

## Sports and Fitness for the Whole Community

Dulwich College Sports Club welcomes all new membership applications. There is no reference or interview process.

### Membership:

Access to sessions listed inside, discounts on Swimming Lessons, Sports Courses and Exercise Classes 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 log on to our website.

### 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. Fitness Assessments are also available.

### Exercise Classes:

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 Tennis, Fencing, Badminton, Rowing, 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 apply for authorisation.

### Conditions of Membership:

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

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



## Membership Information & Opening Times

Valid from 2 September 2015

## Dulwich College Sports Club - Opening Hours 2015 / 2016

Facility	Pool 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 (Early Bird)	Lanes (Adults only)		06:15-08:00		06:15-08:00			
Swimming Pool (Members)	Children's Swimming Lessons		16:30-18:00				09:00-12:00	09:00-10:30
	Family Swimming (No Length Swimming)					<b>NEW</b> 16:00 -17:00 <sup>2</sup>		15:00-17:00
	General Swim (Lanes + Leisure)	18:30-20:30	18:00-20:00	<b>NEW</b> 18:30-20:00	18:30-20:00	<b>NEW</b> 18:00-20:30	14:30-17:00	10:30-15:00
	Please note that length swimming is NOT permitted in the leisure half of the pool during General Swim sessions On Friday from 17:00 -18:00 members should use the left side of the pool only.							
	Adults Lanes Only	20:30-22:00	20:00-22:00	20:00-20:30	20:00-22:00	<b>NEW</b> 17:00-18:00 <sup>1+2</sup>	17:00-18:00	17:00-18:00
Swimming Pool (Staff)	Dulwich College Staff Only	13:40-14:30 & 17:30-18:30 <sup>1</sup>	13:40-14:30		17:30-18:30 <sup>1</sup>	17:00-18:00 <sup>1</sup>		
Fitness/Weights (Early Bird)			06:15-08:00			06:15-08:00		
Fitness/Weights		17:45-22:00	17:45-22:00	17:45-22:00	17:45-22:00	17:45-22:00	09:00-18:00	09:00-21:00
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	20:15-21:45	17:30-21:15	17:30-21:15	09:30-17:00	09:30-17:00
Sports Hall		Badminton Club Night 19:30-22:00 (Members only)	Use as available		No Strings Badminton 18:00-20:00 (Non members £5.00)	Use as available	Use as available	No Strings Badminton 09:00-12:00 (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.

<sup>1</sup> Half Pool. <sup>2</sup> On Fridays, access to the 4pm and 5pm sessions is via the external rear doors to the Swimming Pool for Members only .