### Membership Packages

<table>
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<tr>
<th>Type</th>
<th>Annual</th>
<th>Monthly</th>
<th>Joining Fee</th>
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<tbody>
<tr>
<td><strong>Platinum:</strong> Gym, Health Suite, Swimming, Midlothian Classes</td>
<td></td>
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<tr>
<td>Individual</td>
<td>£483.00</td>
<td>£48.30</td>
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<tr>
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<td>£854.50</td>
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<tr>
<td><strong>Silver:</strong> Gym, Swimming</td>
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<tr>
<td>Individual</td>
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<td>£34.60</td>
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<tr>
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<td><strong>Bronze:</strong> Off-Peak Gym, Health Suite (All weekend, Mon-Fri before 4.30pm) Swimming (Before 4.30pm Mon-Fri)</td>
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<td>Individual</td>
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<td>Student</td>
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<td>Junior</td>
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### Swimming Lessons

- **Thursday**
  - Pre-school: 4.00-4.30pm, 4.50-5.20pm
  - Junior: 4.00-4.35pm, 4.50-5.25pm

- **Friday**
  - Adult and child: 9.40-10.10am
  - Pre-School: 9.00-9.30am, 4.00-4.30pm, 4.50-5.20pm
  - Junior: 4.00-4.35pm, 4.50-5.25pm

- **Saturday**
  - Pre-School: 9.15-9.45am, 10.00-10.30am
  - Junior: 9.15-9.50am, 10.00-10.35am

- **Sunday**
  - Pre-School: 9.15-9.45am, 10.00-10.30am
  - Junior: 9.15-9.50am, 10.00-10.35am

### Ageing Well Project
- Activities for those over the age of 50 and are volunteer-led
  - **Indoor Bowls** Mon & Thurs: 1.30-3.30pm
  - **Badminton** Wednesday: 11.15-12.15pm
  - **Walking Netball** Wednesday: 2.30-3.30pm
  - **Can’t Help Singing Group** Thursday: 3.00-4.30pm

### Information Leaflet
- **Central Swimming Pool**
  - Opening Hours:
    - Monday: 06:30-21:45
    - Tuesday: 06:30-21:45
    - Wednesday: 06:30-21:45
    - Thursday: 06:30-21:45
    - Friday: 06:30-20:00
    - Saturday: 09:00-18:00
    - Sunday: 09:00-18:00

- **Restrictions during lessons—please consult swimming leaflet for further information.**

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

- Email: newbattle.cc@midlothian.gov.uk
- Web: www.midlothian.gov.uk
- 0131 561 6740

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### Membership Packages

- **Platinum:** Gym, Health Suite, Swimming, Midlothian Classes
  - Individual: £483.00
  - Joint: £854.50
  - Student: £286.00
  - Junior: £242.00
  - Corporate: £390.00

- **Gold:** Gym, Health Suite, Swimming
  - Individual: £445.00
  - Joint: £791.00
  - Student: £260.00
  - Junior: £225.00
  - Corporate: £346.00

- **Silver:** Gym, Swimming
  - Individual: £346.00
  - Joint: £620.00
  - Student: £236.00
  - Junior: £213.00
  - Corporate: £278.00

- **Bronze:** Off-Peak Gym, Health Suite (All weekend, Mon-Fri before 4.30pm) Swimming (Before 4.30pm Mon-Fri)
  - Individual: £312.00
  - Joint: £556.00
  - Student: £189.00
  - Junior: £179.00
  - Corporate: £254.00

- **Active Golden Years:** Gym, Health Suite, Swimming, Midlothian Classes, Tennis Courts, Bowling, Putting Greens
  - Individual: £312.00
  - Joint: £556.00

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**Notes:**
- 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

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**Contact Information:**
- Email: newbattle.cc@midlothian.gov.uk
- Web: www.midlothian.gov.uk
- Phone: 0131 561 6740
**Exercise Class Information**

