Sports & Leisure Facilities

In Edinburgh, there is a wide variety of sports facilities available, ranging from private gym-based facilities such as Factory Gyms and Virgin Active to all sorts of other sports and leisure facilities run by the council.

If the running machine just is not for you, there are a number of group classes which make exercising more fun with a sense of camaraderie, a sort of "this is hell, but we're in it together". Spinning classes are a great way to get fit, but for something slightly lighter which will still get you sweating, "Zumba", the "Latin-inspired, calorie-burning dance fitness-party" is (apparently!) great fun.

If you are finding it hard to get motivated individually, there are a number team sports that are easily accessible such as the <u>City of Edinburgh Netball Association</u>, and for something different, consider looking into <u>British Military Fitness</u>.

Here is the video

Almost any sporting activity is both available and accessible in Edinburgh, from football and rugby to rock climbing, skiing and water sports. Here are some of the facilities run by The City of Edinburgh Council

- Ainslie Park Leisure Centre
- <u>Bingham Park</u>
- Braidburn Valley Park
- Cammo Estate
- Carrick Knowe Golf Course
- Craigentinny Golf Course
- Craiglockhart Tennis Centre
- Dalmeny Street Park
- Drumbrae Leisure Centre

- Edinburgh International Climbing Arena, Ratho
- Glenogle Swim Centre
- Gyle Park
- Hunters Hall Park
- Inverleith Park
- Kirkliston Leisure Centre
- Leith Victoria Swim Centre
- Meadowbank Sports Centre
- Morgan Playing Fields
- Paties Road Recreation Ground
- Pentland View Park
- Balgreen Bowling
- Braid Hills Golf Course
- Burdiehouse Burn Valley Park
- Campbell Park
- Colinton Dell
- Craiglockhart Sports Centre
- Craigmillar Castle Park including Hawkhill Woods
- Dalry Swim Centre
- Drumbrae Park
- Fernieside Recreation Ground
- Gracemount Leisure Centre
- Hailes Quarry Park
- Inch Park
- Jack Kane Sports Centre
- Leith Links Bowling
- Leith Waterworld
- Montgomery Street Park
- Newcraighall Park
- Pentland Regional Park
- Port Edgar Marina and Sailing School
- Portobello Golf Course
- Portobello Park
- Powderhall Bowling
- Queensferry High Recreation Centre

- Ravelston Park and Woods
- Royal Commonwealth Pool
- Saughton Skatepark
- Seafield Recreation Ground
- Silverknowes Golf Course
- The Meadows and Bruntsfield Links
- Victoria Park
- West Pilton Park
- Portobello Indoor Bowls and Leisure Centre
- Portobello Swim Centre
- Princes Golf Course
- Queensferry Recreation Centre
- Roseburn Park
- Saughton Park
- Saughton Sports Complex
- <u>Sighthill Park</u>
- St Margaret's Park
- Union Park
- Warrender Swim Centre

The <u>Edinburgh Leisure website</u> has information on the sports, the locations and their very reasonable prices of various venues.

Activcity has a range of options for you too.