



# enjoy swimming in East Lothian

## Swim Sessions & Booking Guide

### Public Swim Sessions

- During Public Swim Sessions the pool is open & accessible to all customers.
- **Pre-booking is not required**, however maximum numbers do apply. Please be aware, during peak periods you may need to queue to get in.
- Children under 8 years must be accompanied by an adult. Max ratio of 2 under 8s to 1 adult.

### Dunbar Leisure Pool Wave & Flume Sessions

At set times of the day, the waves & flume are in operation at Dunbar Leisure Pool, please check timetable for details.

- During Wave & Flume Sessions the pool is open & accessible to all customers.
- **Pre-booking is not required**, however maximum numbers do apply. At peak times, customers may need to queue to get in.
- Children under 8 years must be accompanied by an adult. Max ratio of 2 under 8s to 1 adult.



### Lane Swims

- These swim sessions are dedicated lane swimming sessions.
- **Prebooking is highly recommended to a maximum numbers apply.**
- Children over 8 years and teens can book into lanes however the expectation is the child /teen attending this session will be participating in lane swimming.

### Booking Lane Swims

- Lane Swim Sessions can be booked in person, over the phone or online up to 7 days in advance.

### ONLINE BOOKINGS

- When booking online, please ensure that the booking is made under the profile of the person attending the session.

### BOOKING THE CORRECT LANE SESSION

- Please remember to book into a lane session that is most appropriate for your swimming ability:
- Slow Lane
  - Medium Lane
  - Fitness Lane



### AquaFit Classes

AquaFit is an aerobics class set to music, which is held in the pool, led by qualified instructors.

- **Prebooking is highly recommended to secure a place in the class, as maximum numbers apply.**

### Booking AquaFit Classes

- AquaFit Classes can be booked in person, over the phone or online up to 7 days in advance.

### ONLINE BOOKINGS

- When booking online, please ensure that the booking is made under the profile of the person attending the class.

NB: AquaFit classes cannot be attended by anyone under the age of 12 years.



### Birthday Party Bookings

Enjoy your birthday bash with a splash!

Each of enjoyleisure's swimming pools can be hired out for birthday parties. Get in touch with your local Sports Centre for more details.

### Kids Fun Sessions

- These sessions are specifically for youngsters 8+ years.
- Attend a session with your friends, splash around, jump in, have fun, play on the floats and with the pool toys in the swimming pool.
- **Prebooking is highly recommended.**

### AquaRun Sessions

- Taking aquatic fun to a whole new level! Bob, weave, climb, jump, clamber and slide! Will you be able reach the end of the inflatable AquaRun?
- A dedicated aquatic fun session with a giant inflatable obstacle course on the water.
- Participants joining the AquaRun session must be able to swim confidently in deep water.
- **Prebooking is highly recommended.**

### Bookings Kids Sessions

Kids Fun Sessions & AquaRun sessions can be booked in person, over the phone or online up to 7 days in advance.

### ONLINE BOOKINGS

When booking online, please ensure that the booking is made under the profile of the person attending the session.

Swimming Pool Timetables are Subject to Change. Please call Sports Centre to confirm availability.

