

Swimming Lessons

Monday	Pre-School	9.30-10.00am 10.50-11.20am
	Adult and Child	10.10-10.40am 11.30-12.00am
	Junior	4.00-4.35pm 4.50-5.25pm 5.35-6.10pm
	Tuesday	Pre-School
	Adults	10.50-11.25
	Adult and Child	11.30-12.00am
Wednesday	Adult	3.10-3.45pm
	Junior	4.00-4.35pm 4.50-5.25pm 5.35-6.10pm
Thursday	Pre-School	9.30-10.00pm 10.50-11.20pm 1.00-1.30pm 1.40-2.10pm 2.20-2.50pm 4.00-4.35pm
	Adult and Child	10.10-10.40pm 11.30-12.00pm
	Adult	3.10-3.45pm
	Junior	4.00-4.35pm 4.50-5.25pm 5.35-6.10pm
Saturday	Pre-School	8.40-9.20am 9.25-9.55am
	Junior	8.40-9.15am 9.25-10.00am 10.10-10.45am
Sunday	Pre-School	8.40-9.10am 9.25-9.55am
	Junior	8.40-9.15am 9.25-10.00am 10.10-10.45am

Membership Packages

Type	Annual	Monthly	Joining Fee
Platinum: Gym, Health Suite, Swimming, Midlothian Classes			
Individual	£483.00	£48.30	£31.90
Joint	£854.50	£85.40	£44.65
Student	£286.00	£28.60	£11.35
Junior	£242.00	£24.20	£11.35
Corporate	£390.00	£39.00	£31.90
Gold: Gym, Health Suite, Swimming			
Individual	£445.00	£44.50	£31.90
Joint	£791.00	£79.10	£44.70
Student	£260.00	£26.00	£11.30
Junior	£225.00	£22.50	£11.30
Corporate	£346.00	£34.60	£31.90
Silver: Gym, Swimming			
Individual	£346.00	£34.60	£31.90
Joint	£620.00	£62.00	£44.70
Student	£236.00	£23.60	£11.30
Junior	£213.00	£21.30	£11.30
Corporate	£278.00	£27.80	£31.90
Bronze: Off-Peak Gym & Health Suite (All weekend & Mon-Fri before 4.30pm) Swimming (Before 4.30pm Mon-Fri only)			
Individual	£312.00	£31.20	£31.90
Joint	£556.00	£55.60	£44.70
Student	£189.00	£18.90	£11.30
Junior	£179.00	£17.90	£11.30
Corporate	£254.00	£25.40	£31.90
Active Golden Years: Gym, Health Suite, Swimming, Midlothian Classes, Tennis Courts, Bowling, Putting Greens			
Individual	£208.00	£20.80	£31.90
Joint	£335.00	£33.50	£44.70



Information Leaflet

- **ToneZone: Fitness Suite with 60+ Stations**
- **Swimming Pool: 25m Competition Standard**
- **Health Suite: Sauna, Steam Room and Jacuzzi**
- **Classes: 18 types, 48 classes a week**

Opening Hours

	Centre	*Pool
Monday-	06:30-21:00	06:30-20:45
Tuesday -	06:30-21:00	06:30-20:45
Wednesday-	06:30-21:00	06:30-20:45
Thursday-	06:30-21:00	06:30-19:45
Friday-	06:30-20:00	06:30-19:45
Saturday-	09:00-18:00	10:50-17:45
Sunday -	09:00-18:00	10:50-17:45

* Restricted times during lessons—please consult swimming leaflet for further information.

The Lasswade Centre
Eskdale Drive
Bonnyrigg
Midlothian
EH19 2LA

Email: lasswade.lc@midlothian.gov.uk
Web: www.midlothian.gov.uk
0131 271 4533

Kids Information

SFA Early Years

Tuesday	18mths-3yrs	12-12.45pm
Friday	18mths-3yrs	11.00-11.45am

Mini Kickers

Tuesday	3-5years	12.45-2.30pm
Wednesday	3-5years	1-4.45pm

Scottish FA Lidl Skills Centre

Wednesday	5+	4.50-6.50pm
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Scottish FA Lidl Skills Centre

Friday	5+	4-7pm
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Kiddie Karts/Tots: Pre-School Gymnastics

18 months + to 5 years. Days and times vary within each block. See Reception for more details.

