leisureactive

# junior

0 - 11 YEARS **TIMETABLE**

## DOUGLAS

| | | |
|---|---|---|
| **Monday** | | |
| Boogie Babies | 8 weeks+ | 09.30 - 10.00 |
| Little Movers | Under 3s | 10.00 - 10.45 |
| Little Kickers | 18 mths - 3 yrs | 11.00 - 11.45 |
| Little Kickers | 3 - 5 yrs | 10.15 - 11.00 |
| Little Movers | 3 - 5 yrs | 13.15 - 14.00 |
| Tots Tennis | 3 - 5 yrs | 13.15 - 14.00 |
| **Tuesday** | | |
| Athletics | P2 - P4 | 16.00 - 17.00 |
| Athletics | P5 - P7 | 17.00 - 18.00 |
| **Wednesday** | | |
| Little Gym Time | 18 mths - 3yrs | 09.45 - 10.30 |
| Tots Tennis | 3 - 5 yrs | 10.00 - 10.45 |
| Little Gym Time | 3 - 5 yrs | 10.45 - 11.30 |
| Baby Gym Time | 4 - 10 mths | 13.15 - 14.00 |
| Little Kickers | 3 - 5 yrs | 13.00 - 13.45 |
| Baby Gym Time | 10 - 18 mths | 14.00 - 14.45 |
| Mini Red Tennis | 5 - 8 yrs | 16.00 - 17.00 |
| Mini Red Tennis | 5 - 8 yrs | 17.00 - 18.00 |
| **Thursday** | | |
| Little Movers | Under 3s | 09.30 - 10.15 |
| Just Play Football | P1 - P3 | 16.00 - 17.00 |
| Just Play Football | P4 - P7 | 17.00 - 18.00 |
| **Friday** | | |
| Little Gym Time* | 2 - 5 yrs | 09.25 - 10.00 |
| Little Gym Time | 18 mths - 3 yrs | 10.00 - 10.45 |
| Little Movers | 3 - 5 yrs | 10.15 - 11.00 |
| Baby Massage** | From birth+ | 10.30 - 11.30 |
| Little Gym Time | 3 - 5 yrs | 10.45 - 11.30 |
| Little Kickers | 18 mths - 3 yrs | 11.00 - 11.45 |
| Little Gym Time | 3 - 5 yrs | 13.15 - 14.00 |

## GROVE

| | | |
|---|---|---|
| **Monday** | | |
| Rookie Lifeguard^ | Age 8+ | 20.00 - 20.30 |
| **Thursday** | | |
| Junior Netball | P6 - S2 | 18.00 - 19.00 |
| UM Musical Theatre Dance | P4 - P7 | 18.45 - 19.45 |
| **Friday** | | |
| Fun 5z Netball | P4 - P5 | 18.00 - 19.00 |
| Junior Netball | P6 - S2 | 19.00 - 20.00 |

## MENZIESHILL COMMUNITY HUB

| | | |
|---|---|---|
| **Monday** | | |
| Family Gym Time | 0 - 5 yrs | 09.30 - 11.30 |
| Little Gym Time | 3 - 5 yrs | 13.15 - 14.00 |
| Little Gym Time | 18 mths - 3 yrs | 14.00 - 14.45 |
| Little Movers | 3 - 5 yrs | 16.00 - 16.45 |
| Soccer Centres (PARA) | P5 - P7 | 17.00 - 18.00 |
| **Tuesday** | | |
| Boogie Babies**+ | 8 weeks+ | 10.30 - 12.30 |
| Little Kickers | 3 – 5 yrs | 13.00 - 13.45 |
| Baby Yoga**+ | 8 weeks+ | 13.00 - 15.00 |
| Gymnastics ! | P1 – P3 | 15.45 - 16.45 |
| Gymnastics ! | P4 – P7 | 16.45 - 17.45 |
| Gymnastics ! | P4 – P7 | 17.45 - 18.45 |
| **Wednesday** | | |
| Little Kickers | 3 - 5 yrs | 10.15 - 11.00 |
| Little Kickers | 18 mths - 3 yrs | 11.00 - 11.45 |
| **Thursday** | | |
| Little Gym Time | 18 mths - 3 yrs | 09.45 - 10.30 |
| Little Gym Time | 3 - 5 yrs | 10.45 - 11.30 |
| Little Gym Time | 3 - 5 yrs | 13.00 - 13.45 |
| Little Kickers | 3 - 5 yrs | 17.00 - 17.45 |
| Just Play Centres | 5 yrs ONLY | 18.00 - 19.00 |
| **Friday** | | |
| Trampolining ! | P1 – P3 | 15.45 - 16.45 |
| Trampolining ! | P4 – P7 | 16.45 - 17.45 |

