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 9.30-10.00am 10.10-10.40am
Adults 10.50-11.25am
Adult and Child 11.30-12.00pm
Wednesday
Junior 4.00-4.35pm 4.50-5.25pm 5.35-6.10pm
Thursday
Pre-School 9.30-10.00am 10.50-11.20am 1.00-1.30pm 1.40-2.10pm 2.20-2.50pm 3.10-3.40pm 4.00-4.35pm
Adult and Child 10.10-10.40am 11.30-12.00pm
Adult 3.10-3.45pm
Saturday
Pre-School 8.40-9.10am 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

**Swimming Lessons**

**Membership Packages**

<table>
<thead>
<tr>
<th>Type</th>
<th>Annual</th>
<th>Monthly</th>
<th>Joining Fee</th>
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<tr>
<td><strong>Platinum</strong>: Gym, Health Suite, Swimming, Midlothian Classes</td>
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<td>£483.00</td>
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<td><strong>Gold</strong>: Gym, Health Suite, Swimming</td>
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<tr>
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<td><strong>Silver</strong>: Gym, Swimming</td>
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<td><strong>Bronze</strong>: Off-Peak Gym &amp; Health Suite (All weekend &amp; Mon-Fri before 4.30pm) Swimming (Before 4.30pm Mon-Fri only)</td>
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<td><strong>Active Golden Years</strong>: Gym, Health Suite, Swimming, Midlothian Classes, Tennis Courts, Bowling, Putting Greens</td>
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<tr>
<td>Individual</td>
<td>£312.00</td>
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<tr>
<td>Joint</td>
<td>£556.00</td>
<td>£55.60</td>
<td>£44.70</td>
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</tbody>
</table>

**Information Leaflet**

- ToneZone: Fitness Suite with 60+ Stations
- Swimming Pool: 25m Competition Standard
- Health Suite: Sauna, Steam Room and Jacuzzi
- Classes: 18 types, 57 classes a week

**Opening Hours**

<table>
<thead>
<tr>
<th>Centre</th>
<th>*Pool</th>
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<tr>
<td>Monday-</td>
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<td>Tuesday-</td>
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<td>Sunday-</td>
<td>09:00-18:00</td>
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* 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**

**Kiddie Karts/Tots: Pre-School Gymnastics**
18 months + to 5 years. Days and times vary within each block. See Reception for more details.

**Crèche**
- **Monday-Friday**
  - 9.30-10.30
  - 10.30-11.30
- **Tuesday**
  - 18mths-3yrs
  - 12-12.45pm
- **Friday**
  - 18mths-3yrs
  - 11.00-11.45am

**Mini Kickers**
- **Tuesday**
  - 3-5 years
  - 12.45-2.30pm
- **Wednesday**
  - 3-5 years
  - 1pm & 4pm

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

**Kiddie Karts/Tots: Pre-School Gymnastics**
18 months + to 5 years. Days and times vary within each block. See Reception for more details.

**Mini Kickers**
- **Tuesday**
  - 3-5 years
  - 12.45-2.30pm
- **Wednesday**
  - 3-5 years
  - 1pm & 4pm

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

**Exercise Classes**
- **Monday**
  - Metafit
  - Mature Movers
  - Body Pump
  - Freestyle Fitness
  - TBT
  - Pilates
  - Pilates
  - MAC Aqua Fit
  - Metafit
  - Metafit
  - Body Pump
  - Aqua Fit
  - Men’s Fitness
  - Body Balance
  - Aqua Fit
  - HIIT Cardio
  - HIIT Strength
  - 6.30-7.00am
  - 8.30-9.30am
  - 9.30-10.30am
  - 10.30-11.30am
  - 12.00-1.00pm
  - 1.00-2.00pm
  - 3.00-4.00pm
  - 4.00-5.00pm
  - 5.00-6.00pm
  - 6.00-7.00pm
  - 7.00-8.00pm

- **Tuesday**
  - Cycle Zone
  - Body Balance
  - TBT
  - Seated Pilates
  - Pilates
  - Metafit
  - Men’s Fitness
  - Body Balance
  - Aqua Fit
  - HIIT Cardio
  - HIIT Strength
  - 6.30-7.15am
  - 9.30-10.30am
  - 10.30-11.30am
  - 12.00-1.00pm
  - 1.00-2.00pm
  - 3.00-4.00pm
  - 4.00-5.00pm
  - 5.00-6.00pm
  - 6.00-7.00pm
  - 7.00-8.00pm

- **Wednesday**
  - Metafit
  - Aqua Fit
  - Body Pump
  - Conditioning
  - Body Pump
  - TBT
  - HIIT Strength
  - Cycle Zone
  - Power Spin
  - 6.30-7.00am
  - 9.30-10.30am
  - 10.30-11.30am
  - 12.00-1.00pm
  - 5.10-5.55pm
  - 6.00-7.00pm
  - 7.15-8.00pm
  - 7.15-8.00pm
  - 8.00-9.00pm

- **Thursday**
  - Cycle Zone
  - Body Balance
  - Circuits
  - PIYO
  - Dance Fit
  - Seated Pilates
  - TBT
  - Kettlercise
  - Metafit
  - FatburnExtreme
  - 6.30-7.15am
  - 9.15-10.15am
  - 10.15-11.15am
  - 12.00-1.00pm
  - 6.00-6.45pm
  - 6.15-7.00pm
  - 7.00-7.30pm
  - 7.30-8.00pm

- **Friday**
  - Metafit
  - Yoga—beginners
  - Kettlercise
  - Yoga
  - Cycle Zone
  - 6.30-7.00am
  - 9.00-10.30am
  - 10.30-11.15am
  - 10.30-11.45am
  - 4.00-5.00pm

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

**Scale of Charges from 1st April 2018**

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<tr>
<th>Activity</th>
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<td>TZ Gym Induction</td>
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<td>Aquafit Class</td>
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<td>Badminton (per person)</td>
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<td>Squash</td>
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<td>M.A.C. / Get Going Card</td>
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