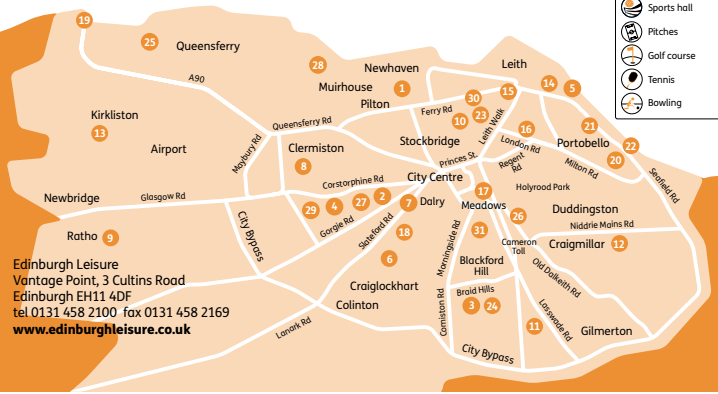
1. **Ainslie Park Leisure Centre**
92 Pilton Drive, Edinburgh Tel: 551 2400
2. **Balgreen Bowling**
Pansy Walk, Edinburgh Tel: 313 5097
3. **Braid Hills Golf Course**
Braid Hills Approach Tel: 447 6666
4. **Carrick Knowe Golf Course**
Glendevon Park, Edinburgh Tel: 337 1096
5. **Craigentinny Golf Course**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



Edinburgh Leisure
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Edinburgh EH11 4DF
tel 0131 458 2100 fax 0131 458 2169
www.edinburghleisure.co.uk

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Packed full of activities for babies right through to adults

JANUARY - JULY 2012

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Registered Scottish Charity No: SC027450

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Useful dates to remember†

7th Jan 12 - 1st Apr 12		
Rebooking: 21st Nov 11 - 27th Nov 11	**Transfer:** 28th Nov 11 - 4th Dec 11	**New customers:** 5th Dec 11
16th April - 1st July		
Rebooking: 12th Mar 12 - 18th Mar 12	**Transfer:** 19th Mar 12 - 25th Mar 12	**New customers:** 26th Mar 12

†**Every now and again venues might need to use different dates. Please check with your venue to keep you right and ensure your space.**

Information in this timetable was correct at the time of going to print in November 2011. Details of classes may change; check the activity search on **edinburghleisure.co.uk** for the most up to date information.

Social Enterprise™
TRADING FOR PEOPLE AND PLANET

Coached Activities FAQ's

Research tells us that if your child takes up sport at an early age, they stay healthy and active for the rest of their lives. Edinburgh Leisure has the largest range of coaching programmes in the City which you can be part of!

How can I book onto a course?
Simple, just choose a course from this brochure and contact the relevant venue. Booking dates are listed on the contents page. Existing customers have one week of priority booking and new customers can book anytime after that. Juniors also get a free leisure card.

When are the terms?
This brochure details classes from January-July 12. This period is split into two terms, August-October and October-December.

What do I need to wear and bring with me?
Please wear comfortable clothing and bring water to keep hydrated.

Do I need to stay with my child while they are taking part in their activity?
For children under 5 and parent & toddler classes you are asked to actively participate. For children aged 5-8yrs, you will need to stay in the building, but we do offer parents who are waiting £3.50 gym entry or £2.60 swim. There is also discount available for the Spa at EICA: Ratho*.

What is a 'General' class?
'General' classes are an entry level class for our progressive sports coaching. Your progress is assessed by the coach on a regular basis to move you through the levels. If you have any specific questions about progress, our coaches will be happy to answer them.

Do classes run through school holidays?
Most classes stop during the school holidays, including our adult tuition. Please check at the time of booking. We also have a wide range of holiday camps (see separate brochures for details) to keep active during the holidays.

Am I entitled to a refund after paying for the term?
Depending on the circumstances, managers at venues will give a refund. We advise that you check the refund policy at the time of booking.

Are your sports programmes open to people with disabilities?
Yes, we want sport to be accessible to everyone. Please contact the venue or Sports Development on 0131 458 2100 to discuss your individual needs.

How do I join a club?
There are a wide range of clubs throughout the City for a whole host of sports. If you or your child are interested please contact our Club Development officer on 0131 458 2178.

How do I become a Coach?
We work with 'Coaching Edinburgh' who can give you plenty of advice and support to get started. There are youth coaching opportunities for 14-24 year olds too, call our Sports Development team on 0131 458 2178 for more information.

*Some activities at EICA: Ratho may differ so please check when booking the activities if you are permitted to stay with your child or not.

