



**SWIMMING**

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	1000-1030	Parent and child	Pool	Contact Reception	£
Monday	1030-1100	Parent and baby	Pool	Contact Reception	£
Monday	1100-1130	Pre School Stage 1	Pool	Contact Reception	£
Monday	1130-1200	Pre School Stage 1	Pool	Contact Reception	£
Monday	1200-1230	Pre School Stage 1	Pool	Contact Reception	£
Monday	1600-1630	ASA Stage 2	Pool	Contact Reception	£
Monday	1630-1700	ASA Stage 2	Pool	Contact Reception	£
Monday	1700-1730	ASA Stage 3	Pool	Contact Reception	£
Monday	1730-1800	Swim Squads	Pool	Contact Reception	£
Monday	1800-1830	Swim Squads	Pool	Contact Reception	£
Tuesday	1600-1630	ASA Stage 2	Pool	Contact Reception	£
Tuesday	1630-1700	ASA Stage 3	Pool	Contact Reception	£
Tuesday	1700-1730	ASA Stage 4	Pool	Contact Reception	£
Tuesday	1730-1800	ASA Stage 5	Pool	Contact Reception	£
Tuesday	1800-1830	ASA Stage 6	Pool	Contact Reception	£
Wednesday	1600-1630	ASA Stage 2	Pool	Contact Reception	£
Wednesday	1630-1700	ASA Stage 2	Pool	Contact Reception	£
Wednesday	1700-1730	ASA Stage 3	Pool	Contact Reception	£
Wednesday	1730-1800	ASA Stage 5	Pool	Contact Reception	£
Wednesday	1800-1830	ASA Stage 6	Pool	Contact Reception	£
Thursday	1600-1630	ASA Stage 2	Pool	Contact Reception	£
Thursday	1630-1700	ASA Stage 2	Pool	Contact Reception	£
Thursday	1700-1730	ASA Stage 3	Pool	Contact Reception	£
Thursday	1730-1800	ASA Stage 4	Pool	Contact Reception	£
Friday	1020-1050	Parent and baby	Pool	Contact Reception	£
Friday	1050-1120	Parent and baby	Pool	Contact Reception	£
Friday	1120-1150	Parent and child	Pool	Contact Reception	£
Friday	1150-1220	Pre School Stage 1	Pool	Contact Reception	£
Friday	1220-1250	Pre School Stage 1	Pool	Contact Reception	£
Friday	1250-1320	Pre School Stage 1	Pool	Contact Reception	£
Friday	1600-1630	ASA Stage 2	Pool	Contact Reception	£
Friday	1630-1700	ASA Stage 2	Pool	Contact Reception	£
Friday	1700-1730	ASA Stage 3	Pool	Contact Reception	£
Friday	1730-1800	ASA Stage 4	Pool	Contact Reception	£
Saturday	0830-0900	ASA Stage 2	Pool	Contact Reception	£
Saturday	0900-0930	ASA Stage 2	Pool	Contact Reception	£
Saturday	0930-1000	ASA Stage 3	Pool	Contact Reception	£
Saturday	1000-1030	ASA Stage 4	Pool	Contact Reception	£
Saturday	1600-1630	ASA Stage 2	Pool	Contact Reception	£
Saturday	1630-1700	ASA Stage 3	Pool	Contact Reception	£
Saturday	1700-1730	ASA Stage 4	Pool	Contact Reception	£
Saturday	1730-1800	ASA Stage 5	Pool	Contact Reception	£
Saturday	1800-1830	ASA Stage 6	Pool	Contact Reception	£
Sunday	0900-0930	ASA Stage 2	Pool	Contact Reception	£
Sunday	0930-1000	ASA Stage 2	Pool	Contact Reception	£
Sunday	1000-1030	ASA Stage 3	Pool	Contact Reception	£
Sunday	1030-1100	ASA Stage 4	Pool	Contact Reception	£
Sunday	1100-1130	ASA Stage 5	Pool	Contact Reception	£

**ALLSTARS SWIM COACHING PROGRAMME**

Our ASA endorsed All Stars Swim Programme is a high quality progressive coaching programme providing skill, development, fun, fitness and social interaction for children.

**KEY**

£ Additional Fees for this class

P Classes require parental supervision at all times

\* Child activities that coincide with adult classes

Swim and Tennis All Stars programmes run during term time only.

Please note that all classes on the programme for children under the age of three require parent/guardian supervision at all times - excluding the crèche, this service is chargeable.