# Aubigny Sports Centre Swimming Pool Timetables

Last update 31/05/2022

		6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9
MONDAY	Main Pool	7:00-8:00 Lane Swim Med & Fast Lane	8:00-9:00 Lane Swim Slow & Med Lane	9:00-12:00				12:00-1:00 Lane Swim Fast Lanes	1:00-1:45	1:45-4:00 Staff Training	4:00-6:00 Swimming Lessons		6:00-7:00 Lane Swim Slow & Med Lane	7:00-8:00 Lane Swim Med & Fast Lane	8:30-9:30		
	Infant Pool	7:00-8:30	8:30-10:30 Swim Lessons	10:30-1:30				1:45-4:00 Staff Training		4:00-6:00 Swim Lesson	6:00-9:30						
TUESDAY	Main Pool	7:45-8:45 Lane Swim Slow & Med Lane	8:45-10:15	10:15-11 AquaFit	11:00-12:00	12:00-1:00 Lane Swim Med & Fast Lane	1:15 - 2:15 Deep End Only	2:15-4:00 Schools	4-4:30	4:30-7:00 Swimming Lessons	7:15-9:00 Swim Club						
	Infant Pool	7:45-9:00	9:00-10:30 Swim Lessons	10:30-11:30 Swim Lesson	11:30-1:15	1:15-2:45 Schools	2:45-5:00	5:00-7:00 Swimming Lessons									
WEDNESDAY	Main Pool	7:00-8:00 Lane Swim Slow & Med Lane Adult Masters	8:00-9:00 Lane Swim Slow & Med Lane	9:15-12:15 Schools				12:15-1:00	1:00-2:00 Lane Swim Med & Fast Lane	2:00-4:00	4:00-5:00 Swimming Lessons	5:00-9:30 Swimming Club					
	Infant Pool	7:00-8:30	8:30-10:30 Swim Lessons	10:30-2:30				2:30-4:15	4:15-6:45 Swimming Lessons	6:45-9:30 Swimming Club							
THURSDAY	Main Pool	7:30-8:30 Lane Swim Med & Fast Lane	8:30-9:15	9:15-10 Aqua Fit	10:00 - 12:00		12:00-1:00 Lane Swim Med & Fast Lane	1:00-4:15 Schools	4:30-7:00 Swimming Lessons		7:00-9:30 Adult Lessons						
	Infant Pool	7:30-9:00	9:00-11:30 Swim Lesson	12:00-2:00 Swim Lesson		2:00-3:30	3:30-4:30 Swim Lessons	4:30-7:00 Closed	7:00-9:30								
FRIDAY	Main Pool	7:00-8:00 Lane Swim Slow & Med Lane Adult Masters	8:00-9:00 Lane Swim Slow & Med Lane	9:00-10:30	10:30-11:15 AquaFit	11:15-12	12:00-1:00 Lane Swim Med & Fast Lane	1:00-3:00 AquaRun Fun	3:00-4:30	4:30-5:30 Swim Lesson	5:30-6 Club	6:00-8:30 Swim Club					
	Infant Pool	7:00-8:30	8:30-10:00 Swim Lessons	10:00-11:00 Swim Lesson	11:00-3:45				3:45-6:00 Swimming Lessons								
SATURDAY	Main Pool	7:30-8:45 Swim Club	8:45-11:15 Swimming Lessons	11:15-4:30				4:30-5:30 Triathlon Club									
	Infant Pool	8:00-11:15 Swimming Lessons			11:15-4:30												
SUNDAY	Main Pool	7:00-9:00 Swim Club		9:00 - 4:30													
	Infant Pool	8:00-9:00 Swimming Lessons		9:00 - 4:30													

General Booking Policy: Swim Sessions may be subject to change at short notice.

Booking Procedures				
	On arrival subject to availability	Advance Bookings		
		In Person	Phone	Online
Public Sessions	<input checked="" type="checkbox"/>			
Lane Swimming	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
AquaFit Classes		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Kids Fun Sessions	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

## enjoy your swim



### 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. When making a booking, parents are asked to be mindful of their child's swimming competency levels and the depths of the pool session.



### Lane Swimming

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



In order to safeguard both customers and colleagues, the changing rooms, lockers and frequently used touch points will be cleaned and sanitised on a regular basis throughout the day. Customers are required to wear a face covering in all public areas when not participating in an activity.



