
















- 1 Ainslie Park Leisure Centre** 
92 Piton Drive, Edinburgh Tel: 551 2400
- 2 Balgreen Bowling** 
Pansy Walk, Edinburgh Tel: 313 5097
- 3 Braid Hills Golf Course** 
Braid Hills Approach Tel: 447 6666
- 4 Carrick Knowe Golf Course** 
Glendevon Park, Edinburgh Tel: 337 1096
- 5 Craigtinny Golf Course** 
Fillyside Road, Edinburgh Tel: 554 7501
- 6 Craiglockhart Leisure & Tennis Centre** 
177 Colinton Road, Edinburgh Tel: 443 0101
- 7 Dalry Swim Centre** 
Caledonian Crescent, Edinburgh Tel: 313 3964
- 8 Drumbrae Leisure Centre** 
30 Drumbrae Terrace, Edinburgh Tel: 312 7957
- 9 Edinburgh International Climbing Arena Ratha** 
South Platt Hill, Newbridge, Edinburgh Tel: 333 6333
- 10 Glenogle Swim Centre** 
Glenogle Road, Edinburgh Tel: 343 6376
- 11 Gracemount Leisure Centre** 
Gracemount Drive, Edinburgh Tel: 658 1940
- 12 Jack Kane Sports Centre** 
208 Niddrie Mains Road, Edinburgh Tel: 669 0404
- 13 Kirkliston Leisure Centre** 
Kirklands Park Street, Kirkliston Tel: 333 4700
- 14 Leith Links Bowling** 
John's Place, Edinburgh Tel: 669 0878
- 15 Leith Victoria Swim Centre** 
Junction Place, Edinburgh Tel: 555 4728
- 16 Meadowbank Sports Centre** 
London Road, Edinburgh Tel: 661 5351

- 17 Meadows Tennis Complex** 
East Meadows, Edinburgh Tel: 443 0101
- 18 Meggetland Sports Complex** 
Colinton Road, Edinburgh Tel: 455 8375
- 19 Port Edgar Marina**
Shore Road, South Queensferry Tel: 331 3330
- 20 Portobello Golf Course (9 holes)** 
Pavilion, Stanley St, Portobello Tel: 669 4361
- 21 Portobello Indoor Bowls & Leisure Centre** 
20 Westbank Street, Edinburgh Tel: 669 0878
- 22 Portobello Swim Centre** 
57 The Promenade, Portobello Tel: 669 6888
- 23 Powderhall Bowling** 
Broughton Road, Edinburgh Tel: 669 0878
- 24 Princes Golf Course (9 holes)** 
Braid Hills Drive Tel: 666 2210
- 25 Queensferry High Recreation Centre** 
Ashburnham Road, South Queensferry Tel: 319 3222
- 26 The Royal Commonwealth Pool** 
Dalkeith Road, Edinburgh *Opening Spring 2012*
- 27 Saughton Sports Complex** 
Stevenson Drive, Edinburgh Tel: 444 0422
- 28 Silverknowes Golf Course** 
Silverknowes Parkway, Edinburgh Tel: 336 3843
- 29 St Margarets Park, Bowling, Tennis** 
Corstorphine High Street, Edinburgh Tel: 669 0878
- 30 Victoria Park Bowling** 
Newhaven Road, Edinburgh Tel: 669 0878
- 31 Warrender Swim Centre** 
Thirlestane Road, Edinburgh Tel: 447 0052

-  Swimming pool
-  Gym
-  Fitness classes
-  Sports hall
-  Pitches
-  Golf course
-  Tennis
-  Bowling



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Edinburgh Leisure

Ainslie Park Leisure Centre



ACTIVITIES PROGRAMME & PRICE LIST

JANUARY 2012

SUPPORTED BY
EDINBURGH
YOUR COUNCIL - YOUR SERVICES

Registered Scottish Charity No: SC027450

Welcome to Ainslie Park Leisure Centre

As part of Edinburgh Leisure we've so many activities for you and the family, 7 days a week – it's easy to see why we're the largest leisure provider in the city. Read on to find out how you can get active and lead a healthier lifestyle at Ainslie Park.