## DISC

| | | |
|---|---|---|
| **Thursday** | | |
| Family Funtime*** | 4 - 8 yrs | 17.15 - 18.00 |

## HARRIS

| | | |
|---|---|---|
| **Tuesday** | | |
| Junior Netball | P6 - S4 | 19.00 - 20.00 |
| **Saturday** | | |
| Little Kickers | 3 - 5 yrs | 10.00 - 11.00 |

## ST.PAUL'S

| | | |
|---|---|---|
| **Friday** | | |
| Rookie Lifeguard^ | Age 8+ | 20.00 - 20.30 |
| **Saturday** | | |
| Rookie Lifeguard^ | Age 8+ | 11.30 - 12.00 |

## DUNDEE ICE ARENA

| | | |
|---|---|---|
| **Monday - Friday** | | |
| Public Skating ❄ | | 10.00 - 12.00 |

All information is correct at time of going to print February 2020. Please note all programmes may be subject to change, please contact each coordinator/facility prior to visiting or check online for the most up to date timetable.

# TEEN

leisureactive

12 - 15 YEARS **TIMETABLE**

## DOUGLAS

| | | |
|---|---|---|
| **Tuesday** | | |
| Athletics | P5 - P7 | 17.00 - 18.00 |
| **Thursday** | | |
| Just Play Football | P4 - P7 | 17.00 - 18.00 |
| **Friday** | | |
| Gymnastics ! | P5 - P7 | 16.45 - 17.45 |
| **Saturday** | | |
| Badminton | 12 - 15 yrs | 12.00 - 14.00 |
| **Sunday** | | |
| Badminton | 12 - 15 yrs | 17.00 - 18.00 |

## GROVE

| | | |
|---|---|---|
| **Monday** | | |
| Rookie Lifeguard^ | Age 8+ | 20.00 - 20.30 |
| **Tuesday** | | |
| Urban Moves Seniors | S1 - S2 | 19.00 - 20.00 |
| Urban Moves Seniors | S3+ | 20.00 - 21.00 |
| **Thursday** | | |
| Junior Netball | P6 - S2 | 18.00 - 19.00 |
| UM Musical Theatre Dance | P4 - P7 | 18.45 - 19.45 |
| Young Adult Learn to Swim^ | | 19.15 - 19.45 |
| **Friday** | | |
| Junior Netball | P6 - S2 | 19.00 - 20.00 |
| **Sunday** | | |
| Young Adult Learn to Swim^ | | 12.00 - 12.30 |

## LYNCH

| | | |
|---|---|---|
| **Saturday** | | |
| Badminton | 12 - 15 yrs | 12.00 - 14.00 |
| **Sunday** | | |
| Badminton | 12 - 15 yrs | 16.00 - 18.00 |

## MENZIESHILL COMMUNITY HUB

| | | |
|---|---|---|
| **Monday** | | |
| Soccer Centres (PARA) | P5 - P7 | 17.00 - 18.00 |
| **Thursday** | | |
| Gymnastics ! | P4 - P7 | 16.45 - 17.45 |
| Gymnastics ! | P4 - P7 | 17.45 - 18.45 |
| **Friday** | | |
| Trampolining ! | P4 - P7 | 16.45 - 17.45 |

