

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. Face coverings are mandatory except when exercising. 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



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



Exercise Class & Activity Programme

17 May to 31 July 2021

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

Exercise Class & Activity Programme: 17 May - 31 July 2021

| Monday | | | Teacher | Venue | A Card | Bookable |
|---------------|---|------------------------------------|-----------------|------------------------------|--------|----------|
| 09:05 - 09:55 |  | Body Conditioning | Imelda | TBSG Hall | £10 | Yes |
| 10:15 - 11:15 |  | Corumba | Imelda | TBSG Hall | £10 | Yes |
| 17:00 - 17:45 |  | DC Staff Zumba ¹ | Zaira | Club Room | N/A | No |
| 18:00 - 20:00 |  | Squash Club Night | Gary S | TBSG Hall | 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 (Intermediate) | Zaira | TBSG Hall | £10 | Yes |
| 18:00 - 18:50 |  | Barre | Paula | Ex Studio | £10 | Yes |
| 19:00 - 20:10 |  | Cycling/Pilates Combo | Paula | Cycling Studio/ Club Room | £10 | Yes |
| Wednesday | | | | | | |
| 09:05 - 09:55 |  | Body Conditioning | Imelda | TBSG Hall | £10 | Yes |
| 10:15 - 11:15 |  | Zumba | Zaira | TBSG Hall | £10 | Yes |
| 10:15 - 11:15 |  | Power Walking | Andrea | TBSG | £10 | No |
| 13:20 - 14:00 |  | DC Staff Only Pilates ¹ | Zaira | Club Room | N/A | No |
| 18:20 - 19:20 |  | Pilates (All welcome) | Zaira | TBSG Hall | £10 | Yes |
| 19:15 - 20:00 |  | Aqua Zumba | Keziah | Pool | £8 | Yes |
| 19:30 - 20:45 |  | Yoga (Mixed) | Mark | TBSG Hall | £12 | Yes |
| 20:00 - 22:00 |  | Badminton Club Night 2 | Duty Manager | Sports Hall | N/A | Yes |

NEW CLASS

Thursday continued

| | | | | | | |
|---------------|---|---------------------------------|---------|-----------|-----|-----|
| 09:05 - 09:55 | ● | Legs, Bums and Tums | Paula | TBSG Hall | £10 | Yes |
| 10:15 - 11:15 | ◆ | Zumba Gold | Zaira | TBSG Hall | £10 | Yes |
| 17:30 - 18:30 | ■ | DC Staff Badminton ¹ | N/A | Club Room | N/A | No |
| 18:45 - 19:45 | ● | Lower Body Burnout | Gonzalo | TBSG Hall | £10 | Yes |

Friday

| | | | | | | |
|---------------|---|-------------------------|--------------|-----------|-----|-----|
| 09:05 - 09:55 | ▲ | Pilates (All welcome) | Zaira | TBSG Hall | £10 | Yes |
| 10:15 - 11:15 | ▲ | Pilates (Intermediate) | Zaira | TBSG Hall | £10 | Yes |
| 20:00 - 22:00 | ■ | Table Tennis Club Night | Duty Manager | Club Room | N/A | No |

Saturday

| | | | | | | |
|---------------|---|--------------------|-----------|-----------|-----|-----|
| 09:05 - 09:55 | ◆ | Zumba | Kate | Ex Studio | £10 | Yes |
| 10:30 - 11:30 | ● | Bodyblast Bootcamp | Nathaniel | Pitch 11 | £10 | Yes |

Sunday

| | | | | | | |
|---------------|---|----------------------|--------|-------------|-----|-----|
| 09:00 - 11:30 | ■ | No Strings Badminton | N/A | Sports Hall | £5 | Yes |
| 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.