### Monday
- **Cycle Zone**: 06.30-7.15am, 9.30-10.15am, 10.15-11.00am, 10.30-11.30am, 11.15-11.55am, 5.30-6.00pm, 6.00-6.45pm, 6.15-7.00pm, 6.45-7.45pm, 7.30-8.00pm
- **Yoga**: 9.15-10.15am, 10.15-10.00am, 10.00-10.35am, 10.30-11.15am, 1.00-1.45pm, 1.30-2.30pm, 5.15-6.00pm, 6.00-6.45pm, 6.45-7.45pm, 7.30-8.00pm
- **Thighs, Bums n Tums**: 9.15-10.00am
- **Metafit**: 10.00-10.35am, 10.30-11.15am
- **Aqua Aerobics**: 1.00-1.45pm, 1.30-2.30pm, 5.15-6.00pm
- **50+ Zumba**: 1.30-2.30pm
- **Cycle Zone**: 5.30-6.00pm, 6.00-6.45pm
- **Body Attack Express**: 6.00-6.45pm
- **Body Pump Express**: 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**: 10.30-11.00am
- **Aqua Aerobics**: 12.30-1.15pm
- **Metafit**: 1.00-1.45pm, 3.30-4.30pm
- **Thighs, Bums n Tums**: 3.30-4.30pm
- **Cycle Zone**: 5.30-6.00pm, 6.00-6.45pm, 6.15-7.00pm
- **Body Pump**: 7.00-8.00pm
- **Cycle Zone**: 7.15-8.00pm
- **Zumba**: 8.00-9.00pm
- **Core Abs**: 6.30-7.00pm, 6.15-7.00pm
- **Cycle Zone**: 7.00-8.00pm, 7.15-8.00pm

### Wednesday
- **Metafit**: 6.30-7.00am
- **Yoga**: 9.05-10.05am, 10.15-11.00am
- **Body Pump Express**: 12.30-1.15pm, 1.00-1.45pm, 2.30-3.30pm
- **Body Attack Express**: 3.30-4.30pm
- **Aqua Aerobics**: 5.00-6.00pm, 6.00-6.45pm
- **Pilates**: 6.15-7.15pm
- **Zumba**: 6.30-7.30pm

### Thursday
- **Cycle Zone**: 6.30-7.15am
- **Body Balance**: 9.30-10.30am
- **Pilates**: 10.30-11.30am
- **Yoga**: 4.15-5.15pm
- **Core Abs**: 6.30-7.00pm, 6.15-7.00pm
- **Cycle Zone**: 7.00-8.00pm, 7.15-8.00pm

### Friday
- **Cycle Zone**: 6.30-7.00pm, 6.15-7.00pm
- **Thighs, Bums n Tums**: 7.00-8.00pm
- **Metafit**: 7.15-8.00pm
- **50+ Zumba**: 8.00-9.00pm

### Saturday
- **Cycle Zone**: 9.30-10.30am
- **Zumba**: 9.15-10.15am
- **Cycle Zone**: 10.00-10.45am, 10.05-10.35am
- **Body Combat**: 10.30-11.30am, 10.45-11.15am

### Sunday
- **Body Pump**: 9.15-10.15am
- **Cycle zone Express**: 9.15-9.45am
- **Cycle Zone**: 10.00-10.45am
- **Metafit**: 10.05-10.35am
- **Body Combat**: 10.30-11.30am
- **Core Abs**: 10.45-11.15am

### Kids Information
- **Mini Kickers**
  - **Tuesday**: 3-5 years, 4.30-5.15pm
- **Scottish FA Lidl Skills Centre**
  - **Saturday**: 5-8yrs, 10.15-11.15am, 11.15-12.15pm

### Pre School Gymteds
- **Tuesday**: 18months—3 years, 10.45-11.30am, 1.30-2.15pm
- **Tuesday**: 3-5 years, 9.45-10.30am, 2.15-3.00pm

### Recreational Gymteds
- **Thursday**: 5+, 4.30-5.30pm
- **Friday**: 5+, 3.30-4.30pm, 4.30-5.30pm

### Trampolining
- **Tuesday**: 5+, 4.00-5.00pm, 5.00-6.00pm
- **Friday**: 5+, 4.30-5.30pm

**Kids PartieS**
- **Bouncy Castle Party—£112.00**
  - 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
  - **Sunday**: 12.45-2.45pm and 2.45-4.45pm

**Exercise Class Information**

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

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