

# Roller disco comes to Craiglockhart Tennis and Leisure Centre



Feeling nostalgic for the roller discos of the 1980's? Well why not enjoy a Friday night with a difference when a hit adults-only roller disco comes to the capital this month.

Coaster Nights, the over 16's roller disco with a retro vibe, will debut at Craiglockhart Tennis and Leisure Centre on Friday March 21st, from 8.20 – 10pm.

The event, presented by Roller Beats, evokes the spirit of the original roller disco with a mix of modern pop and classic hits and shiny bright lights – although legwarmers are optional.

Don't worry if you haven't owned a pair of skates since High School – they can be hired up to size 11 for £2.

Ally Flannigan, Supervisor at Craiglockhart Tennis & Leisure Centre, said it's not just about posing and having a great night – roller skating can be a fantastic workout.

He said: "Edinburgh Leisure is always looking to offer new, fun ways for people to get fit and active.

"Our roller skating sessions for families and kids at Craiglockhart and Meadowbank are already a hit.

"Now we are really looking forward to welcoming Roller Beats to our venue for their first Coaster Nights event for over 16's in Edinburgh.

"Held in our huge hall in virtual darkness with disco lights and pop music, it promises to be a real old school experience that also happens to be great exercise.

"Roller skating is a workout that works the joints and can burn as much as 500 calories an hour, so it's definitely a fitter, more fun way to start the weekend than the average Friday night – even if you end up in the pub later to talk about it!"

Coaster Nights will be held at Craiglockhart Tennis & Leisure Centre, Colinton Road, on Friday March 21st at 8.20pm. Entrance is £10 on the door.

There is also a general roller skating session for all age groups, popular with families, on Sunday April 6th from 1.30 – 3.30pm.