

0 - 11 YEARS

TIMETABLE

DOUGLAS

Monday		
Urban Moves Tots	Under 3s	10.00 - 10.45
Mini Kickers	18 mths - 3 yrs	11.00 - 11.45
Mini Kickers	3 - 5 yrs	10.15 - 11.00
Urban Moves Tots	3 - 5 yrs	13.15 - 14.00
Tots Tennis	3 - 5 yrs	13.15 - 14.00
Mini Red 2 Tennis	8 -11 yrs	16.00 - 17.00
Tuesday		
Run, Jump & Throw	P2 - P4	16.00 - 17.00
Run, Jump & Throw	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	4 - 10 mths	13.15 - 14.00
Mini Kickers	3 - 5 yrs	13.15 - 14.00
Tots Tennis	3 - 5 yrs	14.00 - 14.45
Baby Gym	10 - 18 mths	14.00 - 14.45
Mini Red 1 Tennis	5 - 8 yrs	16.00 - 17.00
Thursday		
Urban Moves Tots	Under 3s	09.30 - 10.15
Soccer Centre	P1 - P3	16.00 - 17.00
Soccer Centre	P4 - P7	17.00 - 18.00
Friday		
Little Gym Time	18 mths - 3 yrs	09.15 - 10.00
Little Gym Time	18 mths - 3 yrs	10.00 - 10.45
Urban Moves Tots	3 - 5 yrs	10.00 - 10.45
Little Gym Time	3 - 5 yrs	10.45 - 11.30
Mini Kickers	18 mths - 3 yrs	11.00 - 11.45
Little Gym Time	3 - 5 yrs	13.15 - 14.00
Gymnastics !	P4 - P7	15.45 - 16.45
Gymnastics !	P4 - P7	16.45 - 17.45

GROVE		
Friday		
Fun 5z Netball	P4 - P5	18.00 - 19.00
Junior Netball	P6 - S1	19.00 - 20.00

VARIOUS LOCATIONS		
Saturday		
Dads & Kids	2 - 5yrs	10.00 - 11.00

LYNCH			
Monday			
Early Years Family Fun	0 - 5 yrs	09.30 - 11.30	
Little Gym Time	3 - 5 yrs	13.15 - 13.45	
Little Gym Time	18 mths - 3 yrs	14.00 - 14.45	
Soccer Centre	P1 - P3	16.00 - 17.00	
Soccer Centre	P4 - P7	17.00 - 18.00	
Tuesday			
Mini Kickers	3 - 5 yrs	13.00 - 13.45	
Baby Gym	4 - 10 mths	13.15 - 14.00	
Baby Gym	10 - 18 mths	14.00 - 14.45	
Gymnastics !	P1 - P4	16.00 - 17.00	
Gymnastics !	P4 - P7	17.00 - 18.00	
Gymnastics !	P5+	18.00 - 19.00	
Wednesday			
Mini Kickers	3 - 5 yrs	10.15 - 11.00	
Mini Kickers	18 mths - 3 yrs	11.00 - 11.45	
Thursday			
Little Gym Time	18 mths - 3 yrs	10.00 - 10.45	
Little Gym Time	3 - 5 yrs	10.45 - 11.30	
Little Gym Time	3 - 5 yrs	13.00 - 13.45	
Gymnastics !	P1 - P4	16.00 - 17.00	
Gymnastics !	P4 - P7	17.00 - 18.00	
Friday			
Urban Moves Tots	Under 3s	13.00 - 13.45	
Trampolineing !	P1 - P4	15.45 - 16.45	
Trampolineing !	P5+	16.45 - 17.45	

DISC			
Monday			
Soccer Centre	P1 - P3	16.00 - 17.00	
Soccer Centre	P4 - P7	17.00 - 18.00	
Junior Netball	P6 - S1	17.00 - 18.00	
Thursday			
Pyjama Club	2 - 5 yrs	18.00 - 18.45	

HARRIS			
Tuesday			
Junior Netball	P6 - S1	19.00 - 20.00	

ST.PAUL'S			
Tuesday			
Mini Red 1 Tennis	5 - 8 yrs	18.00 - 19.00	
Mini Red 2 Tennis	8 - 11 yrs	19.00 - 20.00	