Aubigny Sports Centre, Mill Wynd, Haddington, EH41 4DB

T: 01620 820650 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

# Dunbar Leisure Pool

## Swimming Pool Timetable

Last update 28/03/2022

	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9
<b>MONDAY</b>			8:00-9:00 Lane Swim : Slow, Med & Fast	9:00-10:00 Lane Swim : Slow, Med & Fast	10-10:45 AquaFit	10:45-3:30						3:45-6:15 Swimming Lessons	6:00-9:00 Swim Club			
<b>TUESDAY</b>				9:00-10:00 Lane Swim: Slow & Med	10:00-11:30	11:30-5:30						5:30-9:30 Waves & Flume				
<b>WEDNESDAY</b>			9:00-10:00 Lane Swim: Slow, Med & Fast	10-10:45 AquaFit	10:45-1:15	1:15-3:45 Staff Training		set UP		3:45-6:15 Swimming Lessons	6:15-9:00 Lane Swim: Slow, Med & Fast Lane Swim: Slow, Med & Fast					
<b>THURSDAY</b>				9:00-12:00 School Lessons	12:00-3:30			3:30-6:00 Swimming Lessons		set UP		6:30-9:00 Swim Club				
<b>FRIDAY</b>			9:00-10:00 Lane Swim: Slow, Med & Fast	10-10:45 AquaFit	10:45-12:30	12:30-5:00 Waves & Flume Session				5:30-6:30 Pool Parties, Subject to availability.						
<b>SATURDAY</b>			8:00-10:45 Swimming Lessons		11:00-5:00 Waves & Flume Session											
<b>SUNDAY</b>			8:30-9:30 Swim Club	9:30-5:00 Waves & Flume Sessions												

Booking Procedures				
	On Arrival subject to availability	Advance Bookings		
		person	phone	online
Public Sessions	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lane Swimming	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
AquaFit Classes	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Kids Fun Sessions	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

**General Booking Policy:** Swim Sessions may be subject to change at short notice.

## enjoy your swim

**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. When making a booking, parents are asked to be mindful of their child's swimming competency levels and the depths of the pool session.

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

In order to safeguard both customers and colleagues, the changing rooms, lockers and frequently used touch points will be cleaned and sanitised on a regular basis throughout the day. Customers are required to wear a face covering in all public areas when not participating in an activity.

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

Last update 04/04/2022

	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
<b>MONDAY</b>			7:45-8:45 Lane Swim Slow & Med Lanes	8:45-12:15				12:15-1 AquaFit Deep Water Only	1:00-2:00 Lane Swim Slow & Med Lanes	2:00-4:00			4:00-6:00 Swimming Lessons		6:00-9:00 Swim Club		
<b>TUESDAY</b>		7:00-8:00 Lane Swim Slow & Med Lanes	8:00-8:45 AquaFit Deep Water Only	8:45-10:15 Swim Lessons	10:15-12:00 School Use		12:00-1:00 Lane Swim Slow & Med Lanes	1:00-5:00 Swim Lessons			5:00-6:00 Lane Swim Slow & Med Lanes	6:00-7:00 Lane Swim Slow & Med Lanes	7:15-8:00 AquaFit Deep Water Only	8:00-9:00 Lane Swim Slow & Med Lanes			
<b>WEDNESDAY</b>		7:00-8:00 Lane Swim Slow & Med Lanes	8:00-9:00 Lane Swim Slow & Med Lanes	9:00-10:00 AquaFit Deep Water Only	10:00-12:00 School Use		12:00-1:00 Lane Swim Slow & Med Lanes	1:00-6:00 Swim Lessons			6:00-7:00 Lane Swim Slow & Med Lanes	7:00-8:00 Lane Swim Slow & Med Lanes	8:00-9:00 Lane Swim Slow & Med Lanes				
<b>THURSDAY</b>		7:00-8:00 Lane Swim Slow & Med Lanes	8:00-9:00 Lane Swim Slow & Med Lanes	9:00-12:45			12:45-3:45 Staff Training			3:45-6:00 Swim Lessons		6:00-9:00 Swim Club					
<b>FRIDAY</b>		7:45-8:45 Lane Swim Slow & Med Lanes	8:45-9:15	9:15-12:00 Schools			12:00-1:00	1:00-1:45 Float Fun Session	2:00-2:45	2:45-3:45 Swim Lessons Deep water only	3:45-6:00 Swim Club		6:00-8:45 Swim Club				
<b>SATURDAY</b>		9:00-11:00 Swim Lessons		11:00-1:45			1:45-3:15 Reserved for pool parties If no parties are booked, this is a public session		3:15-4:30								
<b>SUNDAY</b>		9:00-11:30		11:30-1:00 Reserved for pool parties If no parties are booked, this is a public session		1:00-4:15 Swim Lessons			4:15-6:15 Swim Club								

