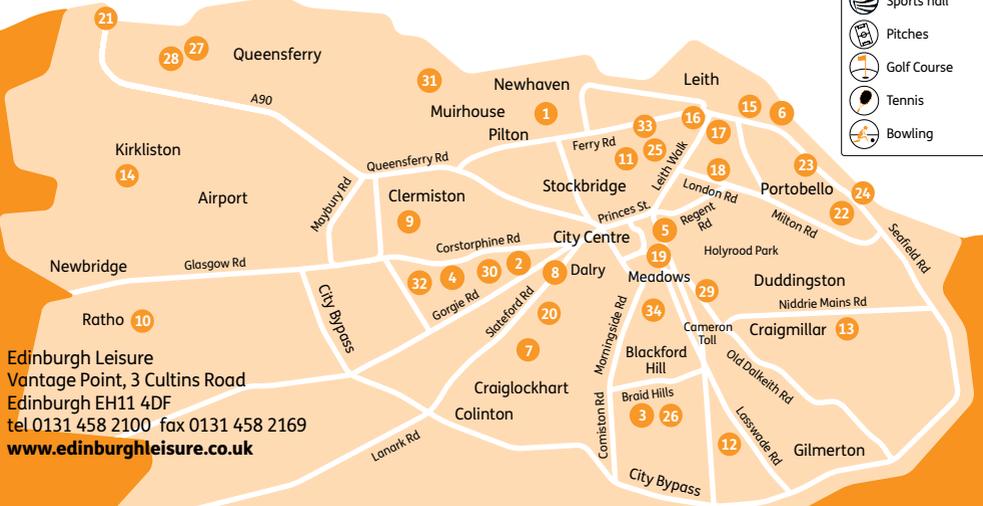


- 1 Ainslie Park Leisure Centre**  92 Pilton Drive, Edinburgh Tel: 551 2400
- 2 Balgreen Bowling**  Pansy Walk, Edinburgh Tel: 313 5097
- 3 Braid Hills Golf Course**  Braid Hills Approach Tel 447 6666
- 4 Carrick Knowe Golf Course**  Glendevon Park, Edinburgh Tel: 337 1096
- 5 Craggs Sports Centre**  10 Bowmont Place, Edinburgh Tel: 667 3334
- 6 Craigtinny Golf Course**  Fillyside Road, Edinburgh Tel: 554 7501
- 7 Craiglockhart Leisure & Tennis Centre**  177 Colinton Road, Edinburgh Tel: 443 0101
- 8 Dalry Swim Centre**  Caledonian Crescent, Edinburgh Tel: 313 3964
- 9 Drumbrae Leisure Centre**  30 Drumbrae Terrace, Edinburgh Tel: 312 7957
- 10 Edinburgh International Climbing Arena Ratha**  South Platt Hill, Newbridge, Edinburgh Tel: 333 6333
- 11 Glenogle Swim Centre**  Glenogle Road, Edinburgh Tel: 343 6376
- 12 Gracemount Leisure Centre**  Gracemount Drive, Edinburgh Tel: 658 1940
- 13 Jack Kane Sports Centre**  208 Niddrie mains Road, Edinburgh Tel: 669 0404
- 14 Kirkliston Leisure Centre**  Kirklands Park Street, Kirkliston Tel: 333 4700
- 15 Leith Links Bowling**  John's Place, Edinburgh Tel: 669 0878
- 16 Leith Victoria Swim Centre**  Junction Place, Edinburgh Tel: 555 4728
- 17 Leith Waterworld**  377 Easter Road, Edinburgh Tel: 555 6000

