

## AQUATICS PROGRAMME

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

### Shallow Water Aqua-Fit

Mon, Wed and Thurs - 11.15am to 12noon  
(Training Pool)

Wed - 8.00pm to 8.45pm (Wave Pool)

### National Pool Lifeguard Qualification

For an informal discussion about course availability, enrolment and fees please contact the Training Co-ordinator on 01382 432320 or E mail: info.swimolympia@dundeecity.gov.uk

### Deep Water Aqua-Fit (Dive Pool)

Tues and Thurs - 7pm to 7.45pm

and 8pm to 8.45pm

Wed - 6pm to 6.45pm

and 7pm to 7.45pm

### Diving

(Dive Pool - 30 and 45 minute sessions)

Mon - 6pm, 6.30pm and 7.15pm

### Swimming Lessons

For details of the extensive range of swimming lessons available for children and adults please contact the Aquatic Activity Co-ordinator on **01382 432332**.

# leisureactive

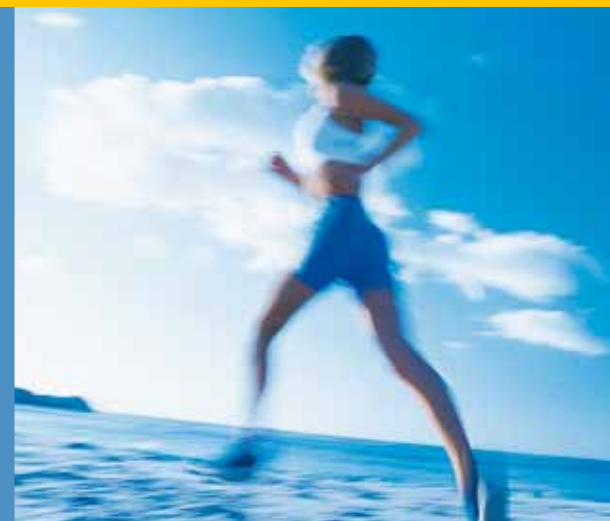
Leisure Memberships for Swim & Sport Centres in Dundee

**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](http://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.

## OLYMPIA PRICE LIST

Concession applies to Leisure Concession card holders

### Timetable and Charges from 1 April 2010

<b>Leisure Pools</b> <b>All-inclusive charges (1 hour session)</b> Standard £4.80    Concession £3.80 (Concessions apply to adults during off-peak periods 4 - 8pm weekdays) <b>Young-Scot Swim Discount</b> Standard £4.10    Concession £3.10	<b>Health Suite</b> <b>Unisex facility. Costumes must be worn. Adults only (16 years and over).</b> <b>All-inclusive charges</b> Standard (2 hr session) £4.40 Concession (2 hr session) £3.40
<b>Training Pool</b> Standard £3.50    Concession £2.70	<b>Monthly Health Suite Pass</b> Standard (2 hr session) £10.00 Concession (2 hr session) £7.00
<b>Olympia Senior-Citizen 5-Timer</b> (for people 60 years and over) £7.10 Valid Mon - Fri 6.30am - 4pm and for a period of one month from date of purchase.	<b>Fitness Studio</b> Adults only (16 years and over) Initial induction session required.
<b>Young-Scot Swim Discount</b> Standard £3.00    Concession £2.20	<b>All-inclusive charges</b> Standard (2 hr session) £4.40 Concession (2 hr session) £3.40
<b>Swimming Lessons</b> <b>Booking details at Reception. Advance Payment. No refunds. All prices per lesson.</b> Standard Tuition (Booking required) £4.80 Concession (Booking required) £3.70	<b>Miscellaneous</b> <b>Activity Classes</b> Standard £4.80    Concession £3.70 <b>Under 3 Years' Old &amp; Carers</b> Concession £1.40 <b>Spectators</b> 30p <b>Shower</b> Standard £2.00    Concession £1.50 <b>Meeting room</b> £18.00 (25% discount for affiliates to Dundee City Council)

