leisureactive

junior TIMETABLE

0 - 11 YEARS

DOUGLAS

Monday		
Urban Moves Tots	Under 3s	09.15 - 10.00
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
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
Mini Kickers	3 - 5 yrs	13.15 - 14.00
Tots Tennis	3 - 5 yrs	14.00 - 14.45
Baby Gym Time	10 - 18 mths	14.00 - 14.45
Mini Red 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 !	P1 - P4	15.45 - 16.45
Gymnastics !	P5 - P7	16.45 - 17.45

GROVE

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

LYNCH

Monday Family		
Gym Time Little	0 - 5 yrs	09.30 - 11.30
Gym Time Little	3 - 5 yrs	13.15 - 13.45
Gym Time Soccer	18 mths - 3 yrs	14.00 - 14.45
Centre Para	P1 - P3	16.00 - 17.00
Football	S1 - S2	17.00 - 18.00
Tuesday		
Mini Kickers	3 - 5 yrs	13.00 - 13.45
Baby Gym Time	4 - 10 mths	13.15 - 14.00
Baby Gym Time	10 - 18 mths	14.00 - 14.45
Gymnastics !	P1 - P4	16.00 - 17.00
Gymnastics !	P5 - P7	17.00 - 18.00
Gymnastics !	P5 - P7	18.00 - 19.00
Wednesday		
Mini Kickers Mini Kickers	3 - 5 yrs 18 mths - 3 yrs	10.15 - 11.00 11.00 - 11.45
Thursday Little		
Gym Time Little	18 mths - 3 yrs	10.00 - 10.45
Gym Time Little	3 - 5 yrs	10.45 - 11.30
Gym Time	3 - 5 yrs	13.00 - 13.45
Gymnastics !	P1 - P4	16.00 - 17.00
Gymnastics !	P5 - P7	17.00 - 18.00
Friday		
Trampolining !	P1 - P4	15.45 - 16.45
Trampolining !	P5 - P7	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		
Family Funtime	2 - 5 yrs	17.15 - 18.00
Family Funtime	P1 - P3	18.00 - 18.45

HARRIS

Tuesday		
Junior Netball	P6 - S1	19.00 - 20.00

ST.PAUL'S

Tuesday		
Mini Red Tennis	5 - 8 yrs	18.00 - 19.00
Mini Orange/Green Tennis	8 - 11 yrs	19.00 - 20.00

DUNDEE ICE ARENA

Monday - Friday	
Public Skating ❄	10.00 - 12.00

TEEN leisureactive TIMETABLE

12 - 15 YEARS

DOUGLAS

Tuesday		
Athletics	P5 - P7	17.00 - 18.00
Thursday		
Soccer Centre	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

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

LYNCH

Monday		
Para Football	P1 - S2	17.00 - 18.00
Tuesday		
Gymnastics !	P5 - P7	17.00 - 18.00
Gymnastics !	P5 - P7	18.00 - 19.00
Thursday		
Gymnastics !	P5 - P7	17.00 - 18.00
Friday		
Trampolining !	P5 - P7	16.45 - 17.45
Saturday		
Badminton	12 - 15 yrs	12.00 - 14.00
Sunday		
Badminton	12 - 15 yrs	16.00 - 18.00

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.

❄ 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).

All information correct at time of going to print July 2018. Please note that all programmes are subject to change, contact each coordinator/facility prior to visiting.

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
- Special discounts*

CALL/EMAIL/VISIT NOW FOR MORE INFORMATION

01382 432328

leisureactive@leisureandculturedundee.com

www.leisureandculturedundee.com

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lacdundee

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

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

Contacts

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

Little Gym Time • Baby Gym Time • Pyjama Club • Family Gym Time
Megan Sands t. (01382) 436982

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

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

Netball • Tots Tennis • Mini Tennis
Alex Knight t. (01382) 436960

Athletics
Michelle Bruce t. (01382) 436973

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

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

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JUNIOR & TEEN TIMETABLE

August 2018 - June 2019

www.leisureandculturedundee.com

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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 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
- 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.

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 sessions 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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junior leisureactive

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
- 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.Paul's, Grove & Harris. ***Under 12s must be accompanied by an adult to 9 hole golf and Camperdown Wildlife Centre.

£35 for 5 week block

(£25 for Leisureactive members)

Massage has many added benefits for your baby:-

- improving weight gain
- aiding digestion
- improving circulation
- easing teething pain

FROM 4 WEEKS OLD

Baby massage

For information on dates & venues please contact Megan Sands
t. 01382 436982 e. megan.sands@leisureandculturedundee.com

www.leisureandculturedundee.com

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