

# Aubigny Sports Centre Swimming Pool : October Half Term

Monday 19th - Sunday 25th October

|           | 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 | 8:30-9:30 Lane Swim                  | 10:00-11:00 Lane Swim                  | 11:30-12:30 Family Tank<br>Family Tank<br>Deep Tank | 1:00-2:00 Lane Swim                               | 2:00-4:00 Staff Training                          | 4:00-5:00 Lane Swim                    | 5:30-6:30 Lane Swim                  | 7:00-8:00 Lane Swim                  | 8:30-9:30 Lane Swim                  |   |   |   |   |   |                                      |
|           | Infant Pool |                     | 8:30-9:30 Family Tank<br>Family Tank | 10:00-11:00 Swim Lessons               | 11:30-12:30 Swim Lessons                            | 1:00-2:00 Swim Lessons                            | 2:00-4:00 Staff Training                          | 4:00-5:00 Family Tank<br>Family Tank   | 5:30-6:30 Family Tank<br>Family Tank | 7:00-8:00 Family Tank<br>Family Tank | 8:30-9:30 Family Tank<br>Family Tank |   |   |   |   |   |                                      |
| TUESDAY   | Main Pool   |                     | 8:45-9:45 Lane Swim                  | 10:15-11:15 Lane Swim                  | 11:45-12:45 Family Tank<br>Family Tank<br>Lane Swim | 1:15-2:15 Kids 8-11yrs Session                    | 2:45-3:45 Kids 8-11yrs Session                    |  | 4:45-7:30 Swimming Lessons           |                                      |                                      |   |   |   |   |   |                                      |
|           | Infant Pool |                     | 8:45-9:45 Family Tank<br>Family Tank | 10:15-11:15 Family Tank<br>Family Tank | 11:45-12:45 Family Tank<br>Family Tank              | 1:15-2:15 Family Tank<br>Family Tank              | 2:45-3:45 Family Tank<br>Family Tank              |  | 4:45-7:30 Swimming Lessons           |                                      |                                      |   |   |   |   |   | 8:00-9:00 Family Tank<br>Family Tank |
| WEDNESDAY | Main Pool   | 7:00-8:00 Lane Swim | 8:30-9:30 Lane Swim                  | 10:00-11:00 Lane Swim                  | 11:30-12:30 Lane Swim                               | 1:00-2:00 Family Tank<br>Family Tank<br>Deep Tank | 2:30-3:30 Family Tank<br>Family Tank<br>Deep Tank |  | 4:00-5:00 Swimming Lessons           |                                      | 5:00-9:00 Swim Club                  |   |   |   |   |   |                                      |
|           | Infant Pool |                     | 8:30-9:30 Family Tank<br>Family Tank | 10:00-11:00 Swim Lessons               | 11:30-12:30 Swim Lessons                            | 1:00-2:00 Swim Lessons                            | 2:30-3:30 Family Tank<br>Family Tank              |  | 4:00-6:15 Swimming Lessons           |                                      |                                      |   |   |   |   |   |                                      |
| THURSDAY  | Main Pool   |                     | 9:00-10:00 Lane Swim                 | 10:30-11:30 Lane Swim                  | 12:00-1:00 Lane Swim                                | 1:30-2:30 Family Tank<br>Family Tank<br>Deep Tank | 3:00-4:00 Family Tank<br>Family Tank<br>Deep Tank |  | 4:30-7:15 Swimming Lessons           |                                      |                                      |   |   |   |   |   | 7:45-8:45 Lane Swim                  |