DAY	TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
Monday	0900-1300	Tinies Crèche	Crèche	Pilates Studio	(Under 3's) & (3-4's)	£
Monday	1600-1700	Supervised Gym	Fitness	Gym Hub	(8-11 & 12-13's)	
Monday	1630-1730	Mini Active	Play	Wellness Studio	(3-4's)	
Monday	1630-1730	Get Active	Active	Badminton 3	(5-7's)	
Monday	1700-1745	Family Cycle	Fitness		(12-13 & 14-15's)	
Tuesday	0900-1300	Tinies Crèche	Crèche	Pilates Studio	(Under 3's) & (3-4's)	£
Tuesday	1600-1700	Mini Dance	Play	Pilates Studio	(3-4's)	
Tuesday	1600-1700	Get Active	Active	Wellness Studio	(5-7's)	
Tuesday	1600-1700	Multi Sports	Active	Badminton 3	(8-11's)	
Tuesday	1700-1745	Let's Create	Play	Conference Room	(3-4's)	
Tuesday	1700-1800	Multi Sports	Active	Badminton 3	(5-7's)	
Tuesday	1700-1800	Get Active	Active	Pilates Studio	(8-11's)	
Wednesday	0900-1300	Tinies Crèche	Crèche	Pilates Studio	(Under 3's) & (3-4's)	£
Wednesday	1600-1700	Mini Active	Play	Pilates Studio	(3-4's)	
Wednesday	1600-1700	Multi Sports	Active	Badminton 3	(5-7's)	
Wednesday	1600-1700	Yoga/Yoga Bugs	Coaching	Wellness Studio	Beginner	
Wednesday	1600-1700	Get Active	Active	Main Studio	(8-11's)	
Wednesday	1700-1800	Get Active	Active	Pilates Studio	(5-7's)	
Wednesday	1700-1800	Multi Sports	Active	Badminton 3	(8-11's)	
Thursday	0900-1300	Tinies Crèche	Crèche	Pilates Studio	(Under 3's) & (3-4's)	£
Thursday	1600-1700	Mini Dance	Play	Pilates Studio	(3-4's)	*
Thursday	1600-1700	Get Active	Active	Badminton 3	(5-7's)	*
Thursday	1600-1700	Yoga/Yoga Bugs	Coaching	Wellness Studio	Beginner	*
Thursday	1600-1700	Supervised Gym	Fitness	Gym Hub	(8-11 & 12-13's)	*
Friday	0900-1300	Tinies Crèche	Crèche	Pilates Studio	(Under 3's) & (3-4's)	£
Friday	1600-1645	Let's Create	Play	Conference Room	(3-4's)	
Friday	1600-1700	Make and Create	Active	Conference Room	(5-7's)	
Friday	1600-1700	Multi Sports	Active	Badminton 3	(8-11's)	
Friday	1700-1900	DL Kids Movie Time	Misc	Conference Room		
Saturday	0900-1230	Tinies Crèche	Crèche	Pilates Studio	(Under 3's) & (3-4's)	£
Saturday	1000-1100	Mini Active	Play	Badminton 3	(3-4's)	*
Saturday	1000-1100	Get Active	Active	Badminton 2	(5-7's)	*
Saturday	1100-1200	Let's Create	Play	Conference Room	(3-4's)	*
Saturday	1100-1200	Multi Sports	Active	Badminton 3	(5-7's)	*
Saturday	1100-1200	Get Active	Active	Badminton 2	(8-11's)	*
Saturday	1500-1600	Trampolining	Coaching	Badminton 3	All	£
Saturday	1600-1700	Trampolining	Coaching	Badminton 3	All	£
Sunday	0900-1230	Tinies Crèche	Crèche	Pilates Studio	(Under 3's) & (3-4's)	£
Sunday	0930-1030	Football	Coaching	Outside Field	All	£
Sunday	0930-1030	Let's Create	Play	Conference Room	(3-4's)	*
Sunday	0930-1030	Get Active	Active	Badminton 3	(5-7's)	*
Sunday	0930-1030	Supervised Gym	Fitness	Gym Hub	(8-11 & 12-13's)	*
Sunday	1030-1130	Football	Coaching	Outside Field	All	£
Sunday	1030-1130	Mini Active	Play	Badminton 3	(3-4's)	*
Sunday	1030-1130	Make and Create	Active	Conference Room	(5-7's)	*
Sunday	1030-1130	Supervised Gym	Fitness	Gym Hub	(8-11 & 12-13's)	*
Sunday	1500-1545	Let's Create	Play	Conference Room	(3-4's)	
Sunday	1500-1600	Make and Create	Active	Conference Room	(5-7's)	

**DL KIDS ACTIVITY CATEGORIES**

- Club Coaching (Coaching)
- Club Crèche (Crèche)
- Club Play (Play)
- Club Active (Active)
- Club Fitness (Fitness)
- Club Water Activities (Water)
- Other Kids Activities & Parties (Misc)

For more information on any club activities, including birthday parties and holiday activities, please speak to reception or the DL Kids team. Activities may vary by club.

**KEY**

- £ Additional Fees for this class
- P Classes require parental supervision at all times
- \* Child activities that coincide with adult classes
- Swim and Tennis All Stars programmes run during term time only.
- Please note that all classes on the programme for children under the age of three require parent/guardian supervision at all times - excluding the crèche, this service is chargeable.