

# Have an energetic Summer with

# enjoyleisure

## in East Lothian



## Action Packed Summer Activity Programme

Gymnastics | Trampolining | Rookie Lifeguard  
Multi-Sports | Mini Tennis | Midi Kickers | Climbing  
Gym Monkeys | Badminton | Football | and more!

**PLUS FREE SWIMS FOR UNDER 18s**

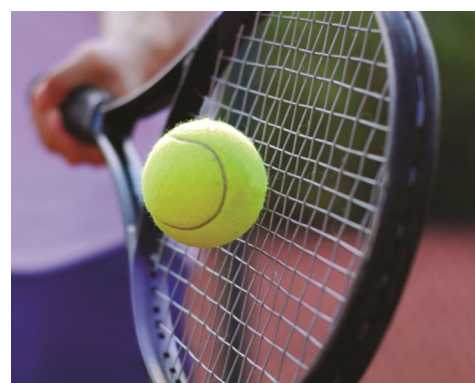
[www.enjoyleisure.com](http://www.enjoyleisure.com)  

Delivering services for East Lothian Council. Enjoy East Lothian Ltd is a registered Scottish Charity: SC040527.

Summer Programme 2015

## Your guide to an action packed Summer!

Across East Lothian **enjoyleisure** presents a Summer Activities programme enabling children to try a new sport, develop their technique or just enjoy being active!



### What's On Where?

Activities Programme	Aubigny Haddington	Loch Centre Tranent	Meadowmill By Tranent	Musselburgh Sports Centre	North Berwick Sports Centre
Aqua Fun - Floats & Games	✓	✓			
AquaRun		✓		✓	✓
Arts & Crafts		✓		✓	✓
Baby Gym (Adult & Child)	✓				
Badminton	✓		✓	✓	✓
Climbing		✓			
Double Mini Trampolining			✓	✓	
Football @ Aubigny Astro	✓				
Football (Midi Kickers)	✓				✓
Freestyle Gymnastics	✓				
Gym Monkeys (Adult & Child)	✓				✓
Gym Monkeys (Pre-school)	✓	✓	✓		✓
Gymnastics	✓	✓	✓	✓	
Junior Jog Scotland	✓				
Mini Multi-Sports	✓		✓	✓	✓
Mini Tennis			✓		
Multi-Sports	✓			✓	✓
Parent and Child Boxercise				✓	
Rookie Lifeguard	✓	✓		✓	✓
Rounders	✓				
Snorkel & Fin Swim Session	✓				
Swimming Lessons		✓		✓	✓
Teen Fitness			✓		
Tots Trampolining (Adult & Child)			✓		
Trampolining			✓	✓	
Water Polo	✓				



# Summer Programme Class Descriptions

## Aqua Fun - Floats & Games Session

A family fun swim session with floats, balls and water toys.

## Aqua Run Fun Session

Jump, splash and slide on the giant inflatable Aqua Run which sits on the swimming pool. Children must be able to swim 25m and be confident in deep water.

## Arts & Crafts

Each day, kids aged 5+ can participate in different craft and arts activities including painting, drawing, Hamma bead making, masks, collages, paper mache and face painting.

## Baby Gym

Spend quality time with your baby working on interactive play, basic movement of the limbs and baby socialisation.

## Badminton

Developing and improving skills and playing short fun games. Open to beginners and experienced players.

## Climbing Camp

Start climbing the walls! Children aged 8+ can learn the basic safety requirements of climbing and belaying on the 30ft Climbing Wall. Classes take place at Foresters Park Climbing Wall, Lindores Drive, Tranent, EH33 1HY.

## Double Mini Trampoline

A combination of trampolining and gymnastics in one. Learn a variety of moves and skills on the double mini trampoline. Previous experience in trampolining or gymnastics will be beneficial but not essential. Garments with zips/buttons can not be worn on the trampolines. Participants must wear socks.

## Football @ Aubigny Astro

Come along, practise your skills and have a mini match on the astroturf. Please register your attendance at Aubigny Sports Centre Reception. A minimum of 8 participants are required for this session to go ahead.

## Football Midi Kickers

Enhance your skills, through a variety of ball skills, drills and fun games.

## Freestyle Gymnastics

Freestyle gymnastics is a combination of gymnastics, free-running and martial arts involving unique vaults, tumbles and acrobatic kicking techniques.

