restrictions. Book online (under the child's name / profile) or by phone.

**General Booking Policy:** Swim Sessions may be subject to change at short notice. Please contact the Sports Centre or check online for details.

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This allows us to organise the pool into physically distanced lane swimming and public swim tanks, monitor maximum numbers and give each person a **45 min swim session** to enjoy plus an extra 15mins for changing. Between each session the pool and changing rooms will close for deep cleaning. Please arrive 'Pool Ready' with your Swimming Costume on under your clothes.



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**Children Over 8 Years**  
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**Lane Swimming**  
 When booking a lane swimming lesson, please ensure that you book into the appropriate lane for your swimming capabilities.

Loch Centre, Well Wynd, Tranent, EH33 2JX

**T: 01875 824140 Book Online: [www.enjoyleisure.com](http://www.enjoyleisure.com)**

Delivering services for East Lothian Council. Enjoy East Lothian Ltd is a registered Scottish Charity: SC040527

# Musselburgh Sports Centre

## Swimming Pool Timetable

Correct as of September 2020

	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9		
<b>MONDAY</b>		7:00-8:00 Lane Swimming		8:30-9:30 Lane Swimming Public Swim Tanks		10:00-11:00 Lane Swimming Public Tank Swim Lesson		11:30-12:30 Lane Swimming		1:00-2:00 Lane Swimming AquaFit		2:30-3:30 Lane Swimming Public Tank Swim Lesson		4:00-6:15 Swim Lessons		6:30-9:45 Musselburgh Swimming Club		
<b>TUESDAY</b>	6:00-7:45 ELST Club		8:00-9:00 Lane Swimming		9:30-10:30 Lane Swimming Public Swim Tanks		11:00-12:00 Lane Swimming Public Swim Tanks		12:30-1:30 Lane Swimming		2:00-3:00 Lane Swimming		3:30-4:30 Lane Swimming Public Tank Swim Lesson		5:00-5:30 Lane Swimming Public Tank Swim Lesson		6:30-7:30 Lane Swimming Swim Lesson	8:00pm - 9:15pm Sub Aqua Club Lane Swimming
<b>WEDNESDAY</b>		7:00-8:00 Lane Swimming		8:30-9:30 Lane Swimming Public Swim Tanks		10:00-11:00 Lane Swimming Public Swim Tanks		11:30-12:30 Lane Swimming		1:00-2:00 Lane Swimming Public Tank Swim Lesson		2:30-3:30 Lane Swimming Public Tank Swim Lesson		4:00-6:15 Swim Lessons		6:30-9:45 Musselburgh Swimming Club		
<b>THURSDAY</b>	6:00-7:45 ELST Club		8:00-10:15 Staff Training			11:00-12:00 Lane Swimming Public Tank Swim Lesson		12:30-1:30 Lane Swimming Aqua-Fit		2:00-3:00 Lane Swimming Public Tanks Swim Lesson		3:30-4:30 Lane Swimming Public Tanks Swim Lesson		5:00-5:30 Lane Swimming Public Tanks		6:30-7:30 Lane Swimming	8:00-9:15 Aqua Fit Lane Swimming	
<b>FRIDAY</b>		7:00-8:00 Lane Swimming		8:30-9:30 Lane Swimming Public Swim Tanks		10:00-11:00 Lane Swimming Public Swim Tanks Swim Lesson		11:30-12:30 Lane Swimming Public Swim Tanks Swim Lesson		1:00-2:00 Lane Swim Kids Swim Session Public Swim Tanks		2:30-3:30 Lane Swimming Public Swim Tanks		4:00-5:45 Swimming Lessons		6:00pm - 9:45pm ELST Musselburgh Swimming Club		
<b>SATURDAY</b>				9:00-11:15 Swimming Lessons		11:30-12:30 Lane Swim Kids Fun Session Public Swim Tanks		1:00-2:00 Lane Swim Kids Fun Session Public Swim Tanks		2:30-3:30 Lane Swim Kids Fun Session Public Swim Tanks								
<b>SUNDAY</b>			8:30-9:30 Musselburgh Swimming Club		10:00-11:00 Lane Swimming Public Swim Tanks		11:30-12:30 Lane Swimming Public Swim Tanks		1:00-2:00 Lane Swim Kids Fun Session Public Swim Tanks		2:30-3:30 Lane Swim Kids Fun Session Public Swim Tanks							

### Swim Session Descriptions

**Lane Swim**  
An opportunity to enjoy swimming 25m lengths of the pool.  
NB: where there are also public tanks available, the lane swim will be reduced to 18m. These sessions can be booked online or over the phone.

