

leisureactive

Leisure Memberships for Swim & Sport Centres in Dundee

DUNDEE LEISURE - in partnership with Dundee City Council offers a range of great value leisure membership packages at its swim and sports centres (Olympia, Lochee, DISC, Douglas and Lynch Sports Centre). Train and tone in the fitness studio, relax and unwind in the health suite, enjoy an invigorating swim – its all included in the one price! For a small additional fee you can take advantage of adult fitness classes, including the RPM and Body Combat classes.

How do I get leisureactive?

Pick up an information pack at any Swim/Sports Centre or Tayside House reception or visit www.leisure-active.com

OLYMPIA LOCHEE DISC DOUGLAS LYNCH



For further information please contact 01382 433524 or log on to www.leisure-active.com
Please note that not all facilities are available at all Centres.

LOCHEE PRICE LIST

(Concession Charge Applies to holders of the Leisure Concession Card)
Timetable and Charges from 1 April 2007

SWIMMING POOL		FITNESS STUDIO:	
Standard	£2.00	Adults only (16 years and over). Induction Session required.	
Concession	£1.70	Standard	£3.60
Young Scot Cardholder	£1.50	Concession	£2.60
Lochee senior citizen 5-timer	£4.90		
Olympia senior citizen 5-timer	£6.40		
£1 CONCESSION CHARGES: Apply to CARERS and CHILDREN under 3 years old.		ACTIVITY CLASSES:	
Senior Citizen 5-timer: 60 years and over, for Olympia and Lochee. Valid for a period of one month from date of purchase. Mon, Tues, Thurs 10am (Wed, Fri 11am) - 4pm Monday - Friday 6.30 am - 4.00 pm at Olympia.		Standard	£4.00
SWIMMING LESSONS: <i>Booking details at Reception. Advance Payment. No refunds. All prices per lesson.</i>		Concession	£2.80
Standard Tuition (Booking required)	£4.00	SAUNA SUITE:	
Concession (Booking required)	£2.80	Sauna only	
School - Age (Block - Booking)	£2.80	Standard	£3.00
Pre - School (Block - Booking)	£2.80	Concession	£2.50
Parent & Toddler (No booking required)	£2.80	Visitors: £0.10	
		Towel hire: £1.50	
		<i>(plus £1.00 returnable deposit).</i>	
		VISA/SWITCH etc NOT currently accepted	

HOW TO GET HERE



For further information please contact:
Lochee Swim Centre, St Mary's Lane, Lochee, Dundee DD2 3AQ
Tel 01382 431840
or visit www.swimlochee.co.uk

All information is correct at time of going to print.

DUNDEE LEISURE



LOCHEE Swim Centre

Designed by Dundee City Council Public Relations Office P1603/07



Information on Programmes,
Charges and Opening Times
2007/2008

DUNDEE LEISURE working in partnership with Dundee City Council



OPENING TIMES

SWIMMING POOL

Mon/Tues/Thurs	10.00am - 8.00pm
Wed and Fri	11.00am - 8.00pm
(Last Admission 7.30pm)	
Sat	10.15am - 4.30pm
Sun	10.00am - 4.30pm
(Last Admission 4.00pm)	

Pool NOT available for General Swimming

Mondays

Parent and Toddler Class	1.30pm - 2.15pm
School Age Swimming Lessons	3.45pm - 5.15pm

Tuesdays

Adult Swimming lessons	1.30pm - 2.30pm
School Age Swimming Lessons	3.45pm - 4.45pm
Adult Swimming lessons	4.45pm - 5.15pm

Wednesdays

Women Only Swimming	10.00am - 11.00am
Parent and Toddler Class	1.30pm - 2.15pm
School Age Swimming Lessons	3.45pm - 5.15pm

Thursdays

Adult Swimming lessons	1.30pm - 2.30pm
School Age Swimming Lessons	3.45pm - 4.45pm
Adult Swimming lessons	4.45pm - 5.15pm

Fridays

Disability Sports Swimming	10.00am - 11.00am
Shallow Water Aqua-fit	1.30pm - 2.15pm
School Age Swimming Lessons	3.45pm - 5.15pm

Saturdays

School Age Swimming Lessons	8.45am - 10.15am
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FITNESS STUDIO

Mon/Wed	11.15am - 8.45pm
Tues/Thur/Fri	10.00am - 8.45pm
(Last Admission 8pm)	
Sat	9.00am - 4.30pm
Sun	10.00am - 4.30pm
(Last Admission 4pm)	

SAUNA SUITE

Mon/Wed/Fri - Male Only	10.00am - 8.30pm
Tues and Thur - Female Only	10.00am - 8.30pm
(Last Admission 7.00pm)	
Sat - Female Only	9.00am - 4.30pm
Sun - Male Only	10.00am - 4.30pm
(Last Admission 3.00pm)	

Visit Lochee Swim Centre and see what is on offer!
Enjoy a swim.....

Relax and pamper yourself
in the sauna suite.....

Tone up in the state-of-the-art
fitness studio.....

Lochee Swim Centre has
something for everyone!

Leisure Concession Card

Are you over 60, receiving benefits or have a disability? You could have access to DUNDEE LEISURE facilities at a concession rate. Pick up a Leisure Concession Leaflet from Olympia, Tayside House reception or call 01382 433524.



ACTIVITY PROGRAMME

Lochee Swim Centre has a varied programme of activities for all ages and abilities designed for fitness and fun.

A comprehensive learn-to-swim programme for all ages and stages of ability.

SWIMMING LESSONS

Mon	1.30pm - 2.15pm	Parent & Toddler
	3.45pm - 5.15pm	School Age
Tue	1.30pm - 2.30pm	Adults
	3.45pm - 4.45pm	School age
	4.45pm - 5.15pm	Adults
Wed	1.30pm - 2.15pm	Parent & Toddler
	3.45pm - 5.15pm	School Age
Thurs	1.30pm - 2.30pm	Adults
	3.45pm - 4.45pm	School age
	4.45pm - 5.15pm	Adults
Fri	10.00am - 11.00am	Disability Sport
		Swimming Adults
	1.30pm - 2.15pm	Aquafit
	3.45pm - 5.15pm	School Age
Sat	8.45am - 10.15am	School Age

For further information on the swimming lessons programme please contact the Aquatic Activity Co-ordinator on 01382-432332.

The above programme will be affected by school holidays, please contact the centre to confirm.

50+ AEROBICS

Mon	10.15am - 11.15am
Wed	10.15am - 11.15am

50+ AQUAFIT

Fri	1.30pm - 2.15pm
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SCHOOL HOLIDAYS -2007/2008

Mon 2 Apr - Fri 13 Apr
Fri 29 June - Mon 13 Aug
Mon 1 Oct - Fri 12 Oct
Mon 24 Dec - Fri 4 Jan 2008

SCHOOL TERM TIMES -2007/2008

Mon 16 Apr - Thurs 28 June
Tues 14 Aug - Fri 28 Sep
Mon 15 Oct - Fri 21 Dec
Mon 7 Jan 2008 - Fri 28 Mar 2008