

October Holiday Activities



Free Family Fun Sessions

To take part in the Free Family Fun Sessions email Active.schools@dumgal.gov.uk to register the names of all individuals joining us (places may be limited).

Parents/guardians must stay with the children throughout the sessions.

Please book in advance



Family Fun Activities Lorimer Park, Sanquhar

Thursday 25th October
10am - 12noon
For everyone!
Activities will include fun athletics and games.

Family Fun Activities Wallace Hall Playing Fields, Thornhill

Thursday 25th October
1.30pm - 3.30pm
For everyone!
Activities will include fun athletics and games.

Family Table Tennis Dumfries Table Tennis Club

Wednesday 17th October
10am - 11.30am
Wednesday 24th October
1pm - 2.30pm
A great chance to play games and develop skills. Beginners welcome - why not challenge Mum, Dad, Granny and Grandad!

Family Tartan Touch Rugby

Annan Rugby Club,
Violetbank Grounds
Wednesday 24th October
6pm-8pm
For all ages from 5+ years

Family Orienteering Raydale Park, Gretna

Thursday 25th October
1pm-3pm
For all the family

Family Badminton Ryan Centre, Stranraer

Sundays | 10am-11am
For everyone!
Fun free family drop in. Open to any age or ability just turn up and play

Family Walk Agnew Park, Stranraer

Friday 26th October | 1-2pm
Meet Agnew Park Pavilion
For all ages from 8+ years
Family walk along the shore towards Kirkcolm and back bring plenty of snacks and water

Family Off Road Cycling Stranraer Academy

Friday 26th October
10am-11am
For all ages from 8+ years
Using the approach bike trail we will learn some off road cycling skills and do some family cycling

Breeze Ride Meet at Stranraer Academy

Thursday 25th October
10am - 12noon
Girls Only 16+ years
Fun sociable cycle. Bring a bike, helmet appropriate clothing and plenty of water

Family Racket Sports Moffat Academy

Wednesday 17th October
1pm - 3pm
For all ages from 5+ years
This session allows young and old to try various rackets sports including tennis, badminton and table tennis.

Test Series Touch Rugby

Langholm 3G Pitch
Tuesday 16th October
6.30pm - 8.00pm
For ages 5-18
(but adults welcome to join in)
A fun autumn Test Series of Touch Rugby with Langholm Rugby Club in partnership with Xcel Project. Children and adults who wish to join in will be split into teams including Scotland, South Africa, Fiji and Argentina

Family Sports Day Eskdale Sports Centre, Langholm

Wednesday 24th October
10am-2pm
For all the family
In partnership with Xcel Project, try a variety of fun sporting activities with the whole family. Sports include badminton, table tennis, basketball, fun fitness activities and much more. Please bring a packed lunch and plenty drink.

Multi-Sports Lockerbie Academy

16th, 18th, 23rd & 25th October
1pm - 3pm
For all ages from 5+ years
A family friendly way for parents and children to take part in sports and activities

Table Tennis, Tennis and Tea

Dalbeattie Learning Campus

16th October | 6pm - 7.30pm

Kirkcudbright Academy

25th October | 10.30am - 12noon
For all the family
Indoor trainers are required.

Princess Power Day

Castle Douglas High School

24th October | 1pm -3pm
For pre school and primary aged children
Dance, baton twirling, Highland dancing, arts and crafts and so much more! Come and join us for our celebration of dance - wear comfortable clothing, or your princess dresses and smart clothes.
Indoor trainers or dancing shoes only.

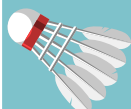
Spooky Halloween Walk

Dalbeattie, Townwood Forest Car Park

26th October | 1pm - 3pm
For all the family
A Spooky family walk, filled with ghouls, ghosts and surprises. Come in fancy dress, or in old clothes and lets explore the frightful forest!



Nithsdale Active Schools and Community Sport
Stewartry Active Schools and Community Sport
Wigtownshire Active Schools and Community Sport
Annandale and Eskdale Active Schools and Community Sport



Club and Community Sport

These activities are organised with clubs or partners that have achieved or are working towards Sports Club Accreditation or a partnership agreement with us. Some of the Terms and Conditions of the sessions are set independently.

Multi-Sports Camps

Games, sports, fun, arts, crafts, fitness and fun!