This information was correct at the time of going to print November 2011. Details of classes may change; check the activity search on edinburghleisure.co.uk for the most up to date information.

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Baby Nippers

Something new for the little ones

Brand new classes for parents with babies aged from 8 weeks to 18 months.

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For more info visit
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Charity No. SC027450

Ainslie Park Leisure Centre

Time	Activity	Age	Level
Monday			
13.00-13.45	Gym Nippers	3-5yrs	
14.00-14.45	Gym Nippers	3-5yrs	
16.00-17.00	Gymnastics	5yrs+	General
17.00-18.00	Gymnastics	8yrs+	General
18.00-19.00	Gymnastics	5yrs+	Intermediate
Tuesday			
10.30-11.15	Athletics	3-5yrs	Mini
13.00-13.45	Athletics	3-5yrs	Mini
16.00-17.00	Athletics	5-8yrs	Introductory
Wednesday			
09.30-10.15	Gym Nippers	3-5yrs	
10.30-11.15	Gym Nippers	18mths -3yrs	Parent & Child
16.15-17.00	Football	3-5yrs	Mini Kickers
17.15-18.00	Football	5yrs+	Little Flicks
18.00-19.00	Football	8yrs+	Mini Strikers
Thursday			
09.30-10.15	Gym Nippers	3-5yrs	
10.20-11.05	Gym Nippers	18mths -3yrs	Parent & Child
11.10-11.55	Gym Nippers	18mths -3yrs	Parent & Child
13.00-13.45	Gym Nippers	3-5yrs	
13.50-14.35	Gym Nippers	3-5yrs	
16.00-18.00	Gymnastics	5yrs+	Talent Development/ Invite

Time	Activity	Age	Level
Friday			
13.30-14.15	Ballet	3-5yrs	Beginners
13.30-14.15	Hip Hop	5-8 yrs	
14.15-15.00	Ballet	5-8yrs	Beginners
14.15-15.00	Hip Hop	8–12yrs	
15.00-15.45	Cheerleading	5-8yrs	
15.45-16.30	Cheerleading	8–12yrs	
Saturday			
09.30-10.00	Short Tennis	3-4yrs	Tots 1
10.00-10.30	Short Tennis	4-5yrs	Tots 2
10.30-11.15	Short Tennis	5yrs+	Level 1
11.15-12.00	Short Tennis	5yrs+	Level 2
Sunday			
11.00-12.00	Gymnastics	5yrs+	General
12.00-13.30	Gymnastics	5yrs+	Development/ Invite

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Craiglockhart Leisure Centre

Time	Activity	Age	Level
Monday			
09.30-10.30	Pre-School Trampoline	3-5yrs	
10.30-11.30	Pre-School Trampoline	3-5yrs	
13.45-14.30	Tots Tennis	3-5yrs	Parent & Toddler
17.30-18.30	Athletics	9-12yrs	General
Tuesday			
09.30-10.15	Gym Nippers	3-5yrs	
10.15-11.00	Gym Nippers	3-5yrs	
13.00-13.40	Baby Nippers	8wks to crawl	
13.50-14.30	Baby Nippers	Crawl to 18mths	
16.30-17.30	Gymnastics	5yrs+	General Girls
17.30-19.30	Gymnastics	5yrs+	Talent Development
19.30-20.30	Gymnastics	5-9yrs	Intermediate/ Invitation
Wednesday			
09.30-10.15	Gym Nippers	18mths -3yrs	Parent & Toddler
10.30-11.15	Gym Nippers	18mths -3yrs	Parent & Toddler
12.00-12.30	Ball Kids	18mths -3yrs	Parent & Toddler
13.30-14.15	Gym Nippers	3-5yrs	
14.15-15.00	Gym Nippers	18mths -3yrs	Parent & Toddler
16.00-17.00	Gymnastics	5-8yrs	General Girls
16.00-17.00	NRG Zone	S1-S5	
17.00-18.00	Gymnastics	5-14yrs	Boys Only
18.00-19.00	Gymnastics	8-14yrs	General Girls
19.00-20.00	Gymnastics	5yrs+	Improver

