

REGIONAL PERFORMANCE CENTRE*

Monday		
Athletics	P2-P7	16.00-17.00
Athletics	P5-P7	17.00-18.00
Tuesday		
Athletics	P2-P7	16.00-17.00
Athletics	P5-P7	17.00-18.00
Wednesday		
Athletics	P1-P2	16.00-17.00
Athletics	P2-P4/P5-P7	17.00-18.00
Thursday		
Athletics	P2-P4	16.00-17.00
Athletics	P2-P4	17.00-18.00

DUNDEE ICE ARENA**

Monday/Tuesday		
Public Skating		14.30-16.00
Learn to Skate	Levels 1-5	16.30-17.30
Learn to Skate	Levels 6 - Gold	17.30-18.30
Wednesday/Thursday/Friday		
Public Skating		10.00-11.30
Public Skating		14.30-16.00
Saturday		
Learn to Skate	All Levels	09.00-10.00
Public Skating		10.30-12.00
Public Skating		15.00-16.30
Sunday		
Learn to Skate	All Levels	11.30-12.30
Public Skating		13.00-14.30

MCTAGGART CENTRE ***

Monday		
Gymnastics or Trampoline	P1-P3	16.00-17.00
Gymnastics or Trampoline	P4-P7	17.00-18.00
Trampoline	S1-S6	18.30-19.30
Tuesday		
Trampoline	P1-P3	16.00-17.00
Trampoline	P4-P7	17.00-18.00
Wednesday		
Gymnastics or Trampoline	P1-P3	16.00-17.00
Gymnastics or Trampoline	P4-P7	17.00-18.00
Thursday		
Gymnastics or Trampoline	P1-P3	16.00-17.00
Trampoline	P4-P7	17.00-18.00
Friday		
Trampoline	P1-P3	16.00-17.00
Trampoline	P4-P7	17.00-18.00

* Discounted price of £3.80 per session for members, paid in 7 week blocks (term time)
 ** 50p off admission for under 18s. 10-11.30 Public Skate sessions free to Junior and Teen members subject to availability
 *** Please contact gymnastics@leisureandculturedundee.com for pricing and availability

JUNIOR/TEEN TIMETABLE



12 - 17 YEARS TIMETABLE

DISC

Wednesday		
Urban Moves Seniors	S1+	19.00-20.00
Saturday		
Badminton/Table Tennis/Basketball*	12-17 yrs	15.00-16.00
Sunday		
Badminton/Table Tennis/Basketball*	12-17 yrs	15.00-16.00

DOUGLAS

Tuesday		
SYNRGY Endurance Teen*	12-17 yrs	18.15-19.00
Saturday		
Badminton/Table Tennis/Basketball*	12-17 yrs	12.00-14.00

GROVE

Tuesday		
Urban Moves Seniors	S1+	19.00-20.00
Friday		
Netball	13-16 yrs	19.00-20.00

LOCHEE

Friday		
SYNERGY Endurance Teen*	12-17 yrs	18.00-18.45

MENZIESHILL COMMUNITY HUB

Thursday		
Netball	13-16 yrs	19.00-20.00
Saturday		
Badminton/Table Tennis/Basketball*	12-17 yrs	16.00-18.00

ST. PAULS

Tuesday		
Urban Moves Dance Fitness****	12+	19.30-20.15

FREEKICKZ DIVERSIONARY FOOTBALL**

Ballumbie Primary School		
Tuesday	12-18 yrs	18.30-20.00
Hilltown Community Campus		
Wednesday	12-18 yrs	18.30-20.00
Craigie High School (Astroturf)		
Friday	12-18 yrs	19.30-21.00

ROOKIE LIFEGUARD***

Grove		
Monday	Bronze +	20:00-20.30
St Pauls		
Saturday	Bronze +	11.30-12:00

For enquiries and booking please email:

Athletics: athletics@leisureandculturedundee.com
Dundee Ice Arena: info@dundeeicearena.co.uk
Football: football@leisureandculturedundee.com
Golf: golfdundee@leisureandculturedundee.com
Gymnastics & Trampoline: gymnastics@leisureandculturedundee.com
Netball: netball@leisureandculturedundee.com
Ready, Steady, Go!: megan.sands@leisureandculturedundee.com
Swimming Lessons/Rookie Lifeguard: aquaticactivities@leisureandculturedundee.com
Urban Moves Dance: urban.moves@leisureandculturedundee.com



* Book directly via centre or Teen Fitness link on the app
 ** Free for all attendees, do not need to be Leisureactive members
 *** Must be booked via Aquatic Activities team and swim test to assess ability undertaken
 **** 12-16s must be accompanied by an adult

Junior & Teen Memberships also include:

Free access to 9-hole course at Caird Park (under 12s accompanied by an adult)
 10% off entry to Camperdown Wildlife Centre: info@camperdownwildlifecentre.com
 20% off group activities at Ancrum Outdoor Centre: ancrum.centre@leisureandculturedundee.com

JANUARY 2023



0 - 11 YEARS TIMETABLE

DOUGLAS

Tuesday		
Mini Kickers	3-4 yrs	16.00-16.45
Thursday		
Soccer Centre	6-8 yrs	16.00-17.00
Urban Moves Juniors	P4-P7	16.30-17.30
Soccer Centre	9-12 yrs	17.00-18.00
Friday		
Gymnastics*	P1-P4	15.45-16.45
Gymnastics*	P4-P7	16.45-17.45

ST. PAULS

Monday		
Urban Moves Juniors	P1-P3	17.45-18.45
Urban Moves Juniors	P4-P7	18.45-19.45
Sunday		
Urban Moves Juniors	P4-P7	11.30-12.30
Urban Moves Juniors	P1-P3	12:30-13:30

GROVE

Friday		
Netball under 13s	10-12 yrs	18.00-19.00

READY STEADY GO*

Baby Massage	Birth +
Baby Yoga	8 weeks +
Boogie Babies	8 weeks +
Baby Gym Time	8 weeks +
Little Gym Time	1 year +
Family Gym Time	0-5 yrs
Little Movers	From walking
Messy Play	4 months +

MENZIESHILL COMMUNITY HUB

Tuesday		
Gymnastics*	3-5 yrs	15.45-16.30
Gymnastics*	P1-P3	16.30-17.30
Gymnastics*	P4-P7	17.30-18.30
Wednesday		
Soccer Centre	6-8 yrs	16.00-17.00
Soccer Centre	9-12 yrs	17.00-18.00
Saturday		
Mini Kickers	3-4 yrs	10.00-10.45
Mini Kickers	18 mnths-3 yrs	11.00-11.45

DISC

Wednesday		
Soccer Centre	5 yrs	16.30-17.30
Urban Moves Juniors	P4-P7	18.00-19.00
Friday		
Soccer Centre	6-8 yrs	16.00-17.00
Soccer Centre	9-12 yrs	17.00-18.00

DUNDEE ICE ARENA

Monday		
Snow Babies	Under 5s	12.00-13.00
Tuesday		
Snow Babies	Under 5s	12.00-13.00
Grove		
Monday	Bronze +	20:00-20.30
St Pauls		
Saturday	Bronze +	11.30-12:00

* Classes may be full but waitlists are available – please contact gymnastics team or visit www.leisureandculturedundee.com/trampoline-and-gymnastics-term-time-waiting-list
 ** For current times and locations please contact Ready, Steady, Go!
 *** Must be booked via Aquatic Activities team and swim test to assess ability undertaken