

Edinburgh Leisure has a passport to summer fun for your young people

A passport to summer fun is on offer from Edinburgh Leisure.

While Covid-19 travel restrictions mean that many of us will be staying at home this year, Edinburgh Leisure has their own passport for a summer of fun for your children and the family.

With the summer holidays approaching, the city's biggest sports and leisure provider, Edinburgh Leisure, is bringing back the summer fun safely to their centres. Whether you are looking for a one-off activity for the family to enjoy, or some fast-track lessons to help make up for lost time, Edinburgh Leisure has it covered.

For **gymnastics and aqua camps**, children can be booked in for a day or for the whole week. Early drop-offs and late pick-ups are available.

A must for anyone who enjoys water, at the **Aqua Camp**, children from the age of 7 years can enjoy a variety of pool activities whilst working towards recognised Scottish Swimming and Royal Life Saving Society awards.

Little **gymnasts** from Primary 1+ will be entertained by Edinburgh Leisure's coaches with activities including technique practice, stretching, and conditioning, vault and bar sessions into Tumbles' foam pits, beam sessions, coaching the coaches, learning how to judge, and working on a routine.

And with climbing set to feature for the first time at the Tokyo 2021 Olympics, inspire them with the **adventure and climbing camps at EICA Ratho**. If your child is between 8-14 years old and new to climbing, the EICA's week-long **Adventure Camp** brings together thrilling indoor and outdoor activities including climbing, Clip 'n Climb, and abseiling.

For older children between 10-17 years old, and more experienced climbers looking to get outdoors, Edinburgh Leisure's **Rock Camp** combines bouldering and indoor sessions with outdoor 'trad' and sport climbing at some of Central Scotland's most renowned crags.

And for children looking for some sports coaching lessons, there is lots of choice across the city whether your child wants to try something new, or just enjoy more of their favourite classes. Coaching sessions are available in tennis, swimming, gymnastics, diving, trampoline, climbing and dance.



And new for this year, is **Swim Diving and Fun** and **Deep-Water Swimming and Fun** sessions.

In **Swim Diving and Fun**, swimmers will learn how to shallow dive for swimming starts, this includes push and glide skills, handstands, surface dives and more. In **Deep Water Swimming and Fun**, the coaches cover the fun things everyone loves to do in deep water and how to keep safe near water. Being underwater is a lot of fun and there will be games and activities to help swimmers improve their underwater skills.

Also in the pool, there will be some Summer Diving session on the diving boards at the Commie Pool or for 9–14-year-olds, they can book into the pool with their friends for Edinburgh Leisure's Junior Swim sessions.

Teens can also stay active in the holidays with the **NRG Zone Gym Camps for S1 – 15-year-olds**. With full access to Edinburgh Leisure's well-equipped gyms, Edinburgh Leisure's trained instructors will be on-hand to coach correct technique and use of equipment. Gym access at any time accreditation is granted after completion of Edinburgh Leisure's 5-day camp. Keep an eye on Edinburgh Leisure's website for more information including how to book. It's free to junior members but costs £21 for non-members.

And if you are looking for **family activities**, Edinburgh Leisure has lots of choices for the family to enjoy together and to burn off surplus energy.



Aquash at the Royal Commonwealth Pool

The very first in Scotland, Edinburgh Leisure's **AquaDash** and new **AquaDash Extreme at the Royal Commonwealth Pool** is a fantastic inflatable playground on water. Fun-seekers will slide, climb, and bounce their way through the thrilling obstacles, beating each one and racing friends and family. Or take the experience to new heights with AquaDash Extreme, with its awesome addition of double slides from the 3m or 5m dive platforms. Spaces are popular, so make sure you book well in advance. Booking goes live 28 days before for each available

session so ensure you check Edinburgh Leisure's website regularly.

And **Clip 'n Climb at the Edinburgh International Climbing Arena** will have the family reaching new heights with 15 climbing elements providing a range of features and levels suitable for children and adults. And it is suitable for beginners.



Clip 'n Climb

There's also a **Family Climb Taster** session at the EICA. Even if you've never climbed before, this 90-minute taster session is for you. Children must be 4 years+ with at least 1 adult 18 years+ in the group for up to 3 children, or 2 adults 18 year+ in the group for up to 4 children. Maximum of 4 children per session.

To find out more about the activities and book online, visit: [Holiday Club – Edinburgh Leisure](#)