

# DULWICH COLLEGE

THE SPORTS CLUB  
*get fit, have fun, meet people*

## STAFF MEMBERSHIP AND BENEFITS



### Welcome to Dulwich College

Dulwich College Enterprises runs a thriving Sports Club based at the Sports Centre (SpC) and Trevor Bailey Sports Ground (TBSG).

As a contracted staff member<sup>1</sup> you are entitled to a free Sports Club membership for your immediate family – your partner and your children that are age 18 and under. If you are not already a convert, then you will be amazed at how much more productive you can become as a result of regular exercise – as little as two sessions a week producing results.

You will need to register at the Club's Reception and obtain an online booking password. Currently, most activities must be pre-booked (except daytime fitness use and Staff Only classes) in order to control safe capacity.

If you or your family wish to use the Fitness Suite (14+) of Free Weights (18+), you will need to book a free induction with one of our qualified instructors.

Partners/Children aged 11+ can use the Club unaccompanied and will be issued with a membership card. Under 11s must be supervised. You should use your College card for access and ID purposes.

You may use the fitness rooms during the College daytime provided the PE Department are not conducting lessons or group sessions. However, non-DBS checked partners and children may not enter outside Sports Club hours. You may also book Wellbeing sessions during the College day.

### Changing Rooms

You should be aware that College students will use the facilities during member times either as boarders, DC Student "Members" (which allows senior squad boys to train in the fitness rooms during holidays), or with their families. Parents of current students and OAs are exempt from the £100 Joining Fee normally charged.

There is an individual staff changing room at the SpC. Your card will open the door. Please do not leave any personal belongings inside. You may also use the accessible changing rooms at the Swimming Pool if they are not being used by disabled customers.

### Club Activities

Club membership includes free access to Exercise Classes and Indoor Cycling. There are also a number of Staff Only classes at convenient times.

There are some Staff Only swimming sessions too, but you are welcome to join any members' swim sessions.

Children's group swimming lessons (starting age 4) take place on Saturday and Sunday mornings, plus Wednesday and Friday afternoons during term time. We also arrange mini courses during the holidays.

Course fees are charged at discounted member rates.

Squash & Tennis Box Leagues – If you fancy some friendly competitive matches you can join the box leagues. You only need to commit to playing 2 matches per month. For more details email [sportsclub@dulwich.org.uk](mailto:sportsclub@dulwich.org.uk)

You are welcome to join in the Badminton, Squash and Table Tennis Club Nights. There is also a Staff Only Badminton session.

Staff are welcome to join the myriad of other activities on offer at the Club, many organised by external hirers – see the [Activities/Resident Clubs](#) page.

During College holidays, the Club opening hours are extended. Details of these timings are published on the website's [Opening Times](#) page.

Cycling Studio classes [continue](#) through the holidays.

For details of classes, [venues](#) and timings, please visit the website: [dcsportsclub.co.uk](http://dcsportsclub.co.uk)

### Junior Members

Children under 11 must [be accompanied](#) by an adult. Children must be aged 14+ to use the Fitness Suite and 18+ to use the [Free Weights Room](#).

There is a leaflet on the [Club website](#) detailing [Safeguarding](#) Arrangements for junior members.

### Wellbeing Team

A number of professional [therapist associates](#) offer wellbeing treatments in the Therapy Room at the SpC. Special offers for staff are [regularly negotiated](#) and publicised. Please contact them directly. Some are registered with BUPA so [you can claim](#) back some costs.

The Club also has a team of Personal Trainers, Sports Coaches & freelance Swimming Instructors. See the website for contact details.

### Car Parking

Only staff who work in the Sports Centre are entitled to car parking access at the SpC. Please use the College main site car park or adjacent roads otherwise.

### Keeping You Updated

We recommend that you subscribe to The Sports Club email newsletters. For this you will need to provide a personal (i.e. non [dulwich.org](http://dulwich.org)) email address. Please send this to [sportsclub@dulwich.org.uk](mailto:sportsclub@dulwich.org.uk) or include it on your registration form. Or follow us on Facebook and Instagram.

The full T&Cs of membership are detailed in the Sports Club Customer Charter on the website's Membership section.

If you require any assistance, please call extension 292 or email [sportsclub@dulwich.org.uk](mailto:sportsclub@dulwich.org.uk)

Kind regards

**The Sports Club Team**

[1]: At the present time, free membership is not extended to casual or peripatetic staff.

[2]: It is not possible to replace these stated relatives with other immediate family members.