|           | Infant Pool |                     | 9:00-10:00 Swim Lessons              | 10:30-11:30 Swim Lessons               | 12:00-1:00 Swim Lessons                             | 1:30-2:30 Swim Lessons                            | 3:00-4:00 Family Tank<br>Family Tank              |  | 4:30-7:15 Swimming Lessons           |                                      |                                      |   |   |   |   |   | 7:45-8:45 Family Tank<br>Family Tank |
| FRIDAY    | Main Pool   | 7:00-8:00 Lane Swim | 8:30-9:30 Lane Swim                  | 10:00-11:00 Lane Swim                  | 11:30-12:30 Family Tank<br>Family Tank<br>Lane Swim | 1:00-2:00 Kids 8-11yrs Session                    | 2:30-3:30 Kids 8-11yrs Session                    |  | 4:00-5:45 Swimming Lessons           |                                      | 6:00-8:45 Swim Club                  |   |   |   |   |   |                                      |
|           | Infant Pool |                     | 8:30-9:30 Family Tank<br>Family Tank | 10:00-11:00 Swim Lessons               | 11:30-12:30 Family Tank<br>Family Tank              | 1:00-2:00 Family Tank<br>Family Tank              | 2:30-3:30 Family Tank<br>Family Tank              |  | 4:00-5:45 Swimming Lessons           |                                      |                                      |   |   |   |   |   |                                      |
| SATURDAY  | Main Pool   |                     | 7:30-8:45 Swim Club                  | 9:00-11:30 Swimming Lessons            |   | 12:00-1:00 Lane Swim                              | 1:30-2:30 Lane Swim 18m<br>Family Tank            | 3:00-4:00 Lane Swim 18m<br>Family Tank |                                      | 4:30-5:30 Triathlon Club             |                                      |   |   |   |   |   |                                      |
|           | Infant Pool |                     |                                      | 9:00-11:30 Swimming Lessons            |   | 12:00-1:00 Family Tank<br>Family Tank             | 1:30-2:30 Family Tank<br>Family Tank              | 3:00-4:00 Family Tank<br>Family Tank   |                                      |                                      |                                      |   |   |   |   |   |                                      |
| SUNDAY    | Main Pool   |                     | 7:00-8:45 Swim Club                  | 9:00-10:00 Lane Swim                   | 10:30-11:30 Lane Swim 18m<br>Family Tank            | 12:00-1:00 Lane Swim 18m<br>Family Tank           | 1:30-2:30 Lane Swim 18m<br>Family Tank            | 3:00-4:00 Lane Swim 18m<br>Family Tank |                                      |                                      |                                      |   |   |   |   |   |                                      |
|           | Infant Pool |                     |                                      | 9:00-10:00 Family Tank<br>Family Tank  | 10:30-11:30 Family Tank<br>Family Tank              | 12:00-1:00 Family Tank<br>Family Tank             | 1:30-2:30 Family Tank<br>Family Tank              | 3:00-4:00 Family Tank<br>Family Tank   |                                      |                                      |                                      |   |   |   |   |   |                                      |

