

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.

LOCHEE PRICE LIST

Concession applies to Leisure Concession card holders

Timetable and Charges from 1 April 2010

	Standard	Concession
Swimming Pool	£2.60	£2.20
Young Scot (Aged 17 and under)	£1.70	
Young Scot (Aged 17 to 26)	£2.10	
Lochee Senior Citizen 5-timer	£5.40	
Olympia Senior Citizen 5-timer	£7.10	
Shower	£2.00	£1.50
Swimming Lessons	£4.80	£3.70
Sauna Suite	£3.60	£3.00
Fitness Studio	£4.40	£3.40
Miscellaneous		
Activity Classes	£4.80	£3.70
Under 3 Years' Old & Carers	£1.40	
Spectators	£0.10	
Pool Hire per hour	£80.00	£46.00

VISA/MAESTRO ETC WELCOME

For further information during normal opening hours please contact:

Lochee Swim Centre

Tel: 01382 431840

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: SC037285

Lochee

Swim Centre



Information on Programmes,
Charges and Opening Times
2010/2011

DUNDEELEISURE

...working in partnership with Dundee City Council

Visit Lochee Swim Centre and see what is on offer.

- Enjoy a family swim
- Relax and pamper yourself in the sauna suite
- Tone up in the Fitness Studio

Lochee Swim 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**.

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OPENING TIMES

Swimming Pool

Mon/Tues/Thurs	10am-8pm
Wed and Fri	11am-8pm
(Last admission 7.30pm)	
Sat	10.15am-4.30pm
Sun	10am-4.30pm
(Last admission 4pm)	

Pool NOT available for General Swimming

Monday	
School Age Swimming Lessons	3.45pm-5.15pm
Wednesday	
Women Only Swimming	10am-11am
School Age Swimming Lessons	3.45pm-5.15pm
Friday	
Disability Sports Swimming	10am-11am
Shallow Water Aqua-fit	1.30pm-2.15pm
School Age Swimming Lessons	3.45pm-5.15pm
Saturday	
School Age Swimming Lessons	8.45am-10.15am

Fitness Studio

Mon/Wed	11.15am-8.45pm
Tues/Thurs/Fri	10am-8.45pm
(Last admission 8pm)	
Sat	9am-4.30pm
Sun	10am-4.30pm
(Last admission 4pm)	

Sauna Suite

Mon/Wed/Fri - Male Only	10am-8.30pm
Tues/Thurs - Female Only	10am-8.30pm
(Last admission 7pm)	
Sat - Female Only	9am-4.30pm
Sun - Male Only	10am-4.30pm
(Last admission 3pm)	

ACTIVITY PROGRAMME

Lochee Swim Centre has a varied programme of activities for all ages and abilities designed for fitness and fun.

A comprehensive learn-to-swim programme for all ages and stages of ability.

Swimming Lessons

Mon	3.45pm-5.15pm	School Age
Wed	3.45pm-5.15pm	School Age
Fri	10am-11am	Disability Sport Swimming Adults
	1.30pm-2.15pm	Aqua-fit
	3.45pm-5.15pm	School Age
Sat	8.45am-10.15am	School Age

50+ Aerobics

Mon	10.15am-11.15am	Wed	10.15am-11.15am
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50+ Aquafit

Fri	1.30pm-2.15pm
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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

Lochee Swim Centre will be closed on the following dates.

03.05.2010 31.05.2010 26.07.2010 27.07.2010

04.10.2010 24.12.2010 - 02.01.2011 (2nd January inclusive)