



PORTOBELLO

SWIM CENTRE


Edinburgh Leisure
Managed for the City of Edinburgh Council by Edinburgh Leisure

Welcome to Portobello Swim Centre, where people of all ages have enjoyed a dip in the pool for nearly one hundred years. The traditional Victorian features have been refurbished and blend with the modern facilities making Portobello Swim Centre a place you will want to visit **again and again.**

You can also enjoy the **huge** variety of activities and facilities in this fully modernised swim centre. From aerotone to Turkish baths, Pulse Centre to play sessions, bums and tums to total body conditioning fitness sessions – what better way to enjoy being active than in this **unique** Swim Centre.

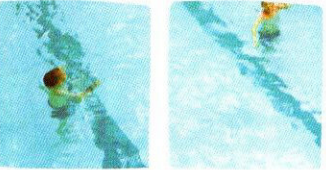
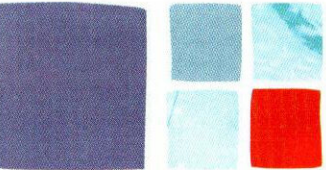
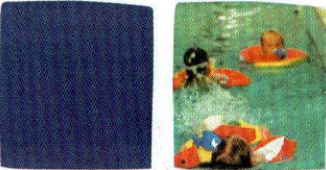
■ Portobello Swim Centre

57 The Promenade
(off Bellfield Street)
Edinburgh EH15 2BS

■ tel: 0131 669 6888
fax: 0131 669 7456

Registered Scottish Charity No.SCO27450





SWIMMING POOLS

The 25 metre main pool and 15 metre small pool enable swimmers of all abilities to enjoy general swimming at their own pace, and are also where many of our popular classes and activities take place.

Swimming classes and sessions include:

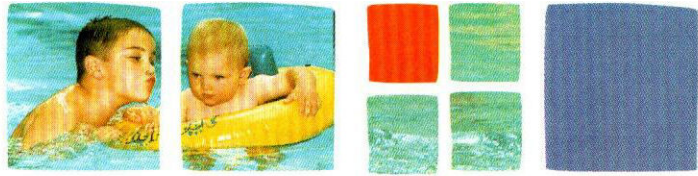
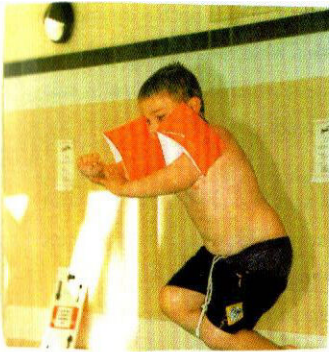
- Beginners
- Tiny tots and parents
- Stroke development
- Women only
- Fitness development
- Lifesaving
- Children of all ages
- Aquafit
- Children with disabilities

Nessie the Loch Ness Monster also enjoys a dip at Portobello Swim Centre during the regular termtime **Play Sessions.**

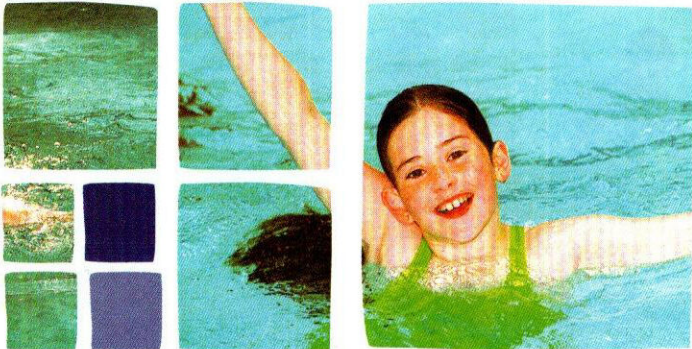
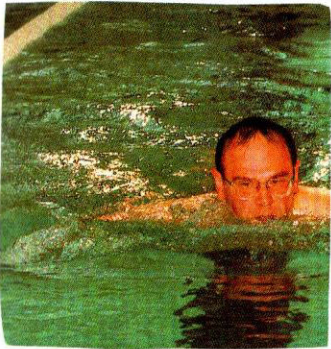
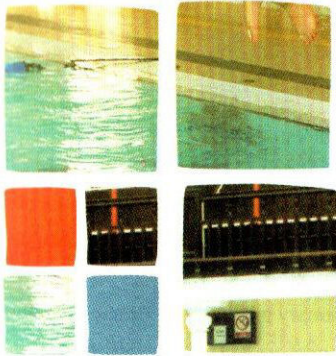
Children love to climb and play on the inflatable monster. Play sessions will also run on week-days during the schools summer holidays.

