

12-17 YEARS

# teen timetable

## DISC

WEDNESDAY

URBAN MOVES DANCE

S1+

19:00 - 20:00

## DOUGLAS

SATURDAY

GENTLE & ACTIVE MOVERS

S1+

10:15 - 11:15

## GROVE

TUESDAY

URBAN MOVES DANCE

S1+

19:00 - 20:00

FRIDAY

TEEN NETBALL

S1+

19:00 - 20:00

## McTAGGART

MONDAY

TEEN TRAMPOLINING\*

S1+

18:15 - 19:15

THURSDAY

TEEN GYMNASTICS\*

S1+

18:00 - 19:30

## RPC

THURSDAY

TEEN ATHLETICS

S1+

17:00 - 18:00

## ALL YEAR ROUND RACKET SPORTS

- Book to Play Badminton, Pickleball & Table Tennis
- Intro to Pickleball & Group Pickleball Sessions

## GYM

- Access from age 12 (when accompanied by an adult) to Grove, Harris and St Paul's Swim & Sports Centres
- Access from age 14 to Olympia, Lochee Swimming & Leisure Centre, DISC, Douglas Sports Centre, Grove, Harris and St Paul's Swim & Sports Centres
- Both on completion of an induction, PARQ and age verification)

## SWIM

- 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: [activedundee.co.uk/activities/learn-swim](https://activedundee.co.uk/activities/learn-swim)
- Enquiries: [aquaticactivities@leisureandculturedundee](mailto:aquaticactivities@leisureandculturedundee)

### Teen Memberships also include:

**10% off entry to Camperdown Wildlife Centre**  
[info@camperdownwildlifecentre.com](mailto:info@camperdownwildlifecentre.com)

**20% off group activities at Ancrum Outdoor Centre**  
[ancrum.centre@leisureandculturedundee.com](mailto:ancrum.centre@leisureandculturedundee.com)

**Discounted entry at Dundee Ice Arena to Public Skate and Learn to Skate sessions** [info@dundeicearena.co.uk](mailto:info@dundeicearena.co.uk)

Please note that all programmes are subject to change. Check online for the most up-to-date timetable: [activedundee.co.uk/timetables](https://activedundee.co.uk/timetables).

Please contact the gymnastics team directly to enquire on availability of gymnastics & trampolining and make a booking. Activities at McTaggart Centre can not be booked directly via Connect.

All information correct at the time of circulation Apr 2025.

### Bookings and Enquiries

Book via CONNECT online booking

#### Enquiries:

[urban.moves@leisureandculturedundee.com](mailto:urban.moves@leisureandculturedundee.com)  
[athletics@leisureandculturedundee.com](mailto:athletics@leisureandculturedundee.com)  
[gymnastics@leisureandculturedundee.com](mailto:gymnastics@leisureandculturedundee.com)

#### General Enquiries:

[leisureandsport@leisureandculturedundee.com](mailto:leisureandsport@leisureandculturedundee.com)