

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	1500-1530	Pre School Stage 1	Training	3-5yrs	£
Monday	1530-1600	ASA Stage 2	Training	5+	£
Monday	1540-1610	ASA Stage 3	Main	5+	£
Monday	1600-1630	ASA Stage 3	Main	5+	£
Monday	1615-1645	ASA Stage 4	Main	5+	£
Monday	1630-1700	ASA Stage 2	Training	5+	£
Monday	1645-1730	ASA Stage 5	Main	5+	£
Monday	1715-1745	ASA Stage 3	Main	5+	£
Monday	1730-1815	ASA Stage 6	Main	5+	£
Monday	1730-1815	ASA Stage 7	Main	5+	£
Monday	1745-1815	ASA Stage 4	Main	5+	£
Tuesday	0915-0945	Pre School Stage 1	Training	3-5yrs	£
Tuesday	0945-1015	Parent and child	Training	2-3.5yrs	£ P
Tuesday	1020-1050	Parent and child	Training	1-2yrs	£ P
Tuesday	1050-1120	Parent and child	Training	3-12mths	£ P
Tuesday	1330-1400	Pre School Stage 1	Training	3-5yrs	£
Tuesday	1400-1430	Pre School Stage 1	Training	3-5yrs	£
Tuesday	1430-1500	Pre School Stage 1	Training	3-5yrs	£
Tuesday	1530-1600	Pre School Stage 1	Training	3-5yrs	£
Tuesday	1530-1600	ASA Stage 3	Main	5+	£
Tuesday	1600-1630	ASA Stage 3	Main	5+	£
Tuesday	1600-1645	ASA Stage 5	Main	5+	£
Tuesday	1630-1700	ASA Stage 4	Main	5+	£
Tuesday	1645-1730	ASA Stage 5	Main	5+	£
Tuesday	1715-1745	ASA Stage 2	Training	5+	£
Tuesday	1730-1800	ASA Stage 4	Main	5+	£
Tuesday	1745-1815	ASA Stage 3	Main	5+	£
Tuesday	1800-1845	ASA Stage 6	Main	5+	£
Tuesday	1800-1845	ASA Stage 7	Main	5+	£
Wednesday	0900-0930	Pre School Stage 1	Training	3-5yrs	£
Wednesday	0930-1000	Pre School Stage 1	Training	3-5yrs	£
Wednesday	1000-1030	Parent and child	Training	1-2yrs	£ P
Wednesday	1030-1100	Parent and child	Training	2-3.5yrs	£ P
Wednesday	1100-1130	Parent and child	Training	2-3.5yrs	£ P
Wednesday	1130-1200	Parent and baby	Training	3-12mths	£ P
Wednesday	1500-1530	Pre School Stage 1	Training	5+	£
Wednesday	1530-1600	ASA Stage 1	Training	5+	£
Wednesday	1545-1630	ASA Stage 5	Main	5+	£
Wednesday	1600-1630	ASA Stage 3	Main	5+	£
Wednesday	1630-1700	ASA Stage 4	Main	5+	£
Wednesday	1630-1700	ASA Stage 4	Main	5+	£
Wednesday	1700-1745	ASA Stage 5	Main	5+	£
Wednesday	1700-1745	ASA Stage 6	Main	5+	£
Wednesday	1700-1745	ASA Stage 7	Main	5+	£
Wednesday	1745-1815	Pre School Stage 1	Training	3-5yrs	£
Wednesday	1745-1830	ASA Stage 7	Main	5+	£
Wednesday	1830-1930	Swim Club	Main	8-15yrs	£
Thursday	0930-1000	Pre School Stage 1	Training	3-5yrs	£
Thursday	1000-1030	Pre School Stage 1	Training	3-5yrs	£
Thursday	1530-1600	Pre School Stage 1	Training	3-5yrs	£
Thursday	1540-1610	ASA Stage 3	Main	5+	£
Thursday	1600-1630	ASA Stage 2	Training	5+	£