Booking Procedures				
	On Arrival subject to availability	Advance Bookings		
		in person	phone	online
Public Sessions	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lane Swimming	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
AquaFit Classes	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Kids Fun Sessions	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

**General Booking Policy:** Swim Sessions may be subject to change at short notice.

### enjoy your swim

**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. When making a booking, parents are asked to be mindful of the their child's swimming competency levels and the depths of the pool session.

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

In order to safeguard both customers and colleagues, the changing rooms, lockers and frequently used touch points will be cleaned and sanitised on a regular basis throughout the day. Customers are required to wear a face covering in all public areas when not participating in an activity.

Loch Centre, Well Wynd, Tranent, EH33 2JX  
**T: 01875 824140 Book Online: [www.enjoyleisure.com](http://www.enjoyleisure.com)**

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# Musselburgh Sports Centre

## Swimming Pool Timetable

Last update 17/05/2022

	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9
<b>MONDAY</b>	Main Pool	7:00-8:00 Lane Swim Med/Fast 25m	8:00-9:00 Lane Swim Med/Fast 25m	9:00-3:30								3:45-6:15	6:30-9:30			
	Floating Floor Area			Swim Lesson		AquaFit		Swim Lessons			Swim Lessons					Swim Club
<b>TUESDAY</b>	Main Pool	5:45-7:45	8:00-9:00 Lane Swim Med/Fast 25m	9:00-12:45				12:45-1:45 Lane Swim Med/Fast 25m	1:45-4:00	4:00-8:30			8:30-9:30 Lane Swim Med/Fast 25m			
	Floating Floor Area	Swim Club		Schools		AquaFit				Swim Lesson			Club Swim			
<b>WEDNESDAY</b>	Main Pool	7:00-9:00 Lane Swim Med/Fast 25m	8:00-9:00 Lane Swim Med/Fast 25m	9:00-3:30								3:45-6:15	6:30-9:30			
	Floating Floor Area			Schools			Swim Lessons				Swim Lessons			Musselburgh Swimming Club		
<b>THURSDAY</b>	Main Pool	5:45-8:00	8:15-10:30	10:30-11:30	11:30-12:15	12:15-3:15	3:15-6:30			6:30-7:30	7:30-8:30	8:30-9:30 Lane Swim Med/Fast 25m				
	Floating Floor Area	Swim Club	Staff Training	Swim Lesson		AquaFit		Schools			AquaFit	AquaFit				
<b>FRIDAY</b>	Main Pool	7:00-9:00 Lane Swim Med/Fast 25m	8:00-9:00 Lane Swim Med/Fast 25m	9:00-12:00			12:12-45 Lane Swim Med/Fast 18m	1:00-2:00 Kids Fun Session	2:00-3:00 Kids Fun Session	3-3:30	3:30-5:45	6:00-9:30				
	Floating Floor Area			Swim Lesson	Lessons						Swimming Lessons		ELST	Swim Club		
<b>SATURDAY</b>	Main Pool	9:00-11:00		11:00-3:00			3:00-4:00		4-4:30							
	Floating Floor Area	Swimming Lessons					Reserved for Pool Parties.									
<b>SUNDAY</b>	Main Pool	8:30-10:00		10:00-1:00		1:00-2:30		3:00-4:00		4-4:30						
	Floating Floor Area	Swim Club				ELST		Reserved for Pool Parties.								