Time	Activity	Age	Level
Thursday			
13.00-13.45	Gym Nippers	3-5yrs	
14.00-14.45	Gym Nippers	3-5yrs	
16.00-17.00	Gymnastics	5yrs+	General Girls
17.00-18.00	Gymnastics	5yrs+	Intermediate/ Invitation
18.00-20.00	Gymnastics	10yrs+	Talent Development
Friday			
09.10-10.00	Mini Kickers	3-5yrs	Beginners
13.30-14.30	NRG Zone	S1-S5	
14.00-15.00	Trampoline	5-16yrs	General
15.00-16.00	Trampoline	5-16yrs	General
16.00-17.00	NRG Zone	S1-S5	
16.00-17.00	Trampoline	5-16yrs	General
16.30-17.30	Badminton	5-8yrs	General
17.30-18.30	Badminton	9-12yrs	General
18.30-19.30	Badminton	13-16yrs	General
Saturday			
09.30-10.30	Gymnastics	5yrs+	General
10.30-11.30	Gymnastics	5yrs+	Intermediate/ Invitation
12.00-13.00	Trampoline	5-16yrs	Additional Needs
13.00-14.00	Trampoline	5-16yrs	General
14.00-15.00	NRG Zone	S1-S5	
14.00-15.00	Trampoline	5-16yrs	General
15.00-16.00	Trampoline	5-16yrs	Additional Needs
Sunday			
14.00-15.00	NRG Zone	S1-S5	

*To make life even easier, at **Craiglockhart Leisure Centre** you can now also pay for your coached activity by direct debit!*

tel 0131 443 0101

'We don't need to tell you how good we are,

you've just told us'

97% of respondents said their expectations were met.

91% would recommend us to others.

90% intended to re-book.

"Really excellent class, hadn't expected such a variety of activities"
Gymnippers class, Meadowbank

"Each child is treated as an individual. The highlight of my child's week"
Tennis class, Meadows

*Survey based on 605 customers - July 11

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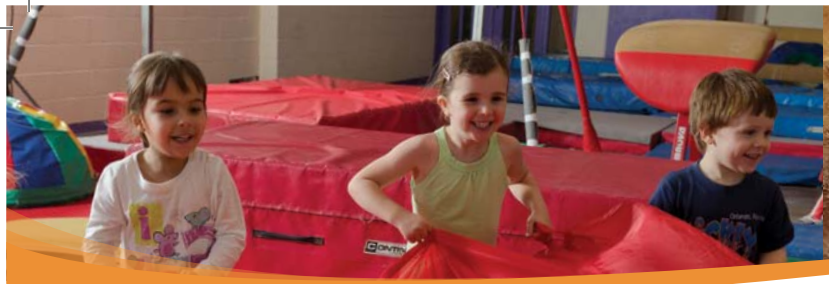

Drumbrae Leisure Centre

Time	Activity	Age	Level
Monday			
10.00-10.45	Mini Kickers	3-5yrs	General
15.30-16.00	Tots Tennis	3-5yrs	Parent & Child
16.00-16.45	Mini Kickers	3-5yrs	General
16.00-16.45	Mini Tennis	5-8yrs	
17.00-17.50	Little Flicks	5-8yrs	General
Tuesday			
09.20-10.05	Gym Nippers	3-5yrs	
10.15-11.00	Gym Nippers	18mths -3yrs	Parent & Child
11.05-11.50	Gym Nippers	3-5yrs	
12.15-13.00	Gym Nippers	3-5yrs	
13.00-13.45	Gym Nippers	18mths -3yrs	Parent & Child
16.00-17.00	Judo	5-8yrs	
17.00-18.00	Judo	8yrs+	
Wednesday			
16.00-17.00	NRG Zone	S1-S5	
Thursday			
18.00-19.00	Athletics	5-8yrs	Open
16.00-17.00	Judo	5-8yrs	
17.00-18.00	Judo	8yrs+	
Friday			
14.00-15.00	NRG Zone	S1-S5	
15.00-15.45	Ballet	P4-P7	
15.00-15.45	Highland Dance	P1-P3	
15.00-16.00	Gymnastics	5-8yrs	General
15.00-16.00	NRG Zone	S1-S5	
15.45-16.30	Ballet	P1-P3	

Time	Activity	Age	Level
Friday			
15.45-16.30	Highland Dance	P4-P7	
16.00-17.00	Gymnastics	8yrs+	General
16.00-17.00	NRG Zone	S1-S5	
16.30-17.15	Hip Hop/Jazz	P1-P3	
16.30-17.15	Hip Hop/Jazz	P4-P7	
17.00-18.30	Gymnastics	5-8yrs	Development Squad/Invite
18.30-20.00	Gymnastics	8yrs+	Development Squad/Invite
20.00-21.00	Gymnastics	Teens	Intermediate/ General
19.00-21.00	Open all Hours	S1-S6	
Saturday			
09.00-11.00	Gymnastics		Talent Development/Invite
10.00-11.00	NRG Zone	S1-S5	
11.00-12.00	Gymnastics	5-8yrs	General
13.30-14.30	Gymnastics	8yrs+	General/ Intermediate
14.30-16.00	Gymnastics		Talent Development/Invite
Sunday			
09.00-10.30	Gymnastics		Talent Development/Invite
10.30-11.30	Gymnastics	5-8yrs	General
11.00-12.00	NRG Zone	S1-S5	
17.00-18.00	Badminton	Open U/18yrs	Pay as you go

