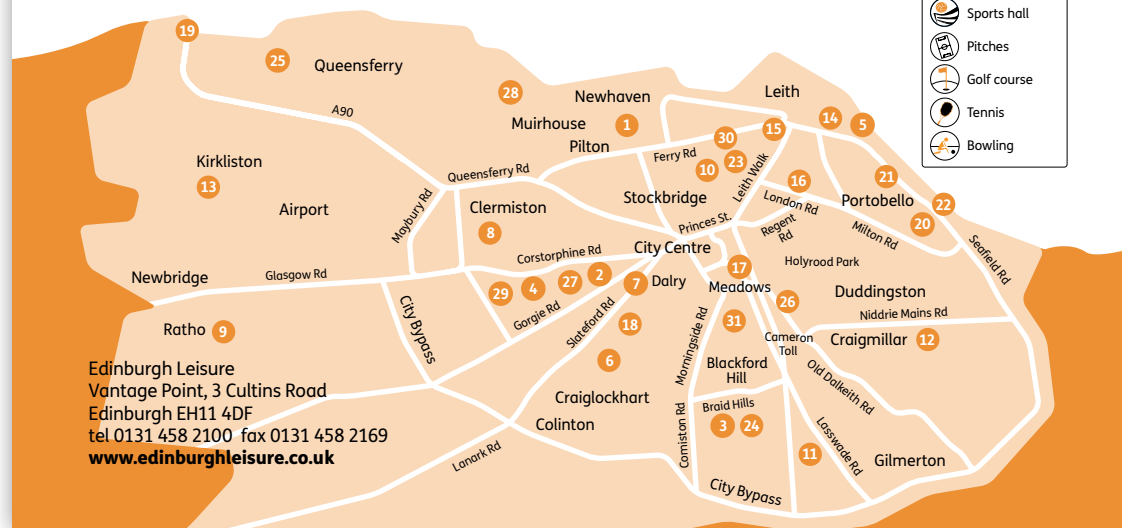


- 1 **Ainslie Park Leisure Centre** 
92 Pilton Drive, Edinburgh Tel: 551 2400
- 2 **Balgreen Bowling** 
Pansy Walk, Edinburgh Tel: 313 5097
- 3 **Braid Hills Golf Course** 
Braid Hills Approach Tel: 447 6666
- 4 **Carrick Knowe Golf Course** 
Glendevon Park, Edinburgh Tel: 337 1096
- 5 **Craigtinny Golf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

Gracemount Leisure Centre

ACTIVITIES PROGRAMME & PRICE LIST

JANUARY 2012

SUPPORTED BY

• EDINBURGH •
YOUR COUNCIL - YOUR SERVICES



Welcome to Gracemount Leisure Centre

Having first opened our doors on the 1st April 1989, we've been getting people active for over 20 years. We're located to the south of the City, just off Captain's Road and right next to Gracemount High School, where we're proud to be at the centre of the local community.

As part of Edinburgh Leisure, the largest leisure provider in the city, we've loads of activities for you and your family to enjoy, 7 days a week!

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

Opening times

We're open early and don't close 'til late, so you can easily slot physical activity into your life.

Leisure centre

Monday - Friday	06.30 - 22.00
Saturday & Sunday	09.00 - 19.00

Swimming pool

Monday - Friday	06.30 - 21.40
Saturday	12.30* - 18.40
Sunday	09.00 - 17.00

* During the school holidays, public swimming will be open from 9.00.

FACT

A 30 minute walk can burn up to 99 calories

What can I do?

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

Facilities

- Gym
- Powerplate
- Fitness class studio
- Swimming pool and sauna
- Outdoor football pitches
- Sports hall
- Cafe

Adult activities

- Gym sessions
- Fitness classes
- Badminton
- Get Up & Go sessions
- 5 & 7-a-side football

Junior activities

- NRG zone gym sessions
- Sports Coaching
- Open All Hours
- School holiday activities
- Birthday parties
- Swimming lessons

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 so you can find the best for you.

