



Multi Sports

Why not start your summer off in style with our Summer Fun Multi Sports.

Hours of fun and a chance to try a variety of different sports with coaching from fully qualified Coaches, 3 days for just £20.

The camps will include fun games and sports coaching aimed at developing core skills, as well as social, personal and team awareness.

The Camps are open to boys and girls of any ability.

Timetable:

8.30 to 9am breakfast of cereal, cereal bars, semi skimmed milk, water and fruit each day.

9-12pm Sports

12am-1pm Lunch, Please bring a packed lunch, snacks and drinks – no fizzy juice please.

1-2pm Sports

2-3pm Chill time, Cool Down, music, appropriate level DVDs.

Please ensure children bring suitable clothing and footwear.

Burghlee Park - Bayne Memorial Hall, Burghlee Crescent, Loanhead, EH20 9BL				
Day	Date	Time	Age	Cost
Mon, Tues, Wed	17 to 19 July	8.30am – 3pm	5-12 yrs	£20
Cowden Park - Cowden Pavilion, Cowden Park, Dalkeith, EH22 2HA				
Mon, Tues, Wed	24 to 26 July	8.30am – 3pm	5-12 yrs	£20
Penicuik Park – beside Rugby Club, Old Pavilion, Public Park, Penicuik				
Mon, Tues, Wed	31 July To 2 August	8.30am – 3pm	5-12 yrs	£20
Booking Instructions	For further information or to book a place contact Yvonne Hay Community Recreation Officer Email: Yvonne.anderson@midlothian.gov.uk Or phone 0131 561 6518			



Basketball

Basketball coaching for all levels, coached by qualified UKCC coaches.

Penicuik Centre, Carlops Road, Penicuik, EH26 9EP				
Day	Date	Time	Age	Cost
Mon-Tues	10 & 11 July	10am – 12pm	7 yrs +	£7.30 for 2 day
Mayfield Leisure Centre, 10 Mayfield Place, EH22 5JG				
Mon-Tues	17 & 18 July	10am – 12am	7 yrs +	£7.30 for 2 days
Booking Instructions	For further information or to book a place contact Yvonne Hay Community Recreation Officer Yvonne.anderson@midlothian.gov.uk Or phone 0131 561 6518			



S.F.A. Football



SFA Gift to everyone attending an SFA Football course.
Please bring a drink (water or still juice – No fizzy juice)
second children from the same family will receive 50% off their course fee.

Scottish F.A. Summer Roadshow

Participate in small sided games, improve football skills. Be coached by SFA Coaches

Saltire Soccer Centre Unit 1, Mayfield Industrial Estate, Mayfield EH22 4AD (indoor astro)				
Day	Date	Time	Age	Cost
Monday - Friday	3 to 7 July 2017	10am – 12noon 10am – 3.00pm	5-12 Years	£33 £55
Lasswade Centre, Eskdale Drive, Bonnyrigg (outdoor astro)				
Day	Date	Time	Age	Cost
Monday - Friday	10 to 14 July 2017	10am – 12noon 10am – 3.00pm	5-12 Years	£33 £55
Penicuik Pavilion, Bog Road Penicuik				
Day	Date	Time	Age	Cost
Monday - Friday	17 to 21 July 2017	10am – 12noon 10am – 3.00pm	5-12 Years	£33 £55
Loanhead (grass pitch) Bayne Memorial, 65a Burghlee Crescent, Loanhead, EH20 9BL				
Day	Date	Time	Age	Cost
Monday - Friday	24 to 28 July 2017	10am – 12noon 10am – 3.00pm	5-12 Years	£33 £55
Cowden Park, Dalkeith (grass pitch)				
Day	Date	Time	Age	Cost
Monday - Friday	31 July to 4 August 2017	10am – 12noon 10am – 3.00pm	5-12 Years	£33 £55
Saltire Soccer Centre, Unit 1, Mayfield Industrial Estate, Mayfield EH22 4AD (indoor astro)				
Day	Date	Time	Age	Cost
Monday - Friday	7 to 11 August 2017	10am – 12noon 10am – 3.00pm	5-12 Years	£33 £55
Booking Instructions		For further information or to book a place contact Keith Wright, Football Development Officer 0131 561 6517		



Gymnastics and Trampoline Camps

New for 2017 – Gymnastics and Trampoline Camps. An opportunity to try Beginners Gymnastics and Trampolining on a 3 day camp.

