Buddy Swimming

Do you ever want to go swimming but just don’t feel confident enough?

If so, come along to our Buddy Swim sessions. Our Ageing Well volunteers will meet you at the pool and join you in the water to ensure that you have the support you require.

Term times apply at some venues, please contact us for details

**MONDAY**
- **Where:** Leith Victoria Swim Centre
- **Meeting Point:** Coffee Shop at 2.15pm
- **Duration:** 1-hour swim between 2.30-3.30pm

**TUESDAY**
- **Where:** Glenogle Swim Centre
- **Meeting Point:** Reception at 9.45am
- **Duration:** 1-hour swim between 10.00-11.00am

**THURSDAY**
- **Where:** Drumbrae Leisure Centre
- **Meeting Point:** Coffee Shop at 10.15am
- **Duration:** 1-hour swim between 10.30-11.30am

**THURSDAY**
- **Where:** The Royal Commonwealth Pool
- **Meeting Point:** Café Refresh at 11.45am
- **Duration:** 1-hour swim between 12.00-1.00pm

**THURSDAY**
- **Where:** Ainslie Park Leisure Centre
- **Meeting Point:** Reception/cafe at 12.45pm
- **Duration:** 1-hour swim between 1.00-2.00pm

For more information please contact our Active Communities Team
- **Phone:** 0131 458 2260
- **Email:** active@edinburghleisure.co.uk