

# Buddy Swimming could be the thing for you

A new Buddy Swim session, is now taking place at Edinburgh Leisure's Ainslie Park Leisure Centre, every Thursday, from 1-2pm (during school term) in addition to those currently running at Leith Victoria (Mondays), Glenogle Swim Centre (Tuesday), Drumbrae Swim Centre and the Royal Commonwealth Pool (Thursdays).

The Buddy Swim programme is part of Edinburgh Leisure's Ageing Well offering and is aimed at those people who have lost confidence in the water, who are supported by volunteers.

It's an opportunity to go swimming, meet new people and have fun and a social cup of tea or coffee, after the event. There's no need to sign up, just turn up on the day and pay the price of a normal swim session.

For more information, contact Edinburgh Leisure's Active Communities Team – 0131 458 2260 / [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