Beginners gymnastics – Sessions Lead by fully qualified coaches - Learn the basic moves and improve strength and flexibility in a non competitive way with fun and enthusiastic approach.

Trampoline – Fun classes lead by qualified instructors, Learn the basic skills required to bounce safely.

Timetable:

Morning sessions:

10-11.30 5-7 yrs Beg Gymnastics
8 yrs Trampoline

Afternoon sessions:

12.00-1.30 5-7 yrs Beg Gymnastics
8 yrs Trampoline

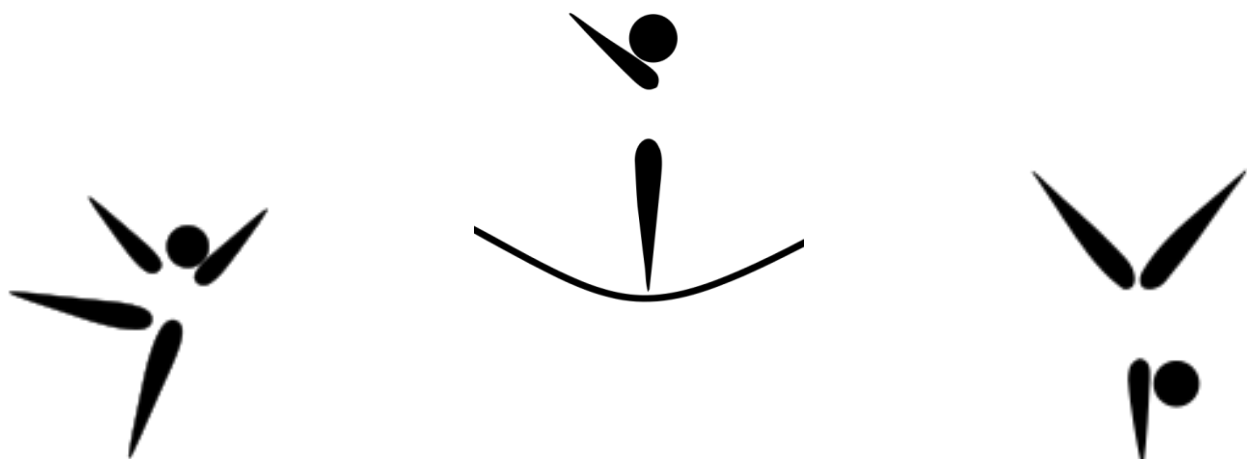
11.30-11.45 Break

1.30-1.45 Break

11.45-1.15 5-7 yrs Trampoline
8 yrs Beg Gymnastics

1.45-3.15 5-7 yrs Trampoline
8 yrs Beg Gymnastics

Danderhall Community Centre, Newton Church Road, Danderhall, EH22 1LU 0131 663 9280				
Day	Date	Time	Age	Cost
Wed, Thurs, Frid	19 to 21 July	10am – 1.15pm	5-7 yrs 8 yrs +	£32.85 3 days
Mayfield Leisure Centre, 10 Mayfield Place, EH22 5JG 0131 663 2219				
Tues, Wed, Thurs	25 to 27 July	12.00-3.15pm	5-7 yrs 8 yrs +	£32.85 3 days
Mayfield Leisure Centre, 10 Mayfield Place, EH22 5JG 0131 663 2219				
Tues, Wed, Thurs	1 to 3 August	10am – 1.15pm	5-7 yrs 8 yrs +	£32.85 3 days
Danderhall Community Centre, Newton Church Road, Danderhall, EH22 1LU 0131 663 9280				
Wed, Thurs, Frid	9 to 11 August	12.00-3.15pm	5-7 yrs 8 yrs +	£32.85 3 days
Booking Instructions	For further information or to book a place contact the relevant centre			



