















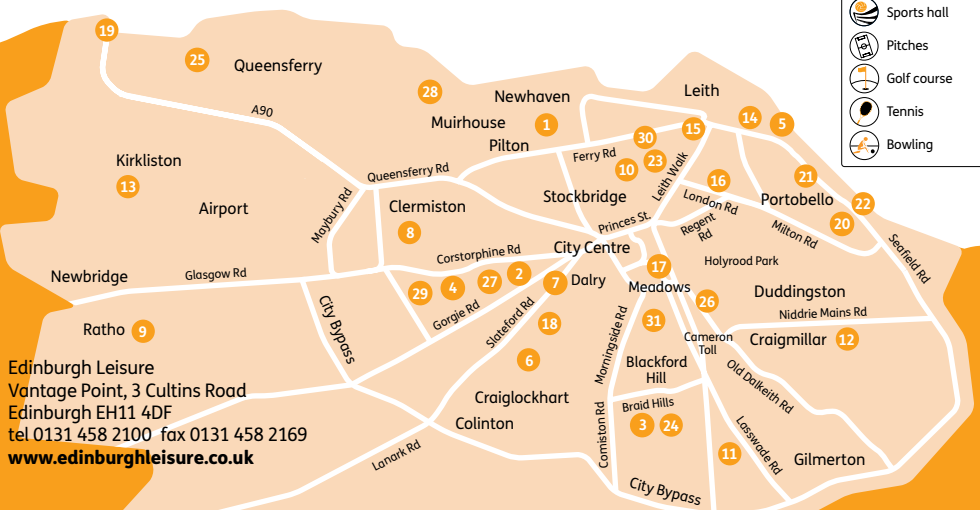


- 1 Ainslie Park Leisure Centre**   
92 Pilton Drive, Edinburgh Tel: 551 2400
- 2 Balgreen Bowling**   
Pansy Walk, Edinburgh Tel: 313 5097
- 3 Braid Hills Golf Course**   
Braid Hills Approach Tel: 447 6666
- 4 Carrick Knowe Golf Course**   
Glendevon Park, Edinburgh Tel: 337 1096
- 5 Craigtinny Golf 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 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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[www.edinburghleisure.co.uk](http://www.edinburghleisure.co.uk)

# Edinburgh Leisure

## Glenogle Swim Centre



# ACTIVITIES PROGRAMME & PRICE LIST

JANUARY 2012

SUPPORTED BY  
**EDINBURGH**  
YOUR COUNCIL - YOUR SERVICES

Registered Scottish Charity No: SC027450

## Welcome to Glenogle Swim Centre

If you've never been to 'Glennies' before, or, even if you're a regular visitor – welcome. You've already taken the first step towards a healthy, happier lifestyle. Tucked away between Canonmills and Stockbridge, on Glenogle Road, we're something of a rare breed – a hark back to Victorian baths, but with a modern twist.

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 Glenogle.

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.

	Swimming pool*	Sauna/Steam room	Gym
Monday	07.00 - 20.00	07.00 - 21.30	07.00 - 22.00
Tuesday	07.00 - 20.00	07.00 - 21.30	07.00 - 22.00
Wednesday	07.00 - 21.30	07.00 - 21.30	07.00 - 22.00
Thursday	07.00 - 20.00	07.00 - 20.00	07.00 - 22.00
Friday	07.00 - 21.30	07.00 - 21.30	07.00 - 22.00
Saturday	10.30 - 16.00	08.00 - 15.45	08.00 - 18.00
Sunday	08.00 - 17.30	08.00 - 17.15	08.00 - 18.00

\* Please see pool programme on the inside back cover for availability

### What can I do?

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

#### Facilities

- 25 yard pool
- Gym
- Sauna
- Steam room
- Fitness studio
- School holiday activities

#### Activities

- Coached activities
- Gym classes (NRG Zone, Tabata)
- Dance classes
- Older adult activities
- Fitness classes

tel 0131 343 6376



## 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 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 gym is split in 2 levels a CV area and an area for free weights up to 20kg.

We have:

- Kettlebells
- TRX
- Viplr
- 19 pieces of kit
- Mixture of CV (running machines and cross- trainers) with integrated TVs
- 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

### Get up & go (activities for 65+)

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

We have:

- Classes suitable for older adults
- Low impact classes based on flexibility and mobility
- Includes: Bodyvive, Active Life and Aquafit

### 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.

### Fitness classes

Our fitness class programme has something for all abilities and age groups, pick up a timetable for full details:

We have:

- 1 fitness studio
- Over 35 classes per week
- Suitable for all abilities
- Popular BTS classes
- Pilates, Yoga, Zumba and much more

### 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.

### DID YOU KNOW?

30 minutes of swimming at a moderate level, burns the same amount of energy as if you spent 16 minutes running.

