

Get Fit, Have Fun & Meet People

Dulwich College Sports Club offers excellent facilities and a friendly 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 Fitness Suite and exercise classes from age 14 & Cycling Studio classes from age 11. Children under 8 must be accompanied by an adult when swimming.

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, see website for full details plus live timetables.

Sports Courses/Swimming Lessons:

We offer excellent coaching courses in Fencing, Badminton, Trampoline, Swimming and more. Please see website for 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, 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

Web: www.dcsportsclub.co.uk

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

OPENING TIMES
Includes Swimming Pool
Timetable



Membership Information & Activity Timetable

Valid from 24 April 2023

Dulwich College Sports Club - Term Time Opening Hours

Holiday opening hours published separately

Please book in advance for Swimming and Racket Sports. Please register at Reception on arrival to confirm attendance. Failure to register (or cancel unwanted bookings) may result in a £3 no-show penalty fee.

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 - 18:00	14:45 - 15:50	11:30 - 12:30 15:15 - 16:05
	General Swim (Lanes + Leisure)	18:45 - 19:35	18:00 - 18:50	18:40 - 19:10		18:40 - 19:10		16:15 - 17:05
	Please note that length swimming is NOT permitted in the leisure half of the pool during General Swim sessions							
Lanes	Adults 18+	19:45 - 21:50	06:15 - 08:00 20:00 - 21:50	20:00 - 21:50	06:15 - 08:00 19:45 - 21:50	20:00 - 21:50	17:00 - 17:50	10:30 - 11:20
	Any Age ¹		19:00 - 19:50	19:20 - 19:50	18:45 - 19:35	19:20 - 19:50	16:00 - 16:50	17:15 - 17:50
Swimming Pool (Staff)	Dulwich College Staff Only* <small>(not bookable)</small>	17:30 - 18:30*			17:30 - 18:30			
Fitness Suite (Members 14+)	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		
Free Weights (Members 18+)	Morning		06:15 - 07:00			06:15 - 08:00	09:00 - 17:30	09:00 - 20:30
	Evening	17:45 - 22:00	17:45 - 22:00	17:45 - 22:00	17:45 - 22:00	17:45 - 22:00		
Club Room	Bookable Table Tennis					18:30 - 20:00		09:30 - 11:00
	Table Tennis Club Night					20:00 - 22:00		
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		Squash 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	Use as available	Bookable Badminton Courts 20:00 - 22:00	Use as available	Use as available	Pickleball Club Night 17:00 - 18:00	No Strings Badminton 09:00 - 11:30
		Badminton Club Night 1 19:30 - 22:00 (Members only)		Badminton Club Night 2 20:00 - 22:00 (Members only)				Basketball Club Night 18:00 - 20:00

Members may use the Sports Hall, Astro turf 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. Club Nights are reserved for Club Members only.

* Half pool only. [1] For 'Lanes - Any Age', all swimmers should be competent swimmers and swimming lengths only.