Rugby

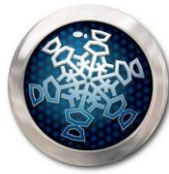


Midlothian Rugby Camps

New to the game or an experienced rugby player? Then this is for YOU! Come and learn/perfect your rugby skills with Full UKCC/Scottish Rugby qualified rugby coaches. Please note that the age groups relate to the year your child is going into at school, after the summer.

Dalkeith RFC Summer Camp				
Day	Date	Time	Age	Cost
Mon - Thurs	17 to 20 July	9am – 2pm (breakfast from 8am)	P1 – S1 (After the summer break)	£30 for 4 days
Penicuik RFC Summer Camp				
Day	Date	Time	Age	Cost
Mon –Thurs	24 to 27 July	9am – 2pm (breakfast from 8am)	P1 – S1 (After the summer break)	£30 for 4 days
Lasswade RFC Summer Camp				
Please see Club Website http://www.pitchero.com/clubs/lasswade/				
Booking Instructions	To book a place at Penicuik or Dalkeith camps, contact James Sloggie Rugby Development Officer on James.sloggie@midlothian.gov.uk . Or phone James on 0131 561 6513			





Hillend



Snowsports

Midlothian Snowsports Centre

Junior Ski Camps

A five day Junior Ski Camps from beginner to advanced levels. Learn to ski, increase your confidence or develop your skills while making new friends.

Day	Date	Time	Age	Cost
Mon - Fri Each week	10 to 14 July 17 to 21 July 24 to 28 July 31 July to 4 August 7 to 11 August	10am – 12:30am & 2pm – 4:30pm	6 yrs – 17 yrs	£102.00
Booking Instructions	Submit an online request form at www.hillend.org.uk or for further information call 0131 445 4433			

Kinder Ski Camps

A Five day Kinder Ski Camp for 4-5 year olds. Whether skiing for the first time or developing existing skills our qualified instructors will strive to ensure all children have a safe, fun and enjoyable experience.

Day	Date	Time	Age	Cost
Mon - Fri Each week	10 to 14 July 17 to 21 July 24 to 28 July 31 July to 4 August 7 to 11 August	Various times throughout the day (1 hr sessions)	4yrs – 5 yrs	£62.50
Booking Instructions	Submit an online request form at www.hillend.org.uk or for further information call 0131 445 4433			





Junior Snowboard Camps

Junior Snowboard Camp for Beginners, Intermediates, Advanced and Freestyle available.

Day	Date	Time	Age	Cost
Mon - Fri Each week	10 to 14 July 17 to 21 July 24 to 28 July 31 July to 4 August 7 to 11 August	10am – 12:30am & 2pm – 4:30pm	8 yrs – 17 yrs	£102.00
Booking Instructions		Submit an online request form at www.hillend.org.uk or for further information call 0131 445 4433		

Junior Race Camps

Intro to Race Training Ski Camps Children should have attained level 6 or 7 of the ski school grading system and be good parallel skiers, able to ski from the top station.

Day	Date	Time	Age	Cost
Mon - Fri Each week	10 to 14 July 17 to 21 July 24 to 28 July 31 July to 4 August 7 to 11 August	10am – 12:30pm	7 yrs – 17 yrs	£102.00
Booking Instructions		Submit an online request form at www.hillend.org.uk or for further information call 0131 445 4433		

Experienced Race Training Ski Camps – Race training for youngsters who are registered racers and are currently a member of a race club. Familiar with slalom and giant slalom practice, children should already be involved in competition and be keen to develop their technique to improve their performance in all aspects of racing.

