

## Newsletter - Summer 2016



**Dear Members,**

I am very pleased to enclose your annual allocation of 5 guest vouchers which you may use to bring adult or child guests to the club. Please note that if these run out you can still bring guests by paying admission of £8 (or £4 for children aged 13 and under).

As the College summer holiday gets underway the club opening hours are extended. You can play Tennis or workout in the fitness rooms all day, and the Swimming Pool opens for Family Swimming at 3pm. Full Swimming Pool schedule for July on the reverse (August to follow).

I am enclosing the annual membership price review letter, and the new prices will take effect from 1 September. You need take no action, the change is automatic. The new exercise class and course programme will also begin in September and details will be emailed to you during August.

On 21 July a group of 28 members and their guest will compete in the annual "Cyder Cup" challenge (members vs Guests) and Club Champion Golfer, 2016, at Dulwich & Sydenham Hill GC. If you would like to attend future Golf events please email me on [sharpeg@dulwich.org.uk](mailto:sharpeg@dulwich.org.uk).

Finally, if you are not yet receiving the regular email bulletins from the club, please email Famela on [medinafc@dulwich.org.uk](mailto:medinafc@dulwich.org.uk) to be included.

Enjoy the summer!

*Gary & the Sports Club Team*

## Swimming Pool Hours - Summer Holiday 2016 (July)

Day		Early bird	Family Swim	General Swim	Adult Lanes	Remarks
Friday	8	06:15 - 08:00	15:00-17:00	17:00-20:00	20:00-20:30	Swimming Lessons 16:00-18:00
Saturday	9			14:30-17:00	17:00-18:00	Swimming Lessons 9:00-12:00
Sunday	10		15:00-17:00	10:30-15:00	17:00-18:00	Swimming Lessons 9:00-10:30
Monday	11	06:45-08:00	15:00-18:30	18:30-20:30	20:30-22:00	Half Pool 17:30-18:30
Tuesday	12	06:15-08:00	15:00-16:30	18:00-20:00	20:00-22:00	Swimming Lessons 16:30-18:00
Wednesday	13	06:45-08:00	15:00-17:00	17:00-20:00	20:00-20:30	Aquarobics 19:15-20:00
Thursday	14	06:15-08:00	15:00-17:00	17:00-19:30	21:00-22:00	Swimming Club 19:30-21:00
Friday	15	06:15-08:00	15:00-17:00	17:00-20:00	20:00-20:30	Swimming Lessons 16:00-18:00
Saturday	16			14:00-17:00	17:00-18:00	Swimming Lessons 9:00-12:00
Sunday	17		15:00-17:00	14:30-17:00	17:00-18:00	Swimming Lessons 9:00-10:30
Monday	18	06:45-08:00	15:00-18:30	10:30-15:00	20:30-22:00	Half Pool 17:30-18:30
Tuesday	19	06:15-08:00	15:00-17:00	18:30-20:30	20:00-22:00	
Wednesday	20	06:45-08:00	15:00-17:00	17:00-20:00	20:00-20:30	Aquarobics 19:15-20:00
Thursday	21	06:15-08:00	15:00-17:00	17:00-20:00	21:00-22:00	Swimming Club 19:30-21:00
Friday	22	06:15-08:00	15:00-17:00	17:00-19:30	20:00-20:30	
Saturday	23	10:00-11:00	11:00-12:00	17:00-20:00	17:00-18:00	Additional weekend swim begin
Sunday	24		15:00-17:00	14:30-17:00	17:00-18:00	
Monday	25	06:45-08:00	15:00-18:30	10:30-15:00	20:30-22:00	Half Pool 17:30-18:30
Tuesday	26	06:15-08:00	15:00-17:00	18:30-20:30	20:00-22:00	
Wednesday	27	06:45-08:00	15:00-17:00	17:00-20:00	20:00-20:30	Aquarobics 19:15-20:00
Thursday	28	06:15-08:00	15:00-17:00	17:00-20:00	21:00-22:00	Swimming Club 19:30-21:00
Friday	29	06:15-08:00	15:00-17:00	17:00-19:30	20:00-20:30	
Saturday	30	10:00-11:00	11:00-12:00	17:00-20:00	17:00-18:00	
Sunday	31		15:00-17:00	10:30-15:00	17:00-18:00	

### Notes:

Family Swim sessions shared with residential language students from 3-5pm  
August timings to follow during July. Term restarts Thursday 1 September

### Other Activities:

Fitness areas open from 06:15 (Tue/Thu/Fri) and 06:45 (Mon/Wed) onwards  
Additional Tennis Courts may be booked from 09:00-18:00 weekdays via Reception on 020 8299 9292

### DIARY DATES

**HDO Kids Camps**  
11 July - 26 August

**DCSC Golf Society Cyder Cup**  
21 July

**PSC Education Football Camp**  
25 - 29 July

**Freddie Flintoff Cricket Academy**  
1 - 5 August

**Freedom Academy Drama Workshop @ TBSG Hall**  
15 - 19 August



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