**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 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.

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

Monday 19th - Sunday 25th October

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

Monday 19th - Sunday 25th October

|                  | 6                      | 7                      | 8   | 9  | 10   | 11   | 12   | 1                                 | 2  | 3                                   | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  |
|------------------|------------------------|------------------------|---|--|--|--|--|-----------------------------------|--|-------------------------------------|---|---|---|---|---|---|----|--|
| <b>MONDAY</b>    | 6:00-7:15<br>Swim Club | 7:45-8:45<br>Lane Swim | 9:15-10:15<br>Lane Swim   | 10:45-11:45<br>Lane Swim<br>Family Tank<br>Family Tank<br>Kids 8-12yrs | 12:15-1:15<br>Lane Swim  | 1:45-2:45<br>Lane Swim<br>Family Tank<br>Family Tank<br>Kids 8-12yrs | 4:00-6:00<br>Swim Lessons  | 6:30-10:00<br>Swim Club           |  |                                     |   |   |   |   |   |   |    |  |
| <b>TUESDAY</b>   |                        | 7:15-8:15<br>Lane Swim | 8:45-9:45<br>Lane Swim<br>AquaFit                                     | 10:15-11:15<br>Lane Swim<br>Lessons                                    | 11:45-12:45<br>Lane Swim<br>Family Tank<br>Family Tank<br>Kids 8-12yrs | 1:15-2:15<br>Lane Swim<br>Family Tank<br>Family Tank<br>Kids 8-12yrs | 2:45-3:45<br>Lane Swim<br>Lessons                                    | 4:15-5:15<br>Lane Swim            | 5:45-6:45<br>Lane Swim<br>Family Tank<br>Family Tank<br>Kids 8-12yrs | 7:15-8:15<br>Lane Swim<br>AquaFit   |   |   |   |   |   |   |    |  |
| <b>WEDNESDAY</b> | 6:00-7:15<br>Swim Club | 7:45-8:45<br>Lane Swim | 9:15-10:15<br>Lane Swim   | 10:45-11:45<br>Lane Swim<br>Family Tank<br>Kids 8-12yrs                | 12:15-1:15<br>Lane Swim  | 1:45-2:45<br>Lane Swim<br>Lessons                                    | 3:15-4:15<br>Lane Swim<br>Family Tank<br>Kids 8-12yrs<br>Staff Train | 4:45-5:45<br>Lessons<br>Lane Swim | 6:45-7:45<br>Swim Club<br>Lane Swim                                  | 8:15-9:15<br>Swim Club<br>Lane Swim |   |   |   |   |   |   |    |  |
| <b>THURSDAY</b>  |                        | 7:00-8:00<br>Lane Swim | 8:30-9:30<br>Lane Swim  | 10:00-11:00<br>Lane Swim<br>Family Tank<br>Family Tank<br>Kids 8-12yrs | 11:30-12:30<br>Lane Swim<br>Family Tank<br>Family Tank<br>Kids 8-12yrs | 1:00-3:15<br>Staff Training  | 4:00-6:00<br>Swim Lessons  | 6:30-10:00<br>Swim Club           |  |                                     |   |   |   |   |   |   |    |  |
| <b>FRIDAY</b>    |                        | 7:30-8:30<br>Lane Swim | 9:00-10:00<br>Lane Swim   | 11:30-12:30<br>Lane Swim   | 1:00-2:00<br>Lane Swim<br>Family Tank<br>Family Tank<br>Kids 8-12yrs   | 2:30-3:30<br>Lane Swim<br>Family Tank<br>Family Tank<br>Kids 8-12yrs | 4:00-6:00<br>Swim Club   | 6:30-8:45<br>Swim Club            |  |                                     |   |   |   |   |   |   |    |  |
| <b>SATURDAY</b>  |                        |                        | 9:00-11:00<br>Swim Lessons  | 11:30-12:30<br>Lane Swim<br>Family Tank<br>Family Tank<br>Kids 8-12yrs | 1:00-2:00<br>Lane Swim<br>Family Tank<br>Family Tank<br>Kids 8-12yrs   | 3:00-4:15<br>Swim Club   |  |                                   |  |                                     |   |   |   |   |   |   |    |  |
| <b>SUNDAY</b>    |                        |                        | 9:15-10:15<br>Lane Swim<br>Family Tank<br>Family Tank<br>Kids 8-12yrs | 11:15-12:15<br>Lane Swim<br>Family Tank<br>Family Tank<br>Kids 8-12yrs | 12:45-1:45<br>Lane Swim<br>Family Tank<br>Family Tank<br>Kids 8-12yrs  | 2:15-4:15<br>Swim Lessons  | 4:30-6:15<br>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.  
**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.

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**Lane Swimming**  
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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