Day	Date	Time	Age	Cost
Mon - Fri	17 to 21 July & 7 to 11 August	2.00-4.30pm	7 yrs – 17 yrs	£102.00
Booking Instructions		Submit an online request form at www.hillend.org.uk or for further information call 0131 445 4433		



Super Racers Club

An introduction to race training. The content each week includes themes such as target turning, timed runs, technique and edge control and slalom/GS training.

Day	Date	Time	Age	Cost
Saturdays	15, 22, 29 July & 5 August	9.15-11.15am	7 yrs - 12 yrs	£12.50
Booking Instructions	For further information or to book a place contact the bookings team on 0131 445 4433 or ski@midlothian.gov.uk			

Radical Racers Club

Trainees will be invited into Rad-Racers after attending Super Racers and meeting set criteria.

Day	Date	Time	Age	Cost
Saturdays	15, 22, 29 July & 5 August	11.15 – 1.15pm	7 yrs – 14 yrs	£12.50
Booking Instructions	For further information or to book a place contact the bookings team on 0131 445 4433 or ski@midlothian.gov.uk			

Taster Ski and Snowboard beginner lessons

For all first timers. Learn about the equipment and how posture and balance can help you develop the basic skills needed to take to the slopes for the first time.

Day	Date	Time	Age	Cost
Saturdays	15, 22, 29 July & 5 August	9.30am – 11.30am	8 yrs +	£31.00 Adults £21.00 Juniors
Booking Instructions	For further information or to book a place contact the bookings team on 0131 445 4433 or ski@midlothian.gov.uk			



Tubing

Pay n Play Tubing – 4 specially built tubing runs, provide exhilarating and fun “pay n play” sessions for both children and adults. Our travelator takes all the hard work out of climbing up the hill. Just ride up and slide down

Day	Date	Time	Age	Cost
Everyday	Available from 10 July to 11 August	10.00am – 5.00pm (last booking 4.00pm)	Minimum age 4 yrs minimum height 1 metre	1 hr £10.00 for Adults 1 hr £8.00 for Junior
Booking Instructions		For further information or to book a place contact the bookings team on 0131 445 4433 or ski@midlothian.gov.uk . Sessions cannot be pre booked.		

Tubing Parties – Tubing parties are available for juniors, adults and families on our specifically designed tubing runs. No huffing and puffing to get up the hill. Just ride up on the travelator...and slide down! After an exhilarating hour tubing, a birthday meal is provided in one of our party rooms.

Day	Date	Time	Age	Cost
Fridays, Saturdays & Sundays	Available from 14 July to 11 August	Please call reception on 0131 445 4433 for times of parties	All children must be a minimum aged 4 years and 1 metre in height.	£14.50 per person. Min of 10 people
Booking Instructions		For further information or to book a place contact the bookings team on 0131 445 4433 or ski@midlothian.gov.uk		

Junior Tubing Parties –These parties are tailored towards the younger age groups. After an exhilarating hour tubing on the nursery slope, a birthday meal is provided in one of our party rooms.

Day	Date	Time	Age	Cost
Saturdays and Sundays	Available from 15 July to 6 August	Please call reception on 0131 445 4433 for times of parties	4-12 yrs	£12.50 per child. Min of 10 children
Booking Instructions		For further information or to book a place contact the bookings team on 0131 445 4433 or ski@midlothian.gov.uk		



SWIMMING

Swimming Lessons

Swimzone classes are available for all levels from preschool to adults. All of our swim coaches are UKCC qualified.

Adult & Child Swim Classes

Instructor based class which are for adult and child aged 0-3yrs classes are designed to provide your child with early confidence and basic water skills.