### VISA/MAESTRO ETC WELCOME

For further information during normal opening hours please contact:

**Olympia Leisure Centre**

Tel: 01382 432300

[info.swimolympia@dundeecity.gov.uk](mailto:info.swimolympia@dundeecity.gov.uk)

### HOW TO GET HERE



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



[www.dundeeleisure.co.uk](http://www.dundeeleisure.co.uk)

All information is correct at time of going to print

Designed by DCC, Public Relations FA/04/10

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

# Olympia



Information on Programmes,  
Charges and Opening Times  
2010/2011

**DUNDEELEISURE**  
...working in partnership with Dundee City Council

**Visit Olympia Leisure Centre and see what is on offer.**

- Enjoy a holiday swim
- Go wild on the water slides, surf the waves, ride around the rapid-river or shoot from the spectacular cannonball flume!
- Pamper yourself in the health suite. Get active in the state-of-the-art fitness studio and then round off your day with a mouth-watering meal or snack in Ollies restaurant

**Olympia Leisure Centre has something for everyone!**

**Child Admission Policy**

For information on Olympia's Child Admission Policy please visit [www.swimolympia.co.uk](http://www.swimolympia.co.uk) or pick up a leaflet from the centre.



**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

**OPENING TIMES**

All Leisure Pool facilities will normally be open for business at weekends and Dundee school holidays/ in-service days, but slides, waves etc, will also be available during some regional school holidays/ in-service days, when full Leisure Pool charges will apply.

**Leisure Pool (School Term-Time Opening)**

Mon to Fri – 12 noon to 8.30pm (Waves, Waterslides, Rapid River and Dive Pool available from 4pm to 8.30pm only) (subject to change during school in-service days)  
 Toddlers Pool – 10am to 5.30pm  
 Sat and Sun Opening – 10am to 5.30pm

**Leisure Pool (School Holiday Opening)**

Mon to Fri – 10am to 8.30pm (Includes Waves, Waterslides, Rapid River & Dive Pool)  
 Toddlers Pool – 10am to 5.30pm  
 Sat and Sun Opening – 10am to 5.30pm

**Training Pools**

Please see public access timetable opposite.

**Health Suite (All Year Opening Times)**

Mon to Fri - 8.00am to 9.00pm  
 Sat and Sun - 10am to 5.00pm

**FITNESS STUDIO (All Year Opening Times)**

Mon to Fri - 7.00am to 9.00pm (Purchase tickets in advance to use between 7.00am to 8.00am and 8.00pm to 9.00pm)  
 Sat and Sun - 10.00am to 5.00pm

**OLLIE'S CAFÉ (Open all Year)**

Mon, Tues and Thurs 11.00am to 4.00pm  
 Fri 11.00am to 6.00pm  
 Wed Closed (Vending Service available)  
 Sat 10.00am to 5.00pm Sun 11.00am to 5.00pm

**School Holidays**

Mon to Sat 10.00am to 5.00pm Sun 11.00am to 5.00pm

**LAST ADMISSION** 30 minutes before closing time for all facilities at all times (except Health Suite 1 hour before closing time weekdays)