	On arrival subject to availability	Advance Bookings		
		In Person	Phone	Online
Public Sessions	<input checked="" type="checkbox"/>			
Lane Swimming	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
AquaFit Classes		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Kids Fun Session	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

**General Booking Policy:** Swim Sessions may be subject to change at short notice.

### enjoy your swim

**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. When making a booking, parents are asked to be mindful of their child's swimming competency levels and the depths of the pool session.

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

In order to safeguard both customers and colleagues, the changing rooms, lockers and frequently used touch points will be cleaned and sanitised on a regular basis throughout the day. Customers are required to wear a face covering in all public areas when not participating in an activity.

Musselburgh Sports Centre, Newbigging, Musselburgh, EH21 7AS  
**T: 0131 653 5208 Book Online: [www.enjoyleisure.com](http://www.enjoyleisure.com)**

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# North Berwick Sports Centre

## Swimming Pool Timetable

Last update 28/03/2022

	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	
<b>MONDAY</b>	Main Pool				9:00-10:30	10:30-11:30	11:30-2:00	2:00-3:00	3-3:30	3:30-5:45			6:00-8:00	8:00-9:00	9:00-9:30			
	Floating Floor Area				AquaFit	Swim Lesson		Swim Lesson		Swim Lessons			Swim Lessons	Lane Swim 25m (Slow & Fast)	Lane Swim 18m (Slow & Fast)			
<b>TUESDAY</b>	Main Pool	7:00-8:00	8:00-9:00	9:00-11:30	11:30-12:30	12:30-3:30	3:30-5:30	5:30-7:30	7:30-8:30	8:30-9:30								
	Floating Floor Area			Schools		Swim Lessons		Swim Lessons										
<b>WEDNESDAY</b>	Main Pool			9:00-12:30	12:30-1:30	1:30-4:30	4:30-5:30	5:30-8:00	8:00-9:30									
	Floating Floor Area			AquaFit	Swim Lessons		AquaFit	Swim Lessons		Swimming Club								
<b>THURSDAY</b>	Main Pool	7:00-8:00	8:00-9:00	9:00-12:00	12:00-1:00	1:00-3:30	3:30-5:45	6:00-8:00	8:00-9:00	9-9:30								
	Floating Floor Area			AquaFit	AquaFit	Swim Lessons		Swimming Club		Lane Swim 25m (Slow & Fast)								
<b>FRIDAY</b>	Main Pool			9:00-12:15	12:30-1:30	1:45-2:45	5:00-6:00	6:00-8:00	8:00-9:30									
	Floating Floor Area			AquaFit	Swim Lessons			Swimming Club		Lane Swim 18m (Slow & Fast)								
<b>SATURDAY</b>	Main Pool			8:45-11:15	11:15-1:15	1:30-2:30	2:45-3:30	3:30-4:30										
	Floating Floor Area			Swimming Lessons		Reserved for Pool Parties. <small>If no parties are booked, this is a public session</small>		Lane Swim 18m (Slow & Fast)										
<b>SUNDAY</b>	Main Pool			9:00-10:00	10:00-1:15	1:30-2:30	2:45-3:30	3:30-4:30										
	Floating Floor Area			Lane Swim 25m (Slow & Fast)		Reserved for Pool Parties. <small>If no parties are booked, this is a public session</small>		Lane Swim 18m (Slow & Fast)										

Booking Procedures				
	On arrival subject to availability	Advance Bookings		
		In Person	Phone	Online
Public Sessions	<input checked="" type="checkbox"/>			
Lane Swimming	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
AquaFit Classes	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
AquaRun Kids Fun	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Family Fun	<input checked="" type="checkbox"/>			

**General Booking Policy:** Swim Sessions may be subject to change at short notice.

### enjoy your swim

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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.

In order to safeguard both customers and colleagues, the changing rooms, lockers and frequently used touch points will be cleaned and sanitised on a regular basis throughout the day. Customers are required to wear a face covering in all public areas when not participating in an activity.

North Berwick Sports Centre, Grange Road, North Berwick, EH39 4QS  
**T: 01620 820730 Book Online: [www.enjoyleisure.com](http://www.enjoyleisure.com)**

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