

Connect Here Guide to Swimming in Edinburgh



Edinburgh **Health and
Social Care** Partnership



July 2023

CONTENTS

Index

Swimming - Starting Again	3
Learning to Swim - Adults	4
Getting back in the water after few years away	4
Edinburgh Leisure - Ainslie Park Leisure Centre	5
Edinburgh Leisure - Dalry Swim Centre	5
Edinburgh Leisure - Drumbrae Leisure Centre	6
Edinburgh Leisure - Glenogle Swim Centre	6
Edinburgh Leisure - Gracemount Swimming Pool	7
Edinburgh Leisure - Leith Victoria Swim Centre	7
Edinburgh Leisure - Portobello Swim Centre	8
Edinburgh Leisure - Royal Commonwealth Pool	8
Edinburgh Leisure - Warrender Swim Centre	9

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Email: ConnectHereUpdates@nhslothian.scot.nhs.uk

Swimming - Starting Again

It is estimated that 14.2 million people in England cannot swim which works out as one in three. The picture in Scotland is little better, Save the Children estimates that 25% of children leaving primary school are unable to swim. The situation in deprived areas is worse because of affordability, accessibility and quality of opportunities.

All of this make me the author of this article particularly embarrassed. I come from an older generation that did have swimming classes at school to which we were regularly dragged to in campaign to make learn to swim whether we liked it or not. My problem was that at the time I neither liked swimming or was any good at it. The earnest and no doubted dedicated swim teacher failed at the beginning by failing to get me used to sticking my head under water and opening my eyes. This is an understandable fear but really was a fatal blow to learning to swim and enjoying the experience.

I suspect that my experience was not unique and that many others faced similar problems in the pool. Let's be clear swimming is definitely good for you physically and mentally. It is also helps you to shed some pounds, meet new people and have some fun.

In later life I have tried to address my earlier D minus in swimming, overcome my fear of the familiar chemical burn of chlorine invading my nose and try to enjoy being in a swimming pool. It has not been easy but here are some suggestions:

- Check with your Doctor about the state of your ear drums. Perforated ear drums and chlorinated water do not mix well. Don't worry if you have perforations, ear plugs can work but make sure to tell your swim teacher.
- Try to sort out any fear that you may have about opening your eyes under water. Buy a pair of goggles and practice in the bath. Better still buy a scuba mask as it will cover your nose. G
- Breathing while swimming. I really wish that somebody had explained this one to me when I was a kid. Use your mouth to breathe, not your nose! Inhale deeply before you start swimming. Exhale slowly as your face enters the water. Move your head smoothly to the side when you need to inhale again.
- Find an and Adult swim coach who you like and trust. You are not going to turn round problems that you may have in the pool over night so finding an instructor that does not make you feel like a fool in the early stages is important.

And o yes, lots of practice and patience with yourself. Overcoming your swimming hurdles is physical satisfying and very liberating.

Learn to Swim - Adults

Edinburgh is lucky to have Edinburgh Leisure who offer adult swimming lessons in selected venues. Whether you've never swam before or are looking to improve your stroke technique and fitness, their lesson programme will support you. For adults looking to refine their stroke technique further and build their fitness beyond swimming lessons why not try out their Skills and Drills classes, a class designed to improve your technique, make you a stronger swimmer and introduce you to key aquatic drills.

Beginner

Their beginners' classes look to build water confidence, introduce a range of aquatic skills, and develop the basics of all swimming strokes. This class is for adults who are new to swimming or for those who are not yet swimming confidently.

Improver

Their improvers class aims to develop more efficient swimming technique in the four strokes. This class is for adults who – want to develop their swimming skills over a greater distance and be more proficient in deep water.

Enrolling

You will have to become a member of Edinburgh Leisure, there is an annual membership fee but concessionary rate are available. Go to this web page to find out more:

<https://www.edinburghleisure.co.uk/step-by-step/membership-sign-up>

You can then register for swimming classes using thir portal, go to:

<https://edinburghleisure.courseprogress.co.uk/login>

Swimming Buddies

Getting back in the water after few years away

Ageing Well Buddy Swim programme has recently launched at Warrender Swim Centre, running at 10am all year round and has just welcomed its first participant, Anne. These sessions encourage older adults, who perhaps lack confidence, to get back in the water.

Their volunteers, David, Fiona and Gordon are there to meet and greet the participants and ensure they have the support they require, followed by that all-important chat and cup of tea afterwards. This brings the number of Buddy swim sessions at venues to five with the hope of adding more in the future.

