

EARLY YEARS

READY STEADY GO

Pram Walk	Birth +
Baby Massage	Birth +
Baby Yoga	8 weeks +
Baby Reflexology	8 weeks +
Boogie Babies	8 weeks +
Baby Gymtime	8 weeks +
Family Gymtime	0-5 yrs
Oh Baby Fitness	0-5 yrs
Messy Play	6 months +
Water Play	6 months-4 yrs
Little Gymnasts	3-4 yrs
Little Gymtime	1 yr +
Little Movers	From walking
Little Kickers	18 months-3 yrs
Mini Kickers	3-5 yrs
Pre-School Gymnastics	4-5 yrs

Book via Class for Kids: <https://lacd.classforkids.io/>

Enquiries: louise.bennett@leisureandculturedundee.com

For current times and locations please visit the digital timetable and select 'Early Years'
www.leisureandculturedundee.com/leisure/timetable

DUNDEE ICE ARENA

Monday		
Snow Babies	Under 5s	12.00-13.00
Tuesday		
Snow Babies	Under 5s	12.00-13.00

No booking required just pay on arrival

Enquiries: info@dundeeicearena.co.uk

 [leisureandsportdundee](https://www.facebook.com/leisureandsportdundee)   [lacdundee](https://www.instagram.com/lacdundee)

leisureandculturedundee.com

SCHOOL AGE / 5+

DISC

Wednesday		
Urban Moves Juniors	P4-P7	18.00-19.00

Friday		
Football	5-8 yrs	16.00-17.00

DOUGLAS

Thursday		
Football	5-8 yrs	16.00-17.00
Urban Moves Juniors	P4-P7	16.30-17.30
Football	9-12 yrs	17.00-18.00

Friday		
Gymnastics*	P1-P4	15.45-16.45
Gymnastics*	P4-P7	16.45-17.45

HARRIS

Monday		
Urban Moves Juniors	P1-P3	10.00-11.00
Urban Moves Juniors	P4-P7	11.00-12.00

ST. PAUL'S

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

MENZIESHILL COMMUNITY HUB

Tuesday		
Gymnastics*	P1-P4	16.30-17.30
Gymnastics*	P4-P7	17.30-18.30

Wednesday		
Football	5-8 yrs	16.00-17.00
Football	9-12 yrs	17.00-18.00

DISCOUNTED ACTIVITIES

REGIONAL PERFORMANCE CENTRE

Monday		
Athletics	P2-P7	16.00-17.00
Athletics	P5-P7	17.00-18.00

Tuesday		
Athletics	P2-P4	16.00-17.00
Athletics	P5-P7	17.00-18.00

Wednesday		
Athletics	P1-P2	16.00-17.00
Athletics	P2-P7	17.00-18.00

Thursday		
Athletics	P2-P4	16.00-17.00
Athletics	P2-P4	17.00-18.00

McTAGGART CENTRE

Monday		
Gymnastics*	P1-P4	16.00-17.00
Gymnastics*	P4-P7	17.00-18.00

Wednesday		
Gymnastics*	P1-P4	16.00-17.00
Gymnastics*	P4-P7	17.00-18.00

Thursday		
Gymnastics*	P1-P4	16.00-17.00

Bookings and Enquiries

Book via CONNECT online booking

Urban Moves Dance:

leisureandculturedundee.com/Connect/mrmlogin.aspx

Enquiries: urban.moves@leisureandculturedundee.com

Football:

leisureandculturedundee.com/Connect/mrmlogin.aspx

Enquiries: football@leisureandculturedundee.com

Athletics:

athletics@leisureandculturedundee.com

*Gymnastics:

Join the waiting list:
leisureandculturedundee.com/leisure/gymnastics-trampoline/term-time-waiting-list

Enquiries: gymnastics@leisureandculturedundee.com

Unlimited swimming at Olympia, Lochee Swimming & Leisure Centre, Grove, Harris and St Paul's Swim & Sport Centres including leisure swimming, Family Fun Swim sessions and lane swimming (from age 8)

Learn to Swim programme**
(subject to availability)

Register your interest online:

leisureandculturedundee.com/leisure/learn-to-swim

Enquiries: aquaticactivities@leisureandculturedundee.com

SWIM



GOLF



Access to the 9-hole course at Caird Park including club hire (under 12s accompanied by an adult)

RACKET SPORTS



Book to Play Badminton, Pickleball & Table Tennis

Intro to Pickleball & Group Pickleball Sessions

ALL YEAR ROUND

Junior Memberships also include:

Discounted entry at Dundee Ice Arena to Public Skate and Learn to Skate sessions
info@dundeeicearena.co.uk

10% off entry to Camperdown Wildlife Centre:
info@camperdownwildlifecentre.com

20% off group activities at Ancrum Outdoor Centre:
ancrum.centre@leisureandculturedundee.com