DUNDEE ICE ARENA			
Monday - Friday			
Public Skating		10.00 - 12.00	

12 - 15 YEARS

TIMETABLE

DOUGLAS

Tuesday		
Run, Jump & Throw	P5 - P7	17.00 - 18.00
Thursday		
Soccer Centre	P4 - P7	17.00 - 18.00
Friday		
Gymnastics !	P4 - P7	15.45 - 16.45
Gymnastics !	P4 - P7	16.45 - 17.45
Saturday		
Badminton	12 - 15 yrs	12.00 - 14.00
Sunday		
Badminton	12 - 15 yrs	16.00 - 18.00

GROVE		
Tuesday		
Urban Moves Seniors	S1+	19.00 - 20.00
Friday		
Junior Netball	P6 - S1	19.00 - 20.00

LYNCH		
Tuesday		
Gymnastics !	P4 - P7	17.00 - 18.00
Gymnastics !	P5+	18.00 - 19.00
Thursday		
Gymnastics !	P4 - P7	17.00 - 18.00
Friday		
Trampolineing !	P5+	16.45 - 17.45
Saturday		
Badminton	12 - 15 yrs	12.00 - 14.00
Sunday		
Badminton	12 - 15 yrs	16.00 - 18.00
Badminton	12 - 15 yrs	19.00 - 20.00

DISC		
Monday		
Junior Netball	P6 - S1	17.00 - 18.00
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		
Badminton	12 - 15 yrs	19.00 - 20.00
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 - S1	19.00 - 20.00
DUNDEE ICE ARENA		
Monday - Friday		
Public Skating		10.00 - 12.00

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

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).

leisureactive junior

The Junior Membership is for children aged 0-11 years (£23 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 & 50% off selected holiday Programmes (from 2018)
- Discounted entry to Camperdown Wildlife 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 Pauls, Grove & Harris. ***Under 12s must be accompanied by an adult to 9 hole golf and Camperdown Wildlife Centre.



TERM 3&4

JUNIOR & TEEN TIMETABLE

January - June 2018



www.leisureandculturedundee.com

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



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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



leisureandsportdundee



lacdundee

leisureactive TEEN

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 induction programme)*
- Sports Centre Activity Programme
- Teen Fitness Classes
- 9 Hole Golf
- Ice Skating (Mon-Fri 10am-12pm) & discounted ice skating at selected sessions
- Priority booking & 50% off selected Holiday Programmes (from 2018)
- Discounted entry to Camperdown Wildlife Centre

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

Contacts

Urban Moves (Tots/Juniors/Seniors)
Alexandra Hare t. (01382) 438865

Little Gym Time, Baby Gym, Pyjama Club, Dads & Kids & Family Fun
Megan Sands t. (01382) 436982

Gymnastics • Trampolining
Please email gymnastics@leisureandculturedundee.com to join the waiting list

Soccer Centre • Mini Kickers
Niall Nicolson t. (01382) 436974

Netball • Tots Tennis • Mini Tennis • Run, Jump & Throw
Alex Knight t. (01382) 436960

Swimming Lessons
e. aquaticactivities@leisureandculturedundee.com
t. (01382) 432332

Leisureactive Membership Team
e. leisureactive@leisureandculturedundee.com
t. 01382 432328

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



JUNIOR & TEEN MEMBERSHIPS FROM

£16

LEISUREACTIVE

Sign up to a junior or teen membership today!

- Unlimited swimming
- Swimming lessons*
- Unlimited Sport Centre activities
- 9 hole golf
- Access to fitness studios*
- Ice skating (Mon-Fri, 10am-12pm)
- Priority booking and 50% off selected holiday bookings (from 2018)
- Special discounts*

CALL/EMAIL/VISIT NOW FOR MORE INFORMATION

01382 432328

leisureactive@leisureandculturedundee.com

www.leisureandculturedundee.com



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*See website for terms and conditions and more information on discounts.

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Teen Fitness Inductions

Our Teen 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 session are limited and will be offered on a first come first served basis.

For more information, or to book a space, please contact Chris Baily at chris.baily@leisureandculturedundee.com or (01382) 436930

www.leisureandculturedundee.com

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