For Primary 1 - 7 10am - 3pm

10am - 12noon Half Day (Morning) £5

1pm - 3pm Half Day (Afternoon) £5

1pm - 2pm Lunch Club £1

(Bring a packed lunch and drinks)

10am - 3pm ALL DAY Special Price of £10

Mon 15th October Annan Academy Games Hall

Tues 16th October Moffat Academy Games Hall

Wed 17th October Lockerbie Academy Games Hall

Thur 18th October Langholm Academy Games Hall

Fri 19th October Lochmaben Centre

Mon 22nd October Annan Academy Games Hall

Tues 23rd October Moffat Academy Games Hall

Wed 24th October Lockerbie Academy Games Hall

Thur 25th October Langholm Academy Games Hall

To book please call or visit Annan

Swimming Pool on 01461 625025

Please book in advance

Lets Get Sporty Holiday Camps

Please book in advance

Georgetown Community Centre

Lets Get Sporty holiday camps give participants the opportunity to play several sports including football, basketball, hockey and athletics. Designed for Boys and Girls aged 4 to Primary 7 the week will be filled with fun games with prizes to be won.

Week 1 - Monday 15th - Friday 19th October

Week 2 - Monday 22nd - Friday 26th October

For 4 year olds - Primary 7

8.30am - 10am Breakfast Club £4

10am - 12noon Half Day (Morning) £5

1pm - 3pm Half Day (Afternoon) £5

10am - 3pm Full Day £10

3pm - 4pm Fruit and Fun £4

12noon - 1pm Lunch Club £3

For further information or to book

contact 01387 248942,

email bookings@letsgetsporty.com

or visit www.letsgetsporty.com



Please book in advance

Play Golf

Crichton Golf Club, Dumfries

Monday 15th October - Friday 19th October.

10am - 12noon

7-15 year olds

£2 per hour

Play Golf is aimed at kids wanting or able to play golf and have fun learning only equipment required flat soled trainers or golf shoes if you have them, clubs can be supplied if required so come and have some holiday fun.

Please contact 01387 254946 or email crichtongolf@hotmail.co.uk to book



Lockerbie Academy Tennis

Join in and learn something new (no experience required) for all abilities

15th, 16th, 18th & 22nd October

10am-1pm | £1

5 and over (under 8's must be accompanied by an adult)

To book please email

Active.schools@dumgal.gov.uk

Please book in advance

Football - Greystone Rovers Pay and Play Football £2

Dumfries High School David Keswick Athletic Centre 3G Pitch

Monday to Friday in the October Holidays

9am - 3pm

Upper Primary and Secondary ages (Boys and Girls)

Pay and Play session, No booking required. £2 per day, pay at the gate. Supervised but not coached activity. Drop in anytime with your friends and play.

3G/Moulded Football boots must be worn.

Further information at www.greystoneroversfoundation.co.uk

Drop in and join us!



Football - David Keswick Athletic Centre 3G Pitch

Monday 15th - Friday 19th October and Monday

22nd - Friday 26th October

Primary 1-7 boys and girls

9am-3pm

Individual Full Days and/or Individual Half Day

9am - 12noon / 12noon - 3pm

Full Week £44 | £10 per day full day | £5 per ½ day

Camps are open to all primary aged children, including all NON Greystone members, bring your friends! Footwear suitable for indoor and 3G pitch must be worn.

To book go to

www.greystoneroversfoundation.co.uk

Please book in advance

Rugby Coaching

Annan Rugby Club, Violetbank Grounds

Wednesday 17th October

10am-1pm (please bring lunch and drinks)

Primary 1 - 7

Free

To book please email

Active.schools@dumgal.gov.uk

Please book in advance

Rugby Taster

Moffat Rugby Club

Thursday 25th October

Primary 1 - 3 | 12.30pm - 1.30pm

Primary 4 - 7 | 1.45pm-2.45pm

FREE

In partnership with Moffat Rugby Club, these taster sessions will be delivered by Moffat Rugby Club head coach, Cammy Little, and will focus on kicking, passing and handling with fun games.

To book please email

Active.schools@dumgal.gov.uk

Please book in advance

Racketball

Laurieknowe Squash & Racketball Club, Dumfries

Tuesday 16th & Tuesday 23rd October

11.30am - 1pm

8+ years

£2.50

Our sessions are the ideal opportunity to try out this fun activity for children over 8. Clean court shoes are required

(not black-soled running shoes please) and loose clothing. All equipment provided. All children whilst on court must wear protective eyewear (provided).

