

SWIMMING

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

SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Thursday	16:00 - 16:30	ASA Swim Stage 3	All Levels		£
Thursday	16:30 - 17:00	ASA Swim Stage 3	All Levels		£
Thursday	16:30 - 17:00	ASA Swim Stage 4	All Levels		£
Thursday	17:00 - 17:45	ASA Swim Stage 5	All Levels		£
Thursday	17:45 - 18:30	ASA Swim Stage 6	All Levels		£
Friday	09:15 - 09:45	Pre School Stage 1	All Levels		£
Friday	09:45 - 10:15	Pre School Stage 1	All Levels		£
Friday	10:15 - 10:45	Parent & Child Swimming	All Levels		£
Friday	10:45 - 11:15	Parent & Child Swimming	All Levels		£
Friday	15:30 - 16:00	Pre School Stage 1	All Levels		£
Friday	16:00 - 16:30	ASA Swim Stage 2	All Levels		£
Friday	16:00 - 16:30	ASA Swim Stage 4	All Levels		£
Friday	16:30 - 17:00	ASA Swim Stage 3	All Levels		£
Friday	16:30 - 17:15	ASA Swim Stage 5	All Levels		£
Friday	17:00 - 17:30	Pre School Stage 1	All Levels		£
Friday	17:30 - 18:00	Pre School Stage 1	All Levels		£
Friday	17:30 - 18:15	ASA Swim Stage 5	All Levels		£
Friday	18:00 - 19:00	Rookie Lifeguard - ASA Stage 8	All Levels	Training Pool	£
Saturday	09:00 - 09:30	ASA Swim Stage 3	All Levels		£
Saturday	09:00 - 09:30	Pre School Stage 1	All Levels		£
Saturday	09:30 - 10:00	Parent & Child Swimming	All Levels		£
Saturday	09:30 - 10:15	ASA Swim Stage 5	All Levels		£
Saturday	10:00 - 10:30	Parent & Child Swimming	All Levels		£
Saturday	10:15 - 11:00	ASA Swim Stage 6	All Levels		£
Saturday	10:30 - 11:00	Pre School Stage 1	All Levels		£
Saturday	11:00 - 11:30	ASA Swim Stage 4	All Levels		£
Saturday	11:00 - 11:30	Pre School Stage 1	All Levels		£
Saturday	11:30 - 12:00	Parent & Child Swimming	All Levels		£
Saturday	11:45 - 12:15	ASA Swim Stage 3	All Levels		£
Saturday	12:00 - 12:30	Parent & Child Swimming	All Levels		£
Saturday	13:00 - 13:30	ASA Swim Stage 2	All Levels		£
Saturday	13:30 - 14:00	Pre School Stage 1	All Levels		£
Saturday	14:00 - 14:30	ASA Swim Stage 3	All Levels		£
Saturday	14:30 - 15:00	ASA Swim Stage 2	All Levels		£
Sunday	09:15 - 09:45	ASA Swim Stage 1	All Levels		
Sunday	09:45 - 10:15	ASA Swim Stage 2	All Levels		£
Sunday	10:15 - 10:45	ASA Swim Stage 3	All Levels		£
Sunday	10:45 - 11:15	Pre School Stage 1	All Levels		£
Sunday	11:15 - 11:45	ASA Swim Stage 4	All Levels		£
Sunday	11:15 - 11:45	Parent & Child Swimming	All Levels		£

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.

