

Get Fit, Have fun & Meet People

Covid-19 Safety Arrangements

Dulwich College Sports Club is committed to the safety of its customers and staff.

We have carried out a full Risk Assessment based on Government advice and put in place important safety measures. We are confident that we can count on the same commitment to safety from our customers at this time. Please avoid complacency, observe 2m, wash hands often and clean all equipment before and after use.

IMPORTANT If you have symptoms of COVID-19 (C-19), please stay at home and follow Government Policy on self-isolation. If you develop C-19 after visiting the Sports Club, please inform us (with your visit time and date) so that we can follow the Test & Trace protocol. Please respect staff and fellow members by maintaining 2m distance at all times. Please observe the distancing floor markings and queueing or circulation signage.

Hygiene Please wash or sanitise your hands on arrival at the club and every 15 minutes minimum, during your visit. Please clean any kit or machines you use. You may now use Club kit, but please sanitise after use. Face coverings are mandatory in communal areas except when exercising. Please use contactless card payment, not cash.

Changing Rooms You may now resume use of changing rooms and showers. Please try to maintain distances.

Cycling Studio Arrangements As usual members must book in advance for Cycling Studio sessions. Please book online* (dcsportsclub.co.uk) or by telephone, not at Reception. There are 20 minute gaps between sessions to allow for essential cleaning and safe exit/access. Please clean your cycle and zone after use and leave the room promptly. At present there is no limit to how many sessions you can book, but this will be kept under review. Please remember to cancel any unwanted sessions so that other members can attend. As instructors cannot share a microphone and should not shout, music levels will be lower than normal.

Non-Members Non-members must register for an Activity Access Card (£10) in order to attend most classes. Once registered you can book and pay online at dcsportsclub.co.uk.

Personal Belongings Please use a locker for your personal belongings, keys available from Reception (except TBSG).

***Online Booking Password** If you require a booking password, please email, sportsclub@dulwich.org.uk

PLEASE MAKE SURE YOU HAVE READ THE COVID-19 SAFETY ARRANGEMENTS
available online: www.dcsportsclub.co.uk



DULWICH COLLEGE SPORTS CLUB

London, SE21 7LD

Telephone: 020 8299 9292

Email: sportsclub@dulwich.org.uk

Web: www.dcsportsclub.co.uk

DULWICH COLLEGE
THE SPORTS CLUB
get fit, have fun, meet people

Membership
Now Includes
Exercise Classes
For Cycling Studio - see new leaflet



**Exercise Class
& Activity Programme**

4 January to 8 April 2022

Exercise Class & Activity Programme: 4 January - 8 April 2022

Monday		Teacher	Venue	A Card	Bookable	
09:05 - 09:55	●	Body Conditioning	Imelda	TBSG Hall	£10	Yes
10:15 - 11:15	●	Core Intervals	Imelda	TBSG Hall	£10	Yes
17:30 - 18:30	◆	DC Staff Zumba ¹	Zaira	Club Room	N/A	No
18:00 - 21:00	■	Squash Club Night	Gary S	TBSG	N/A	Yes
NEW CLASS 19:00 - 19:45	●	Bodyblast Conditioning	Nathaniel	Club Room	£10	Yes
19:30 - 22:00	■	Badminton Club Night 1	Gary D	Sports Hall	N/A	Yes
Tuesday						
09:05 - 09:55	◆	Zumba	Zaira	TBSG Hall	£10	Yes
10:15 - 11:15	▲	Pilates General (All levels)	Zaira	TBSG Hall	£10	Yes
18:00 - 18:45	●	Barre	Paula	Ex Studio	£10	Yes
NEW CLASS 19:00 - 19:45	▲	Pilates (All welcome)	Paula	Club Room	£10	Yes
Wednesday						
09:05 - 09:55	●	Total Body Conditioning	Nathaniel	TBSG Hall	£10	Yes
10:15 - 11:15	◆	Zumba	Zaira	TBSG Hall	£10	Yes
13:20 - 14:00	▲	DC Staff Only Pilates ¹	Zaira	Club Room	N/A	No
18:20 - 19:20	▲	Pilates General (All levels)	Zaira	TBSG Hall	£10	Yes
19:15 - 20:00	~	Aqua Aerobics	Keziah	Pool	£8	Yes
19:30 - 20:45	▲	Yoga (Mixed)	Mark	TBSG Hall	£12	Yes
19:30 - 22:00	■	Badminton Club Night 2	Rob	Sports Hall	N/A	Yes

Thursday						
09:05 - 09:55	●	Legs, Bums and Tums	Paula	TBSG Hall	£10	Yes
10:15 - 11:15	◆	Zumba Gold	Zaira	TBSG Hall	£10	Yes
NEW CLASS 18:15 - 19:00	▲	Functional Mobility Yin Style	Paula	Club Room	£10	Yes
19:15 - 20:00	●	Boxing	Kwame	Club Room	£10	Yes
Friday						
09:05 - 09:55	▲	Pilates (Beginner)	Zaira	TBSG Hall	£10	Yes
10:15 - 11:15	▲	Pilates (Intermediate)	Zaira	TBSG Hall	£10	Yes
20:00 to 22:00	■	Table Tennis Club Night	Duty Manager	Club Room	N/A	Yes
Saturday						
09:05 - 09:55	◆	Zumba	Kate	Ex Studio	£10	Yes
NEW CLASS 11:45 - 12:45	▲	MyKindaYoga	Alison B	Club Room	£10	Yes
NEW CLASS 14:00 - 14:45	●	Boxing	Kwame	Club Room	£10	Yes
Sunday						
10:00 - 10:50	◆	Salsa Aerobics	Orlene	Ex Studio	£10	Yes
11:10 - 12:00	●	Body Conditioning	Orlene	Ex Studio	£10	Yes

▲ Wellbeing ● Train ■ Sports ◆ Dance ~ Swim

NOTES:

¹ "DC Staff Only" classes run during College term time only.

Classes must be booked in advance online or by telephone.

Non-members must register for an A Card to book.

There are no classes during August and a 2 week break at Easter and Christmas.

For the latest programme details, please see the website timetable.