Booking essential please call Keith on 07710 462909 or email

keith@laurieknowesrc.co.uk

Please book in advance

Golf Practice

Thornhill Golf Club

Wednesday 17 October and Friday 19 October

Wednesday 24 October and Friday 26 October

10am-1pm | For 8-16 years

£2 for non-members (goes towards a membership) Come along and practice some golf on the practice area, and/or play 3, 6, 9, 18 holes of golf.

To book and for further information visit www.thornhillgolfclub.co.uk.

Tel 01848 331779 (Office) or

01848 330546 (Clubhouse)

Please book in advance

Club and Community Sport

These activities are organised with clubs or partners that have achieved or are working towards Sports Club Accreditation or a partnership agreement with us. Some of the Terms and Conditions of the sessions are set independently.



Netball with Molly Mixture

Heathhall Primary School
Thursday 18th October
10am - 12noon
Primary 4 - 7
£2

Netball skills, drills and games with Molly Mixture. The sessions will look at the development of movement and game play

To book please email Active.schools@dumgal.gov.uk

Please book in advance

Family Tennis

Locharbriggs Village Hall

Friday 19th October
10am - 12noon
£5 per family

Practice your tennis skills and play games, this session is for all abilities. Equipment provided or bring your own racket. In partnership with Advance Tennis Coaching.

To book please email Active.schools@dumgal.gov.uk



Please book in advance



Breeze Family Cycle Rides

Tuesday 23rd October
Meet at Dock Park
First ride starts at 10am, second ride at 1pm
FREE

Must be booked via www.letsride.co.uk

Rides approx. 5 miles, must have a road worthy bike, helmet and be capable of riding independently 5 miles

Please book in advance

Train Like a pro Rugby Camp Stewartry Rugby Club, Castle Douglas

Primary School Children
16th October | Secondary 1-6 | 10-3.30pm
17th October | Primary 4-7 | 10-3.30pm
18th October | Secondary 1-6 | 10-3.30pm
£20 per day

'Train like a pro' gives all budding young rugby players a chance to take part in training, nutritional workshops, gym based sessions and intense skills development workshops with club development officer John Muir.

Book at www.Stewartryrugby.co.uk

Please book in advance



Hockey

King George V Park, Dumfries

Tuesday 16 and 23 October
6pm-7pm | Primary 3 - 7
£2 for non-members
Wednesday 17 and 24 October
6pm-7pm | Secondary 1 - 6
£2 for non-members

Whether you are new and want to enjoy your first hockey experiences or have played before, come along and enjoy and develop your game in a fun and safe learning environment.

To book contact Gladys McClymont on 07801 304442 or email gmclimont@aol.com

Please book in advance

Gymnastics Camps

Castle Douglas Town Hall

Head Over Heels

17th October | 10am - 10.45am
For Pre-school children
£3.25

To book email Stewartryactiveschools@dumgal.gov.uk



Please book in advance

Train Like a Champion

17th October 11am - 12.30pm
For Primary school children
£6.45

Train Like a champion! This is a perfect opportunity for all budding gymnastics to come and try the sport and for those who wish to develop further. Spaces fill fast so be sure to book quickly!

To book email Stewartryactiveschools@dumgal.gov.uk





Football

Please book in advance

Merrick Leisure Centre

Monday 15th and Tuesday 16th | 4-6pm
Primary 1-7 | £4.60 per session

To book please call or visit the Merrick Leisure Centre (Newton Stewart) 01671 404301

Stair Park, Stranraer

Thursday 18th and Friday 19th | 4-6pm
Primary 1-7 | £4.60 per session

To book please call or visit the Ryan Centre (Stranraer) 01776 703535

Birkland Park, Castle Douglas

Monday 22nd, Wednesday 24th and Friday 26th | 10am-12
Primary 1-7 | £4.60 per session

To book please call or visit Castle Douglas Swimming Pool on 01556 502745

St Mary's 3G, Kirkcudbright

Monday 22nd, Tuesday 23rd and Thursday 25th | 1pm-3pm
Primary 1-7 | £4.60 per session