- 18 Meadowbank Sports Centre**  London Road, Edinburgh Tel: 661 5351
- 19 Meadows Tennis Complex**  East Meadows, Edinburgh Tel: 443 0101
- 20 Meggetland Sports Complex**  Colinton Road, Edinburgh Tel: 455 8375
- 21 Port Edgar Marina**  Shore Road, South Queensferry Tel: 331 3330
- 22 Portobello Golf Course (9 holes)**  Pavilion, Stanley St, Portobello Tel: 669 4361
- 23 Portobello Indoor Bowls & Leisure Centre**  20 Westbank Street, Edinburgh Tel: 669 0878
- 24 Portobello Swim Centre**  57 The Promenade, Portobello Tel: 669 6888
- 25 Powderhall Bowling**  Broughton Road, Edinburgh Tel: 669 0878
- 26 Princes Golf Course (9 holes)**  Braid Hills Drive Tel: 666 2210
- 27 Queensferry High Recreation Centre**  Ashburnham Road, South Queensferry Tel: 319 3222
- 28 Queensferry Recreation Centre**  Ashburnham Road, South Queensferry Tel: 331 1880
- 29 The Royal Commonwealth Pool**  Dalkeith Road, Edinburgh **Closed until 2011**
- 30 Saughton Sports Complex**  Stevenson Drive, Edinburgh Tel: 444 0422
- 31 Silverknowes Golf Course**  Silverknowes Parkway, Edinburgh Tel: 336 3843
- 32 St Margarets Park, Bowling, Tennis**  Corstorphine High Street, Edinburgh Tel: 669 0878
- 33 Victoria Park Bowling**  Newhaven Road, Edinburgh Tel: 669 0878
- 34 Warrender Swim Centre**  Thirlestane Road, Edinburgh Tel: 447 0052



	Swimming pool
	Gym
	Fitness classes
	Sports hall
	Pitches
	Golf Course
	Tennis
	Bowling

# Edinburgh Leisure

## Glenogle Swim Centre

# Activities programme & price list

June 2010



**Welcome to Glenogle Swim Centre.** Following a multi-million pound refurbishment we're back to help you get fitter, healthier and happier! Our fab new centre offers swimming in our Victorian style pool, sauna, steam room, fitness classes and a state of the art gym. All in the heart of Stockbridge.

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.

### Swim Centre

Monday – Thursday	07.00 – 22.00
Saturday and Sunday	08.00 – 18.00

### What can I do?

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

#### Facilities

25 yard pool  
Gym  
Sauna  
Steam Room  
Fitness Studio  
Activity Room

#### Activities

Coached activities  
Gym Classes (NRG Zone)  
Dance Classes  
Older Adult Activities  
Fitness Classes  
School Holiday Activities



## 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

Our gym is welcoming, friendly and has a great range of resistance & cardiovascular equipment to suit everyone.

Being fit and healthy is the key to your physical and mental well being: regular exercise helps maintain a healthy body and, in turn, a healthy mind.

We have:

- 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

### 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

### Get Up & Go

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

We have:

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



## 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 – any card

From memberships to Leisure Cards, there are lots of ways to pay and play for your leisure activities.

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 60+ there's a membership package for you.

### Monthly memberships

Our number one purpose is to get more people in Edinburgh more active, more often. And with a range of memberships from £17 to £43.50 per month we make staying fit and healthy something you don't need to fork out heaps of hard earned cash over. And unlike most leisure providers, we don't make you sign any contracts, so you can stay for as little or as long as you like. There are no ties or hidden costs!

### Leisure Card

Our standard Leisure Card costs £50 per year – that's less than £1 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.

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	16.15
Beginner 1	15.45	16.15
Beginner 2	16.15	
Improvers	15.45	16.15
St Dev bronze	16.50	
St Dev Silver	16.50	(50mins)
St Dev Gold	16.50	(50mins)
Energize swim	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 16.45
Beginner 2	16.15	16.45
Improvers	15.45	16.45
St Dev Bronze	17.20	
St Dev Silver	17.20	(50mins)
St Dev Gold	17.20	(50mins)

Friday		
Adult & Baby (0-2yrs)	14.00	
Adult & Child (2-4yrs)	14.30	
Beginner 1	14.30	15.00 15.30
Beginner 2	14.00	15.00 15.30
Improvers	14.00	14.30 15.30
St Dev Bronze	16.00	(50mins)
St Dev Silver	16.00	(50mins)
St Dev Gold	16.00	(50mins)
Energize Swim	16.00	(50mins)

Saturday		
Adult & Baby (0-2yrs)	09.00	
Adult & Child (2-4yrs)	09.30	10.00 10.30
Pre-school	09.00	09.30 10.30
Beginner 1	09.00	10.00 10.30
Beginner 2	09.30	10.00
Improvers	10.00	10.30
1:4 Beginners	09.00	09.30

### Adult lessons

Monday		
Powerswim*	12.30	
Masters Session (2 lanes)*	18.00	(1hour)
Masters session (2 lanes)*	19.00	(1hour)

Thursday		
Masters Session (2 lanes)*	07.10	(1hour)
Adult Beginners	18.10	(50mins)
Adult Improvers	18.10	(50mins)
Adult Stroke Development	18.10	(50mins)

Saturday		
Masters Session*	08.00	(50mins)
Adult Beginners	08.00	
Adult Improvers	08.00	

### Aquafit classes

Monday		
Aquafit*	11.10	(50mins)

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

\* Pay as you go sessions.

