

SWIMMING



SWIMMING POOL ACCESS

Pool hoists and shower chairs are available at each of the swimming pools in East Lothian to assist those in need to gain entry and exit to the swimming pool. A moving boom area at Musselburgh and North Berwick Sports Centres enables us to provide a separate area at various depth levels for swimming lessons, aqua-fit classes and private pool parties. Aubigny Sports Centre have a teaching pool that is maintained at a higher temperature than the other pools.



CHILDREN'S ASN SWIMMING LESSONS

enjoyleisure offers swimming lessons for children with additional support needs as part of the Learn to Swim programme. We request that a parent / carer attends the lessons with the child to assist them in the water. **These classes are available at Aubigny Sports Centre in Haddington and Musselburgh Sports Centre. Classes are pre-booked in blocks.**



ADULT ONLY SWIM SESSIONS

Each of the swimming pools in East Lothian offer adults only swim sessions. Often lane swimming is available during these times. **Please call the Centres directly for more information.**

For more information about our activities and facilities please contact the centres directly or visit www.enjoyleisure.com

CONTACT US



If you would like to discuss issues relating to accessing sports & leisure facilities within East Lothian or if you have an idea for an activity that's not currently listed please contact:

John Murphy
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Aubigny Sports Centre Haddington Tel: 01620 820650	Meadowmill Sports Centre By Tranent Tel: 01875 619079
Dunbar Leisure Pool Dunbar Tel: 01368 865456	Musselburgh Sports Centre Musselburgh Tel: 0131 653 5208
Loch Centre Tranent Tel: 01875 824140	North Berwick Sports Centre North Berwick Tel: 01620 897430

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enjoyleisure
in East Lothian



ACCESSIBLE ACTIVITIES INCLUSIVE SPORT AND LEISURE

East Lothian offers a variety of accessible & low impact sporting and leisure opportunities for participants with additional support needs.



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ACCESSIBLE SPORT



ARCHERY

Discover the skills and techniques involved in Archery at classes held within the Sports Hall of **Meadowmill Sports Centre** on **Wednesday mornings** between **10:00am - 12:00pm**.



DISABILITY ATHLETICS

It's all about active fun! Activities are based around running, jumping and throwing. Anyone with a disability, whether physical, sensory or learning, is welcome to take part. Classes take place on **Thursday 10:30am - 11:30am** at **Meadowmill Sports Centre**.



BADMINTON (FOR INDIVIDUALS WITH A PHYSICAL DISABILITY)

Join the Lothian Disability Badminton Club who play regularly at **Musselburgh Sports Centre** on **Tuesday evenings 7:00pm - 9:00pm**.



BOCCIA

Similar to boules, boccia is played indoors by throwing a leather ball towards a white jack - closest to the jack wins the game. Attend boccia classes at **Dunbar Leisure Pool** on **Friday** between **3:30pm - 4:30pm**.



INDOOR BOWLS

Carpet bowls is a great way of meeting new people and enjoying a light form of exercise. There is an indoor bowling league at **Musselburgh Sports Centre** on **Sundays 10:30am - 12:00pm**.



INDOOR CURLING

'New Age Kurling' is a relatively new activity to East Lothian. It is similar to the game played on ice, but is played indoors. Join in the fun at the **Loch Centre**, **Tuesdays 10:30am - 11:30am**.

LOW IMPACT FITNESS CLASSES



LOW IMPACT AQUA-FIT

This class provides an aerobics class in the water which can improve your fitness levels without putting any stress on your joints. Join in on **Monday afternoons 1:30pm - 2:15pm** at **Musselburgh Sports Centre**.



FITNESS FUN

This is a gentle exercise class for adults with additional support needs to improve strength and flexibility, combat pain and improve cardio-vascular fitness. Available at **Musselburgh Sports Centre** on a **Monday and Wednesday** at **11:15am - 12:15pm**. And at **Aubigny Sports Centre** on **Tuesday's** at **2:00pm - 3:00pm**.

FUNKY 50S

A low impact aerobics class encouraging participants to increase their heart rate and move more. Under 50s who are looking for low impact aerobics are welcome to join these classes. **Contact your local Sports Centre for details.**

ZUMBA GOLD

Zumba® Gold takes all of the fun, exciting elements of the Zumba program and slows the pace down so the class can be enjoyed by individuals with long term health conditions, learning and physical disabilities and older adults who are keen to get some exercise.

CLASSES

Musselburgh Sports Centre
Wednesday 1:30pm - 2:30pm

Dunbar Leisure Pool
Wednesday 11:30am - 12:15pm

SEATED CLASSES

North Berwick Sports Centre
Tuesday 9:45am - 10:15am
Wednesday 3:00pm - 3:30pm



MULTI-SPORTS

Attend these weekly classes and discover a range of sporting activities including basketball, bowls, indoor curling, boccia and more. Classes are held at **Musselburgh Sports Centre** on **Friday 6:30pm - 8:00pm**.



BODYWORKS GYM SESSIONS

Enjoy a workout at any of **enjoyleisure's** Bodyworks Gyms. There are treadmills, bicycles, steppers and cross-trainer machines to increase your heart rate. The weight resistance machines can assist you to tone and build muscles. Certain resistance machines are adapted for wheelchair users.



WALKING GROUPS

If you enjoy taking in the great outdoors, join one of the walking groups which meet up at the Sports Centres before venturing out into the local area. **Check Sports Centre notice boards for more details.**

