

SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	15:00 - 15:30	Pre School Stage 1	All Levels		£
Monday	15:40 - 16:10	ASA Swim Stage 2	All Levels	Training Pool	£
Monday	15:40 - 16:10	ASA Swim Stage 3	All Levels		£
Monday	16:10 - 16:40	ASA Swim Stage 3	All Levels		£
Monday	16:15 - 16:45	ASA Swim Stage 4	All Levels		£
Monday	16:45 - 17:15	ASA Swim Stage 4	All Levels		£
Monday	16:45 - 17:30	ASA Swim Stage 5	All Levels		£
Monday	17:15 - 17:45	ASA Swim Stage 3	All Levels		£
Monday	17:30 - 18:15	ASA Swim Stage 6	All Levels		£
Monday	17:45 - 18:15	ASA Swim Stage 4	All Levels		£
Monday	18:15 - 19:00	ASA Swim Stage 6	All Levels		£
Tuesday	09:15 - 09:45	Pre School Stage 1	All Levels	Training Pool	£
Tuesday	13:30 - 14:00	Pre School Stage 1	All Levels	Training Pool	£
Tuesday	14:00 - 14:30	Pre School Stage 1	All Levels	Training Pool	
Tuesday	14:30 - 15:00	Pre School Stage 1	All Levels	Training Pool	£
Tuesday	15:30 - 16:00	Pre School Stage 1	All Levels	Training Pool	£
Tuesday	16:00 - 16:30	ASA Swim Stage 3	All Levels	Main Pool	£
Tuesday	16:00 - 16:45	ASA Swim Stage 5	All Levels		£
Tuesday	16:30 - 22:30	ASA Swim Stage 2	All Levels	Training Pool	£
Tuesday	16:45 - 17:15	ASA Swim Stage 4	All Levels		£
Tuesday	17:15 - 17:45	ASA Swim Stage 3	All Levels		£
Tuesday	17:15 - 18:00	ASA Swim Stage 5	All Levels		£
Tuesday	17:45 - 18:15	ASA Swim Stage 4	All Levels		£
Tuesday	18:00 - 18:45	ASA Swim Stage 6	All Levels		£
Tuesday	18:15 - 19:15	Swim Club	All Levels		
Wednesday	09:00 - 09:30	Pre School Stage 1	All Levels		£
Wednesday	09:00 - 09:30	Pre School Stage 1	All Levels	Training Pool	£
Wednesday	09:30 - 10:00	Pre School Stage 1	All Levels		£
Wednesday	15:00 - 15:30	Pre School Stage 1	All Levels		£
Wednesday	15:30 - 16:00	ASA Swim Stage 1	All Levels		£
Wednesday	15:45 - 16:30	ASA Swim Stage 5	All Levels		£
Wednesday	16:00 - 16:30	ASA Swim Stage 3	All Levels		£
Wednesday	16:30 - 17:00	ASA Swim Stage 4	All Levels		£
Wednesday	16:30 - 17:15	ASA Swim Stage 6	All Levels		£
Wednesday	17:15 - 17:45	ASA Swim Stage 2	All Levels		£
Wednesday	17:15 - 18:00	ASA Swim Stage 6	All Levels		£
Wednesday	17:45 - 18:15	Pre School Stage 1	All Levels		£
Thursday	09:30 - 10:00	Pre School Stage 1	All Levels	Training Pool	£
Thursday	10:00 - 10:30	Pre School Stage 1	All Levels		£
Thursday	10:30 - 11:00	Pre School Stage 1	All Levels		£
Thursday	15:30 - 16:00	Pre School Stage 1	All Levels		£
Thursday	15:40 - 16:10	ASA Swim Stage 4	All Levels		£
Thursday	16:00 - 16:30	ASA Swim Stage 2	All Levels		£
Thursday	16:15 - 17:00	ASA Swim Stage 5	All Levels		£
Thursday	16:30 - 17:00	ASA Swim Stage 1	All Levels		£
Thursday	17:00 - 17:45	ASA Swim Stage 5	All Levels		£

KEY

- £ Additional fee for this class
- * Adult class coincides with children's activity
- PP Pay Pro
- PR Pay Reception
- CL Class
- CO Course

