

**DOUGLAS**

**Monday**

Boogie Babies	2 mths+	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
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

\*Combined with 'Buggy Friendly' Adult Circuit Classes.

**GROVE**

**Thursday**

Junior Netball	P6 - S2	18.00 - 19.00
----------------	---------	---------------

**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**

Baby Yoga or Gym Time*	2 mths+	Various
Baby Yoga or Gym Time*	2 mths+	Various
Little Kickers	3 - 5 yrs	13.00 - 13.45
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	10.00 - 10.45
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**

Trampoline	P1 - P3	15.45 - 16.45
Trampoline	P4 - P7	16.45 - 17.45

\*Baby Yoga and Baby Gym Time classes may alternate depending on interest

**DISC**

**Monday**

Just Play Football	P1 - P3	16.00 - 17.00
Just Play Football	P4 - P7	17.00 - 18.00

**Thursday**

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

\*Combined with Adult Cycle Class

**HARRIS**

**Tuesday**

Junior Netball	P6 - S4	19.00 - 20.00
----------------	---------	---------------

**DUNDEE ICE ARENA**

**Monday - Friday**

Public Skating ❄️		10.00 - 12.00
-------------------	--	---------------

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



leisureactive  
**TEEN**

**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**

**Tuesday**

Urban Moves Seniors	S1+	19.00 - 20.00
---------------------	-----	---------------

**Friday**

Junior Netball	P6 - S1	19.00 - 20.00
----------------	---------	---------------

**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**

Trampoline	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**

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 - S4	19.00 - 20.00
----------------	---------	---------------

**DUNDEE ICE ARENA**

**Monday - Friday**

Public Skating ❄️		10.00 - 12.00
-------------------	--	---------------

! **Class full**, please email [gymnastics@leisureandculturedundee.com](mailto:gymnastics@leisureandculturedundee.com) to join the waiting list.

❄️ Please refer to Dundee Ice Arena Timetable [www.dundeeicearena.co.uk](http://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 is correct at time of going to print November 2019. 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.