Our friendly staff are waiting to meet you and show you around our centre – what are you waiting for?

Opening times

We open nice and early at 06.00, giving you the perfect time to enjoy a workout before work.

Monday - Friday	06.00 - 22.00
Saturday	06.00 - 19.00
Sunday	08.00 - 21.00

Some of our areas are open within these times, please see below:

Gym

Monday - Friday	06.00 - 22.00
Saturday	06.00 - 19.00
Sunday	08.00 - 21.00

Swimming pool (see pool at a glance)

Monday - Friday	06.00 - 21.45
Saturday	06.00 - 16.45
Sunday	08.00 - 16.00 19.00 - 20.00 (female only - every Monday)

Some things it helps to know in advance:

- We have free car parking spaces
- Disabled parking and access spaces
- Lockers take 50p, which is returnable
- Courts, halls, pitches and classes can be booked up to 7 days in advance, 8 days with a Leisure Card
- We have a café offering a selection of hot and cold healthy snacks.

tel 0131 551 2400

What can I do?

So many activities for all abilities, ages and levels – we put the fun into getting fit!

Facilities

- Gym
- Pool
- Fitness studio
- RPM studio
- Sports hall
- Baby pool
- Café

Activities

- Gym classes (NRG Zone)
- Fitness classes
- Coached activities (gymnastics, athletics, basketball, trampolining, swimming, under 5s)
- School holiday activities
- Older adult activities
- Birthday parties
- Open all hours (S1 - S6)

Health and fitness

We know how important it is to stay fit, healthy and active – that's why we have a range of activities available.

Gym

We'd encourage you to book in for your introduction so that the team can develop the perfect programme to achieve your goals and suit your needs and ability. Whether you're a member (it's free) or want to pay and play (cost applies), it's the best way to get started. Our friendly gym team won't push you or become drill sergeants – it's your workout at your pace.

We have:

- Over 50 pieces of equipment
- Mixture of CV (running machines, cross-trainers) with integrated TV's
- Resistance equipment (shoulder press, leg extension)
- Power plate
- A variety of programmes and classes to keep you motivated

Health classes

Edinburgh Leisure offers a range of specific health condition classes, led by specialist instructors to help with prevention, treatment or rehabilitation. Pick up a brochure for more information.

Fitness classes

Our fitness class programme is bursting at the seams, pick up a timetable for full details.

We have:

- RPM classes in a purpose built studio
- 1 fitness studio
- Over 60 classes per week
- Suitable for all abilities
- Popular BTS classes (Bodypump, Bodyattack, Bodycombat, Bodystep)
- Mind and body classes – pilates, Bodybalance and yoga

Fitness class 'no shows'

To help you get into more classes we have a new 'no shows' policy. If you book a fitness class but for some reason can't make it or change your mind, all we ask is that you cancel by phone - or via online bookings if you're a member or Leisure Card holder. If you don't, you will be charged £2.00 if you are a member or the cost of the booking if you are a Leisure Card holder. More information on our 'no shows' policy is available at reception or on our website.

Personal training

If you need some one to one coaching, we've got a number of personal trainers who'd be happy to get you motivated and give you encouragement when you need it – and they don't cost the earth either.

Get Up & Go (activities for 65+)

The secret to feeling better and living longer is staying active.

- Suitable for older adults
- Low impact classes led at a leisurely pace
- Include: Aquafit, active life and tailored gym sessions

DID YOU KNOW?

To keep your heart, lungs, muscles and bones in good working order, you should aim for at least 30 minutes per day, 5 times per week.



edinburghleisure.co.uk



Just for kids

Coached activities

Did we mention that we offer the largest coaching programme in the city? We're full of exciting coaching programmes, here's what we offer at Ainslie Park:

Football	Short tennis
Gym Nippers	Boogie Babies
Trampoline	Swimming lessons
Athletics	

- From pre-school right through to teenagers
- We are proud to have some of the best and fully qualified coaching expertise

Pick up your very own brochure from reception for full details and booking dates.