**TRAINING POOL PROGRAMME**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30 to 08.00	(6.15) 3 Lanes DCA Club Public Lengths 3 Lanes	(6.15) 3 Lanes DCA Club Public Lengths 3 Lanes	(6.15) 3 Lanes DCA Club Public Lengths 3 Lanes	3 Lanes M/W Club Public Lengths 3 Lanes	(6.15) 3 Lanes DCA Club Public Lengths 3 Lanes	Closed	Closed
08.00 to 08.30	3 Lanes Public Lengths Half-Pool	3 Lanes Public Lengths Half-Pool	3 Lanes Public Lengths Half-Pool	3 Lanes Public Lengths Half-Pool	3 Lanes Public Lengths Half-Pool	Closed	Closed
08.30 to 11.00	3 Lanes Public Lengths Half-Pool	3 Lanes Public Lengths Half-Pool	3 Lanes Public Lengths Half-Pool	3 Lanes Public Lengths Half-Pool	3 Lanes Public Lengths Half-Pool	From 10.00 Public Lengths Lessons 10-11	From 10.00 DCA Club
11.00 to 12.00	Shallow-Half Aqua-Fit Public Lengths Deep-Half	2 Lanes Disability Club Public Lengths Remainder	Shallow-Half Aqua-Fit Public Lengths Deep-Half	Shallow-Half Aqua-Fit Public Lengths Deep-Half	3 Lanes Public Lengths Half-Pool	Swim Lessons	DCA Club
12.00 to 13.30	3 Lanes Public Lengths Half-Pool	3 Lanes Public Lengths Half-Pool	3 Lanes Public Lengths Half-Pool	3 Lanes Public Lengths Half-Pool	3 Lanes Public Lengths Half-Pool	Swim Lessons M/W Club 4 Lanes 12.30-13.00	DCA Club To 13.00
13.30 to 14.45	3 Lanes Public Lengths Half-Pool	Schools	Schools	Schools	3 Lanes Public Lengths Half-Pool	From 13.00 4 Lanes M/W Club Public Lengths 2 Lanes To 14.30	From 13.00 4 Lanes M/W Club Public Lengths 2 Lanes To 15.00
14.45 to 15.30	3 Lanes Public Lengths Half-Pool	Schools To 15.15	Schools To 15.15	Schools To 15.15	3 Lanes Public Lengths Half-Pool	From 14.30 3 Lanes Public Lengths Half-Pool	From 15.00 3 Lanes Public Lengths Half-Pool
15.30 to 16.00	3 Lanes Public Lengths Half-Pool	From 15.15 Public Lengths All-Pool	From 15.15 Public Lengths All-Pool	From 15.15 Public Lengths All-Pool	3 Lanes Public Lengths Half-Pool	3 Lanes Public Lengths Half-Pool	3 Lanes Public Lengths Half-Pool
16.00 to 17.00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	3 Lanes Public Lengths Half-Pool	3 Lanes/1/2 Pool Public Lengths To 16.30
17.00 to 17.30	Half-Pool Swim Lessons Public Lengths 3 Lanes	Half-Pool Swim Lessons Public Lengths 3 Lanes	Half-Pool Swim Lessons Public Lengths 3 Lanes	Half-Pool Swim Lessons Public Lengths 3 Lanes	Half-Pool Swim Lessons Public Lengths 3 Lanes	3 Lanes Public Lengths Half-Pool	From 16.30 Under-Water Hockey All-Pool
17.30 to 18.30	3 Lanes DCA Club Public Lengths 3 Lanes	4 Lanes DCA Club Public Lengths 2 Lanes	4 Lanes DCA Club Public Lengths 2 Lanes	4 Lanes DCA Club Public Lengths 2 Lanes	4 Lanes DCA Club Public Lengths 2 Lanes	Closed	Closed
18.30 to 19.30	DCA Club	DCA Club	DCA Club	DCA Club	DCA Club	Closed	Closed
19.30 to 20.30	Menzieshill/ Whitehall Club	3 Lanes M/W Public Lengths 3 Lanes	Discovery Club Public Lengths 3 Lanes	Discovery Club	Menzieshill/ Whitehall Club	Closed	Closed
20.30 to 21.30	Menzieshill/ Whitehall Club (Water Polo)	3 Lanes M/W Club Public Lengths 3 Lanes	3 Lanes Public Lengths Half-Pool	3 Lanes Public Lengths Half-Pool	3 Lanes M/W Club Public Lengths 3 Lanes	Closed	Closed

Arrangements may be subject to short-notice changes to satisfy requests from regular attending groups. Weekday pre-paid ticket access: 06.30 - 08.00 & 20.30 - 21.30 (please purchase during normal opening hours)