All other classes are bookable courses.

All classes are 25 minutes unless otherwise stated

tel 0131 343 6376

## Prices

Leisure Card†	£50.00		
Leisure Card (60+ and concession)†	£15.00	Leisure Card (student & student nurse)†	£15.00
Leisure Card (young adult 18-21)†	£15.00	JCP40 holders (3 months)†	£3.75
Leisure Card (under 18)†	Free	Replacement Leisure Card	Free

Activity	Standard		Concession	Under 18's
	No card	Leisure Card	60+ / Leisure Card	
Swim	£3.90	£2.90	£2.00	£2.00
60+ Swim	-	-	£1.40	-
Under 5's and primary school children swim*	-	-	-	Free
Family swim (2 adults 2 under 18's)	£7.80	£7.80	£7.80	£7.80
Family swim (2 adults 2 children under 5's & primary school)	£5.50	£5.50	£5.50	£5.50
Sauna & steam room (when included with another activity)	£0.60	£0.60	£0.60	£0.60
Shower	£1.20	£1.20	£1.20	£1.20
Gym visit (swim incl)	£6.80	£5.10	£2.90	£2.90
NRG Zone / accredited visit	-	-	-	£2.90
Fitness class (30mins)	£4.00	£3.00	£2.00	£2.00
Fitness/Aquafit class (50+mins)	£6.50	£4.90	£2.90	£2.90
Exercise referral	£2.90	£2.90	£2.90	£2.90
Swim membership (incl Leisure Card per month)	£26.50	-	-	-
Joint swim membership (incl Leisure Card per month)	£47.50	-	-	-
Annual swim pass (incl Leisure Card)	£318.00	-	-	-
Fitness membership	£43.50	-	£19.50	£17.00
Joining fee for memberships	£35.00	-	£15.00	£15.00

\* 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 June 2010.

## Some things it helps to know in advance:

- Metered car parking spaces are available on street at a charge of £1 per hour. 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.



[www.edinburghleisure.co.uk](http://www.edinburghleisure.co.uk)

## Term time pool programme - from August 2010

	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	Coached session Public swimming*	Coached session Lane swimming only	Coached session Lane swimming only	Coached session Lane swimming only	School Lessons Public swimming	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	Coached session Public swimming*	Club session (pool closed)		
<b>Tues</b>		Public swimming with lanes	Public swimming with lanes	School lessons Public swimming*	Lane swimming only	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	Swimming lessons (pool closed)	Public swimming with lanes	Public swimming with lanes	Lane swimming only	Club session (pool closed)	
<b>Wed</b>		Public swimming with lanes	Public swimming with lanes	School lessons Public swimming*	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	Staff training (pool closed)	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	Female only session	Club session (2 lanes) Lane swimming only (3 lanes)	
<b>Thurs</b>		Coached session (2 lanes) Lane swimming only (3 lanes)	Public swimming with lanes	Coached session Public swimming*	Lane swimming only	Lane swimming only	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	Swimming lessons (pool closed)	Swimming lessons (pool closed)	Swimming lessons (pool closed)	Aquafit Public swimming*	Club session (pool closed)	
<b>Fri</b>		Public swimming with lanes	Public swimming with lanes	School lessons Public swimming*	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	Swimming lessons (pool closed)	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	
<b>Sat</b>	Pool closed	Swimming lessons (pool closed)	Swimming lessons (pool closed)	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	Fun session	Fun session	Club session - pool closed (every 2nd and 4th weekend P/S with lanes (every other weekend))	Pool closed	Pool closed	Pool closed	Pool closed	
<b>Sun</b>	Pool closed	Adult lane swimming only	Family session - no lanes available	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	Fun session	Fun session	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	Public swimming with lanes	

**Swim membership:** Our swim memberships offer unlimited access to any of our pools. There are a number of options available and with Edinburgh Leisure's primary school Children Swim Free policy, you and your family can have fun and keep fit.

**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

Please note: this programme is subject to change.