EICA: Ratho

Time	Activity	Age	Level
Monday			
13.00-13.45	Mini Kickers	3-5yrs	
14.30-15.30	Taster	8yrs+	
16.00-17.00	Taster	8yrs+	
16.00-18.00	Rocksters	8-12yrs	
18.00-20.00	Youth Club	13-16yrs	
18.00-21.00	Climbing Start Up	18yrs+	Beginner
20.30-21.30	Taster	8yrs+	
Tuesday			
12.00-13.00	Taster	8yrs+	
14.00-15.00	Taster	8yrs+	
18.00-20.00	Youth Club	13-16yrs	
18.30-21.30	Climbing Start Up	18yrs+	Beginner
Wednesday			
12.30-13.15	Gym Nippers	8mths-3yrs	
13.30-14.15	Gym Nippers	3-5yrs	
16.00-17.00	Taster	8yrs+	
16.00-18.00	Rocksters	8-12yrs	
16.30-17.30	Taster	8yrs+	
18.00-20.00	Rocksters	8-12yrs	
18.00-20.00	Youth Club	13-16yrs	
18.00-20.00	Advanced Youth Club	14-18yrs	
20.30-21.30	Taster	8yrs+	
Thursday			
10.30-11.30	Taster	8yrs+	
12.00-13.00	Taster	8yrs+	
14.00-15.00	Taster	8yrs+	
15.00-16.00	Taster	8yrs+	
16.00-17.00	Taster	8yrs+	
16.00-18.00	Cragsters	8-12yrs	
16.00-18.00	Rocksters	8-12yrs	
18.00-21.00	Climbing Start Up	18yrs+	Beginner

Time	Activity	Age	Level
Friday			
09.45-10.30	Mini Tennis	3-5yrs	
10.30-11.30	Taster	8yrs+	
10.45-11.15	Ball Kids	18mths-3yrs	
12.00-13.00	Taster	8yrs+	
13.00-14.00	Taster	8yrs+	
14.00-15.30	Marmottes	4-5yrs	
15.00-16.00	NRG Zone	S1-S5	
15.00-16.30	Stepping Stones	6-7yrs	
15.00-17.00	Cragsters	8-12yrs	
15.00-17.00	Rocksters	8-12yrs	
16.00-17.30	Pebbles	6-7yrs	
18.00-20.00	Youth Club	13-16yrs	
18.30-21.30	Climbing Start Up	18yrs+	Beginner
20.30-21.30	Taster	8yrs+	
Saturday			
10.00-11.00	Taster	8yrs+	
10.00-11.30	Pebbles	6-7yrs	
11.30-12.30	Taster	8yrs+	
13.00-16.00	Climbing Start Up	18yrs+	Beginner
13.00-14.00	Taster	8yrs+	
15.00-16.30	Family Climb	4yrs+ (must include 2 adults over 18yrs)	
16.00-17.30	Pebbles	6-7yrs	
16.00-18.00	Rocksters	8-12yrs	
16.30-17.30	Taster	8yrs+	
Sunday			
10.00-11.00	Taster	8yrs+	
10.00-11.30	Pebbles	6-7yrs	
10.30-12.30	Rocksters	8-12yrs	
11.30-12.30	Taster	8yrs+	
13.00-14.00	Taster	8yrs+	
13.00-16.00	Climbing Start Up	18yrs+	Beginner
16.00-17.30	Pebbles	6-7yrs	
16.30-17.30	Taster	8yrs+	
16.00-18.00	Family Start Up	8yrs+	Beginner

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Fill in the paperwork and let us do the rest, it's that simple.

You can choose to pay by direct debit at the following venues:

Craiglockhart Leisure and Tennis Centres, Gracemount Leisure Centre, Jack Kane Sports Centre, Portobello Indoor Bowls and Portobello Swim Centre.

Pick up a leaflet or speak to a member of the team to find out more.

