

## COURSE GUIDE

### Enrolment

Places are limited and pre-booking is essential. Please contact Reception on 020 8299 9292 to reserve your place. Full payment is required at the time of booking.

### Open to Non-Members

Courses are open to both members and non-members. Non-members are required to register for an Activity Access Card prior to enrolling. Registration is free to course attendees.

### Cancellation

Cancelling a course enrolment for non-emergency reasons will result in Dulwich College Sports Club retaining 2 weeks fees as a cancellation charge. Cancellation requests must be submitted in writing to [sportsclub@dulwich.org.uk](mailto:sportsclub@dulwich.org.uk)

There is a minimum attendance number set for each course to run. Should the minimum numbers not be achieved, the club reserves the right to cancel the course and refund any fees paid in full.

Please email [sportsclub@dulwich.org.uk](mailto:sportsclub@dulwich.org.uk) with any experience courses related queries.

**Enjoy your Experience Course!**

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

New to DCSC

**EXPERIENCE COURSES**



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## Experience Courses: April - July 2025

| Title                              | Venue  | Day       | Start | End   | Instructor | Start Dae | End Date | No. Weeks | Min Age | Price (M) | Price (A Card) |
|------------------------------------|--|-----------|-------|-------|------------|-----------|----------|-----------|---------|-----------|----------------|
| <b>Triathlon</b>                   | Spin Studio, Pool, Track   | Mondays   | 19:30 | 21:00 | Ahmed      | 2-Jun     | 7-Jul    | 6         | 14      | £75.00    | £120.00        |
| <b>Squash Fitness Camp</b>         | TBSG Sq Courts & Hall  | Thursdays | 19:00 | 20:00 | Gary       | 24-Apr    | 29-May   | 6         | 14      | £30.00    | £60.00         |
| <b>Yoga Experience</b>             | TBSG Hall  | Thursdays | 17:00 | 18:00 | Paula      | 24-Apr    | 29-May   | 6         | 16      | £75.00    | £120.00        |
| <b>Tennis Double Up &amp; Play</b> | Tennis Courts  | Thursdays | 18:30 | 19:30 | Paul       | 5-Jun     | 10-Jul   | 6         | 18      | £60.00    | £120.00        |
| <b>Pre-Natal Pilates</b>           | TBSG Hall  | Fridays   | 11:30 | 12:25 | Zaira      | 25-Apr    | 30-May   | 6         | 18      | £75.00    | £120.00        |
| <b>Post-Natal Pilates</b>          | TBSG Hall  | Fridays   | 12:30 | 13:30 | Zaira      | 25-Apr    | 30-May   | 6         | 18      | £75.00    | £120.00        |
| <b>Reiki Level 1 Practitioner</b>  | TBSG Hall<br>*Weeks 5-6 will be hosted at a different venue. To be advised | Fridays   | 11:30 | 13:30 | Zaira      | 6-Jun     | 11-Jul   | 6         | 16      | £120.00   | £180.00        |
| <b>Summer Bootcamp</b>             | Athletics Track  | Sundays   | 15:00 | 15:45 | Lauryn     | 27-Apr    | 1-Jun    | 6         | 16      | £48.00    | £72.00         |

### Summer Bootcamp

Welcome to our new bootcamp sessions. Are you ready to push yourself to the limit? Outdoor class filled with different exercises to work every muscle group, even some you didn't even know you had!! Ready to get your sweat on?

### Squash Fitness Camp

A 6-week fitness programme tailored to Squash but beneficial for most sporting performance. Using a variety of training methods including bleep tests, circuits, court drills, agility and flexibility work you will see a dramatic improvement in your condition very quickly.

### Triathlon

Using our excellent pool, track and spin facilities, learn the basics of triathlon technique while improving your fitness and wellbeing.

### Pre/Post Natal Pilates

Prenatal Pilates is a safe and low-impact workout that is designed to increase strength and muscle tone to support a healthy pregnancy and prepare the body for labour and delivery. This course is recommended from the 12th week of pregnancy.

### Post Natal Pilates

This 6-week course is suitable for women from 6 weeks postpartum. It focuses on strengthening the core and pelvic floor, improving posture and building strength and energy. It is important to ask your GP before starting any exercise program after childbirth.

### Tennis Double Up & Play

Double Up & Play is all about doubles Tennis with twice the enjoyment. It's designed to help adults sharpen their skills and build confidence on the court while having a great time. If you're comfortable rallying with a partner and have a good grasp of Tennis basics, Double Up & Play is a great way to get back in to the game. No need to sign up in pairs.

### Reiki Practitioner (Level 1)

Reiki Level 1 is the foundational level of Reiki training, focusing on self-healing. Reiki can help reduce stress and anxiety, improve overall wellbeing and gain deeper understanding of energy healing. As a Level 1 Reiki practitioner you will be able to practice Reiki on yourself and on friends and family.

### Yoga Experience

Welcome to your Restorative Yin Yoga course. Experience the true meaning of the word "RELAX".

We are going to make full use of brand new bolsters, Yoga blocks, blankets, straps and eye pillows to support the body in positions of comfort to ease the body, mind and nervous system of unnecessary tension. The lavender filled eye pillow is yours to take home.

This is your ultimate "me time", your letting go time when we hold poses in a passive way to open and stretch the body leaving the daily hustle and bustle and stress of modern lives behind for a full 60 minutes by simply staying present in the moment. In the long term this experience will lead to increased relaxation, better sleep, better mood, muscles that become more flexible, ease of joint pain.