

Ukraine Activity Package

Option 1

Family Active – Family membership (minimum 1 adult, 1 child) enabling free access to LACD swimming sessions, Ice Skating sessions and the Ready Steady Go programme (Early years 0-5).

Activate – Individual membership enabling free access to LACD swimming sessions, ice skating sessions, gyms (14+) and 1 term of a weekly sports specific class*

*Sport specific include Dance, Football, Athletics, Netball, Gymnastics & Trampolining if available.

Football - <http://www.leisureandculturedundee.com/leisure/football>

Dance - http://www.leisureandculturedundee.com/sites/default/files/Urban-Moves_270622.png

Athletics - <http://www.leisureandculturedundee.com/leisure/athletics>

Netball - <http://www.leisureandculturedundee.com/leisure/netball>

Gymnastics & Trampolining - <http://www.leisureandculturedundee.com/leisure/gymnastics-trampolining>

Both memberships' will be reviewed in 12 week's.

Registration for these programmes will be as follow's

Friday 12th August 2022

10am – 10.45am Stay Bridge Hotel

11am – 11.45am Apex Hotel

12pm – 12.45pm Queen's Hotel

Option 2

Holiday Camp

Football camp spaces are available between 8th – 12th Aug at DISC from 10am – 3pm

October Holiday camp's TBC

Option 3

4 Week Taster Tour

Activity	Location	Duration
Football	Queens hotel	1 hour session
Dance	Queens hotel	1 hour session
Multi Sport	Queens hotel	1 hour session
Gym Time (AGE 0-5)	Menziesshill CH or Douglas SC	1 hour session
Family Fun (AGE 5+)	Mctaggart	1 hour session

Day's and times to be confirmed.

Option 4

FREE existing activities for Adult's are already available to access.

Parklives

Session name	Location	Demographic	Day / Time
Yoga	Dawson park	18+	Monday 1.30-2.15
Circuits	Lochee park	18+	Monday 6.15-7pm
Pilates/Yoga	Baxter park	18+	Wednesday 1-1.45pm
Tabata	Baxter park	18+	Wednesday 7.30-8.15pm

Step's to Health

Session name	Location	Demographic	Day / Time
Health Walk	Charleston Community Centre	Adults	Tue – 10.30 – 11.30am
Health Walk	Olympia	Adults	Wed – 9.45 – 10.45am
Health Walk	Douglas Sports Centre	Adults	Wed – 1.15 – 2.15pm
Roseangle Walk	Roseangle Café	Adults	Mon - 11:15 for 11:30am
Buggy Walk	Menzieshill Community Hub	Buggies	Tues 12:45 for 1pm
Dawson Park	Community Garden	Adults	Thur 10am
Buggy Walk start	Broughty Ferry Library	Buggies	Wed 12:45pm for a 1pm