## DISC

| | | |
|---|---|---|
| **Monday** | | |
| Short Tennis | 12 -15 yrs | 20.00 - 21.00 |
| **Tuesday** | | |
| Table Tennis | 12 -15 yrs | 20.00 - 21.00 |
| **Wednesday** | | |
| Urban Moves Seniors | S1+ | 18.00 - 19.00 |
| **Thursday** | | |
| Table Tennis | 12 - 15 yrs | 20.00 - 21.00 |
| **Friday** | | |
| Table Tennis | 12 - 15 yrs | 18.00 - 20.00 |
| **Saturday** | | |
| Table Tennis | 12 - 15 yrs | 15.00 - 17.00 |

## HARRIS

| | | |
|---|---|---|
| **Tuesday** | | |
| Junior Netball | P6 - S4 | 19.00 - 20.00 |

## DUNDEE ICE ARENA

| | | |
|---|---|---|
| **Monday - Friday** | | |
| Public Skating ❄ | | 10.00 - 12.00 |

## ST.PAUL'S

| | | |
|---|---|---|
| **Monday** | | |
| Young Adult Learn to Swim^ | | 20.30 - 21.00 |
| **Wednesday** | | |
| Young Adult Learn to Swim^ | | 20.00 - 20.30 |
| **Friday** | | |
| Rookie Lifeguard^ | Age 8+ | 20.00 - 20.30 |
| **Saturday** | | |
| Rookie Lifeguard^ | Age 8+ | 11.30 - 12.00 |

! **Class full**, please email gymnastics@leisureandculturedundee.com to join the waiting list.

❄ Please refer to Dundee Ice Arena Timetable **www.dundeeicearena.co.uk** for any changes to this session.

**All junior and teen classes are included in the Leisureactive Membership. To book a place on any of these activities, please contact the appropriate officer (see overleaf).**

*Combined with 'Buggy Friendly' Adult Circuit Classes.

**5 week block, booking required.

***Combined with Adult Cycle Class.

+Class includes a short health walk, a cuppa and a chat.

^Spaces must be booked via Aquatics Team in advance.

Swimming Lessons are included in the Junior Membership. Please contact the Swimming Lessons team as there may be waiting lists.

# ROOKIE LIFEGUARD

ROYAL LIFE SAVING SOCIETY UK

## WHAT IS THE ROOKIE LIFEGUARD PROGRAMME?

The Rookie Lifeguard programme is the junior award scheme of the Royal Life Saving Society UK (RLSS UK), the drowning prevention charity.

The programme is a fun and exciting lifesaving award scheme for children aged 8 years and over, teaching self-rescue, survival, rescue and lifesaving skills thatr could save themselves or others in an emergency situation.

Participants must complete a swim test prior to booking to ensure they can swim in deep water and are able to swim 50 metres comfortably.

The Rookie Lifeguard programme runs at Grove and St.Paul's Swim & Sports Centres, please see the timetable for details on days and times.

**PRICE:** This programme is included in the Junior & Teen Leisureactive Membership. Non-members can purchase tokens to pay for the course. Tokens can be purchased either 5 or 10 at a time, each token representing 1 class.

To book or for further information please contact the Aquatic Team at **aquaticactivities@leisureandculturedundee.com**

**Urban Moves Dance Programme**
**Alexandra Hare** (01382) 438865
urban.moves@leisureandculturedundee.com

**Little Gym Time • Baby Gym Time • Pyjama Club • Family Gym Time • Boogie Babies • Baby Yoga • Baby Massage**
**Megan Sands** (01382) 436982
readysteady.go@leisureandculturedundee.com

**Just Play Football • Little Kickers • Para Football**
**Niall Nicolson** (01382) 436974
football@leisureandculturedundee.com