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Gracemount Leisure Centre

Time	Activity	Age	Level
Monday			
10.00-10.45	Gym Nippers	3-5yrs	
13.00-13.45	Gym Nippers	3-5yrs	
13.50-14.35	Gym Nippers	3-5yrs	
15.45-16.45	Gymnastics	5yrs+	Intermediate/ Invite
16.00-17.00	Badminton	5yrs+	General
16.45-18.15	Gymnastics	5yrs+	Development/ Invite
Tuesday			
09.30-10.15	Gym Nippers	3-5yrs	
10.20-11.05	Gym Nippers	18mths -3yrs	Parent & Toddler
16.00-17.00	Gymnastics	5yrs+	General
16.00-18.00	Football	5-12yrs	Development/Invite
17.00-18.00	Gymnastics	5yrs+	Inter/Invite
18.00-19.00	Gymnastics	8yrs+	General
Wednesday			
10.00-10.45	Gym Nippers	18mths -3yrs	Parent & Toddler
10.00-10.50	Football	3-5yrs	Mini Kickers
13.00-13.45	Gym Nippers	3-5yrs	
20.30-21.45	Trampolining	Adults	Mixed
Thursday			
13.00-13.50	Football	3-5yrs	Mini Kickers
14.00-14.50	Football	3-5yrs	Mini Kickers
16.00-17.00	Football	5-12yrs	General
16.00-17.00	Gymnastics	5yrs+	General
17.00-18.00	Gymnastics	8yrs+	General

Time	Activity	Age	Level
Friday			
10.30-11.20	Football	3-5yrs	Mini Kickers
13.00-14.00	Football	5-12yrs	General
14.00-15.00	Football	5-12yrs	General
15.00-16.00	Football	5-12yrs	Inter/Invite
15.00-16.00	NRG Zone (Block Booking)	S1-S5	High School
16.00-17.00	Badminton	5yrs+	General
16.00-17.00	Gymnastics	5yrs+	General
17.00-18.00	Gymnastics	5yrs+	Inter/Invite
19.00-21.00	Open All Hours	S1-S6	
Saturday			
09.15-10.00	Tots Tennis	3-5yrs	
09.30-10.30	Trampolining	5yrs+	General
09.30-12.00	Activ8	Primary/ Secondary	Disability
10.00-11.00	Mini Tennis	5yrs+	General
10.30-11.30	Trampolining	5yrs+	General
11.30-12.30	Trampolining	5yrs+	General
12.30-13.30	Trampolining	5yrs+	Inter/Invite
14.00-15.00	Badminton	5yrs+	General
Sunday			
10.00-11.00	Football	5-12yrs	General
11.00-12.00	Football	5-12yrs	Inter/Invite
12.30-13.30	Trampolining	5yrs+	General
13.30-14.30	Trampolining	5yrs+	General
15.00-16.00	Trampolining	5yrs+	Inter/Invite
16.00-17.00	Trampolining	5yrs+	Inter/Invite
17.00-19.00	Trampolining		Talent Development/ Invite

*To make life even easier, at **Gracemount Leisure Centre** you can now also pay for your coached activity by direct debit!*

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Jack Kane Sports Centre

Time	Activity	Age	Level
Tuesday			
17.00-18.00	Gymnastics	5yrs+	Beginners
18.00-19.00	Gymnastics	5yrs+	Intermediate
19.00-21.00	Gymnastics	5yrs+	Development
Wednesday			
15.45-16.15	Tennis	3-5yrs	General
16.15-17.00	Tennis	5-8yrs	General
17.00-18.00	Tennis	8-12yrs	General
Thursday			
17.30-18.30	Gymnastics	5yrs+	General
17.30-19.30	Gymnastics	5yrs+	Development
18.30-19.30	Gymnastics	5yrs+	General
Friday			
13.30-14.30	Basketball	P3-P7	General
19.00-21.00	NRG Zone	S1-S6	General
19.00-21.00	Open All Hours	S1-S6	General
Sunday			
09.30-10.15	Gym Nippers	18mths -5yrs	General
10.00-12.00	Gymnastics	5yrs+	General

*To make life even easier, at **Jack Kane Sports Centre** you can now also pay for your coached activity by direct debit!*

Glenogle Swim Centre

Time	Activity	Age	Level
Friday			
14.00-15.00	NRG Zone	S1-S6	All
15.00 - 16.00	NRG Zone	S1-S6	All
Sunday			
13.00-14.00	NRG Zone	S1-S6	All

All classes are pay as you go at Glenogle..

tel 0131 669 0404 (JKSC)
tel 0131 343 6376 (GSC)