Penicuik Centre

Day	Date	Time	Age	Cost
Mondays	24 & 31 July	11.15am – 12pm	0-3 yrs	£5.20 each session
Booking Instructions	For further information or to book a place contact Penicuik Centre reception on 01968 664066			

Lasswade Centre

Day	Date	Time	Age	Cost
Tuesdays	18, 25 July & 1 August	2.15 - 2.45pm & 3.00 – 3.30pm	0-3 yrs	£5.20 each session
Booking Instructions	For further information or to book a place contact Lasswade Centre reception on 0131 271 4533			

Newbattle Pool

Day	Date	Time	Age	Cost
Mondays	17 & 24 July	2.00 – 2.30pm & 2.30 – 3.00pm	0-3 yrs	£5.20 each session
Booking Instructions	For further information or to book a place contact Newbattle Pool reception on 0131 561 5340			

Pre-school Lessons (3-5yrs)

Instructor led sessions enables children aged to develop key swimming skills within a class environment, without adults, through structured games and activities.



Penicuik Centre

Day	Date	Time	Age	Cost
Monday – Wednesday	24 to 26 July 31 July to 2 August	3.00pm – 3:30pm 3.45pm – 4.15pm	3 – 5 years	£15.60 for each block
Booking Instructions		For further information or to book a place contact Penicuik Centre reception 01968 664066		

Lasswade Centre

Day	Date	Time	Age	Cost
Tuesday - Thursday	18 to 20 July 25 to 27 July 1 to 3 August	3.45pm – 4.15pm	3 – 5 years	£15.60 for each block
Booking Instructions		For further information or to book a place contact Lasswade Centre reception on 0131 271 4533		

Newbattle Pool

Day	Date	Time	Age	Cost
Monday – Wednesday	17 to 19 July 24 to 26 July	3.00pm – 3.30pm 3.45pm -4.15pm	3 – 5 years	£15.60 for each block
Booking Instructions		For further information or to book a place contact Newbattle Pool reception on 0131 561 5340		

Junior Swimming Lessons 5 yrs +

Instructor led intensive crash course swimming lessons for Beginners are designed to build confidence and teach basic swimming skills.

Penicuik Centre

Day	Date	Time	Age	Cost
Monday - Friday	24 to 28 July 31 July to 4 August	4.30pm – 5.00pm 5.10pm – 5.40pm	5+ years	£26.00 for 5 day course
Booking Instructions		For further information or to book a place contact Penicuik Centre reception on 01968 664066		



Lasswade Centre

Day	Date	Time	Age	Cost
Tuesday - Thursday	25 to 27 July 1 to 3 August	4.30pm – 5.00pm 5.10pm – 5.40pm	5+ years	£15.60 for 3 day course
Booking Instructions		For further information or to book a place contact Lasswade Centre reception on 0131 271 4533		

Newbattle Pool

Day	Date	Time	Age	Cost
Monday - Friday	17 to 21 July 24 to 28 July	4.30pm – 5.00pm 5.10pm – 5.40pm	5+ years	£26.00 for 5 day course
Booking Instructions		For further information or to book a place contact Newbattle Pool reception on 0131 561 5340		

Diving Camps

Newbattle Swimming Pool

Do you want to learn how to dive? Or have you always wanted to brave the 3m Spring Board? Then why not come along to our summer diving camp and get taught from our qualified diving instructor.

Day	Date	Time	Age	Cost
Mon - Wed	17 th – 19 th July	11am – 11.40am 11.45am- 12.25pm	6- 13 years	£12
Mon - Wed	31 st July – 2 nd Aug	11am – 11.40am 11.45am- 12.25pm	6- 13 years	£12
Booking Instructions		Bookings must pre book at reception. Max 12 people per camp For Bookings contact Newbattle Swimming Pool 0131 561 5340		

Rookie Lifeguard

An opportunity for young competent swimmers to learn essential water safety skills. Keeping themselves safe and learn what to do in an emergency. Instructor based class. Class teaches basic lifesaving skills and techniques. Children MUST be a competent swimmer and able to swim two widths.