**Public Tanks**  
We are now organising our public swim sessions into bookable 'tanks'. These are roped off sections of the pool where families, households or group bubbles can enjoy their swim complying with physical distancing. These sessions can only be booked with the centre directly.

**AquaFit**  
An exercise class that takes place in the water! Available to book online or by phone.

**Kids Swim Sessions**  
Dedicated time in the pool for 8-11 year olds to enjoy a swim with fewer distancing restrictions. Book online (under the child's name / profile) or by phone.

**General Booking Policy:** Swim Sessions may be subject to change at short notice. Please contact the Sports Centre or check online for details.

## Pre-book Your Swim!

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This allows us to organise the pool into physically distanced lane swimming and public swim tanks, monitor maximum numbers and give each person a **45 min swim session** to enjoy plus an extra 15mins for changing. Between each session the pool and changing rooms will close for deep cleaning. Please arrive 'Pool Ready'



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**Children Over 8 Years**  
Children 8 years and above can attend a public swim session unaccompanied providing they can competently swim a minimum of 25m.



**Lane Swimming**  
When booking a lane swimming lesson, please ensure that you book into the appropriate lane for your swimming capabilities.

Musselburgh Sports Centre, Newbigging, Musselburgh, EH21 7AS

**T: 0131 653 5208 Book Online: [www.enjoyleisure.com](http://www.enjoyleisure.com)**

Delivering services for East Lothian Council. Enjoy East Lothian Ltd is a registered Scottish Charity: SC040527

# North Berwick Sports Centre

## Swimming Pool Timetable

Correct as of September 2020

	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	
<b>MONDAY</b>					9:15-10:15 Lane Swim AquaFit		10:45-11:45 Lane Swim Lessons		12:15-1:15 Lane Swim		1:45-2:45 Lane Swim Lessons		3:15-6:00 Swim Lessons		6:30-7:30 Lane Swim		8:00-9:00 Lane Swim Swim Club	
<b>TUESDAY</b>		7:00-8:00 Lane Swim		8:30-9:30 Lane Swim		10:00-11:00 Lane Swim Schools		11:30-12:30 Lane Swim Schools		1:00-2:00 Lane Swim Lessons		2:30-3:30 Lane Swim Lessons		3:30-5:45 Swim Lessons		5:45-7:30 Swim Club		8:00-9:00 Swim Club Lane Swim
<b>WEDNESDAY</b>					9:30-10:30 Lane Swim AquaFit		11:00-12:00 Lane Swim		12:30-1:30 Lane Swim		2:00-3:00 Lane Swim AquaFit		3:30-4:30 Lane Swim		5:15-9:30 Swim Club			
<b>THURSDAY</b>		7:30-8:30 Lane Swim		9:00-10:00 Lane Swim AquaFit		10:30-11:30 Lane Swim AquaFit		12:00-1:00 Lane Swim Lessons		1:15-3:15 Staff Training		3:30-5:45 Swim Lessons		6:00-7:00 Swim Club		8:00-9:00 Lane Swim		
<b>FRIDAY</b>				9:15-10:15 Lane Swim AquaFit		10:45-11:45 Lane Swim Lessons		12:15-1:15 Lane Swim Kids Swim Session Public Tank Public Tank		1:45-2:45 Lane Swim Kids Swim Session Public Tank Public Tank		3:15-4:15 Lane Swim		5:00-7:15 Swim Club		7:45-9:45 Kayak Club		
<b>SATURDAY</b>				9:00-11:30 Swim Lessons			12:00-1:00 Lane Swim Public Tank Public Tank		1:30-2:30 Lane Swim Public Tank Public Tank		3:00-4:00 Lane Swim Public Tank Public Tank							
<b>SUNDAY</b>				9:30-10:30 Lane Swim		11:00-12:00 Lane Swim Public Tank Public Tank		12:30-1:30 Lane Swim Public Tank Public Tank		2:30-3:30 Lane Swim Public Tank Public Tank		3:30-4:30 Lane Swim Public Tank Public Tank						

**Swim Session Descriptions**

**Lane Swim**  
An opportunity to enjoy swimming 25m lengths of the pool.  
NB: where there are also public tanks available, the lane swim will be reduced to 18m. These sessions can be booked online or over the phone.

**Public Tanks**  
We are now organising our public swim sessions into bookable 'tanks'. These are roped off sections of the pool where families, households or group bubbles can enjoy their swim with complying with physical distancing. These sessions can only be booked with the centre directly.

**AquaFit**  
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**Pre-book Your Swim!**

**YES! We are asking all customers to pre-book public swim sessions.**

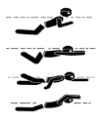
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**Lane Swimming**  
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