Monday 19th - Friday 23rd October

|                  | 6                                      | 7                            | 8  | 9   | 10  | 11   | 12  | 1   | 2   | 3                          | 4 | 5 | 6 | 7 | 8 | 9 |
|------------------|--|------------------------------|--|---|---|--|---|---|---|----------------------------|---|---|---|---|---|---|
| <b>MONDAY</b>    |  | 7:00-8:00<br>Lane Swimming   | 8:30-9:30<br>Lane Swimming<br>Family Tank<br>Family Tank<br>Family Tank  | 10:00-11:00<br>Lane Swimming<br>Family Tank<br>Swim Lesson                | 11:30-12:30<br>Lane Swimming<br>Family Tank<br>Family Tank<br>Family Tank | 1:00-2:00<br>Lane Swimming<br>Family Tank<br>Family Tank<br>Family Tank                  | 2:30-3:30<br>Lane Swimming<br>Swim Lesson                               | 4:00-6:15<br>Swim Lessons   | 6:30-9:45<br>Musselburgh Swimming Club                                  |                            |   |   |   |   |   |   |
| <b>TUESDAY</b>   | 6:00-7:45<br>ELST Club                 | 8:00-9:00<br>Lane Swimming   | 9:30-10:30<br>Lane Swimming<br>Family Tank<br>Family Tank<br>Family Tank | 11:00-12:00<br>Lane Swimming<br>Family Tank<br>Family Tank<br>Family Tank | 12:30-1:30<br>Lane Swimming<br>Family Tank<br>Family Tank<br>Family Tank  | 2:00-3:00<br>Lane Swimming<br>Family Tank<br>Family Tank<br>Family Tank                  | 3:30-4:30<br>Lane Swimming<br>Swim Lesson                               | 5:00-5:30<br>Lane Swimming<br>Family Tank<br>Swim Lesson                | 6:30-7:30<br>Lane Swimming<br>Swim Lesson                               | 8:00-9:00<br>Lane Swimming |   |   |   |   |   |   |
| <b>WEDNESDAY</b> |  | 7:00-8:00<br>Lane Swimming   | 8:30-9:30<br>Lane Swimming<br>Family Tank<br>Family Tank<br>Family Tank  | 10:00-11:00<br>Lane Swimming<br>Family Tank<br>Family Tank<br>Family Tank | 11:30-12:30<br>Lane Swimming<br>Family Tank<br>Family Tank<br>Family Tank | 1:00-2:00<br>Lane Swimming<br>Family Tank<br>Swim Lesson                                 | 2:30-3:30<br>Lane Swimming<br>Swim Lesson                               | 4:00-6:15<br>Swim Lessons   | 6:30-9:45<br>Musselburgh Swimming Club                                  |                            |   |   |   |   |   |   |
| <b>THURSDAY</b>  | 6:00-7:45<br>ELST Club                 | 8:00-10:15<br>Staff Training |  | 11:00-12:00<br>Lane Swimming<br>Family Tank<br>Swim Lesson                | 12:30-1:30<br>Lane Swimming<br>Family Tank<br>Family Tank<br>Family Tank  | 2:00-3:00<br>Lane Swimming<br>Family Tank<br>Family Tank<br>Swim Lesson                  | 3:30-4:30<br>Lane Swimming<br>Family Tank<br>Family Tank<br>Swim Lesson | 5:00-5:30<br>Lane Swimming<br>Family Tank<br>Family Tank<br>Family Tank | 6:30-7:30<br>Lane Swimming<br>Family Tank<br>Family Tank<br>Family Tank | 8:00-9:15<br>Lane Swimming |   |   |   |   |   |   |
| <b>FRIDAY</b>    |  | 7:00-8:00<br>Lane Swimming   | 8:30-9:30<br>Lane Swimming<br>Family Tank<br>Family Tank<br>Family Tank  | 10:00-11:00<br>Lane Swimming<br>Family Tank<br>Family Tank<br>Family Tank | 11:30-12:30<br>Lane Swimming<br>Family Tank<br>Swim Lesson                | 1:00-2:00<br>Lane Swim<br>Kids Swim Session<br>Family Tank<br>Family Tank<br>Family Tank | 2:30-3:30<br>Lane Swimming<br>Family Tank<br>Family Tank<br>Family Tank | 4:00-5:45<br>Swimming Lessons   | 6:00pm - 9:45pm<br>ELST<br>Musselburgh Swimming Club                    |                            |   |   |   |   |   |   |
| <b>SATURDAY</b>  | Pool Closed for Floating Floor Upgrade |                              |  |   |   |  |   |   |   |                            |   |   |   |   |   |   |
| <b>SUNDAY</b>    | Pool Closed for Floating Floor Upgrade |                              |  |   |   |  |   |   |   |                            |   |   |   |   |   |   |

**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.

**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'



**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.

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

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

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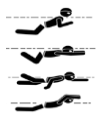
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