Kirkliston Leisure Centre & Queensferry High Recreation Centre

Time	Activity	Age	Level
Monday			
10.15-11.00	Gym Nippers	3-5yrs	Beginners
11.15-12.00	Gym Nippers	18mths -3yrs	Parent & Toddler
12.15-13.00	Gym Nippers	3-5yrs	Beginners
15.15-16.00	Tots Tennis	3-5yrs	Beginners
16.00-17.00	Tennis	5-7yrs	Beginners
17.00-18.00	Tennis	8-11yrs	Beginners
Tuesday			
09.30-12.00	Scampers	Pre-School	Parent & Child
Wednesday			
09.30-12.00	Scampers	Pre-School	Parent & Child
17.15-18.15	Gymnastics	5yrs+	Beginners
18.15-19.15	Gymnastics	5yrs+	Intermediate
19.15-20.15	Gymnastics	5yrs+	Intermediate
Thursday			
09.30-12.00	Scampers	Pre-School	Parent & Child
16.00-17.00	Trampolining	5yrs+	Beginner
17.00-18.00	Trampolining	5yrs+	General
18.00-19.00	Trampolining	5yrs+	Intermediate
19.00-21.00	Trampolining	5yrs+	Talent Development

Time	Activity	Age	Level
Friday			
09.30-12.00	Scampers	Pre-School	Parent & Child
13.15-14.00	Mini Kickers	3-5yrs	
14.15-15.15	Little Flicks	5-7yrs	
15.15-16.00	Mini Kickers	3-5yrs	
18.45-20.45	Open All Hours	S1-S6	
Saturday			
09.00-10.00	Trampolining	5yrs+	General
10.00-11.00	Trampolining	5yrs+	General
10.30-11.30	Athletics*	Open	General
11.00-12.00	Trampolining	5yrs+	General
11.30-12.20	Aquathlon Run*	8yrs+	Beginner
12.30-13.20	Aquathlon Swim*	8yrs+	Beginner
Sunday			
10.00-11.00	Pre-School Trampolining	3-5yrs	Pre-School
11.00-12.00	NRG Zone*	S1-S5	

Classes marked * held at Queensferry High Recreation Centre. All other classes are held at Kirkliston Leisure Centre.

Parental supervision required for Scampers session.

Aquathlon – is a great introduction for youngsters to run/swim events and a pathway into triathlon. The classes are in blocks so that children will attend both run and swim classes.

tel 0131 333 4700 (KLC)
tel 0131 319 3222 (QHRC)

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Leith Victoria Swim Centre

Time	Activity	Age	Level
Friday			
15.00-16.00	NRG Zone	S1-S5	All
16.00-16.45	Triathlon Cycle*	8yrs+	
Saturday			
13.00-13.50	Triathalon Run*	8yrs+	
14.00-14.50	Triathlon Swim*	8yrs+	
Sunday			
13.00-14.00	NRG Zone	S1-S5	All

Saughton Sports Complex

Time	Activity	Age	Level
Thursday			
18.00-19.00	Athletics**	5-14yrs	Beginners
Friday			
14.00-15.00	Athletics	5-14yrs	Beginners

* Triathlon sessions come as a block, so children will attend all 3 classes - cycling, running and swimming.

The running and swimming will be held at Leith Academy and the cycling held at Leith Victoria.
To book and to confirm all venue details please call Leith Victoria directly. ** Athletics classes are available from the 20th April – 29th June 2012

tel 0131 555 4728 (LVSC)
tel 0131 444 0422 (SSC)

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Meadowbank Sports Centre

Time	Activity	Age	Level
Monday			
09.30-10.15	Gym Nippers	18mths -3yrs	Parent & Toddler
10.25-11.10	Gym Nippers	18mths -3yrs	Parent & Toddler
11.15-12.00	Gym Nippers	3-5yrs	Pre-School
13.00-13.40	Baby Nippers	8wks - Crawl	General
14.00-14.40	Baby Nippers	Crawl - 18mths	General
15.30-16.30	Trampoline	5-8yrs	General
16.30-17.30	Gymnastics	5yrs+	General Girls
16.30-17.30	Trampoline	8yrs+	General
17.30-18.30	Gymnastics	8yrs+	General Girls
18.30-20.30	Gymnastics		Talent Development/ Invite
Tuesday			
09.30-10.15	Gym Nippers	3-5yrs	Pre-School
10.20-11.05	Gym Nippers	18mths -3yrs	Parent & Toddler
11.10-11.55	Gym Nippers	18mths -5yrs	Parent & Toddler
12.45-13.30	Gym Nippers	3-5yrs	Pre-School
13.35-14.20	Gym Nippers	3-5yrs	Pre-School
20.30-21.30	Gymnastics	16yrs+ Adult	General
Wednesday			
09.30-10.15	Gym Nippers	3-5yrs	Pre-School
10.20-11.05	Gym Nippers	18mths -3yrs	Parent & Toddler
11.10-11.55	Gym Nippers	18mths -5yrs	Parent & Toddler +3-5yrs
12.45-13.30	Gym Nippers	3-5yrs	Pre-School
13.35-14.20	Gym Nippers	3-5yrs	Pre-School
16.00-17.00	Badminton	7-11yrs	General
16.00-17.00	NRG Zone	S1-S5	General
17.00-18.00	Badminton	S1-S5	General
20.30-21.30	Gymnastics	16yrs+ Adult	General
Thursday			
09.45-10.30	Gym Nippers	18mths -3yrs	Parent & Toddler
10.45-11.30	Gym Nippers	3-5yrs	Pre-School
17.30-18.30	Gymnastics	5yrs+	Boys General
18.30-19.30	Gymnastics	8yrs+	Boys General
19.30-20.30	Gymnastics	8yrs+	Intermediate Mixed

