

Getting into the habit of exercising early

Edinburgh Leisure encourage you to get your pre-school child to become active from an early age by signing them up for Play & Try coached activities.

As the largest provider of sport and leisure facilities across the city, Edinburgh Leisure is well-placed to encourage your child to reach their full potential, help them build confidence, learn skills, and meet [friends.at](https://www.edinburghleisure.co.uk/friends-at) the city's largest sports and leisure provider.

Edinburgh Leisure is offering a taster week from 13th – 19th September where new and existing customers can come and try coached activities for under 5s for £3.00 per session. Tailored for little ones, from babies to pre-schoolers, these fun and engaging sessions are all about having a blast while exploring the first steps into various sports.

Classes include Gym and Jump, Gym Nippers, Swim Baby, Swim Nippers, Swim Toddler, Pre-School Dry Dive Gym, Jump Into Sport, Football Mini Kickers and Kick Starters. Sessions will be offered at Ainslie Park, Drumbrae, Gracemount, Kirkliston and the Royal Commonwealth Pool and are suitable for babies and toddlers.

For those that loved the taster sessions, parents can sign up their child/children for a coaching course at the venue on the same day, with the September fee waived.*

Wherever you're at on the map or in life, Edinburgh Leisure is here to help the people of Edinburgh enjoy a healthier, happier, and more active life. And it's never too early to start.

Book your spot today for £3.00 per session.

[Play and Try Sports Tasters for Under 5s – Edinburgh Leisure](#)