Other sessions take place at:

Glenogle Swim Centre (Tuesday, 10.00-11.00am);

Warrender Swim Centre (Wednesday, 10.00-11.00am);

Drumbrae Leisure Centre (Thursday, 10.30-11.30am); Pool currently closed for maintenance from Monday 26th June 2023 and will last for approximately 12 weeks

Royal Commonwealth Pool (Thursday, 12.00-1.00pm);

Ainslie Park Leisure Centre (Thursday, 1.00-2.00pm).

For more information about the Ageing Well Buddy Swim programme you should contact the Active Communities team - active@edinburghleisure.co.uk / 0131 458 2260

Edinburgh Leisure - Ainslie Park Leisure Centre

Ainslie Park Leisure Centre
92 Pilton Drive
Edinburgh EH5 2HF

T: 0131 458 2100

W: <https://www.edinburghleisure.co.uk/venues/ainslie-park-leisure-centre>

Summary: Ainslie Park Leisure Centre offers swimming, gym, fitness class or play racquet sports. please click on the above links for more information and details.

Physical Activity and Leisure: Swimming

Edinburgh Leisure - Dalry Swim Centre

25-29 Caledonian Crescent
Edinburgh EH11 2AL

T: 0131 458 2100

W: <https://www.edinburghleisure.co.uk/venues/dalry-swim-centre>

Summary: Dalry Swim Centre's pool caters for all types of swimmers – whether you are looking to log lengths or organise a family visit.

Edinburgh Leisure - Drumbrae Leisure Centre

30 Drum Brae Terrace
Edinburgh EH4 7SF

T: 0131 458 2100

W: <https://www.edinburghleisure.co.uk/venues/drumbrae-leisure-centre/>

Summary: Their pool, sauna and pool changing areas are currently closed for planned maintenance. The works started on Monday 26th June 2023 and will last for approximately 12 weeks. The rest of the venue is open as normal.

Closest pools/saunas: Ainslie Park Leisure Centre, Queensferry High School, Wester Hailes High School.

Physical Activity and Leisure: Swimming

Edinburgh Leisure - Glenogle Swim Centre

Glenogle Road
Edinburgh EH3 5JB

T: 0131 458 2100

W: <https://www.edinburghleisure.co.uk/venues/glenogle-swim-centre>

Summary: Located in the heart of Edinburgh, Glenogle Swim Centre's quaint Victorian baths have served the city for years. Lift weights in our gym or dip into our beautiful Victorian pool and swim lengths under a beautiful backdrop.

The centre is easily accessible by public transport, car and even by bike, so you can warm up on your way here!

Edinburgh Leisure - Gracemount Swimming Pool

Gracemount Leisure Centre
22 Gracemount Drive
Edinburgh EH16 6RN

T: 0131 458 2100

W: www.edinburghleisure.co.uk/venues/gracemount-leisure-centre

Summary: Whether you enjoy logging lengths, lifting weights or playing sport, you'll find something you love at Gracemount. Bookable sports and activities at Gracemount include Badminton, Table Tennis, 5-a-side indoor football and basketball.

Physical Activity and Leisure: Swimming

Edinburgh Leisure - Leith Victoria Swim Centre

Junction Place
Edinburgh EH6 5JA

T: 0131 458 2100

W: www.edinburghleisure.co.uk/venues/leith-victoria-swim-centre

Summary: There's something for everyone at Leith Victoria, whether you love to log lengths in the Victorian pool or lift weights in their high-spec gym.

Edinburgh Leisure - Portobello Swim Centre

57 Portobello Promenade
Edinburgh EH15 2BS

T: 0131 458 2100

W: <https://www.edinburghleisure.co.uk/venues/portobello-swim-centre>

Summary: Overlooking the promenade at Portobello, the swim centre has both a top-spec gym, and beautiful Victorian baths.

Physical Activity and Leisure: Swimming

Edinburgh Leisure - Royal Commonwealth Pool

21 Dalkeith Road
Edinburgh EH16 5BB

T: 0131 458 2100

W: <https://www.edinburghleisure.co.uk/venues/royal-commonwealth-pool>

Summary: The Commonwealth Pool plays an integral role in keeping Edinburgh active on a daily basis. They are proud to have a top-spec gym, the city's only 50-metre pool and a whole host of other spaces you can stay active.

Edinburgh Leisure - Warrender Swim Centre

55 Thirlestane Road
Edinburgh EH9 1AP

T: 0131 458 2100

W: <https://www.edinburghleisure.co.uk/venues/warrender-swim-centre>

Summary: Warrender Swim Centre is a Victorian-era baths which has served the local community for decades. The newly refurbished venue consists of a swimming pool, sauna and gym, with an assortment of new fitness equipment.