Time	Activity	Age	Level
Friday			
09.30-10.15	Gym Nippers	18mths -3yrs	Parent & Toddlers
10.30-11.15	Gym Nippers	3-5yrs	Pre-School
13.00-14.00	Trampoline	3-5yrs	Pre-School
13.30-14.30	Gymnastics	5yrs+	General Mixed
14.00-15.00	NRG Zone	S1-S5	High School
14.00-15.00	Trampolining	3-5yrs	Parent & Toddler
14.30-15.30	Gymnastics	5yrs+	Intermediate Mixed
15.00-16.00	NRG Zone	S1-S5	High School
15.00-16.00	Trampolining	5yrs+	Disability
16.00-17.00	Trampolining	5yrs+	General
17.00-18.00	Athletics	5-8yrs	General
17.00-18.00	Trampolining		Intermediate
18.00-19.00	Athletics	9-12yrs	General
18.00-20.00	Trampolining		Talent Development
19.00-21.00	Open All Hours	S1-S6	High School
20.00-21.00	Trampolining	16yrs+	Adult General
Saturday			
09.00-09.45	Football	3-5yrs	Mini Kickers
09.30-10.30	Athletics	3-5yrs	Mini Athletics
09.30-10.30	Gymnastics	5-8yrs	General
09.30-10.30	Judo	5-8yrs	General
09.45-10.30	Football	3-5yrs	Mini Kickers
10.30-11.30	Athletics	5-8yrs	General
10.30-11.30	Football	5-8yrs	Little Flicks
10.30-11.30	Judo	9-12yrs	General
10.30-12.30	Gymnastics		Talent Development/ Invite
11.30-12.30	Athletics	9-12yrs	General
11.30-12.30	Football	5-8yrs	Little Flicks
12.45-13.45	Athletics	12yrs+	General
13.00-14.00	Gymnastics	5yrs+	General
14.00-15.00	Gymnastics	8yrs+	General
15.00-16.00	Gymnastics	5yrs+	Intermediate
Sunday			
11.00-12.00	NRG Zone	S1-S5	High School
19.00-22.00	Badminton	16yrs+ Adult	General

tel 0131 661 5351

Portobello Indoor Bowls & Leisure Centre

Time	Activity	Age	Level
Monday			
09.30-10.15	Gym Nippers	3-5yrs	Child Only
10.30-11.15	Gym Nippers	18mths -3yrs	Parent & Child
Wednesday			
13.00-13.40	Baby Nippers	8wks- Crawl	
14.00-14.40	Baby Nippers	Crawl- 18mths	
Friday			
09.30-10.15	Gym Nippers	3-5yrs	Child Only
10.20-11.05	Gym Nippers	18mths -3yrs	Parent & Child
11.15-12.00	Gym Nippers	18mths -3yrs	Parent & Child
14.00-15.00	Gymnastics	5yrs+	General
15.00-16.00	Gymnastics	5yrs+	Intermediate/ Invite
16.00-17.00	Gymnastics	5yrs+	Intermediate/ Invite
17.30-18.15	Judo	Under 8's	Beginners
18.15-19.15	Judo	Over 8's	Beginners

Portobello Swim Centre

Time	Activity	Age	Level
Friday			
14.00-15.00	NRG	S1-S5	All
15.00-16.00	NRG	S1-S5	All
Saturday			
10.30-11.30	NRG	S1-S5	All
Sunday			
10.30-11.30	NRG	S1-S5	All

*To make life even easier, at **Portobello Indoor Bowls & Leisure Centre and Portobello Swim Centre** you can now also pay for your coached activity by direct debit!*

tel 0131 669 0878 (PIBLC)
tel 0131 669 6888 (PSC)

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Make a splash with Edinburgh Leisure

Whether you're learning to swim, improving your technique, swimming for fitness, training for a swimming challenge or simply swimming for fun, make sure you make a splash with Edinburgh Leisure.