Trampoline

Wednesday	5+	5.15-7.15pm
Friday	5+	4.00-6.00pm

Kids Activity Pricing

£3.90 per class. Classes paid in blocks.
All kids activities payable on booking.

Crèche

Monday-Friday	9.30-10.30 10.30-11.30
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Places may be booked up to 1 week in advance via reception.
Limited baby places £3.10p/hr

Children's Parties

Bouncy Castle Included	1.5 hours in Gymnasium with inflatable 30 mins in Multi-room for food (not provided)
£106.20	
Saturday	12-2pm or 3-5pm
Sunday	11-1pm or 1-3pm

Kids Information

Exercise Classes

Monday

Metafit	6.30-7.00am
Mature Movers	8.30-9.30am
Body Pump	9.30-10.30am
Freestyle Fitness	9.30-10.30am
TBT	10.30-11.30am
Pilates	12.00-1.00pm
Pilates	1.00-2.00pm
MAC Aqua Fit	3.00-4.00pm
Metafit	5.00-5.30pm
Metafit	5.30-6.00pm
Cycle Zone	5.15-6.00pm
Body Pump	6.00-7.00pm
Aqua Fit	6.30-7.15pm
Men's Fitness	7.00-8.00pm
Body Balance	7.15-8.00pm
Aqua Fit	7.30-8.30pm
HIIT Cardio	8.00-8.30pm
HIIT Strength	8.30-9.00pm

Tuesday

Cycle Zone	6.30-7.15am
Body Balance	9.30-10.30am
TBT	10.30-11.30am
Tabata	12.00-12.30pm
Seated Pilates	1.00-2.00pm
PiYo	6.30-7.15pm
Metafit	7.30-8.00pm
Kettlercise	8.00-8.45pm

Wednesday

Metafit	6.30-7.00am
AquaFit	9.30-10.30am
AquaFit	10.30-11.30am
Tabata	12.00-12.30pm
Conditioning	12.00-1.00pm
Body Pump	5.10-5.55pm
TBT	6.00-7.00pm
Body Balance	7.00-8.00pm
HIT Strength	7.15-8.00pm
Cycle Zone	7.15-8.00pm
Power Spin	8.00-9.00pm
Hit	8.00-9.00pm

Thursday

Cycle Zone	6.30-7.15am
Body Balance	9.15-10.15am
Circuits	9.30-10.30am
PIYO	10.30-11.30am
Dance Fit	10.30-11.30am
Seated Pilates	1.00-2.00pm
TBT	6.00-6.45pm
Kettlercise	6.15-7.00pm
Metafit	7.00-7.30pm
FatburnExtreme	7.30-8.00pm

Friday

Metafit	6.30-7.00am
Yoga—beginners	9.00-10.30am
Kettlercise	9.30-10.15am
Yoga	10.30-11.45am
Cycle Zone	4.00-5.00pm

Saturday

Freestyle Fitness	9.30-10.30am
Aqua Fit	11.00-12.00pm

Scale of Charges from 1st April 2018

	<u>Adult</u>	<u>Concession</u>
Swimming	£4.60	£2.40
Family Swim	£12.60	-
ToneZone Gym	£7.00	£4.20
TZ Gym Induction	£17.30	£11.30
Exercise Class	£5.70	£3.90
Premium Exercise Class	£6.40	£4.90
AquaFit Class	£5.70	£3.90
Health Suite	£7.30	£4.20
Badminton (per person)	£5.50	£2.70
Squash	£10.00	£5.30
Over 60's Off Peak (per activity)	£2.30	-
M.A.C. / Get Going Card	£2.30	-