Gym

Come along for your introduction so that our team can work with you to 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 aren't drill sergeants, they're there for your support – it's your workout at your pace.

We have:

- 40 pieces of equipment
- Mixture of CV (running machines, cross-trainers) with integrated TV's
- Resistance equipment (shoulder press, leg extension)
- Extensive free-weights area
- Bosu, Vpr and kettlebells
- A variety of programmes and classes to keep you motivated.

Fitness classes

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

- Over 60 classes per week
- Suitable for all abilities
- Popular BTS classes – Bodypump, Bodyattack Core Pilates, Bodybalance, Yoga
- Zumba
- Aquafit
- Aqua Zumba

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're in need of 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. Ask the gym team to put you in touch.

Get Up & Go (activities for 65+)

Our Get Up & Go programmes are suitable for older adults, featuring low impact classes, Aquafit and gym sessions to help you feel better and live longer through staying active.



tel 0131 658 1940



edinburghleisure.co.uk

Just for kids

Coached activities

Did we mention that Edinburgh Leisure offer's the largest coaching programme in the city? We're full of exciting coaching programmes to develop your sporting prowess. Here's what we offer at Gracemount:

Gymnastics	Football	Badminton
Gym Nippers	Mini Kickers	Mini Tennis
Baby Nippers	Trampoline	Tots Tennis
Swimming		

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

Pick up your Coached Activities brochure from reception for full details of times and dates.

Birthday parties

Happy birthday to you! At Gracemount we can help you celebrate in style with a range of fun parties including; football, bouncy castle and pool inflatable's. Suitable for children 3 yrs+, parties are available at the weekends and must be booked in advance.

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.

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.

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.

School holiday activities

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

- Activator camps (5-14 years)
- Sports specific camps (football, trampolining and swimming)
- Swimming lessons
- Little olympians

Racquet sports – badminton & table-tennis

Love racquet sports? Then you're in the right place. Our sports hall can accommodate:

- Badminton
- Table tennis
- Short tennis
- Bookings can be made 7 days in advance (8 days if you have a membership or Leisure Card)
- Equipment can be hired from reception

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.

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.

Pool programme timetable

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

	06:30	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	Public Swimming with Lane(s)	Public Swimming with Lane(s)	Schools Sessions Public Swimming with Lanes	Schools Sessions Public Swimming	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Lessons	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Adults Only with Lanes	Adults Only with Lanes	Pool Closed
Tues	Public Swimming with Lane(s)	Public Swimming with Lane(s)	Public Swimming with Lane(s)	Public Swimming** 50+ Aquafit 50+ Aquafit	Public Swimming** 50+ Aquafit 50+ Aquafit	Public Swimming with Lanes	Public Swimming with Lanes	PAYG Adult Lesson Public Swimming	Lessons	Lessons	Lessons	Public Swimming with Lanes	Public Swimming with Lanes	Edinburgh Kayak Club	Edinburgh Kayak Club	Pool Closed
Wed	Public Swimming with Lane(s)	Public Swimming with Lane(s)	Public Swimming with Lane(s)	Public Swimming** Pre-school and Swim Tots Aquafit	Public Swimming** Pre-school and Swim Tots Aquafit	Public Swimming with Lanes	Public Swimming with Lanes	Pool Closed Start Training	Lessons	Lessons	Lessons	Adults Only with Lanes	Adults Only with Lanes	Adults Only with Lanes	Adults Only with Lanes	Pool Closed
Thurs	Public Swimming with Lane(s)	Public Swimming with Lane(s)	Public Swimming with Lane(s)	Schools Session Public Swimming	Schools Session Public Swimming	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Lessons	Lessons	Lessons	Public Swimming with Lanes	Public Swimming with Lanes	Adults Only with Lanes	Adults Only with Lanes	Pool Closed
Fri	Public Swimming with Lane(s)	Public Swimming with Lane(s)	Public Swimming with Lane(s)	Public Swimming** Aquafit	Public Swimming** Aquafit	Fun Session	Fun Session	Fun Session	Lessons	Lessons	Lessons	Public Swimming with Lanes	Public Swimming with Lanes	Open All Hours S1-S6	Adults Only With Lanes	Pool Closed
Sat	Pool Closed	Pool Closed	Lessons	Lessons	Pool Closed for Start Training	Public Swimming with Lanes	Public Swimming with Lanes	Fun Session* 2-2.45	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Public Swimming with Lanes	Pool Closed	Pool Closed
Sun	Pool Closed	Pool Closed	Family Swim Time	Family Swim Time	Public Swimming with Lanes***	Public Swimming with Lanes***	Public Swimming with Lanes***	Fun Session* 2-2.45	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Pool Closed	Pool Closed