With teaching & coaching programmes for children as young as 4 months right through to older adults, in 10 venues across Edinburgh 7 days a week, there are plenty of times to suit everyone.

New for 2011 – Adult Swimmers now get free access to all of our pools to practise their swimming, for the duration of their course of lessons/ coaching.

There are 5,000 children and 1,500 adults per week choosing to learn and develop their swimming with Edinburgh Leisure so why not make sure you are one of them? With some of the best teachers and coaches in the business, we can give you the expertise you deserve.

Log on to our website for further information.

edinburghleisure.co.uk

Descriptions

Activ8 (5yrs+) - Is a club for children with additional support needs. During the session participants are encouraged to take part in sports and team activities with swimming at its core. Sessions are limited to 8 children with 4 full time staff.

Athletics (3yrs+) - Coached class focusing on the fundamental athletics skills of running, jumping and throwing.

Badminton (5yrs+) - Learn the basic shots, techniques and rules in this fun coached class. Progressive classes are available.

Basketball (9-14yrs) - Coached class focusing on skills practice with some game play.

Ball Kids (18mths-3yrs) - The emphasis is on developing a wide range of cross motorskills such as bouncing, catching, throwing, balance and timing.

Dance - Is your child a bit of a groover? We offer a selection of fun dance classes including Ballet, Hip Hop, Jazz, Highland dancing and Cheerleading.

General (5-12yrs) - Learn football skills and play fun games in a relaxed environment for all levels.

Climbing Start Up (18yrs+) - This is a 3 hour course takes you through all the basic skills you need to learn in order to use the climbing arena unsupervised.

Cragsters (8-12yrs) - Participants will get the chance to try out both our top rope and bouldering walls which gives a great all round experience of climbing. This session is bookable up to 7 days in advance.

Gym Nippers (18mths-3yrs) - Parent & toddler sessions that aim to improve co-ordination through movement and song.

Gym Nippers (3-5yrs) - A pre-school music and movement class, teaching co-ordination using large and small apparatus.

Gymnastics (5yrs+) - A range of classes to suit all abilities from beginner to Club level.

Judo (4yrs+) - A full contact marital arts class involving throwing and holding movements. Promoting co-ordination, flexibility, self-confidence and fitness. Progressive courses from Beginners to Advanced levels available.

Little Flicks (5-8yrs) - Building on footballing basics, these fun sessions concentrate on developing skills through practice and mini matches.

Marmots (4-5yrs) - Each session consists of 1 hour climbing based activity in the arena followed by 30 minutes of softplay in Scrambles.

Mini Kickers (3-5yrs) - Fun sessions learning footballing basics.

Mini Tennis (5yrs+) - A coached class to improve tennis skills and game play for a range of abilities.

NRG Zone (S1-S5) - Supervised gym sessions for young adults.

Open All Hours (S1-S6) - A wide range of activities for only £1.00 a session, whether its surfing the net, using the gym, sports coaching, swimming or chilling out.

Pebbles (5-7yrs) - Each session consists of 1 hour climbing based activity in the arena followed by 30 minutes of softplay in Scrambles.

Rocksters (8-12yrs) - This club is a fun way for young people to get involved in climbing.

Street Dance (5-16yrs) - Come along and master the explosive dance styles performed to chart music.

Short Tennis (8yrs+) - Is designed as a training game for players learning to play tennis. It is played on a smaller part of the court with a lower net and a larger soft ball.

Talent Development (5-12yrs) - For children showing promise that want to challenge their footballing skills further. More technical but still with the fun element.

Taster (8yrs+) - This is to give a little taste of climbing. This 1 hour course will get you kitted out and on the wall with the support of a climbing instructor.

Tennis (5-11yrs) - The coaching programme is structured to allow the children to learn all the basic skills and progress from the beginner stages right through to Regional and National standards.

Tots Tennis (3-5yrs) - Adult & Child sessions designed to teach basic tennis skills such as balance, movement and hand-eye co-ordination.

Trampolining (5yrs+) - A fun, acrobatic course learning an array of jumps, somersaults, combinations and turns.

Triathlon (8yrs+) - Coached classes that introduce youngsters to triathlon: running, swimming & cycling. There is a minimum entry requirement for this programme: Swim 100m, deep water confidence, tread water, inside leg of 26.5 inches.

Yoga Stars (5-8yrs) - Imaginative, dynamic, inspiring. Helps to maintain flexibility, strengthen muscles, improve co-ordination and balance. Whilst relaxation, breathing techniques improve memory retention, concentration and energy levels.

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