## Gym Monkeys

Dance, roll, tumble and play at Gym Monkeys, a gymnastics inspired class for infants and pre-school children.

## Gymnastics

Develop strength, coordination, self-confidence and body awareness in these coached gymnastics sessions. Suitable for children starting P1 in August or older.

## Junior Jogscotland

Junior jogscotland provides a fun and simple way to get children active through a range of games suitable for primary school-aged children.

## Mini Multi-Sports

Specifically for younger kids, enjoy a variety of sporting activities developing coordination, agility and ball skills.

## Mini Tennis

All quiet on the court - the next Andy Murray is about to serve! Indoor mini-tennis lessons for aged 5-8 years.

## Multi-Sports

Enjoy a variety of sporting activities developing coordination, agility and ball skills.

## Parent & Child Boxercise

Dukes up! Parents and children aged 6-12 years can enjoy this boxing inspired workout together, incorporating a combination of boxing drills and circuit training.

## Rookie Lifeguard

Become a rookie lifeguard! Children 8-12 years can learn about water safety, rescue, first aid and lifesaving skills. Participants must be able to swim 25m to attend.

## Rounders

The old favourites are always the best! Join us for a game of rounders on the Astroturf beside Aubigny Sports Centre. Please register at Reception. Min of 8 children required for this session to go ahead.

## Snorkel & Fin Swim Session

Duck, dive and glide exploring the depths of the swimming pool. Fins and snorkels will be provided, however you are welcome to bring your own.

## Swimming Lessons

In line with the existing Learn to Swim lesson programme, register your child for an intense block of swimming lessons, guaranteed to improve their swimming capabilities.

## Teen Fitness

A different fitness activity every day including a workout in the Bodyworks Gym; SpinFit class, Circuit Training, Track Running and Boxblast class.

## Tots Trampoline

Bouncing, giggling and having lots of fun! These parent and child sessions are suitable for infants 18 months to 4 years. Parents/carers participate in this activity with their children. Children/parents must wear socks. Garments with zips/buttons can not be worn on the trampoline.

## Trampoline

Bounce till your heart's content while learning jumps and skills on full size trampolines. Garments with zips/buttons can not be worn on the trampoline. Socks must be worn.

## Water Polo

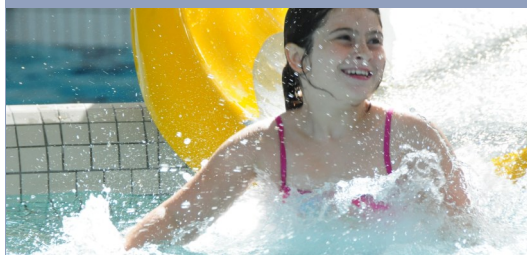
Never tried it? Here's your chance. We'll teach you the core skills of pushing, passing, and shooting the ball in the water; before having a mini-game. Participants must be confident swimmers. Minimum of 8 children required for this session to go ahead.

★ Indicates Pre-booking Required.