* Fun session for primary school children.

** Deep end available only. No armbands and competent swimmers only.

*** Sundays from 13.00-14.00 the pool may be closed for special events. Please contact reception for availability.

During the school holidays, public swimming will be available from 9.00.

Please note: this programme is subject to change. Sauna is open during public swimming times only.

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 children under 5)	£6.30	£4.80	-	-
Sauna (when included with another activity)	£1.00	£1.00	£1.00	£1.00
75+ Sauna	-	-	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
Outdoor 5-a-side Mon-Thurs (1 hour)	£36.00	£36.00	-	£18.00
Outdoor 5-a-side Fri, Sat, Sun (1 hour)	£15.00	£15.00	-	£15.00
Outdoor 7-a-side Mon-Thurs (1 hour)	£45.00	£45.00	-	£22.50
Outdoor 7-a-side Fri, Sat, Sun (1 hour)	£20.00	£20.00	-	£20.00
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
Aquanatal	£4.30	£3.30	-	-
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 was correct at the time of going to print in December 2011.

Swimming

Why not dip your toe into our 4 lane 25m pool and enjoy the fantastic workout swimming can bring. We have swim lessons to suit all ages and abilities.

Children's lessons

Monday		Friday	
Adult & Child	15.00	Pre-School	14.15 15.15 15.30 16.00
Pre-School	15.00 15.30 16.00	Beginners 1	14.15 14.30 14.45 15.15 15.45 16.15
Beginners 1	15.30 16.00	Beginners 2	14.30 14.45 15.00 15.45 16.15
Beginners 2	15.30 16.00	Improvers	15.00 15.30 16.00 16.45
Improvers	16.00 16.30	Bronze	16.45
Bronze	16.30	Silver	16.45
Silver	16.30	Gold	16.45
Gold	16.30		
Tuesday		Saturday	
Adult & Child	15.00	Pre-School	08.30 09.00 09.45
Pre-School	15.00 15.30 16.00	Beginners 1	08.30 09.00 09.30 10.00
Beginners 1	15.30 16.00	Beginners 2	08.45 09.15 09.30 10.00
Beginners 2	15.30 16.00	Improvers	08.45 09.15 09.45 10.15
Improvers	15.30 16.00 16.30	Additional Support Needs	10.15
Bronze	16.30	Bronze	10.45
Silver	16.30	Silver	10.45
Gold	16.30	Gold	10.45
Gold elite	17.00		
Wednesday		Adult lessons	
1:2:4 Pre-School	15.30	Monday	
1:2:4 5+	16.00 16.30	Adult Beginners	18.15
Pre-School	15.30	Tuesday	
Beginners 1	15.30 16.00	Adult Beginners	14.00
Beginners 2	15.30 16.00	Thursday	
Improvers	16.00 16.30	Adult Improvers	18.00
Bronze	16.30	Saturday	
Silver	16.30	Adult Stroke Development	10.45
Thursday			
Adult & Child	15.00		
Pre-School	15.00 15.30		
Beginners 1	15.30 16.00 17.15		
Beginners 2	15.30 16.00		
Improvers	16.00 16.30		
Bronze	16.30		
Silver	16.30		
Gold	16.30		
Beginners (10yrs+)	17.15		

*1:4 ratio. The teacher is in the water.

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

DID YOU KNOW?

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