To book please call or visit Castle Douglas Swimming Pool on 01556 502745

Queen of the South Arena, Dumfries

Monday 22nd to Friday 26th October | 10am - 2pm
Primary 1-7 | £46 for the week or £23 for the mornings (10-12pm)

To book please call or visit Dumfries Ice Bowl on 01387 251300

Lockerbie Academy Games Hall

Wednesday 17th and Thursday 18th October | 10am-2pm
Primary 1-7 | £9.20 per session

To book please call or visit Annan Swimming Pool on 01461 625025

Galabank, Annan

Monday 22nd to Friday 26th October | 10am-2pm
Primary 1-7 | £9.20 per session

To book please call or visit Annan Swimming Pool on 01461 625025

Annan Swimming Pool St John's Rd, Annan DG12 6AQ Tel 01461 625025

Intensive Lessons

15th-19th October 2018 (5 days) | 9am - 11am | £22 (30min lessons)
These intensive short courses run during school holiday periods and are designed to help your children develop their skills in a short space of time. They are open to everyone, including those already on our swimming lessons programme

Please book in advance

Family Swim

15th to 19th and 22nd to 26th October | 11am - 1pm
For all ages - Adult £4.10 | Junior £2.60 | Over 60s £2.40
Enjoy a family fun day out at one of our family swimming sessions. Remember Club members get in free

Drop in and join us!

Float Fun

15th, 17th, 18th and 19th and 22nd, 24th, 25th and 26th October
1.30pm - 3pm
For all ages - Adult £4.10 | Junior £2.60 | Over 60s £2.40
Add extra excitement to your family swim by attending a fun packed session with various brightly coloured floats. A fun experience for children of all ages. Children under 8 must be accompanied by an adult.

Drop in and join us!

Castle Douglas Swimming Pool, Market St, Castle Douglas DG7 1BE. Tel 01556 502745

Halloween Party

Fancy dress optional no face paints. Lots of fun and games
27th October | 2pm-3pm
Open to all (under our ratio policy) £2.60 per child | £4.10 per adult



Please book in advance

Synchro Fit

18th & 25th October | 2pm-3pm
For all ages but must be a competent swimmer (deep water) £2.60
Come along and try our synchronised core aquatic skills and stroke technique working to music

Drop in and join us!

SWIMMING RATIOS



Hillview Leisure Centre

Kirkland Drive, Kelloholm, Sanquhar DG4 6ST Tel 01659 67777

Bouncy Castle and Soft Play Sessions

Wednesday 17th and 24th October
Thursday 18th October
10am - 11am | For 0-4 years
11am - 12noon | For 4-8 years
£2.30

Enjoy exploring, building & destroying towers in this fun packed session, under the safe supervision of our Leisure and Sport team. All pre-school children's guardians, must stay in the hall during these sessions.

Drop in and join us!

Games Academy

Wednesday 24th October
2pm - 3pm
5-12 years
£2.30
Our Games academy offers your child a range of sports, physical activities and fun games, that everyone can take part in.

Drop in and join us!

Boccia & New Age Kurling

Thursday 18th & 25th October
2.15pm - 3.15pm
5+ years
£2.30
You will Learn how to aim and deliver, to the targets and beat your score through Boccia and New Age Kurling.

Drop in and join us!

Teen Gym

Tuesday 16 & 23rd October
2.15pm - 3.15pm
14 - 17 years
£2.30

Our instructor led Teen Gym programme led by David is a dedicated teen only class for 14 years and over is ideal whether you want to lose weight, get fit or build muscle.



Drop in and join us!

Gymnastics

Thursday 25th October
10am - 11am (Pre-school)
£2.30

Thursday 25th October
11am - 12noon (5-12 years)
£2.30

Suitable for beginner and developing gymnasts, whether you are new and want to enjoy your first experiences in gymnastics or have done some gymnastics before, our coaching programme is designed for everyone to benefit. Enjoy and develop in a fun and safe learning environment.

Please book in advance

Team Circuits

Thursday 18th & 25th October
3.30pm - 4.30pm
14+ year
£2.30

Looking for something a bit different to do with your mates? Get yourself ready to go, for this challenging team circuit class aimed at 14 - 17 age group, lead by our Instructor David.



Drop in and join us!