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	10:00 - 10:30	Baby Yoga	All Levels	Studio 2	
Monday	15:45 - 16:30	Yoga Bugs Beginners	Beginner	Studio 2	
Monday	15:50 - 16:20	Lets Create	Under 3 Years	High 5 Rm	
Monday	16:30 - 17:15	DL Kids Badminton	5-7 Years	Bad Crt 2	
Monday	16:30 - 17:15	Mini Dance	3-4 Years	Kids Zone	
Monday	16:30 - 17:15	Yoga Bugs Advanced	Advanced	Studio 2	
Monday	16:30 - 17:30	Start Up 1 (14+yrs)	14 Years +	Gym Desk	
Monday	16:30 - 17:30	Supervised Gym	12-13 Years	Gym	
Monday	17:30 - 18:15	DL Kids Badminton	8-11 Years	Bad Crt 1, 2	
Monday	17:30 - 18:15	Yoga Bugs Intermediates	Intermediate	Studio 2	
Tuesday	09:30 - 10:30	Supervised Gym	12-13 Years	Gym	
Tuesday	16:30 - 17:15	Family Cycle	12-13 Years	Spin Studio	
Tuesday	16:30 - 17:30	Lets Create	3-4 Years	High 5 Rm - Part A	
Tuesday	16:30 - 18:00	DL Kids Club Night	All Levels	Bad Crt 2	
Wednesday	16:15 - 16:45	Mini Active	Under 3 Years	High 5 Rm	
Wednesday	16:15 - 17:15	DL Kids Football	5-7 Years	Bad Crt 1, 2	
Wednesday	16:15 - 17:15	Family Circuits	8-11 Years	Studio 1	
Wednesday	16:15 - 17:15	Mini Dance	3-4 Years	Studio 2	
Wednesday	16:30 - 17:30	Start Up Circuits	12-13 Years	Studio 2	
Wednesday	17:15 - 17:45	Family Welcome	All Levels	High 5 Rm	
Thursday	13:30 - 14:00	Kids Splash	3-4 Years	Training Pool	
Thursday	16:30 - 17:30	Start Up 2 (14+yrs)	14 Years +	Gym	
Thursday	16:30 - 17:30	Supervised Gym	12-13 Years	Gym	
Friday	13:30 - 14:30	Mini Dance	3-4 Years	Kids Zone	
Friday	15:00 - 15:30	Kids Splash	3-4 Years	Training Pool	
Friday	15:00 - 15:30	Mini Dance	Under 3 Years	Kids Zone	
Friday	15:45 - 16:15	DL Kids Ballet (3-4yrs)	3-4 Years	Kids Zone	£
Friday	15:45 - 16:15	Mini Active	Under 3 Years	Studio 2	
Friday	16:30 - 17:15	DL Kids Ballet (5-7yrs)	5-7 Years	Kids Zone	£
Friday	16:30 - 17:15	Mini Active	3-4 Years	Studio 2	
Friday	16:30 - 17:30	DL Kids Club Night	All Levels	Bad Crt 1	
Friday	16:30 - 17:30	Supervised Gym	12-13 Years	Gym	
Friday	17:30 - 18:15	DL Kids Street Dance (8-11yrs)	8-11 Years	Kids Zone	£
Friday	17:30 - 18:30	Kids Splash	8-11 Years	Main Pool	
Saturday	10:00 - 11:00	Lets Create	3-4 Years	Meeting Rm	
Saturday	10:00 - 11:00	Multi Sports	5-7 Years	Bad Crt 2	
Saturday	10:00 - 11:00	Multi Sports	8-11 Years	Bad Crt 3, 4	
Saturday	11:00 - 12:00	Make & Create	5-7 Years	Bad Crt 3	
Saturday	11:00 - 12:00	Make & Create	8-11 Years	Bad Crt 4	
Saturday	11:00 - 12:00	Mini Dance	3-4 Years	Bad Crt 2	
Saturday	11:00 - 12:00	Supervised Gym	12-13 Years	Gym	
Saturday	13:00 - 14:00	Start Up 3 (14+yrs)	14 Years +	Gym Desk	
Sunday	10:00 - 11:00	Aqua Splash	8-11 Years	Main Pool	
Sunday	10:00 - 11:00	Get Active	5-7 Years	Bad Crt 1	
Sunday	10:00 - 11:00	Mini Active	3-4 Years	Bad Crt 3	
Sunday	10:10 - 10:55	Tots Gymnastics		High 5 Rm	£

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