

- 1 Ainslie Park Leisure Centre** 
92 Pilton 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 Middrie 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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Vantage Point, 3 Cultins Road
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Edinburgh Leisure

Craiglockhart Leisure & Tennis Centre



ACTIVITIES PROGRAMME & PRICE LIST

JANUARY 2012

SUPPORTED BY

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YOUR COUNCIL - YOUR SERVICES

Registered Scottish Charity No: SC027450

Welcome to Craiglockhart Leisure & Tennis Centre

We are tucked away under Craiglockhart Hill, just off Colinton Road and enjoy beautiful views across Craiglockhart Pond and over the city to the castle. We share our space with the Tennis Centre in an area once known as Happy Valley.

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 Craiglockhart.

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 06.30, giving you the perfect time to enjoy a workout before work.

Leisure centre

Monday - Friday	06.30 - 22.30
Saturday	09.00 - 18.00
Sunday	09.00 - 22.00

Tennis centre

Monday, Wednesday & Friday	09.00 - 22.30
Tuesday & Thursday	06.45* - 22.30
Saturday	09.00 - 18.00
Sunday	09.00 - 22.00

*RPM classes only

What can I do?

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

Facilities

- Gym
- 3 fitness studios
- Sports hall
- Squash courts
- Indoor & outdoor tennis courts
- RPM Studio (Tennis Centre)
- Kayaking pond

Activities

- Gym classes (NRG Zone)
- Fitness classes
- Racket sports (squash, badminton, table tennis & racket ball)
- Coached activities (gymnastics, athletics, trampolining, mini kickers & badminton)
- Older adult activities
- School holiday activities



tel 0131 443 0101



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, for all ages and abilities.

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 like drill sergeants – it's your workout at your pace.

We have:

- 70 pieces of equipment
- Mixture of CV (running machines, cross-trainers) with integrated TV's
- Resistance equipment (shoulder press, leg extension)
- Extensive free-weights area
- Power plate & TRX
- A variety of programmes and classes to keep you motivated - including express workouts and cross-trainer classes

NRG Zone (S1-S5)

Timetabled sessions allowing you to work out with your mates, learn how to use the equipment and have your own programme designed. After 10 sessions you can use the gym anytime.

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.

FACT

A 30 minute walk can burn up to 99 calories

edinburghleisure.co.uk

Fitness classes

Our fitness class programme is bursting at the seams, with over 120 classes per week, pick up a timetable for full details.

We have:

- 3 fitness studios
- 1 RPM studio (in the Tennis Centre)
- Popular BTS classes – Bodypump, Bodyattack, Bodybalance
- Pilates and yoga
- Zumba
- Boxercise

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 and 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: tennis sessions and active life



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 Craiglockhart:

Athletics	Trampoline	Mini Kickers
Gymnastics	Badminton	Tots Tennis
Ball Kids	Tennis	

- Tennis Coaching available in the Tennis Centre
- 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.

School holiday activities

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

- Activator camps (5-13 years)
- Tennis camps (available at the tennis centre)
- Kayaking camps (Easter and Summer)

Pick up a brochure or visit our website for full details.

DID YOU KNOW?

CYP (children and young people) should aim to do at least 60 minutes of activity per day, five times a week to stay healthy and happy.

Racket sports – squash, badminton, table-tennis & racket ball

If you're batty about rackets, you're in the right place.

- 2 glass backed squash courts
- 4 badminton courts
- Choose from a variety of weekly tennis sessions, suitable for all abilities
- Bookings can be made 7 days in advance (8 days if you have a Leisure/membership card)
- Equipment can be hired from reception

Craiglockhart Tennis Centre

The Tennis Centre:

- 6 indoor acrylic courts
- 8 outdoor clay courts
- Courts available for Pay & Play
- Coaching sessions for tots right through to adults
- Tennis dome with 3 outdoor clay courts (Available September - March)

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.

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.

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	
Tennis Court Indoor*	£24.00	£18.00	£14.40	£12.00
Dome Tennis Court*	20.00	£15.00	£12.00	£10.00
Tennis court outdoor*	£8.50	£6.40	£5.10	£4.30
Gym visit	£6.90	£5.20	£4.20	£3.50
Gym Introduction (introducing 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
Fitness class (30 mins)	£4.20	£3.20	£2.60	£2.10
Fitness class (45 mins+)	£6.90	£5.20	£4.20	£3.50
Fitness class technique	Free	Free	Free	Free
Badminton (1 hour)	£12.00	£9.00	£7.20	£6.00
Table Tennis (1 hour)	£7.20	£5.40	£4.40	£3.60
Squash (45 mins)	£10.30	£7.80	£6.20	£5.20
Squash (60 mins)	£12.50	£9.40	£7.50	£6.30
Equipment hire	£2.60	£2.00	£2.00	£2.00
Equipment deposit	£2.00	Free	Free	Free
Shower	£1.50	£1.50	£1.50	£1.50

[†]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.

*All tennis class and course information, including prices are available in the tennis brochure.

Information correct at time of going to print December 2011.



Some things it helps to know in advance:

- Car parking spaces are available in the Tennis Centre car park (parking spaces at the centre are limited, on street parking is available)
- Free parking is available at Meggetland Sports Complex, just a 5 minute walk away
- Parent & child and disabled parking is available at the at the Leisure Centre and Tennis Centre, spaces are limited
- Our lockers take 50p, which is returnable (20p in the Tennis Centre)
- We have security lockers which hold small items such as; mobile phones, keys and money
- There is a café (open Monday - Saturday) in the Tennis Centre, should you want a coffee and catch up after your activity

Looking for a better place to meet?

Book your space today. Craiglockhart Leisure Centre has a variety of areas available for room booking. Whether you're from a sports club or community group and want something on a regular basis, or you just want a one off booking - we have the space for you.