

## 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 Suite, exercise classes and cycling classes from age 14.

### Fitness Suite/Weights Room/Induction:

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, Circuits, 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:

Non-members may obtain an Activity Access Card and book the following activities up to 4 days in advance - Tennis Courts, Squash Courts, Badminton Courts, 5v5 Football, Exercise Classes 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.

We look forward to welcoming you soon.



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 10 January 2022

# Dulwich College Sports Club - Term Time Opening Hours

Holiday opening hours published separately

All activities (except\*) must now be booked in advance online or via telephone. The sessions below are divided into bookable sections, mostly 45 minutes long with gaps for cleaning purposes. Please leave promptly. Thank you.

Facility	Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Reception		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	
Swimming Pool (Members)	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 - 18:45	14:45 - 15:45	11:30 - 12:30 15:15 - 16:00	
	General Swim (Lanes + Leisure)		18:45 - 19:30	18:00 - 19:45	18:00 - 18:45	18:45 - 19:30	19:00 - 19:45		16:15 - 17:00
		<b>Please note that length swimming is NOT permitted in the leisure half of the pool during General Swim sessions</b>							
	Lanes	Adults	19:45 - 21:45	06:15 - 08:00 20:00 - 21:45	19:00 - 21:45	06:15 - 08:00 19:45 - 21:45	20:00 - 21:45	17:00 - 17:45	10:30 - 11:15 17:15 - 17:45
	Age 14+						16:00 - 16:45		
Swimming Pool (Staff)	Dulwich College Staff Only*(not bookable)	17:30 - 18:30*			17:30 - 18:30*				
Fitness Suite (Members 14+)	Morning*(not bookable)	06:15 - 08:00	06:15 - 08:00	06:15 - 08:00	06:15 - 08:00	06:15 - 08:00	9:00 - 17:45	9:00 - 20:45	
	Evening	18:00 - 19:45 21:00 - 21:45	18:00 - 21:45	18:00 - 19:45 21:00 - 21:45	18:00 - 21:45	18:00 - 20:45			
Free Weights (Members 18+)	Morning*(not bookable)		06:15 - 07:00			06:15 - 08:00	09:00 - 17:30	09:00 - 20:30	
	Evening	17:45 - 21:45	17:45 - 21:45	17:45 - 21:45	17:45 - 21:45	17:45 - 21:45			
Tennis Courts		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	
Squash Courts		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	
Sports Hall		Bookable Badminton Courts 18:00 - 19:30 Badminton Club Night 1 19:30 - 22:00 (Members only)	Use as available	Badminton Club Night 2 20:00 - 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	

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 A Card holders.

\* Half pool only.