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	0930-1130	Club Crèche	Crèche	DL Kids Space	(Under 3's) & (3-4's)	£
Monday	1000-1030	Tots Yoga	Coaching	Studio 2	Contact Reception	P
Monday	1345-1430	Mini Active	Play	DL Kids Space	(3-4's)	
Monday	1545-1630	Yoga/Yoga Bugs	Coaching	Studio 2	Contact Reception	
Monday	1550-1620	Lets Create	Play	DL Kids Space	(under 3's)	P
Monday	1630-1715	Let's Create	Play	DL Kids Space	(3-4's)	
Monday	1630-1715	Make and Create	Active	DL Kids Space	(5-7's)	
Monday	1630-1715	Yoga/Yoga Bugs	Coaching	Studio 2	Contact Reception	
Monday	1630-1715	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Monday	1630-1730	Start Up 1	Fitness	Gym	(14-15's)	
Monday	1730-1815	Yoga/Yoga Bugs	Coaching	Studio 2	Improver	
Monday	1730-1815	Badminton	Coaching	Sports Hall	All	£
Tuesday	0930-1015	Pre School Gymnastics	Coaching	DL Kids Space	Contact Reception	£ P
Tuesday	1630-1700	Parent and Tots Free Play	Misc	DL Kids Space		P
Tuesday	1630-1715	Imagine	Play	DL Kids Space	(3-4's)	
Tuesday	1630-1715	Family Taster Sessions	Misc	Sports Hall		
Tuesday	1730-1815	Yoga/Yoga Bugs	Coaching	Studio 2	Contact Reception	£
Wednesday	0930-1130	Club Crèche	Crèche	DL Kids Space	(Under 3's) & (3-4's)	£
Wednesday	1300-1345	Tots Football	Coaching	Sports Hall	Contact Reception	£ P
Wednesday	1345-1430	Tots Football	Coaching	Sports Hall	Contact Reception	£ P
Wednesday	1630-1700	Mini Active	Play	DL Kids Space	(under 3's)	P
Wednesday	1630-1715	Mini Dance	Play	DL Kids Space	(3-4's)	
Wednesday	1630-1730	Football & Basketball	Coaching	Sports Hall	Contact Reception	£
Wednesday	1630-1730	Multi Sports	Active	Sports Hall	(8-11's)	
Wednesday	1630-1730	Start Up Circuits	Fitness	Studio 1	(12-13 & 14-15's)	
Thursday	1315-1345	Kids Splash	Water	Training Pool		
Thursday	1400-1445	Let's Create	Play	DL Kids Space	(3-4's)	
Thursday	1630-1730	Start Up 2	Fitness	Gym	(14-15's)	
Friday	0930-1130	Club Crèche	Crèche	DL Kids Space	(Under 3's) & (3-4's)	£
Friday	1345-1430	Mini Dance	Play	DL Kids Space	(3-4's)	
Friday	1545-1615	Kids Splash	Water	Training Pool		
Friday	1545-1615	Mini Dance	Play	DL Kids Space	(under 3's)	P
Friday	1630-1730	Mini Active	Play	DL Kids Space	(3-4's)	
Friday	1630-1730	DL Kids Club Night	Misc	Sports Hall		
Friday	1630-1730	Aqua Splash	Active	Main Pool	(8-11's)	
Friday	1630-1730	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Friday	1730-1830	Aqua Splash	Active	Training Pool	(5-7's)	
Friday	1730-1830	Rookie Lifeguard £	Water	Main Pool		£
Saturday	0930-1130	Club Crèche	Crèche	DL Kids Space	(Under 3's) & (3-4's)	£
Saturday	1000-1100	Let's Create	Play	DL Kids Space	(3-4's)	
Saturday	1000-1100	Cheerleading	Coaching	Sports Hall	Contact Reception	£
Saturday	1000-1100	Football & Basketball	Coaching	Sports Hall	Contact Reception	£
Saturday	1100-1200	Get Active	Active	Sports Hall	(5-7's)	
Saturday	1100-1200	Cheerleading	Coaching	Sports Hall	Contact Reception	
Saturday	1100-1200	Supervised Gym	Fitness	Sports Hall	(12-13 & 14-15's)	
Saturday	1300-1400	Start Up 3	Fitness	Gym	(14-15's)	
Sunday	1000-1100	Mini Active	Play	Sports Hall	(3-4's)	
Sunday	1000-1100	Multi Sports	Active	Sports Hall	(5-7's)	

DL KIDS ACTIVITY CATEGORIES

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

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.

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