Aubigny Sports Centre, Haddington T: 01620 820650	Days	Time	Age	Price	6-10 Jul	13-17 Jul	20-24 Jul	27-31 Jul	3-7 Aug	10-14 Aug
<b>Aqua Fun: Floats &amp; Games Session</b>	Tuesdays	3:00pm - 4:00pm	All Ages	Adult £3.70 Child FREE		✓	✓	✓	✓	
<b>Baby Gym</b> ★ (Adult & Child Participation)	Tuesday & Thursday	11:00am - 11:45am	9wks - 18mths	£3.55 per session			✓			✓
<b>Badminton</b> ★	Monday - Friday	2:30pm - 3:30pm	7-12 years	£17.75 per block		✓				
<b>Football @ Aubigny Astro</b>	Wednesdays	2:30pm - 3:30pm	5-12 years	£3.55 per session		✓	✓	✓	✓	
<b>Football Midi Kickers</b> ★	Monday - Friday	1:30pm - 2:30pm	4-7 years	£17.75 per block			✓		✓	
<b>Freestyle Gymnastics</b> ★	Monday - Friday	12:00pm - 1:00pm	7-14 years	£17.75 per block			✓			✓
<b>Gym Monkeys</b> ★ (Pre-school)	Monday - Friday	10:00am - 10:45am	3-4 years	£17.75 per block			✓			✓
<b>Gym Monkeys</b> ★ (Adult & Child Participation)	Mon, Wed & Fri	10:45am - 11:30am	18mths - 3 years	£10.65 per block			✓			✓
<b>Gymnastics</b> ★	Monday - Friday	1:30pm - 3:00pm	P1 +	£22.50 per block			✓			✓
<b>Junior Jogscotland</b> (Astroturf - Outdoors)	Mondays	11:00am - 12:00pm	8+ years	£2.00 per session		✓	✓	✓	✓	
<b>Mini Multi Sports</b> ★	Monday - Friday	9:15am - 10:15am	4-6 years	£17.75 per block					✓	
		11:15am - 12:15pm					✓			
		1:00pm - 2:00pm				✓		✓		
<b>Multi-Sports</b> ★	Monday - Friday	11:00am - 1:00pm	7-12 years	£28.00 per block		✓		✓	✓	
<b>Rookie Lifeguard</b> ★	Monday - Friday	1:30pm - 3:30pm	8-12 years	£35.00 per block			✓		✓	
<b>Rounders</b> (Astroturf - Outdoors)	Thursdays	2:30pm - 3:30pm	5-12 years	£2.00 per session		✓	✓	✓	✓	
<b>Snorkel &amp; Fin Swim Session</b>	Fridays	10:00am - 11:00am	All Ages	Adult £3.70 Child £2.00		✓	✓	✓	✓	
<b>Water Polo</b>	Mondays	9:00am - 10:00am	8+ years	£3.55 per session		✓	✓	✓	✓	

## Have an aqua-mazing family fun time at Dunbar Leisure Pool

Open daily from 9am | Waves | Flume | Water Characters | Café | Soft Play



Dunbar Leisure Pool T: 01368 866040	Days	Time	Age	Price	6-10 Jul	13-17 Jul	20-24 Jul	27-31 Jul	3-7 Aug	10-14 Aug
<b>Aqua Run</b>	Thursdays	6:30pm - 7:45pm	Attendees must be able to swim 25m	Child £2.60	✓	✓	✓	✓	✓	✓

Loch Centre, Tranent T: 01875 824140	Days	Time	Age	Price	6 - 10 Jul	13 - 17 Jul	20 - 24 Jul	27 - 31 Jul	3 - 7 Aug	10 - 14 Aug
<b>Aqua Fun: Floats &amp; Games Session</b>	Mondays & Wednesdays	1:00pm - 2:00pm	Family Fun	Adult £3.70 Child FREE	✓	✓	✓	✓	✓	✓
<b>Aqua Run</b>	Friday	1:00pm - 1:45pm	Attendees must be able to swim 25m	Child FREE	✓	✓	✓	✓	✓	✓
<b>Arts &amp; Crafts</b>	Monday - Friday	9:30am - 10:30am	5+ years	£3.55 per session	✓	✓	✓	✓	✓	✓
		10:30am - 11:30am			✓	✓	✓	✓	✓	✓
<b>Gym Monkeys</b> ⭐ (Pre-school)	Monday - Friday	12:30pm - 1:15pm	3-4 years	£17.75 per block		✓				
<b>Gymnastics</b> ⭐	Monday - Friday	1:30pm - 3:00pm	P1+	£22.50 per block		✓				
<b>Rookie Lifeguard</b> ⭐	Monday - Friday	10:00am - 12:00pm	8-12 years	£35.00 per block			✓			
<b>Swimming Lessons</b> ⭐	Monday - Friday	10:00am - 10:30am	5+ years	£23.50 per block					✓	✓
		10:30am - 11:00am							✓	✓



Climbing Wall, Foresters Park, Tranent T: 01875 824140	Days	Time	Age	Price	6 - 10 Jul	13 - 17 Jul	20 - 24 Jul	27 - 31 Jul	3 - 7 Aug	10 - 14 Aug
<b>Climbing Camp</b> ⭐	Tuesdays & Thursdays	9:30am - 12:30pm	8+ years	£11.30 per session			✓	✓	✓	✓

**3 Levels of Adventure Soft Play**

**LOCH CENTRE SOFT PLAY**

**You'll have lots of Giggles at Wiggles**

**Available for Birthday Parties**

**OPEN DAILY**

9:30am-6:00pm Weekdays  
9:30am-4:30pm Weekends

Suitable for 0-8 years.

