<table>
<thead>
<tr>
<th>DISC</th>
<th>Monday</th>
<th>Junior Netball</th>
<th>P6 - S1</th>
<th>17.00 - 18.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Table Tennis</td>
<td>12 -15 yrs</td>
<td>20.00 - 21.00</td>
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</tr>
<tr>
<td>Wednesday</td>
<td>Urban Moves Seniors</td>
<td>S1+</td>
<td>18.00 - 19.00</td>
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<tr>
<td>Thursday</td>
<td>Badminton</td>
<td>12 - 15 yrs</td>
<td>19.00 - 20.00</td>
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</tr>
<tr>
<td>Friday</td>
<td>Table Tennis</td>
<td>12 - 15 yrs</td>
<td>20.00 - 21.00</td>
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</tr>
<tr>
<td>Saturday</td>
<td>Table Tennis</td>
<td>12 - 15 yrs</td>
<td>15.00 - 17.00</td>
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**DOUGLAS**

<table>
<thead>
<tr>
<th>DISC</th>
<th>Monday</th>
<th>Urban Moves Tots</th>
<th>Under 3s</th>
<th>09.15 - 10.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Little Gym Time</td>
<td>18 mths - 3 yrs</td>
<td>09.15 - 10.15</td>
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</tr>
<tr>
<td>Wednesday</td>
<td>Little Gym Time</td>
<td>3 - 5 yrs</td>
<td>10.00 - 10.45</td>
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</tr>
<tr>
<td>Thursday</td>
<td>Little Gym Time</td>
<td>18 mths - 3 yrs</td>
<td>10.00 - 10.45</td>
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</tr>
<tr>
<td>Friday</td>
<td>Little Gym Time</td>
<td>3 - 5 yrs</td>
<td>10.00 - 10.45</td>
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<table>
<thead>
<tr>
<th>DISC</th>
<th>Monday</th>
<th>Soccer Centre</th>
<th>P1 - P3</th>
<th>16.00 - 17.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Little Gym Time</td>
<td>2 - 5 yrs</td>
<td>17.15 - 18.00</td>
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</tr>
<tr>
<td>Thursday</td>
<td>Family Funtime</td>
<td>5 - 8 yrs</td>
<td>18.00 - 18.45</td>
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**GROVE**

<table>
<thead>
<tr>
<th>DISC</th>
<th>Monday</th>
<th>Junior Netball</th>
<th>P6 - S1</th>
<th>19.00 - 20.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Junior Netball</td>
<td>P6 - S1</td>
<td>19.00 - 20.00</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Public Skating</td>
<td>10.00 - 12.00</td>
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**LYNCH**

<table>
<thead>
<tr>
<th>DISC</th>
<th>Monday</th>
<th>Family Gym Time</th>
<th>0 - 5 yrs</th>
<th>09.30 - 11.30</th>
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</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Little Gym Time</td>
<td>3 - 5 yrs</td>
<td>13.15 - 13.45</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Little Gym Time</td>
<td>18 mths - 3 yrs</td>
<td>14.00 - 14.45</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Baby Gym Time</td>
<td>4 - 10 mths</td>
<td>13.15 - 14.00</td>
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<tr>
<td>Friday</td>
<td>Gymnastics</td>
<td>P1 - P4</td>
<td>16.00 - 17.00</td>
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**ST.PAUL’S**

<table>
<thead>
<tr>
<th>DISC</th>
<th>Tuesday</th>
<th>Mini Red Tennis</th>
<th>5 - 8 yrs</th>
<th>18.00 - 19.00</th>
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</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Tennis Kid Clubs</td>
<td>8 - 11 yrs</td>
<td>19.00 - 20.00</td>
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</tr>
</tbody>
</table>

**DUNDEE ICE ARENA**

| DISC | Monday | Public Skating | 10.00 - 12.00 |

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**All information is correct at time of going to print February 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.**
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*

Leisureactive Membership Team
01382 432328
leisureactive@leisureandculturedundee.com

Leisureactive Membership Team
01382 432332
leisureandsportdundee@leisureandculturedundee.com

JUNIOR & TEEN TIMETABLE
August 2018 - June 2019

THE JUNIOR & TEEN MEMBERSHIP INCLUDES ALL THE ACTIVITIES LISTED BELOW:

- Unlimited access to swimming pools
- Swimming Lessons*
- Sport Centre Activity Classes**
- 9 Hole Golf***
- Priority booking & 50% off selected holiday Programmes
- Discounted entry to Camperdown Wildlife Centre

JUNIOR & TEEN MEMBERSHIP INCLUDES ALL THE ACTIVITIES LISTED BELOW:

- Unlimited access to swimming pools
- Swimming Lessons*
- Sport Centre Activity Classes**
- 9 Hole Golf***
- 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. ***accompanied by an adult to 9 hole golf and Camperdown Wildlife Centre.

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) 436962

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
l. leisureactive@leisureandculturedundee.com
01382 432312

Leisureactive Membership Team
l. leisureactive@leisureandculturedundee.com
01382 432328

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