Fun Pool, Sanquhar

Blackaddie Road, Sanquhar DG4 6DB tel 01659 58018

Family Float Session

15th-26th October
1.30-2.30pm
Monday, Wednesday, Thursday's
All ages
£2.60

Have a great laugh, with all the team, at the fun pool, in this action packed hour

Drop in and join us!

Teddy Bears Picnic

Friday 19th & 26th October
1.30pm-2.30pm
0-4 years (Pre-school)
£2.60

On coming to the pool look forward to a fun filled mother and toddler session, followed by lunch at reception. (Please bring your own lunch for your child & favourite teddy)

Drop in and join us!

Aqua-Juniors

Wednesday 17th & 24th October
4pm-5pm
8 years and over
£2.60

Aqua Juniors is an upbeat class that will ensure you are working out, boosting your fitness levels and having a great time! Come along & boogie to your favourite tunes, in the water, under the instruction, of Mag and Coral.

Drop in and join us!

Team Challenge

Wednesday 17th & 24th October
2.45pm-3.45pm Teenagers
£2.60

Come and take part in the alpha & omega challenge, with team leaders, Stuart and Coral. This fun filled, action packed activities. May the best team win

Drop in and join us!

Introduction to Lifesaving and First Aid

Tuesday 16th & 23rd October
2pm-3pm
Suitable for Swim Scheme Level 2 & above
£2.60

Learn about what to do in an emergency, in or round water, or what to do if somebody is ill. To find out more why not come along.
Must be at Swim Scheme Level 2 or above to participate

Drop in and join us!

Triathlon

Lorimer Park / FUN Pool, Sanquhar

Monday 22 October
1pm-3.15pm
7-14 years
FREE

A fun skills session incorporating the phases of triathlon (swim/bike/run) followed by a mini triathlon. Please bring sportswear, swimwear, a dry change for after, bike and helmet (where possible, available to borrow on request), drink and a snack. To book email Rebecca rebeccabryson@triathlontrust.org

Please book in advance

It's a Knockout!

Monday 15th October
3pm - 4pm
All ages
£2.60

It's a knockout themed event, full of fun and games. To find out more, come along

Drop in and join us!

Ryan Centre

Fairhurst Road,
Stranraer DG9 7AP

Tel 01776 703535



Merrick Leisure Centre

Corsbie Road, Newton
Stewart DG8 6JQ

Tel 01671 404301

Splashdown

15th, 18th, 22nd & 25th October
10.30am - 11.30am
8 - 12 years (must be confident swimmers)
£3.50

Come and test your water skills against the challenging Whirlegig pool inflatable in this hour-long water adventure. Can you make it to the end before the Gig gets you?

Drop in and join us!

Public Swimming

15th - 26th October
Full October Holiday programme contact reception for times tel Tel 01776 703535
£2.60

Drop in and join us!

Ryan's Den Soft Play Area

15th - 26th October
Weekdays 8am - 6pm
Saturday and Sunday 8am - 4pm
For up to 7 years old | £1.85

Drop in and join us!



Spellbound

16th, 19th, 23rd & 26th October
10am - 2pm and/or 2pm - 3.45pm
Primary 1-7
£4 / £8

Join the Witches and Wizards of Stranraer YMCA and the Ryan Centre for a day of spooky, spell-binding fun from 10am-3.45pm. These fun filled sessions will be packed with Halloween themed sport activities, arts and crafts, swimming (8+), lunch (included) and cinema for a spooktacular price of £8 per child. (Cinema can be purchased separately for £4, and films run from 2-3.45pm)

All Cinema Screenings are relaxed and are designed for anyone who would benefit from a more easy-going environment, including people with Autism spectrum conditions, learning difficulties, dementia and families with young children. Low lights will remain on in the Auditorium and the volume will be lowered. You are free to move around and make noise, or take a break during the film. Staff will be available to assist with seating and access arrangements.

Films: 16th October - **Casper**
19th October - **Addams Family Values**
23rd October - **Matilda**
26th October - **Hocus Pocus**

Please book in advance

YMCA Picnic & Play Agnew Park

15th & 22nd, 17th & 24th October
12noon - 2.30pm
Primary 1-7
Donations please
Join the YMCA Play Rangers in Agnew Park for 2½ hours of free play and games. Please bring your packed lunch for our picnic in the park, followed by games and sport. Please make sure you bring plenty of water with you.