Loch Centre, Tranent, EH33 2JX | 01875 824140 | [www.enjoyleisure.com](http://www.enjoyleisure.com)



Meadowmill Sports Centre, By Tranent T: 01875 619079	Days	Time	Age	Price	6 - 10 Jul	13 - 17 Jul	20 - 24 Jul	27 - 31 Jul	3 - 7 Aug	10 - 14 Aug
Badminton ⭐	Monday - Friday	11:00am - 12:00pm	7-12 years	£17.75 per block			✓			
Double Mini Trampolining ⭐	Monday - Friday	9:45am - 10:45am	7-14 years	£17.75 per block		✓				
Gym Monkeys ⭐ (Pre-school)	Wednesday - Friday	2:00pm - 2:45pm	3-4 years	£10.65 per block		✓		✓		
Gymnastics ⭐	Monday - Friday	3:00pm - 4:30pm	P1+	£22.50 per block		✓		✓		
Mini Multi-Sports ⭐	Monday - Friday	11:00am - 12:00pm	4-6 years	£17.75 per block		✓			✓	
Mini Tennis ⭐	Monday - Friday	11:00am - 12:00pm	5-8 years	£17.75 per block	✓			✓		
Teen Fitness	Monday - Friday	12:15pm - 1:00pm	13 - 16 years	£3.55 per session						✓
Tots Trampolining ⭐ (Adult & Child Participation)	Wednesday - Friday	1:00pm - 2:00pm	18mths - 4yrs	£10.65 per block		✓		✓		
Trampolining ⭐	Monday - Friday	10:45am - 11:45am	P1+	£17.75 per block		✓				
		11:15am - 12:15pm						✓		

Musselburgh Sports Centre, T: 0131 653 5208	Days	Time	Age	Price	6 - 10 Jul	13 - 17 Jul	20 - 24 Jul	27 - 31 Jul	3 - 7 Aug	10 - 14 Aug	
Aqua Run	Wednesday & Friday	1:00pm - 2:00pm	Attendees must be able to swim 25m	Child FREE	✓	✓	✓	✓	✓	✓	
Arts & Crafts	Mon, Thurs	9:00am - 11:00am	5+ years	£4.50 per session	✓	✓	✓	✓	✓	✓	
	Tues, Wed, Fri	9:15am - 11:15am			✓	✓	✓	✓	✓	✓	
Badminton ⭐	Monday - Friday	10:00am - 11:00am	7-12 years	£17.75 per block				✓			
Double Mini Trampolining ⭐	Wednesday - Friday	1:00pm - 2:30pm	7-14 years	£13.50 per block			✓				
	Monday - Wednesday	1:00pm - 2:30pm							✓		
Gymnastics ⭐	Monday - Friday	10:00am - 12:00pm	P1+	£28.00 per block				✓			
Mini Multi-Sports ⭐	Monday - Friday	11:00am - 12:00pm	4-6 years	£17.75 per block		✓					
Multi-Sports ⭐	Monday - Friday	12:30pm - 2:00pm	7-12 years	£22.50 per block		✓					
Parent & Child Boxercise	Monday	10:00am - 11:00am	6-12 years + Adults	£6.30 per class FREE Members	✓	✓	✓	✓	✓	✓	
Rookie Lifeguard ⭐	Monday - Friday	9:30am - 11:30am	8-12 years	£35.00 per block					✓		
Swimming Lessons ⭐	Monday - Friday	9:30am - 10:00am	5+ years	£23.50 per block	✓	✓	✓	✓	✓	✓	
		10:00am - 10:30am			✓	✓	✓	✓	✓	✓	
Trampolining ⭐	Wednesday - Friday	9:30am - 11:00am	P1+	£13.50 per block			✓				
		11:00am - 12:30pm					✓				
	Monday - Wednesday	9:30am - 11:00am								✓	
		11:00am - 12:30pm								✓	

