

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.

LYNCH PRICE LIST

Concession applies to Leisure Concession card holders

Timetable and Charges from 1 April 2010

	Standard	Concession
Football/Basketball/ Volleyball/Gymnastics	£40.00	£28.00
Badminton/Short-tennis	£10.00	£6.00
Fitness Studio	£4.40	£3.40
<i>Adults only (16 years and over) Initial induction session required.</i>		
Activity Classes	£4.80	£3.70
Outdoor Activity		
Grass Pitch	£22.00	£11.00
Outdoor Bowling	£3.50	£2.80
Outdoor Changing Rooms	£22.00	£11.00
Key Deposit	£10.00	
<i>Changing room key 45 minutes in advance of Kick-Off.</i>		

Miscellaneous

Shower	£2.00	£1.50
Lockers (Coin Return)	£1.00	

VISA/MAESTRO ETC WELCOME

For further information during normal opening hours please contact:

Lynch Sport Centre Tel: 01382 431828
enquiries.dundeeleisure@dundeecity.gov.uk

HOW TO GET HERE



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



www.dundeeleisure.co.uk
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Dundee Leisure Registered Charity • Company Number: SC298444
 Company Address: 30 & 34 Reform Street, Dundee DD1 1RJ. Charity Number: SC037285

Lynch

Sport Centre



Information on Programmes,
 Charges and Opening Times
 2010/2011

DUNDEELEISURE

...working in partnership with Dundee City Council

Visit Lynch Sport Centre and see what is on offer.

- Whether your sport is gymnastics, football, badminton or basketball
- or you want to tone up in the modern fitness studio.....

Lynch 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 DUNDEE LEISURE 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**
...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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EARLY YEARS ACTIVITIES

Toddler Gym - Little Gym - Mini Kickers

Early Years activities 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.

For more information contact Elaine Ross the Early Years (0-5) Activities Development Officer on 01382 438866.

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

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

Mon	Little Gym (Over 3's)	1.15 – 2.00pm
	Toddler Gym (Under 3's)	2.00 – 2.45pm
	Basic Moves (P1 – P5)	4.00 – 5.00pm
	Soccer Centre (P1 – P3)	4.00 – 5.00pm
	Soccer Centre (P4 – P7)	5.00 – 6.00pm
Tues	Mini Kickers (Over 3's)	1.00 – 1.45pm
	Gymnastics (Beginners)	4.00 – 5.00pm
	Gymnastics (Intermediate)	5.15 – 6.15pm
	Gymnastics (Advanced)	4.00 – 5.00pm
	Gymnastics (Advanced)	5.15 – 6.15 pm
	Gymnastics (Advanced)	6.30 – 7.30pm
Wed	Mini Kickers (Over 3's)	10.15 – 11.00am
	Mini Kickers (Under 3's)	11.00 – 11.45am
	Basketball Coaching (P4 – P6)	4.00 – 5.00pm
	Basketball Coaching (P7 – S2)	5.00 – 6.00pm
Thur	Toddler Gym (Under 3's)	10.00 – 10.45am
	Little Gym (Over 3's)	11.00 – 11.45am
	Little Gym (Over 3's)	1.00 – 1.45pm
	Gymnastics (Beginners)	4.00 – 5.00pm
	Gymnastics (Intermediate)	5.15 – 6.30pm
	Gymnastics Boys (Beginners)	4.00 – 5.00pm
	Gymnastics (Advanced)	4.00 – 5.00pm
	Gymnastics Boys (Intermediate)	5.15 – 6.30pm
	Gymnastics (Advanced)	5.15 – 6.30pm
Fri	Trampolining (P3 – P6)	3.45 – 4.45pm
	Trampolining (P7 – S4)	4.45 – 5.45pm
	Gymnastics (Advanced)	4.00 – 5.30pm
Sat	Trampolining (Advanced)	2.00 – 4.00pm