YMCA Kids Space Youth Group Agnew Park

18th & 25th October
6pm - 8pm
Primary 1-7
£1
Join the YMCA Play Rangers in Agnew Park Pavilion for a 2-hour session of structured play and games

Public Swimming

15th - 26th October
Full October Holiday programme contact reception for times tel 01671 404301
Open to everyone | £2.60

Drop in and join us!

Splashdown

Merrick Leisure Centre
16th, 19th, 23rd & 26th October
2pm-3pm
8 - 12 years (must be confident swimmers)
£3.50
Come and test your water skills against the challenging Determinator pool inflatable in this hour-long water adventure. Can you make it to the end before the Determinator gets you?

Drop in and join us!

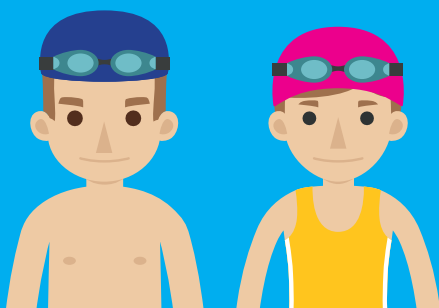
Surf & Turf

Merrick Leisure Centre
17th, 18th, 24th & 25th October
10am - 12.15pm : £4
12.15pm - 1pm (Lunch with the ARC) : £2
1pm - 3pm : £4
Primary 1-7

In the morning, join the Merrick Leisure Centre team for a variety of water and land based activities including Rookie lifesaving skills, water polo, wacky water races, and multisports. (Water activities 8yrs+) Lunch is available in the café for £2, before an afternoon of serious sports coaching from the Active Schools Community Sports' Team!

Booking is essential

Please book in advance



Dumfries Ice Bowl

King Street, Dumfries DG2 9AN Tel 01387 251300



Public Skating

Fun, friendly family day out for all
For all ages
Junior session £4.50 (Skate hire £2.10)
Adult session £5.80 (Skate hire £2.30)

Drop in
and join
us!

Monday 15th - Friday 19th October
12noon - 1.30pm

Monday 15th and Wednesday 17th October
5.30pm - 6.30pm

Saturday 20th and Sunday 21st October
2pm - 3.30pm

Monday 22nd - Friday 26th October
12noon - 1.30pm

Monday 22nd and Wednesday 24th October
5.30pm-6.30pm

Saturday 27th and Sunday 28th October
2pm-3.30pm



Learn to Play Ice Hockey

These sessions are aimed at children with basic skating skills on ice and wish to progress into the sport of Ice hockey.

For those aged 15 years and under
£4.30

Please
book in
advance

Tuesday 16th & Thursday 18th October
4pm-5pm

Saturday 20th October
10.15am-11.15am

Tuesday 23rd & Thursday 25th October
4pm-5pm

Saturday 27th October
10.15-11.15

Snowtots

Our Family session is the perfect opportunity for children under 5 to enjoy first steps onto the ice and play and have fun with toys and equipment, and try skating for the first time with help from our penguins. Please note this session is for 5 years and under only

For ages 5 and under
1 adult and 1 child £4.40 (additional child £2.20)

Drop in
and join
us!

Friday 19th October
11am-12noon

Saturday 20th October
11.30am-12.30pm

Friday 26th October
11am-12noon

Saturday 27th October
11.30am-12.30pm

Female Learn to Play Ice Hockey

Please
book in
advance

These sessions are aimed at women of all ages with basic skating skills on ice and wish to progress into the sport of Ice hockey

Any Age
Junior £4.30
Adult £5.80

Sunday 21st and 28th October
8.45am-9.45am

Disco

8 and upwards
Junior session £4.50 (Skate hire £2.10)
Adult session £5.80 (Skate hire £2.30)

This session is where the lights drop and the music turns up. Aimed at all the family young or old, where we play the latest dance tunes and some true classics. Come get your weekend started off in style. (this session may not be suitable for under 8's but at parents discretion)

Drop in
and join
us!