North Berwick Sports Centre T: 01620 820730	Days	Time	Age	Price	6-10 Jul	13-17 Jul	20-24 Jul	27-31 Jul	3-7 Aug	10-14 Aug
Aqua Run	Monday - Friday	3:00pm - 4:00pm	Attendees must be able to swim 25m	Child FREE	✓		✓		✓	✓
Arts & Crafts	Monday - Friday	11:30am - 1:30pm	5+ years	£4.50 per session	✓			✓		
Badminton ★	Monday - Friday	2:00pm - 3:00pm	7-12 years	£17.75 per block					✓	
Football - Midi Kickers ★	Monday - Friday	10:00am - 11:00am	5+ years	£17.75 per block		✓			✓	
Gym Monkeys ★ Pre-school	Monday - Friday	11:30am - 12:15pm 1:45pm - 2:30pm	3-4 years	£17.75 per block				✓ ✓		
Gym Monkeys ★ Adult & Child	Monday - Friday	12:45pm - 1:30pm	18mths - 3 years	£17.75 per block				✓		
Mini Multi-Sports ★	Monday - Friday	1:00pm - 2:00pm	4-6 years	£17.75 per block			✓			✓
Multi-Sports ★	Monday - Friday	10:00am - 12:00pm	7-12 years	£28.00 per block			✓			✓
Rookie Lifeguard ★	Monday - Friday	1:00pm - 3:00pm	8-12 years	£35.00 per block		✓			✓	
Swimming Lessons ★	Monday - Friday	11:30am - 12:00pm 12:00pm - 12:30pm	5+ years	£23.50 per block		✓ ✓			✓ ✓	

## Lose yourself in the fun of Musselburgh Sports Centre's

# JAMBOREE

An exciting multi-level adventure play area designed to inspire the imagination and challenge the adventurous. Clamber the stairs, crawl through the tunnel, cross the rope bridge and encounter creatures of the deep blue sea!

Suitable for up children up to 6 years.

3 Levels of Adventure Soft Play

Open 7 Days A Week

Available for Birthday Parties



Musselburgh Sports Centre | EH21 7AS  
0131 653 5208 | www.enjoyleisure.com

## Summer Seasonal Facilities Open Daily From 1st June

### MUSSELBURGH FISHERROW LINKS

9 Hole Pitch n Putt Golf Course  
2 x 6 Rink Bowling Greens  
T: 0131 665 3913

### MUSSELBURGH LEWISVALE PARK

2 x Tennis Courts  
T: 0131 653 5208

### NORTH BERWICK EAST LINKS

2 x Tennis Courts  
2 x 18 Hole Putting Greens  
T: 01620 892080

### NORTH BERWICK WEST LINKS

18 Hole Putting Green  
T: 01620 895519

www.enjoyleisure.com

# BOOKING PROCEDURES

Registration for the Summer Activity Programme is available now!  
Contact your local Sports Centre for more details.

## Pre-booked Classes ☆

- Bookings for these classes must be made in advance.
- Bookings can be made at any of the **enjoyleisure's** Sports Centres, regardless of the activity venue.
- Full payment by cash or credit/debit card is required at the time of booking to confirm your child's space.
- Applicants must complete a booking form available at the Sports Centres and online at [www.enjoyleisure.com](http://www.enjoyleisure.com)
- All spaces are allocated on a first come, first serve basis.

## Pay on the day classes

Attendees are welcome to turn up on the day, however to avoid disappointment we advise that you pre-book your place in advance by contacting the Sports Centre directly. Payment is required at time of booking.

## Discounts

Discounts are available to valid Access to Leisure and Leisure Pass card holders. Please ensure that your Card is in date over the class activity dates and detail the Card number on the booking form. No retrospective discounts will be given.

## Refunds

- Refunds will only be given if cancellations are made at the relevant Sports Centre prior to the start of the course/session.
- Minimum numbers apply for all summer activities sessions. Should an activity not go ahead, a full refund will be given.

All activities are subject to availability.  
Times & prices may be subject to change.



## FREE CHILD SWIMS

Across East Lothian, under 18s can swim for FREE!  
**Sun 5th July - Sat 15th Aug 11am - 4:30pm**

A free swim session lasts 1 hour (up to 2 hours at Dunbar Leisure Pool). A maximum of 1 free session, per child, per day applies. Children under 8 years must be accompanied by an adult. Maximum ratio of 1 adult to 2 children under 8 years.

**Aubigny Sports Centre**  
Mill Wynd, Haddington  
01620 820650

**Loch Centre**  
Well Wynd, Tranent  
01875 824140

**Musselburgh Sports Centre**  
Newbigging, Musselburgh  
0131 653 5208

**Dunbar Leisure Pool**  
Castlepark, Dunbar  
01368 866040

**Meadowmill Sports Centre**  
By Tranent  
01875 619079

**North Berwick Sports Centre**  
Grange Road, North Berwick  
01620 820730