

# Swimming

Why not dip your toe into our 8 lane 25m pool and enjoy the fantastic workout swimming can bring. We have swim lessons to suit all ages and abilities and also aquafit.

## Children's lessons

### Monday

Pre-school	15.00	15.30
Beginners 1	15.30	
Beginners 2	15.30	
Improvers	16.00	
Stroke Development 1	16.30	
Stroke Development 2	16.00	
Stroke Development 3	16.00	

### Tuesday

Pre-school	15.00	15.30
Beginners 1	15.30	16.00
Beginners 2	15.30	16.30
Improvers	16.00	
Stroke Development 1	16.30	
Stroke Development 2	16.00	

### Wednesday

(All classes for children with additional support needs)

Pre-school	15.30
Beginners 1	16.00
Beginners 2	16.00
Improvers	16.30

### Thursday

Pre-school	15.00	15.30
Beginners 1	15.30	
Beginners 2	15.30	
Improvers	16.00	
Stroke Development 1	16.30	
Stroke Development 2	16.00	
Stroke Development +	16.00	

### Friday

Pre-school	13.30	14.30	15.00
Beginners 1	13.30	14.00	15.00
Beginners 2	13.30	14.00	15.00
Improvers	14.00	15.30	
Stroke Development 1	15.30		
Stroke Development 2	16.00		
Stroke Development 3	16.00		
Stroke Development +	16.00		

### Saturday

Pre-school	09.30	10.00	11.00
Beginners 1	08.30	10.00	11.30
Beginners 2	08.30	10.30	11.00
Improver	09.00	09.30	10.30
Stroke Development 1	09.00	10.00	10.30
Stroke Development 2	09.00		
Stroke Development 3	09.00		
Stroke Development +	10.00	11.00	
Adult & Baby	11.00		
Adult & Child	11.30		

### Sunday

Pre-school	10.00	10.30	11.00
Beginners 1	09.30	10.30	11.00
Beginners 2	09.30	10.30	11.30
Improvers	10.00		
Stroke Development 1	10.00		
Stroke Development 2	09.00		

## Adult lessons

### Thursday

Beginners	09.00
Improvers	10.00

### Friday

Improvers	11.30
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For information on all of our swimming lessons please visit [www.edinburghleisure.co.uk](http://www.edinburghleisure.co.uk)