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, and here at Glenogle we offer a wide range of swimming lessons, from preschool 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 and pay for 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.

tel 0131 343 6376

## Swimming activities

### Children's lessons

Monday		
Adult & Baby (0-2yrs)	10.00	
Adult & Child (2-4yrs)	10.30	

Tuesday		
Pre-School	15.45	
Beginner 1	15.45	16.15
Beginner 2	16.15	
Improvers	16.15	
Stroke Dev Bronze	16.50	
Stroke Dev Silver	16.50	
Stroke Dev Gold	16.50	(50mins)

Thursday		
Adult & Baby (0-2yrs)	10.00	
Adult & Child (2-4yrs)	10.30	
Pre-School	15.45	16.15
Beginner 1	15.45	16.15
Beginner 2	16.15	16.45
Improvers	15.45	16.45
Stroke Dev Bronze	17.20	
Stroke Dev Silver	17.20	(50mins)
Stroke Dev Gold	17.20	(50mins)

Friday		
Adult & Baby (0-2yrs)	14.00	
Adult & Child (2-4yrs)	14.30	
Pre-School	14.00	15.00
Beginner 1	14.30	15.00 15.30
Beginner 2	15.00	15.30
Improvers	14.00	14.30 15.30
Stroke Dev Bronze	16.00	
Stroke Dev Silver	16.00	(50mins)
Stroke Dev Gold	16.00	(50mins)
1:4 Beginners	15.00	

Saturday		
Adult & Baby (0-2yrs)	09.00	
Adult & Child (2-4yrs)	09.30	
Pre-School	09.00	10.00
Beginner 1	09.00	10.00
Beginner 2	10.00	
1:4 Beginners	09.00	09.30
Improvers	09.30	
Pre-School	09.30	

All classes are 25 minutes unless otherwise stated

#### FACT

Swimming for 60 minutes can burn up to 240 calories.

### Adult lessons

Monday		
Masters Session	18.00	(1hour)
Masters Session	19.00	(1hour)

Thursday		
Masters Session	07.10	(50mins)
Adult Beginners	18.10	(50mins)
Adult Improvers	18.10	(50mins)
Adult Stroke Development	18.10	(50mins)

Friday		
Beginners 2	14.00	
Improvers	14.00	
Beginners 1:4	14.30	
Adult Beginners	16.00	(50mins)

Saturday		
Masters Session	08.00	(1hour)
Adult Beginners	08.00	(50mins)
Adult Improvers	08.00	(50mins)
Adult Beginners	10.40	(50mins)

### Aquafit classes

Monday		
Aquafit*	11.10	(50mins)

Thursday		
Aquafit*	11.10	(50mins)
Waterworks	19.00	(50mins)

### Course dates

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

Spring Term 2
Mon 16th Apr 12 – Sun 1st Jul 12
Re-booking Mon 11th Jun – Sun 17th Jun 12
New bookings Mon 25th Jun 12

Dates may be subject to change  
Edinburgh Leisure recommends the use of goggles and hats

edinburghleisure.co.uk

## Pricing

### Leisure Cards

Leisure Card <sup>†</sup>	£25.00		
Leisure Card (65+ and concession) <sup>†</sup>	£15.00	Leisure Card (student & student nurse) <sup>†</sup>	£18.75
Leisure Card (young adult 18-21) <sup>†</sup>	£18.75	JCP40 holders (3 months) <sup>†</sup>	£3.75
Leisure Card (under 18) <sup>†</sup>	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

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 children under 5)*	£6.30	£4.80	-	-
Sauna & steam room (when included with another activity)	£1.00	£1.00	£1.00	£1.00
75+ Sauna & steam room	-	-	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 (including gym visit)	£10.00	£7.50	£6.00	£5.00
NRG Zone/accredited visit	-	-	-	£3.50
Fitness class (30mins)	£4.20	£3.20	£2.60	£2.10
Fitness/Aquafit class (45+ minutes)	£6.90	£5.20	£4.20	£3.50
Exercise referral	£4.20	£4.20	£4.20	£4.20

\* 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.

## Some things it helps to know in advance:

- Metered car parking spaces are available on street at a charge of £1 per hour. Parking is free at the weekends. Please note that during the day 08.30 -17.30, they can only be occupied for up to four hours at a time.
- On street disabled parking is available. We have new improved disabled access to the venue.
- Lockers are £1.00 returnable deposit.
- For Sat Nav users - our postcode is EH3 5JB



## Term time pool programme - from January 2012

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	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00
<b>Mon</b>			Public Swimming with Lanes	Swimming Lessons Public Swimming*	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	Swimming Lessons Public Swimming*	Swimming Lessons Public Swimming*	Club Session (pool closed)	Club Session (pool closed)
<b>Tues</b>		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	Public Swimming with Lanes	Public Swimming with Lanes	Swimming Lessons**	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Club Session (pool closed)
<b>Wed</b>		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	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
<b>Thurs</b>		Swim Lessons Lanes Only	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	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes
<b>Fri</b>		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	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
<b>Sat</b>	Pool Closed	Swimming Lessons Public Swimming with 1 lane	Public Swimming with 1 lane	Public Swimming with 1 lane	Public Swimming with 1 lane	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	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes
<b>Sun</b>	Pool Closed	Adult Only Swimming with Lanes	Family sessions*	Family sessions*	Family sessions*	Family sessions*	Family sessions*	Family sessions*	Family sessions*	Family sessions*	Family sessions*	Family sessions*	Family sessions*	Family sessions*	Family sessions*

**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.

\* No lanes available for public swimming at these times

\*\* Pool closed

Please note: this programme is subject to change.