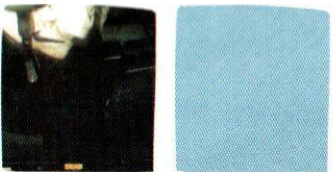
It's **Party Time** at Portobello Swim Centre each Saturday and Sunday lunchtime, when you can book exclusive use of the small pool to give your child an extra birthday special treat. Floats, toys and party music followed by a birthday lunch in the café will provide plenty of fun and help make it a day to remember.

The viewing gallery upstairs offers a comfortable setting for those who prefer to watch the fun.

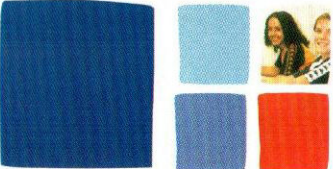
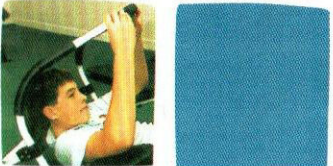


At Portobello Swim Centre we have two pools to tempt you into the water and have fun while being active.





Our fully trained staff are **always** delighted to help.



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PULSE CENTRE

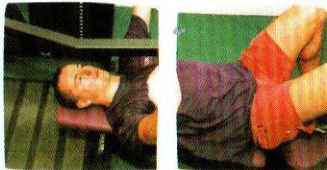
The Pulse Centre gym is both easy and fun to use, with a wide range of modern exercise equipment which can be used to suit your individual needs.

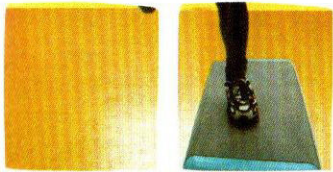
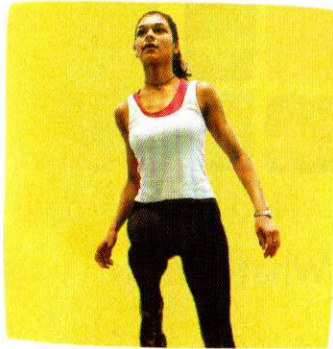
We welcome all ages and abilities to the Pulse Centre from first time users to fitness fanatics where our fully trained staff are always delighted to help you develop your own training programme.

One of the most popular features of the Pulse Centre is the 'Cardio-Theatre' where you can watch your favourite television programme or sports channel while you exercise.

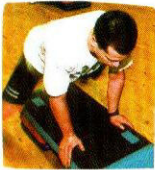
The cardiovascular equipment will give you a great aerobic workout and includes rowing machines, stationary bikes, walking/jogging treadmills, steppers and more. The resistance equipment will tone and strengthen to give you that all over feeling of well being.

Easy way to pay The Pulse Direct scheme means that regular users can pay for a season pass to the Pulse Centre through direct debit. Staff will be pleased to help you choose the pass that best suits your needs.





From step and aerobics to dance and boxercise.



ACTIVITY ROOM

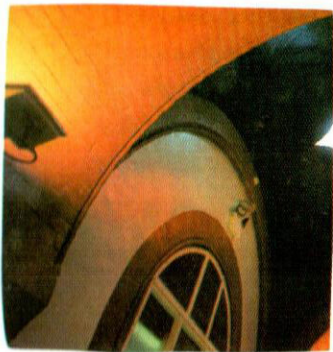
From step and aerobics to dance and boxercise, we are sure to have something to offer those who enjoy exercising in group sessions. There are also a range of classes specially designed for women only and for our mature movers.

The **activity room**, with sprung wooden floor, full length 20 foot mirrors and sound system is suitable for a range of activities including: aerobics, step classes, dancing, martial arts, yoga, circuit training, birthday parties and lots more.

Our huge range of **50+ activities** are extremely popular, and include leisure swimming, yoga, aquafit, resistance training in the gym, and much, much more. If you join our mature movers you are guaranteed lots of fun and socialising while staying active.

The **meeting room** is equipped with television and video, projector and flipchart and can be hired for social gatherings as well as meetings and presentations. The activity room is also available for private hire.





Had a hard day?
What **better** way
to unwind...