**Netball • Tots Tennis • Mini Tennis**
**Alex Knight** (01382) 436960
alex.knight@leisureandculturedundee.com

**Athletics**
**Michelle Bruce** (01382) 436973
michelle.bruce@leisureandculturedundee.com

**Swimming Lessons**
(01382) 432332
aquaticactivities@leisureandculturedundee.com

**Gymnastics • Trampolining**
Email gymnastics@leisureandculturedundee.com
to join the waiting list

**Leisureactive Membership Team**
**(**01382) 432328
leisureactive@leisureandculturedundee.com

## Centre Details

**Olympia** 3 East Whale Lane
Dundee DD1 3JU Telephone (01382) 432300

**DISC** Mains Loan Dundee DD4 7AA
Telephone (01382) 438804

**Douglas Sports Centre** Baldovie Terrace
Dundee DD4 8TG Telephone (01382) 436911

**Grove Swim & Sports Centre** Claypotts Road
Dundee DD5 1AB Telephone (01382) 436883

**Harris Swim & Sports Centre** Perth Road
Dundee DD2 1NL Telephone (01382) 435749

**Lochee Swim & Sports Centre** St Marys Lane
Dundee DD2 3AQ Telephone (01382) 431840

**Lynch Sports Centre** South Road
Dundee DD2 4SR Telephone (01382) 431828

**St Pauls Swim & Sports Centre** Gillburn Road Dundee
DD3 OEH Telephone (01382) 307760

**Menzieshill Community Hub** 260 Dickson
Avenue Dundee DD2 4TQ Telephone (01382) 432967

Please contact the centre to book a place at
Badminton, Table Tennis or Short Tennis

**leisureandsportdundee**

**lacdundee**

leisure & culture DUNDEE

# JUNIOR & TEEN TIMETABLE

February - June 2020

**www.leisureandculturedundee.com/leisure**

Leisure & Culture Dundee is a Scottish Charitable Incorporated Organisation No. SC042421

# Youth Fitness Inductions

Our Youth Fitness Induction is open to all 14/15 year olds. The induction will educate users on all aspects of safe and effective gym use.

Once completed, gym users can attend any of our 8 gyms anytime throughout opening hours. Spaces at each sessions are limited and will be offered on a first come first served basis.

For more information,or to book a space, please contact the Membership Team at leisureactive@leisureandculturedundee.com or (01382) 432328

**www.leisureandculturedundee.com/leisure**

Leisure & Culture Dundee is a Scottish Charitable Incorporated Organisation No. SC042421

# TEEN leisureactive

**Become a leisureactive member today and enjoy all of this with your membership!**

**The Teen Membership is for children aged 12-15 years (£16 per month)**

*Membership includes all activities listed below:*

- Unlimited access to swimming pools
- Fitness Studios (age 14-15, after Youth Induction)*
- Sports Centre Activity Programme
- Teen Fitness Classes
- 9 Hole Golf
- Ice Skating (Mon-Fri 10am-12pm) & discounted ice skating at selected sessions**
- Priority booking & discounts off selected holiday programmes
- Discounts at Camperdown Wildlife Centre. Ancrum Outdoor Centre & McTaggart Regional Gymnastics Centre

*Access to Fitness Studios is for age 14-15 year olds. A youth induction must be undertaken before access is allowed.

**Please refer to Dundee Ice Arena timetable www.dundeeicearena.co.uk for any changes to this session.

# DISC Indoor Cycle Studio

## OUR STUDIO IS OPEN ALL DAY

**When there are no scheduled classes Teen members aged 14-15 who have completed a Youth Induction are welcome to play virtual classes on the virtual screen**

**please visit our website for the latest spin timetable**

**www.leisureandculturedundee.com/leisure**

# junior leisureactive

**The Junior Membership is for children aged 0-11 years (from £16 per month)**

*Membership includes all activities listed below:*

- Unlimited access to swimming pools
- Swimming Lessons*
- Sport Centre Activity Classes**
- 9 Hole Golf***
- Ice Skating (Mon-Fri 10am-12pm). Learn to Skate Penguin Classes & discounted ice skating at selected sessions
- Priority booking and discounts on selected holiday programmes
- Discounts at Camperdown Wildlife Centre. Ancrum Outdoor Centre & McTaggart Regional Gymnastics Centre

*Swimming lessons & activity classes are space dependent. Contact must be made with Programme Officers as there may be waiting lists.

**Only activities held in leisureactive Centres are included in the Membership; Olympia, DISC, Douglas, Lynch, Lochee, St.Paul's, Grove, Harris and Menzieshill Community Hub.

***Under 12s must be accompanied by an adult to 9 hole golf and Camperdown Wildlife Centre.