

leisureactive

Leisure Memberships for Swim & Sport Centres in Dundee

DUNDEELEISURE - in partnership with Dundee City Council offers a range of great value leisure membership packages at its swim and sports centres (Olympia, Lochee, DISC, Douglas and Lynch Sports Centres and St Paul's and Grove Swim and Sport). Train and tone in the Fitness Studio and enjoy an invigorating swim - it's all included in the one price! For a small additional fee you can take advantage of adult fitness classes, including the RPM and Body Combat classes.

How do I get leisureactive?

Pick up information at any Swim/Sports Centre or Tayside House reception or visit www.leisure-active.com

OLYMPIA LOCHEE DISC DOUGLAS LYNCH ST PAUL'S GROVE



For further information please contact **01382 433524**. Please note that not all facilities are available at all centres.

DISC PRICE LIST

Concession applies to Leisure Concession card holders

Timetable and Charges from 1 April 2010

	Standard	Concession
Football/Hockey	£52.00	£34.00
Basketball/Volleyball/ Netball (per court of 2)	£40.00	£28.00
Badminton/Short-Tennis (per court of 8)	£10.00	£6.00
Table Tennis	£5.40	£4.00
Gymnasium	£26.00	£20.00
Dance Studio	£23.00	£17.00
Fitness Studio	£4.40	£3.40
Activity Classes	£4.80	£3.70
Shower	£2.00	£1.50
Artificial Pitches	£72.00	£53.00

VISA/MAESTRO ETC WELCOME

For further information during normal opening hours please contact:

DISC Dundee International Sports Centre
Tel: 01382 438804

enquiries.dundeeleisure@dundeecity.gov.uk

HOW TO GET HERE



DUNDEE LEISURE
...working in partnership with Dundee City Council



www.dundeeleisure.co.uk

All information is correct at time of going to print

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Dundee Leisure Registered Charity • Company Number: SC298444
Company Address: 30 & 34 Reform Street, Dundee DD1 1RJ. Charity Number: SCO37285

DISC

Dundee International Sport Centre



Information on Programmes,
Charges and Opening Times
2010/2011

DUNDEELEISURE

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Visit DISC and see what is on offer.

Dundee International Sport Centre (DISC) opened in 1997. On offer at DISC are a sports hall capable of staging both national and international sporting events, a state of the art fitness studio, a dance studio, gymnasium and both water and sand based outdoor sports pitches.

If you have not been to DISC you may be surprised at the extensive activity and fitness programme on offer. Alongside such traditional sporting opportunities as football, badminton and hockey is a programme of Aerobics and Body Combat specifically designed to help you lose weight or to get you fighting fit.

A selection of childrens sporting activities are also available at D.I.S.C through the Sports Development Section's programmes.

Whatever your age or ability D.I.S.C has something for you.

**DUNDEE
LEISURE**
...working in partnership with Dundee City Council



OPENING TIMES

Mon - Fri	10am-10pm
Sat	10am-6pm
Sun	10am-9pm

Fitness Studio

Mon - Sun	from 8am
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School Term Times - 2010/2011

Monday 19 April to Thursday 1 July
Wednesday 18 August to Friday 1 October
Monday 18 October to Tuesday 21 December
Thursday 6 January to Friday 1 April 2011

School Holidays - 2010/2011

Friday 2 April to Friday 16 April
Friday 2 July to Tuesday 17 August
Monday 4 October to Friday 15 October
Wednesday 22 December to Wednesday 5 January 2011

Leisure Concession Card

Are you over 60, in receipt of retirement pension or receiving benefits?
You could have access to **DUNDEELEISURE** facilities at a concession rate. Pick up a Leisure Concession Leaflet from any Swim or Sports centre, Tayside House Reception or call **01382 433524**.

ACTIVITY HIGHLIGHTS

DISC has a wide and varied programme of activities for all ages and abilities designed for fitness and fun.

Mon	Basketball Coaching (P7 - S2)	4.00 - 5.00pm
	Basketball Coaching (P4 - P6)	5.00 - 6.00pm
	Soccer Centre (P1 - P3)	4.00 - 5.00pm
	Soccer Centre (P4 - P7)	5.00 - 6.00pm
	Aerobics	6.00 - 7.00pm
Tues	BodyCombat	6.00 - 7.00pm
	Basic Moves (P1 - P3)	4.00 - 5.00pm
	Basic Games (P3 - P5)	5.00 - 6.00pm
Wed	BodyCombat	6.00 - 7.00pm
	Funky Feet Dance (P4 - P7)	6.00 - 7.00pm
	Urban Moves Dance (S1+)	7.00 - 8.00pm
	<i>(Both Dance Classes above cost £2.50 per session paid to the coach each night)</i>	
Thur	BodyCombat	8.00 - 9.00pm
Sat	Little Gym (2 - 5 years)	10.00 - 10.45am
	Little Gym (2 - 5 years)	11.00 - 11.45am
Sun	BodyCombat	6.00 - 7.00pm

BodyCombat

BodyCombat combines moves and stances developed from a range of self-defence disciplines including Karate, Kick-Boxing, Tai Chi and Taekwon-Do into an empowering athletic workout which will have you fighting fit in record time.

Aerobics

This brand new aerobics session brings old school aerobics bang up to date. The session combines an addictive fusion of dance and aerobics moves to give you a workout with results you can really see and feel.