















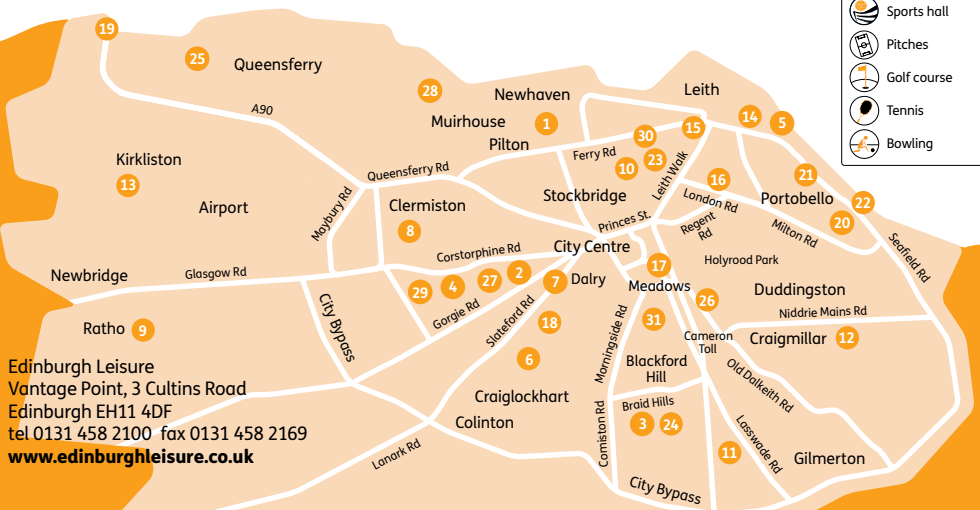


- 1 Ainslie Park Leisure Centre** 
92 Pitloch Drive, Edinburgh Tel: 551 2400
- 2 Balgreen Bowling** 
Pansy Walk, Edinburgh Tel: 313 5097
- 3 Braid Hills Golf Course** 
Braid Hills Approach Tel: 447 6666
- 4 Carrick Knowe Golf Course** 
Glendevon Park, Edinburgh Tel: 337 1096
- 5 Craigtinny Golf Course** 
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 Drumrae Leisure Centre** 
30 Drumrae 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

Drumrae Leisure Centre



ACTIVITIES PROGRAMME & PRICE LIST

JANUARY 2012

SUPPORTED BY
EDINBURGH
YOUR COUNCIL - YOUR SERVICES

Registered Scottish Charity No: SC027450

Welcome to Drumbrae Leisure Centre

Situated on Drumbrae Terrace near Clermiston Park in Corstorphine, Drumbrae Leisure Centre is the place to go for all you and your family's health, fitness and fun.

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 at Drumbrae.

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 07.00 during the week, giving you the perfect time to enjoy a workout before work.

Leisure centre

Monday - Friday	07.00 - 22.00
Saturday	09.00 - 19.00
Sunday	09.00 - 21.00

What can I do?

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

Facilities

- Gym
- Fitness studio
- 25 metre pool
- Sports hall

Activities

- Gym classes (NRG Zone)
- Fitness classes
- Coached activities
- Older adult activities
- School holiday activities

DID YOU KNOW?

Some activity is better than none at all. Every little bit helps, so even a 30 min walk can count to your weekly activity allowance.



tel 0131 312 7957

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 to become drill sergeants – it's your workout at your pace.

We have:

- 62 pieces of equipment
- Mixture of CV (running machines, cross-trainers) with integrated TV's
- Resistance equipment (shoulder press, leg extension)
- Free-weights
- A variety of programmes and classes to keep you motivated
- NRG Zone* gym sessions for children in S1-S5

*NRG Zone

Sessions run at the following times:

- Wed 4pm – 5pm
- Fri 2pm – 3pm, 3pm – 4pm, 4pm – 5pm
- Sat 10am – 11am
- Sun 11am – 12noon

Speak to a member of the gym team for more information

Fitness classes

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

- 1 fitness studio
- Over 60 classes per week
- Suitable for all abilities
- Popular BTS classes
- Pilates, Bodybalance, 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 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.

Health classes

We offer a range of specific health condition classes, led by specialist instructors to help you with rehabilitation. Pick up a brochure for full details.

Get Up & Go (activities for 65+)

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

- Suitable for older adults
- Low impact classes, based on flexibility and mobility
- Includes: Bodyvive and tea dances

FACT

Swimming for 60 minutes can burn up to 240 calories.

Some things it helps to know in advance:

- There are dedicated disabled and family parking spaces
- The pool hall has a changing village; in addition to dedicated male and female changing for the dry side activities
- The lockers require a 50p which is returned when the key is put back in the lock
- The café is available between 09.00 and 16.00 Monday – Friday, 09.00 and 14.00 Saturday, serving teas, coffees, soft drinks and snacks.



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 Drumbrae:

Gymnastics **Football** **Supervised gym sessions**
Badminton **Dancing** **Various martial arts**
Swimming **Judo** **Tennis**

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

Full details are available in the coached activities brochure. You can pick up a copy from reception.

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 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 312 7957

School holiday activities

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

- A selection of full day camps
- Aquavator camps
- Swimming lessons

Pick up your very own brochure from reception.

Birthday parties

Happy birthday to you! Looking for somewhere to host your little one's birthday celebrations? Why not have an active theme and host it here. For full details pick up our birthday party brochure or speak to a member of staff.