Pick a card, or pay and play - you choose

From memberships to Leisure Cards and pay and play, there are lots of options available for you.

We've worked out the things that you really want in a leisure venue – clean, stylish, hassle-free facilities, top quality equipment, helpful staff and a lot of happy people. With options from juniors through to 65+ there's a membership package for you.

Monthly memberships

With a range of individual memberships available, from £17 - £51.50 per month, we make staying fit and healthy affordable. As a further bonus, as a member you'll also get 25% off a wide range of activities including golf and racquet sports. And for further peace of mind we won't make you sign a contract, so there are no ties or hidden costs.

Online booking information

Fitness members, leisure card holders, swim members and golf season ticket holders aged 16 plus* can all book and pay activities online up to 8 days in advance via our online bookings system. Register your email address with us and we will send you an email with login details and your personal pin number. Once you've got this you can login to your online booking account and book your class or tee time.

*For junior members (aged 11-15) we need parental permission to hold email addresses.

tel 0131 551 2400

School holiday activities

We have lots of activities available over every school holiday – you'll never hear those words 'I'm bored' ever again!

- A selection of full or ½ day camps
- Activ5 camps (under 5s)
- Sports specific camps (basketball, gymnastics)
- Aquavator (5-14 yrs) swimming camp
- Swimming sessions

Pick up your very own brochure from reception.

Birthday parties

We have a range of party packages available for your little party prince or princess. Choose from bouncy castle or sports parties. We can provide food and refreshments. Speak to reception or call our booking team on 0131 551 2400.

Leisure card

Our standard Leisure Card costs **£25** per year – that's less than 50p per week. For this you'll get 25% discount off most Edinburgh Leisure activities saving you money every time you visit. As an added bonus, being a Leisure Card holder entitles you to book up to 8 days in advance for your activities.

Loyalty points

It's always nice to get something back, especially when you least expect it. With every £1 you spend you earn 8 points, once you have enough you can start to redeem these against an activity. Your points can only be redeemed when there are enough to pay off the whole activity. To find out how many points you have next time you're in a venue have a look at the bottom of your receipt.

Energize

The Energize Card is a Leisure Card for secondary school children with some special extras just for you. From rewards for using the gym to money off the cinema it's the perfect way to get started and stay active with Edinburgh Leisure.

But you don't have to join to join in, you can also pay and play. For more information on any of the above, speak to a membership advisor.

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	

Wednesday		
(All classes for children with additional support needs)		
Beginners 1	15.30	
Beginners 2	16.00	
Improvers	16.30	

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

Friday			
Adult & Child	11.00		
Pre-School	13.30	15.00	
Beginners 1	13.30	14.00	14.30 15.00
Beginners 2	13.30	15.00	
Improvers	14.00	15.30	
Stroke Development 1	15.30		
Stroke Development 2	16.00		
Stroke Development 3	16.00		

Saturday					
Pre-School	09.00	09.30	10.00	11.00	
Beginners 1	08.30	09.00	09.30	10.30	11.30
Beginners 2	08.30	09.30	10.30		
Improver	09.00	10.00	10.30		
Stroke Development 1	08.30	10.00			
Stroke Development 2	09.00				
Stroke Development 3	09.00				
Stroke Development 4	10.00				
Adult & Baby	11.00				
Adult & Child	11.30				
Beginners 1 1:4	11.00				
Beginner ASN	11.30				

Sunday			
Pre-School	10.00	10.30	11.00
Beginners 1	09.00	10.30	11.00
Beginners 2	09.30	10.30	
Improvers	10.00		
Stroke Development 1	10.00		
Stroke Development 2	09.00		
Stroke Development 3	09.00		

Adult lessons

Thursday	
Beginners	09.00

Friday	
Beginners	09.00
Improvers	10.00

Sunday	
Improvers	11.30

For information on all of our swimming lessons please visit www.edinburghleisure.co.uk

Please note: this programme is subject to change.

