

## Get Fit, Have Fun & Meet People

Dulwich College Sports Club offers excellent facilities and service to members.

### Membership:

Access to sessions listed inside, free exercise classes, cycling classes, discounts on swimming lessons, sports courses plus numerous other benefits are available to club members. For prices and details of how to join the club please contact the Sports Club Reception or see our website.

### Junior Members:

May visit the Club unaccompanied from age 11. May use the fitness rooms, exercise classes and cycling classes from age 14.

### Fitness Studio/Weights Room:

Minimum age is 14. Members are required to undergo an induction prior to using these areas. Please sign-up at Reception or speak to one of the Fitness Instructors.

### Exercise Classes:

Exercise classes and Cycling Studio sessions are included in your membership. For information on our extensive range of exercise classes including Aerobics, Yoga, BoxFit, Pilates and more, please collect a copy of the Exercise Class & Activity Programme for full details.

### Sports Courses/Swimming Lessons:

We offer excellent coaching courses in Fencing, Badminton, Trampoline, Swimming and more. Please collect a copy of Sports Course Directory for full details.

### Car Parking Arrangements:

Parking for members is provided in the College main site car park. The Sports Centre car park is for authorised users only. Members over the age of 65 may request authorisation.

### Conditions of Membership:

Members are required to carry their membership card at all times while attending the Sports Club. Under 11s must be supervised by an adult at all times. One calendar month notice in writing is required for cancellation. There is no minimum contract. For full Terms & Conditions please visit the website.

### Activity Access Card:

New from 1 September 2019, non-members may obtain an Activity Access Card and book the following activities up to 4 days in advance - Tennis Courts, Squash Courts, 5v5 Football and Cycling Studio sessions. Class/Court fees due at time of booking. The registration fee is £10. Enquire at Reception or see website for details.



DULWICH COLLEGE SPORTS CLUB

London, SE21 7LD

Telephone: 020 8299 9292

Email: [sportsclub@dulwich.org.uk](mailto:sportsclub@dulwich.org.uk)

Web: [www.dcsportsclub.co.uk](http://www.dcsportsclub.co.uk)

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

OPENING TIMES



## Membership Information & Opening Times

Valid from 8 January 2020

# Dulwich College Sports Club - Term Time Opening Hours

Holiday opening hours published separately

Facility	Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reception</b>		07:00-22:00	07:00-22:00	07:00-22:00	07:00-22:00	07:00-22:00	09:00-18:00	09:00-21:00
<b>Swimming Pool (Members)</b>	Children's Swimming Lessons			16:30-18:00		16:00 -18:00 *	09:00-12:00	09:00-10:30
	Family Swimming (No Length Swimming)					16:00 -17:00 *		15:00-17:00 (15:00 - 16:00 Includes Inflatable Slide)
	General Swim (Lanes + Leisure)	18:30-20:30	18:00-20:00	18:00-19:30	18:30-20:00	18:00-19:30	14:30-17:00	10:30-13:00
	<b>Please note that length swimming is NOT permitted in the leisure half of the pool during General Swim sessions</b>							
	Lanes (Adults Only)	20:30-22:00	06:15-08:00 20:00-22:00	19:30-20:30	06:15-08:00 20:00-22:00	19:30-21:00 *	17:00-18:00	17:00-18:00
<b>Swimming Pool (Staff)</b>	Dulwich College Staff Only	17:30-18:30 *			17:30-18:30 *	17:00-18:00 *		
<b>Cycling Studio</b>	<b>New from September 2019, dedicated Cycling Studio facility. See separate leaflet for full schedule.</b>							
<b>Fitness Suite</b>	Morning	06:15-08:00	06:15-08:00	06:15-08:00	06:15-08:00	06:15-08:00	9:00 -18:00	9:00-21:00
	Evening	17:45-22:00	17:45-22:00	17:45-22:00	17:45-22:00	17:45-22:00		
<b>Free Weights</b>	Morning		06:15-07:00			06:15-08:00	09:00-18:00	09:00-21:00
	Evening	17:45-22:00	17:45-22:00	17:45-22:00	17:45-22:00	17:45-22:00		
<b>Tennis Courts</b>		18:00-21:00	18:00-21:00	18:00-21:00	18:00-21:00	18:00-21:00	09:00-18:00	09:00-21:00
<b>Squash Courts</b>		Club Night 18:00-21:00	17:30-21:15	18:00-21:45	17:30-21:15	17:30-21:15	09:30-17:45	09:30-17:00
<b>Sports Hall</b>		<b>NEW TIME</b> Bookable Badminton Courts 18:00 - 20:00 Badminton Club Night 1 19:30-22:00 (Members only)	Use as available	<b>NEW TIME</b> Badminton Club Night 2 19:30-22:00 (Members only) Bookable Badminton Courts 20:00 - 22:00	Use as available	Use as available	Use as available	No Strings Badminton 09:00-11:30 (Non members £5.00)

Members may use the Sports Hall, Astroturf and Athletics Track whenever the areas are not booked. Contact Reception for details. No Strings Badminton is free for members, £5 per session for non members. Sundays 13:00-14:00 & 14:00-15:00 Big Splash Pool Parties. For details go to [eventdropoff.com/pool-party-info](http://eventdropoff.com/pool-party-info)

\* Half pool only.