Lasswade Centre

Day	Date	Time	Age	Cost
Tuesday to Thursday	18 to 20 July	4.30pm – 6.00pm	8-12 yrs	£23.40 for 3 day course
Booking Instructions		For further information or to book a place contact Lasswade Centre reception on 0131 271 4533		



Penicuik Centre

Day	Date	Time	Age	Cost
Monday to Friday	17 to 21 July	4.30pm – 6.00pm	8 - 12 yrs	£39.00 for 5 day course
Booking Instructions	For further information or to book a place contact Penicuik Centre reception on 01968 664066			

National Pool Life Guard Qualification (NPLQ)

Think you've got what it takes to become a lifeguard. Then this is the course for you. The National Pool Lifeguard Qualification is a nationally recognised qualifications which allows you to work on poolside, candidates must be 16 yrs plus and strong swimmers. Instructor based course with an exam at the end of course.

Course fees must be paid two weeks before the course starts. Courses are NON-REFUNDABLE.

You must be able to meet the following basic fitness criteria:

Jump/dive into deep water

Swim 50 metres in less than 60 seconds

Swim 100 metres continuously on front and back in deep water

Tread water for 30 seconds

Surface dive to the floor of the pool

Newbattle Pool

Day	Date	Time	Age	Cost
Mon- Sat	03 rd to 08 th July	Mon-Fri 8am – 5pm Sat (exam) 8am – 12 noon	16+ yrs	£235.00 Adult £205.00 concession
Booking Instructions	For further information or to book a place contact Newbattle Swimming Pool 0131 561 5340			



Lasswade Centre

Day	Date	Time	Age	Cost
Mon - Sat	07 th to 12th August	Mon-Fri 8am – 5pm Sat (exam) 8am – 12 noon	16+ yrs	£235.00 Adult £205.00 concession
Booking Instructions		For further information or to book a place contact Lasswade Centre reception on 0131 271 4533		

Free Swimming for Under 18's

Free swim sessions available to children and teenagers during school holidays. Pool rules for children under 8 years apply, (ask at reception for further information)

16-18 year olds should be in full time education and should be able to confirm this (matriculation card, letter from school/timetable etc.)

Dalkeith Campus

T: 0131 660 0265

Lasswade Centre

T: 0131 271 4533

Loanhead Leisure Centre

(Pending centre open from refurbishment)

T: 0131 440 4516

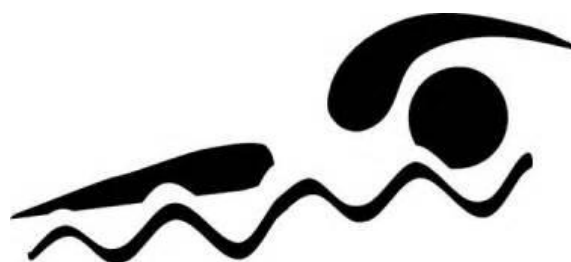
Newbattle Pool

T: 0131 561 5340

Penicuik Centre

T: 01968 664066

Day	Date	Time	Age	Cost
Mon - Fri	Throughout school holidays	10.30-4.30pm (1 hour sessions, last entry 3.30pm)	3 yrs +	FREE
Booking Instructions		No booking just turn up! Contact relevant Centre for further information.		





Tonezone

Teenzone

Tonezone with instructor for the 12-15 yrs

Teenzone running as normal throughout the school holidays. Check individual centres for times.

Danderhall Community Centre

T: 0131 663 9280

Gorebridge Leisure Centre

T: 01875 821739

Lasswade Centre

T: 0131 271 4533

Mayfield Leisure Centre

T: 0131 663 2219

Newtongrange Centre

T: 0131 561 5325

Penicuik Centre

T: 01968 664066

Day	Date	Time	Age	Cost
Centre Dependent	Advised		12- 15 years	£4.00 session
Booking Instructions		For further information or to book a place contact relevant Centre.		

