

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 advised 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

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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

1 September to 30 December 2021

Exercise Class & Activity Programme: 1 September - 30 December 2021

Monday						
Time	Activity	Teacher	Venue	A	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 Zumba¹	Zaira	Club Room	N/A	No	
18:00 - 21:00	Squash Club Night	Gary S	TBSG	N/A	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 (All welcome)	Zaira	TBSG Hall	£10	Yes	
18:00 - 18:45	Barre	Paula	Ex Studio	£10	Yes	
18:50 - 19:50	Dance Aerobics	Orlene	Ex Studio	£10	Yes	
19:35 - 20:20	Pilates	Paula	Club Room	£10	Yes	
Wednesday						
09:05 - 09:55	Total Body Conditioning²	Nathaniel	TBSG Hall	£10	Yes	
10:15 - 11:15	Zumba	Zaira	TBSG Hall	£10	Yes	
13:20 - 14:00	DC Staff Only Pilates¹	Zaira	Club Room	N/A	No	
18:20 - 19:20	Pilates (All welcome)	Zaira	TBSG Hall	£10	Yes	
19:00 - 19:45	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	
18:45 - 19:45	Lower Body Burnout	Gonzalo	Club Room	£10	Yes	
20:00 - 20:45	Boxing Class	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	
Saturday						
09:05 - 09:55	Zumba	Kate	Ex Studio	£10	Yes	
10:30 - 11:30	Bodyblast Weights Session	Nathaniel	Weights Room	£10	Yes	
11:45 - 12:30	Yoga	Alison B	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.

2 Classes run during 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.