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DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	15:45 - 16:30	Yoga Bugs Beginners	Beginner	Studio 2	
Monday	15:50 - 16:20	Mini Active	Under 3 Years	Kids Zone	
Monday	16:30 - 17:15	Get Active	8-11 Years	Bad Cr 3, 4	
Monday	16:30 - 17:15	Supervised Gym	All Levels	Studio 1	
Monday	16:30 - 17:15	Yoga Bugs Intermediates	Intermediate	Studio 2	
Monday	16:30 - 17:30	Start Up 1 (14+yrs)	14 Years +	Gym	
Tuesday	16:30 - 17:15	Mini Active	3-4 Years	Kids Zone	
Tuesday	16:30 - 17:15	Multi Sports	5-7 Years	Bad Cr 1, 2	
Tuesday	16:30 - 17:15	Multi Sports	8-11 Years	Bad Cr 3, 4	
Tuesday	16:30 - 17:15	Supervised Gym □Skills, Agility, Quickness	11-13 yrs	Studio 1	
Wednesday	13:00 - 13:45	Tots Football	Under 3 Years	Bad Cr 1, 2	
Wednesday	13:45 - 14:30	Tots Football	3-4 Years	Bad Cr 1, 2	
Wednesday	16:30 - 17:15	Supervised Gym Boxing □(11 - 13 yrs)	11-13 yrs	Studio 1	
Thursday	13:30 - 14:00	Kids Splash	3-4 Years	Training Pool	
Thursday	16:15 - 17:00	Get Active	All Levels	Bad Cr 1, 2	
Thursday	16:15 - 17:00	Get Active	8-11 Years	Bad Cr 3, 4	
Thursday	16:30 - 17:15	Supervised Gym Vipr	11-13 yrs	Studio 1	
Thursday	16:30 - 17:30	Start Up 2 (14+yrs)	14 Years +	Gym	
Friday	15:30 - 16:00	DL Kids Ballet (3-4yrs)	3-4 Years	Studio 2	£
Friday	16:00 - 16:30	DL Kids Ballet (3-4yrs)	3-4 Years	Studio 2	£
Friday	16:00 - 16:30	Mini Active	Under 3 Years	Kids Zone	
Friday	16:30 - 17:15	DL Kids Ballet (5-7yrs)	5-7 Years	Kids Zone	£
Friday	18:00 - 18:45	DL Kids Street Dance (8-11yrs)	8-11 Years	Kids Zone	£
Saturday	10:00 - 11:00	Mini Active	3-4 Years	Sports H	
Saturday	10:00 - 11:00	Multi Sports	5-7 Years	Bad Cr 1, 2	
Saturday	10:00 - 11:00	Multi Sports	8-11 Years	Bad Cr 3, 4	
Saturday	11:00 - 11:45	Supervised Gym	All Levels	Gym	
Saturday	11:00 - 12:00	Get Active	5-7 Years	Bad Cr 1, 2	
Saturday	11:00 - 12:00	Get Active	8-11 Years	Bad Cr 3, 4	
Saturday	11:00 - 12:00	Mini Dance	3-4 Years	Sports H	
Saturday	13:00 - 14:00	Start Up 3 (14+yrs)	14 Years +	Gym	
Saturday	14:00 - 15:00	DL Kids Event/Party	All Levels	Bad Cr 1, 2	
Saturday	15:00 - 16:00	DL Kids Event/Party	All Levels	Bad Cr 1, 2	
Saturday	16:00 - 17:00	DL Kids Event/Party	All Levels	Bad Cr 1, 2	
Saturday	16:30 - 17:30	Family Welcome	All Levels	Club Rm	
Sunday	10:00 - 11:00	Get Active	5-7 Years	Bad Cr 1, 2	
Sunday	10:00 - 11:00	Get Active	8-11 Years	Bad Cr 3, 4	
Sunday	10:00 - 11:00	Mini Active	3-4 Years	Sports H	
Sunday	10:10 - 10:55	Tots Gymnastics		Kids Zone	£
Sunday	11:00 - 12:00	Multi Sports	5-7 Years	Bad Cr 1, 2	
Sunday	11:00 - 12:00	Multi Sports	8-11 Years	Bad Cr 3, 4	
Sunday	11:15 - 12:00	Supervised Gym	All Levels	Gym	
Sunday	11:15 - 12:15	Tots Gymnastics		Kids Zone	£
Sunday	14:00 - 15:00	DL Kids Event/Party	All Levels	Bad Cr 1, 2	
Sunday	15:00 - 16:00	DL Kids Event/Party	All Levels	Bad Cr 1, 2	
Sunday	16:00 - 17:00	DL Kids Event/Party	All Levels	Bad Cr 1, 2	

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.

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