

12-17 YEARS

teen timetable

DISC

WEDNESDAY

URBAN MOVES DANCE	S1+	19:00 - 20:00
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DOUGLAS

SATURDAY

GENTLE & ACTIVE MOVERS	S1+	10:15 - 11:15
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GROVE

TUESDAY

URBAN MOVES DANCE	S1+	19:00 - 20:00
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FRIDAY

TEEN NETBALL	S1+	19:00 - 20:00
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McTAGGART

MONDAY

TEEN TRAMPOLINING*	S1+	18:15 - 19:15
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THURSDAY

TEEN GYMNASTICS*	S1+	18:00 - 19:30
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RPC

THURSDAY

TEEN ATHLETICS	S1+	17:00 - 18:00
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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
- Enquiries: aquaticactivities@leisureandculturedundee

Teen Memberships also include:

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

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

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

Please note that all programmes are subject to change. Check online for the most up-to-date timetable: 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
athletics@leisureandculturedundee.com
gymnastics@leisureandculturedundee.com

General Enquiries:

leisureandsport@leisureandculturedundee.com