

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 & 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 & date) so that we can follow the Test & Trace protocol. Please respect staff & fellow members by maintaining 2m distance at all times. Please observe the distancing floor markings & 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. Please bring your own dumbbells, mats and other small items of kit you may need. You may wear a face covering if you wish, but they are not mandatory for Sports Clubs at present. Please use contactless card payment, not cash.

Changing Rooms Not in use except as toilets and hand washing only. Please change at home.

Exercise Class Arrangements Most exercise classes & activities will now require advance booking. The maximum safe capacity for each class has been set and this must not be exceeded. Please book online* (dcsportsclub.co.uk) or by telephone, not at Reception. There are now 20-minute gaps between sessions to allow for essential cleaning and safe exit/access. Please bring your own mat and accessories as shared kit cannot be provided at this time. Please leave the room promptly at the end of your class/activity. 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



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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

1 September to 18 December 2020

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Monday		Teacher	Venue	A Card	Bookable
09:05 to 09:55	●	Body Conditioning	Imelda	TBSG Hall	£10 Yes
10:15 to 11:15	◆	Corumba	Imelda	TBSG Hall	£10 Yes
17:30 to 18:30	◆	DC Staff Zumba ¹	Zaira	Club Room	N/A No
18:00 to 20:00	■	Squash Club Night	Gary S	TBSG Hall	N/A Yes
19:30 to 22:00	■	Badminton Club Night 1	Gary D	Sports Hall	N/A Yes
Tuesday		Teacher	Venue	A Card	Bookable
09:05 to 09:55	◆	Zumba	Zaira	TBSG Hall	£10 Yes
10:15 to 11:15	▲	Pilates (Beginner/General)	Zaira	TBSG Hall	£10 Yes
18:00 to 20:00	●	Ladies Who Lift ² Pre-booking Essential	Mel	Ex Studio	N/A Note 2
18:40 to 19:50	●	Cycling/Pilates Combo ³	Paula	Cycling Studio/ Club Room	£10 Yes
Wednesday		Teacher	Venue	A Card	Bookable
09:05 to 09:55	●	Body Conditioning	Imelda	TBSG Hall	£10 Yes
10:15 to 11:15	◆	Zumba	Zaira	TBSG Hall	£10 Yes
10:15 to 11:15	●	Power Walking	Imelda	TBSG	£10 No
13:20 to 14:00	▲	DC Staff Only Pilates ¹	Zaira	Club Room	N/A No
18:20 to 19:20	▲	Pilates (All welcome)	Zaira	TBSG Hall	£10 Yes
19:00 to 20:15	▲	Yoga (Mixed)	Mark	Old Library	£12 Yes
19:15 to 20:00	~	Aqua Zumba	Keziah	Pool	£8 Yes
20:00 to 22:00	■	Badminton Club Night 2	Duty Manager	Sports Hall	N/A Yes
Thursday		Teacher	Venue	A Card	Bookable
09:05 to 09:55	●	Cardio Conditioning	Imelda	TBSG Hall	£10 Yes

Thursday continued		Teacher	Venue	A Card	Bookable
10:15 to 11:15	◆	Zumba Gold	Zaira	TBSG Hall	£10 Yes
17:30 to 18:30	■	DC Staff Badminton ¹	N/A	Sports Hall	N/A No
18:45 to 19:45	●	Lower Body Burnout	Gonzalo	TBSG Hall	£10 Yes
Friday		Teacher	Venue	A Card	Bookable
09:05 to 09:55	▲	Pilates (All welcome)	Zaira	TBSG Hall	£10 Yes
10:15 to 11:05	▲	Pilates (Intermediate)	Zaira	TBSG Hall	£10 Yes
18:00 to 19:00	●	Ladies Who Lift ² Pre-booking Essential	Mel	Ex Studio	N/A Note 2
20:00 to 22:00	■	Table Tennis Club Night	Duty Manager	Club Room	N/A No
Saturday		Teacher	Venue	A Card	Bookable
09:05 to 10:05	◆	Zumba	Kate	Ex Studio	£10 Yes
13:10 to 14:10	●	Family (11+) Combo Fitness	Anna	Cycling Studio / Club Room	£10 Yes
14:15 to 15:00	●	Sprint and Stretch Combo	Anna	Cycling Studio / Club Room	£10 Yes
Sunday		Teacher	Venue	A Card	Bookable
09:00 to 11:30	■	No Strings Badminton	N/A	Sports Hall	£5 Yes
10:00 to 10:50	◆	Salsa Aerobics	Orlene	Ex Studio	£10 Yes
11:10 to 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

2 Sign up for trial class at strengthambassadors.com/beginner. Pre-booking is essential. Where indicated, classes must be booked in advance online or by telephone.

Non-members must register for an A Card to book

External hirer (shaded green) classes not included in membership price

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.