FACT

Swimming for 60 minutes can burn up to 240 calories.

edinburghleisure.co.uk

Pool programme timetable 1st January - 31st March 2012

This pool programme is likely to change during school holiday times. Please contact the venue or check the website for details.

	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
Mon	Lane Swimming Only	Club Session	Schools	Schools	Schools	Schools	Public Swimming with Lanes	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Pool Closed
Tues	Lane Swimming Only	Club Session	Schools	Schools	Schools	Schools	Public Swimming with Lanes	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Pool Closed
Wed	Lane Swimming Only	Club Session	Schools	Schools	Schools	Schools	Public Swimming with Lanes	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Pool Closed
Thurs	Lane Swimming Only	Club Session	Schools	Schools	Schools	Schools	Public Swimming with Lanes	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Pool Closed
Fri	Lane Swimming Only	Club Session	Lessons	Lessons	Lessons	Lessons	Public Swimming with Lanes	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Pool Closed
Sat	Lane Swimming Only	Club Session	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Public Swimming with Lanes	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Club Session	Pool Closed
Sun	Pool Closed	Pool Closed	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Pool Closed

Swim membership: Our swim membership offers unlimited access to any of our pools.
Swimming: Our programme offers children's and adults' lessons. The ethos of our lessons is fun, making advancement an enjoyable experience.

Please note: this programme is subject to change. During club sessions there will be limited public lane swimming available.

Pricing

Leisure Cards

Leisure Card [†]	£25.00		
Leisure Card (65+ and concession) [†]	£15.00	Leisure Card (student & student nurse) [†]	£18.75
Leisure Card (young adult 18-21) [†]	£18.75	JCP40 holders (3 months) [†]	£3.75
Leisure Card (under 18) [†]	Free	Replacement Leisure Card	£1.00

Memberships

Swim Membership	£28.00	Fitness Membership	£44.50
Joint Swim Membership	£51.00	Joint Membership	£80.50
65+ Swim Membership	£17.00	65+ Membership	£26.50
Junior Swim Membership	£14.00	Junior Membership	£22.00

Activity	Standard		Concession	Under 18's
	No card	Leisure Card	65+/Leisure Card	
Swim	£4.20	£3.20	£2.60	£2.10
75+ Swim	-	-	Free	-
Under 5's swim*	-	-	-	Free
Family swim (up to 2 adults & up to 4 children)	£10.00	£7.50	-	-
Family swim (up to 2 adults & up to 4 under 5's)	£6.30	£4.80	-	-
Sauna (when included with another activity)	£1.00	£1.00	£1.00	£1.00
75+ Sauna	-	-	Free	-
Shower	£1.50	£1.50	£1.50	£1.50
75+ Shower	-	-	Free	-
Gym visit (swim included)	£6.90	£5.20	£4.20	£3.50
Gym Introduction (inc gym visit)	£10.00	£7.50	£6.00	£5.00
Exercise referral	£4.20	£4.20	£4.20	£4.20
NRG Zone/accredited visit	-	-	-	£3.50
Open all hours	-	-	-	£1.00
Badminton/Short tennis (1 hour)	£12.00	£9.00	£7.20	£6.00
Table tennis (1 hour)	£7.20	£5.40	£4.40	£3.60
Indoor 5-a-side (1 hour)	£56.00	£56.00	-	£25.00
Fitness class (30 mins)	£4.20	£3.20	£2.50	£2.10
Fitness class (45+ mins)	£6.90	£5.20	£4.20	£3.50
Fitness class technique	Free	Free	Free	Free
Equipment hire	£2.60	£2.00	£2.00	£2.00
Equipment deposit	£2.00	-	-	-

*Please refer to the child admission leaflet for safety guidelines. [†]Please see Leisure Card leaflet for further details. The Leisure Card entitles customers to a discount on a wide range of leisure and sports activities throughout the city, so you can take advantage of the savings whatever your leisure interest may be.

Information correct at time of going to print December 2011.