



Swimming Lessons

<b>Thursday</b>	Pre-school	4.00-4.30pm 4.50-5.20pm
	Junior	4.00-4.35pm 4.50-5.25pm 5.35-6.10pm
<b>Friday</b>	Adult and child	9.40-10.10am
	Pre-School	9.00-9.30am 4.00-4.30pm 4.50-5.20pm
<b>Saturday</b>	Pre-School	9.15-9.45am 10.00-10.30am
	Junior	9.15-9.50am 10.00-10.35am
<b>Sunday</b>	Pre-School	9.15-9.45am 10.00-10.30am
	Junior	9.15-9.50am 10.00-10.35am



<b>Ageing Well Project is activities for those over the age of 50 and are volunteer led</b>		
<b>Seated Exercise</b>	Monday	10.45-11.45am
<b>Indoor Bowls</b>	Mon & Thurs	1.30-3.30pm
<b>Badminton</b>	Wednesday	11.15-12.15pm
<b>Walking Netball</b>	Wednesday	2.30-3.30pm
<b>Can't Help Singing Group</b>	Thursday	3.00-4.30pm



## Membership Packages

Type	Annual	Monthly	Joining Fee
<b>Platinum: Gym, Health Suite, Swimming, Midlothian Classes</b>			
Individual	£483.00	£48.30	£31.90
Joint	£854.50	£85.40	£44.70
Student	£286.00	£28.60	£11.30
Junior	£242.00	£24.20	£11.30
Corporate	£390.00	£39.00	£31.90
<b>Gold: Gym, Health Suite, Swimming</b>			
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
<b>Silver: Gym, Swimming</b>			
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
<b>Bronze: Off-Peak Gym, Health Suite (All weekend, Mon-Fri before 4.30pm) Swimming (Before 4.30pm Mon-Fri)</b>			
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
<b>Active Golden Years: Gym, Health Suite, Swimming, Midlothian Classes, Tennis Courts, Bowling, Putting Greens</b>			
Individual	£312.00	£31.20	£31.90
Joint	£556.00	£55.60	£44.70



## Information Leaflet

- **ToneZone: Fitness Suite with 60+ Stations**
- **Swimming Pool: 25m Competition Standard**
- **Health Suite: Sauna, Steam Room and Spa**
- **Classes: 18 types, 65 classes a week**

## Opening Hours

	Centre	*Pool
Monday-	06:30-21:45	06:30-19:30
Tuesday -	06:30-21:45	06:30-21.30
Wednesday-	06:30-21:45	06:30-21.30
Thursday-	06:30-21:45	06:30-15:40
Friday-	06:30-20:00	06:30-19:30
Saturday-	09:00-18:00	10:50-15:45
Sunday -	09:00-18:00	10:50-17:45

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

**Newbattle Community Campus**  
Newbattle Way  
Easthouses  
Dalkeith  
EH22 4SX

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Web: [www.midlothian.gov.uk](http://www.midlothian.gov.uk)  
0131 561 6740

## Kids Information

### Mini Kickers

Tuesday	3-5years	4.30-5.15pm
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### Scottish FA Lidl Skills Centre

Saturday	5-8yrs 8-12yrs	10.15-11.15am 11.15-12.15pm
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### Pre School Gymteds

Tuesday	18months—3 years	10.45-11.30am 1.30-2.15pm
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Tuesday	3-5 years	9.45-10.30am 2.15-3.00pm
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### Recreational Gymnastics

Thursday	5+	4.30-5.30pm
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Friday	5+	3.30-4.30pm 4.30-5.30pm
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### Trampolineing

Tuesday	5+	4.00-5.00pm 5.00-6.00pm
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Friday	5+	4.30-5.30pm
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### Bouncy Castle Party—£82.10

1.5 hours in Multi Purpose Hall with inflatable.  
30 minutes in community room for party food

Saturday	12.45-2.45pm and 2.45-4.45pm
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Sunday	12.45-2.45pm and 2.45-4.45pm
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## Exercise Class Information

### Monday



Yoga	9:15-10:15am
Thighs, Bums n Tums	9.15-10.00am
Metafit	10.00-10.35am
Body Pump	10.35-11.10pm
Seated Exercise	11:15-12:15am
Cycle Zone	12:30-1:15pm
Aqua Aerobics	1.00-1.45pm
50+ Zumba	1.30-2.30pm
Beginners Pilates	4.15-5.15pm
Cycle Zone	5:15-6:00pm
Body Attack Express	5:30-6:00pm
Body Pump Express	6.00-6.45pm
Cycle Zone	6.15-7.00pm
Body Combat	6:45-7:45pm
Fat Burn Extreme	7.30-8.00pm

### Tuesday



Metafit	6.30-7.00am
Body Balance	9:30-10:30am
Zumba	10:30-11:30am
Aqua Aerobics	1.00-1.45pm
Metafit	5:30-6:00pm
Thighs, Bums n Tums	6.00-7.00pm
Body Balance	6.00-7.00pm
Cycle Zone	6:15-7:00pm
Body Balance	7.00-8.00pm
Cycle Zone	7:15-8:00pm
Body Pump	7:00-8:00pm
Zumba	8:00-9:00pm

### Wednesday



Metafit	6.30-7.00am
Yoga	9.05-10.05am
Body Pump Express	10.15-11.00am
Body Attack	12:30-1:15pm
Aqua Aerobics	12.45-1.30pm
Pilates	2:30-3:30pm
Yoga	3:30-4:45pm
Zumba	5:00-6:00pm
Cycle Zone	6:00-6:45pm
Body Pump	6:15-7:15pm
Cycle Zone	7.00-7.45pm
Core Abs	8.00-8.30pm

### Thursday



Wake Up with Zumba	6:30-7:15am
Cycle Zone	6.30-7.15am
Body Balance	9:30-10:30am
Pilates	10:30-11:30am
Yoga	2:30-3:30pm
GRIT Strength	5.45-6.15pm
Tone	6.15-7.00pm
Cycle Zone	6:15-7:00pm
Body Combat	7:00-8:00pm
Cycle Zone	7:15-8:00pm

### Friday



Thighs, Bums n Tums	9:30-10:30am
Metafit	10:30-11.00am
Zumba 50+	11:45-12:45pm
Metafit	5:30-6:00pm
Cycle Zone	6:15-7:00pm

### Saturday

Cycle Zone	9:30-10:30am
Zumba	9:15-10:15am

### Sunday



Body Pump	9:15-10:15am
Cycle Zone	10:00-10:45am
Metafit	10:15-10:45am
Body Combat	10:30-11:30am
Core Abs	10:45-11:15am

## Scale of Charges from 1st April 2018

	Adult	Concession
Swimming	£4.60	£2.40
Family Swim	£12.60	-
Health Suite	£7.30	£4.20
TZ Gym Induction	£17.30	£11.50
ToneZone Gym	£7.00	£4.20
BTS Exercise Class	£6.40	£4.90
Exercise Class	£5.70	£3.90
Badminton (per person)	£5.50	£2.70
Indoor Football	£39.60	-
Swimming Lesson	£7.30	£5.40
Gymnastics/Trampolineing	-	£3.90