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	60+/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 and under 5's children)	£6.30	£4.80		
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 (including 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)	£57.00	£57.00	-	£28.50
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
Equipment hire	£2.60	£2.00	£2.00	£2.00
Equipment deposit	£2.00	Free	Free	Free

*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 was correct at the time of going to print in December 2011.

edinburghleisure.co.uk

Swimming activities

Children's lessons

Monday

Pre-School	09.30	15.00
Beginners 1	15.30	
Beginners 2	15.30	16.00
Improvers	15.30	16.00
Bronze	16.30	
Silver	16.30	(50mins)
Gold	16.30	(50mins)
Gold elite	16.30	(50mins)

Tuesday

Adult & Child	15.00	
Pre-School	15.00	
Beginners 1	15.30	
Beginners 2	15.30	16.00
Improvers	16.00	
Bronze	16.30	
Silver	16.30	

Additional support needs classes

Beginners	15.00	15.30
Beginners	16.00	
Improvers	16.30	

Wednesday

Adult & Child	15.00	
Pre-School	15.00	15.30
Beginners 1	15.30	
Beginners 1 (1:4 ratio)	15.30	16.00 (30 mins)
Beginners 2	15.30	16.00
Improvers	16.00	
Bronze	16.30	
Silver	16.30	
Gold	16.30	
Gold elite	16.30	(50mins)

Thursday

Adult & Child	15.00	
Pre-School	15.00	
Beginners 1	15.30	16.00
Beginners 2	15.30	16.00
Improvers	15.30	16.00
Bronze	16.30	
Silver	16.30	
Gold	16.30	
Gold elite	16.30	(50mins)

Friday

Adult & Child	14.30	
Pre-School	14.30	15.00 15.30
Beginners 1	14.30	15.00 16.00
Beginners 2	15.30	16.00
Improvers	15.00	15.30 16.00
Bronze	16.30	17.00
Silver	16.30	
Gold	16.30	
Gold elite	16.30	(50mins)

Saturday

Pre-School	09.00	10.00	10.30
Beginners 1	09.00	09.30	10.00 10.30
Beginners 2	09.00	09.30	
Improvers	09.30		
Bronze	11.00		
Silver	11.00		(50mins)
Adult & Child	09.00	10.00	10.30

Additional support needs classes

Beginners	10.00
Beginners	10.30

Adult lessons

Monday

Beginners	10.00	(50mins)
Improvers	10.00	(50mins)

Tuesday

Beginners	11.00	(50mins)
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Thursday

Beginners	18.00	(50mins)
Stroke Development (Ladies Only)	19.00	(50mins)

Course dates

Spring 1 (2012)

Mon 9th Jan 12 – Sun 1st Apr 12
 Re-booking Mon 12th Mar 12 – Sun 18th Mar 12
 New bookings Monday 26th Mar 12

Pay As You Go lessons

Monday

Masters	20.15	(60mins)
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Tuesday

Masters	12.00	(50mins)
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Wednesday

Adult & Child	09.30	
Aquafit	10.00	(50mins)

Thursday

Aquafit (ladies only)	20.00	
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Friday

Adult & Child	09.30	
Aquafit	10.00	(50mins)

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

tel 0131 312 7957

Pool programme timetable

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

	07.00	08.00	09.00	10.00	11.00	11.00	12.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
Mon	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	School & Disability Session Closed	School Lessons	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Staff Training pool Closed	Swim Lessons Pool Closed until 17.20	Swim Lessons Pool Closed until 17.20	Public Swimming with Lanes	Swim Club (2 Lanes) Public Swimming	Public Swimming & Masters	Pool Closed	Pool Closed	Pool Closed
Tues	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Lessons	Lessons	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Lessons	Swim Lessons Pool Closed until 17.20	Swim Lessons Pool Closed until 17.20	Public Swimming with Lanes	Swim Club (3 Lanes) Public Swimming	Pool Closed	Pool Closed	Pool Closed	Pool Closed
Wed	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Lessons	Lessons	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Lessons	Swim Lessons Pool Closed until 17.20	Swim Lessons Pool Closed until 17.20	Public Swimming with Lanes	Swim Club with Lanes Public Swimming	Pool Closed	Pool Closed	Pool Closed	Pool Closed
Thurs	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Lessons	Lessons	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Lessons	Swim Lessons Pool Closed until 17.20	Swim Lessons Pool Closed until 17.20	Public Swimming with Lanes	Public Swimming	Pool Closed	Pool Closed	Pool Closed	Pool Closed
Fri	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Lessons	Lessons	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Fun Session	Swim Lessons Pool Closed until 17.20	Swim Lessons Pool Closed until 17.20	Public Swimming with Lanes	Swim Club Pool Closed	Public Swimming with Lanes	Pool Closed	Pool Closed	Pool Closed
Sat	Pool Closed	Swim Lessons Pool Closed	Family* Swim Lessons Pool Closed	Public Swimming with Lanes	Public Swimming with Lanes	Fun Session	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Fun Session	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Swim Club Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed
Sun	Pool Closed	Family Session (Pool depth 1m)	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Fun Session	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Swim Club Pool Closed	Swim Club Pool Closed	Pool Closed	Pool Closed	Pool Closed

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

During public swimming times, lanes will be made available where possible. Please note: this programme is subject to change.

* Additional needs and young families session