



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.

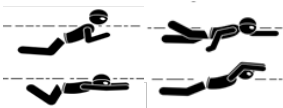
ONLINE BOOKINGS

- 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.

Dunbar Leisure Pool Swimming Pool Timetable

22nd October to 2nd December 2023

| | | | | | | | | | | | | | | | | | | | |
|-----------|--|---|---|------------------------------------|---|----------------|---------------|------------|---------------------|-----------------------------------|--|----------------------------|---------------------------------|---|--|---------------------------------|---------------------------------|---|--|
| | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | |
| MONDAY | | 8:00-9:00 | | 9:00-10:00 | | | 10:15 - 11:00 | | 11:00-15:30 | | | | 4.00 - 6.00 | | 6.15 - 9.00 | | | | |
| | | Lane Swim : Slow, Med & Fast | | Lane Swim : Slow, Med & Fast | | | AquaFit | | Waves & Flume | | | | Change over Closed to Public | swimming lessons <u>CLOSED TO PUBLIC</u> | | Change over Closed to Public | DASC <u>CLOSED TO PUBLIC</u> | | |
| | | | | | | Flume Only | | | | | | | | | | | | | |
| TUESDAY | | | | 9:00-10:00 | | 10:00-2:30 | | | | 2.30 - 5.15 | | | | 5.15 - 9.00 | | | | | |
| | | | | Lane Swim: Slow & Med | | | Waves & Flume | | | | swimming lessons | | | | Waves & Flume | | | | |
| | | | | | | | | | | Public Swimming no flume or waves | | | | | | | | | |
| WEDNESDAY | | 8:00-9:00 | | 9:00-10:00 | | | 10:15 - 11:00 | | 11:00-1:15 | | 1.15 - 3.30 | | 3.30-6.15 | | 6.15 - 9.00 | | | | |
| | | Lane Swim : Slow, Med & Fast | | Lane Swim : Slow, Med & Fast | | | AquaFit | | Swimming Lessons | | Waves & Flume | Staff Training Pool Closed | | Change over Closed to Public | <u>swimming lessons</u> <u>CLOSED TO PUBLIC</u> | | Change over Closed to Public | Lane & Public Quiet Swimming <u>Waves or Flume</u> | |
| | | | | | | | | Flume Only | | | | | | | | | | | |
| THURSDAY | | | | 9:00-12.15 | | 12.15 - 3.30 | | | | 3:30-6.15 | | 6.15 - 9.00 | | | | | | | |
| | | | | School Swimming Lessons | | Waves & Flumes | | | | Change over Closed to Public | <u>swimming lessons</u> <u>CLOSED TO PUBLIC</u> | | Change over Closed to Public | DASC <u>CLOSED TO PUBLIC</u> | | | | | |
| | | | | Flume Only from 10am | | | | | | | | | | | | | | | |
| FRIDAY | | 8:00-9:00 | | 9:15-10:00 | | | 10:15 - 11:00 | | 11-5:00 | | | | 5:00-9:00 | | | | | | |
| | | Lane Swim : Slow, Med & Fast | | Lane Swim : Slow, Med & Fast | | | AquaFit | | Waves & flumes | | | | Closed | | | | | | |
| | | | | | | | | | | | | | | | | | | | |
| SATURDAY | | 8:00-10:30 | | 10:30-5:00 | | | | | | | | | | | | | | | |
| | | Swimming Lessons <u>Closed to the Public</u> | | Waves & Flume Session | | | | | | | | | | | | | | | |
| SUNDAY | | 08:30-9:30 | | 9:30-5:00 | | | | | | | | | | | | | | | |
| | | DASC <u>Closed to Public</u> | | Waves & Flume | | | | | | | | | | | | | | | |

Booking Procedures

| | | | | |
|-------------------|--|---|-------------------------------------|-------------------------------------|
| | On Arrival if subject to availability | Advance Bookings person phone online | | |
| Public Sessions | <input checked="" type="checkbox"/> | <input 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 checked="" 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"/> |

| Booking Procedures | | | | |
|--------------------|--|-------------------------------------|-------------------------------------|-------------------------------------|
| | On Arrival subject to availability | Advance Bookings in person | phone | online |
| Public Sessions | <input checked="" type="checkbox"/> | <input 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 checked="" 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. Parents are asked to be mindful of their child's swimming competency levels if booking into a fun session.



Lane Swimming

When booking lane swimming, 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

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