Friday 19th October
7.30pm-9pm

Friday 26th October
7.30pm-9pm



CLUB DG ONE

Membership

SWIMPROGRAMME

ROOKIE LIFEGUARD & WATER POLO TASTER SESSIONS
MONDAY 15TH & WEDNESDAY 17TH - 13.15-15.15

- 13TH - 28TH OCTOBER 2018 -
OCTOBER HOLIDAYS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.30 - 11.00 LANE SWIMMING	07.30 - 09.00 LANE SWIMMING	07.30 - 13.00 LANE SWIMMING	07.30 - 09.00 LANE SWIMMING	07.30 - 09.00 LANE SWIMMING	12.30 - 14.00 PUBLIC & LANE SWIMMING	09.00 - 11.00 PUBLIC SWIMMING
09.00 - 11.45 PUBLIC SWIMMING	09.00 - 12.45 PUBLIC & LANE SWIMMING	09.00 - 12.00 PUBLIC SWIMMING	09.00 - 15.00 PUBLIC & LANE SWIMMING	09.00 - 17.00 LANE SWIMMING		09.00 - 11.00 WARM WATER EXERCISE
11.00 - 12.00 WARM WATER EXERCISE						11.00 - 15.00 WARM WATER FAMILY FUN SESSION
12.00 - 13.15 LANE SWIMMING		12.15 - 13.00 AQUA		09.00 - 12.00 PUBLIC SWIMMING		15.00 - 16.00 DISABILITY FUN FOR ALL
12.15 - 13.00 AQUA		13.15 - 15.15 FAMILY FUN SESSION		12.15 - 13.00 AQUA		
13.15 - 15.15 FAMILY FUN SESSION	15.30 - 17.00 PUBLIC & LANE SWIMMING			13.15 - 17.00 PUBLIC SWIMMING ★ FREE FOR KIDS ★		
20.30 - 21.30 PUBLIC & LANE SWIMMING	19.00 - 21.30 PUBLIC & LANE SWIMMING	20.30 - 21.30 PUBLIC & LANE SWIMMING				

*FREE FOR
UNDER 18'S SCHOOL
HOLIDAYS ONLY
BETWEEN 13.15-15.15
FRIDAY ONLY

FIND US DG ONE SWIMMING @ DUMFRIES ICE BOWL, KING STREET, DUMFRIES DG2 9LN

COST PRICES FROM 1ST APRIL 2018 - ADULT SWIM: £4.10 / JUNIOR SWIM £2.60 / SENIOR SWIM £2.40 / AQUA AEROBICS £3.00

01387 243550 / CLUB@DUMGAL.GOV.UK / WWW.DGONE.CO.UK

[f/DGONELEISURECOMPLEX](#)



SWIMPROGRAMME

CLUB DG ONE

Membership

#INTHECLUB Here at DG One Swimming @ Dumfries Ice Bowl we offer a 5 Lane swimming pool which is 25m long & 1.2m deep. There are baby changing facilities in both the male and female changing areas. For our less abled swimmers who are unable to use the steps we provide a hoist to assist access in and out of the water.

We are situated next to the Dumfries Ice Bowl where they have a Café area for drink and snacks .

WARM WATER EXERCISE SESSION This is an exclusive group sessions to help rehabilitation and people with disabilities in a warmer pool environment. We heat the water to an average temperature of 31C. There is no need for referral from a GP to attend, but please book weekly in advance at reception. We run our Warm Water Sessions on a Sunday & Monday.

AQUA We run Aquarobics on a Monday, Wednesday and Friday. Coached by one of our friendly experienced Instructors this is a fun way of exercising in the water for everyone. Monday's session water is an average temperature of 31C. Wednesday and Friday's water temperature is an average of 30C.

LANE SWIMMING During our Lane Swimming sessions which run every day except Sunday, we have two lanes available. We have a lane for the more experienced quicker swimmer and a separate lane for those who want to come and enjoy their swimming at a slower pace.

PUBLIC SWIMMING Our Public Swimming sessions are open to all but please note the swimming supervision ratios below.

FAMILY FUN SESSION During this session our water temperature sits at an average of 31C. All the family are welcome in this session where we have floats and toys available to everyone to play with.

SWIMMING RATIOS

ONE ADULT : TWO 4-7 YR OLDS
ONE ADULT : ONE CHILD 3YRS & UNDER



ONE ADULT
TWO
4-7YRS



ONE ADULT
ONE 3 YRS
& UNDER

01387 243550 / CLUB@DUMGAL.GOV.UK / WWW.DGONE.CO.UK

[f/DGONELEISURECOMPLEX](#)

