

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.

DOUGLAS PRICE LIST

Concession applies to Leisure Concession card holders

Timetable and Charges from 1 April 2010

	Standard	Concession
Football/Hockey/Basketball	£40.00	£28.00
Badminton/Short-Tennis	£10.00	£6.00
Table Tennis	£5.40	£4.00
Activity Room 1	£23.00	£17.00
Activity Room 2	£19.00	£13.00
Fitness Studio	£4.40	£3.40
<i>Adults only (16 years and over) Initial induction session required.</i>		
Activity Classes	£4.80	£3.70
Sauna Suite	£3.60	£3.00
Shower	£2.00	£1.50
Outdoor Activity		
Grass Pitch	£22.00	£11.00
Outdoor Changing Rooms	£22.00	£11.00
Key Deposit	£10.00	
<i>Changing room key 45 minutes in advance of Kick-Off.</i>		
Miscellaneous		
Lockers (Coin Return)	£1.00	

VISA/MAESTRO ETC WELCOME

For further information during normal opening hours please contact:

Douglas Sport Centre Tel: 01382 436911

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

Douglas

Sport Centre



Information on Programmes,
Charges and Opening Times
2010/2011

DUNDEELEISURE

...working in partnership with Dundee City Council

Visit Douglas Sport Centre and see what is on offer.

- Get spinning at one of our RPM classes
- Tone up in the modern fitness studio
- Relax and pamper yourself in the health suite

Douglas Sport Centre has something for everyone!

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**.

DUNDEE LEISURE
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OPENING TIMES

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

Fitness Studio

Mon - Sun	from 8am
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ACTIVITIES

Little Gym / Toddler Gym

Little Gym / Toddler Gym are fun, physical activity programmes specifically designed for children under the age of 5 years. The programmes develop a wide range of basic physical skills including movement and ball skills, balance and co-ordination, strength and agility.

Baby Gym (10 - 18months)

This newly developed class is designed for younger babies and aims to stimulate their minds through active play with their parents.

RPM

RPM is a fun cardiovascular workout that burns fat fast! Starting with a programme specific warm-up our inspirational instructors take you through a series of hill climbs, short spins, sprints and recovery spins before finishing up with a cool down stretch. This workout is great fun and a prolific calorie guzzler!

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

ACTIVITY HIGHLIGHTS

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

Mon	Mini Kickers (over 3's)	10.15 - 11.00am
	Mini Kickers (under 3's)	11.00 - 11.45am
	Twisting Tots (over 3's)	1.15 - 1.45pm
	Body Balance	6.00 - 7.00pm
Tues	50+ Activities	10.00 - 12noon
	Gymnastics (P1 - S2)	4.30 - 5.30pm
	RPM	6.00 - 7.00pm
	RPM	7.00 - 8.00pm
Wed	Toddler Gym (under 3's)	10.00 - 10.45am
	Little Gym (over 3's)	11.00 - 11.45am
	Mini Kickers (over 3's)	1.15 - 2.00pm
	Mini Kickers (over 3's)	2.00 - 2.45pm
	Baby Gym (10 - 18 months)	1.30 - 2.15pm
	Baby Gym (10 - 18 months)	2.15 - 3.00pm
	Basic Moves (P1 - P5)	4.00 - 5.00pm
Disability Sports Football (P1 - P7)	5.00 - 6.00pm	
Thur	Soccer Centre (P1 - P3)	4.00 - 5.00pm
	Soccer Centre (P4 - P7)	5.00 - 6.00pm
	Aerobics	6.00 - 7.00pm
Fri	Toddler Gym (under 3's)	9.30 - 10.15am
	Toddler Gym (under 3's)	10.15 - 11.00am
	Twisting Tots (over 3's)	10.15 - 10.45am
	Little Gym (over 3's)	11.00 - 11.45am
	Gymnastics (P1 - P4)	3.45 - 4.45pm
	Gymnastics (P4 - P7)	4.45 - 5.45pm
	RPM	6.00 - 7.00pm