

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	16.00-16.30	ASA Stage 1	Pool	Contact Reception	
Monday	16.30-17.00	ASA Stage 5	Pool	Contact Reception	
Monday	16.30-17.00	ASA Stage 6	Pool	Contact Reception	
Tuesday	09.30-10.00	Pre School Stage 1	Pool	Contact Reception	
Tuesday	10.00-10.30	Pre School Stage 1	Pool	Contact Reception	
Tuesday	10.30-11.00	Parent and child	Pool	Contact Reception	
Tuesday	11.00-11.30	Parent and baby	Pool	Contact Reception	
Tuesday	16.00-16.30	Pre School Stage 1	Pool	Contact Reception	
Tuesday	16.00-16.30	ASA Stage 2	Pool	Contact Reception	
Tuesday	16.30-17.00	ASA Stage 3	Pool	Contact Reception	
Tuesday	16.30-17.00	ASA Stage 4	Pool	Contact Reception	
Tuesday	17.00-17.30	ASA Stage 7	Pool	Contact Reception	
Tuesday	17.00-17.30	ASA Stage 6	Pool	Contact Reception	
Wednesday	16.00-16.30	ASA Stage 4	Pool	Contact Reception	
Wednesday	16.00-16.30	ASA Stage 2	Pool	Contact Reception	
Wednesday	16.30-17.00	ASA Stage 6	Pool	Contact Reception	
Wednesday	16.30-17.00	ASA Stage 5	Pool	Contact Reception	
Wednesday	17.00-17.30	ASA Stage 6	Pool	Contact Reception	
Wednesday	17.00-17.30	ASA Stage 7	Pool	Contact Reception	
Wednesday	17.30-18.30	Swim Squads	Pool	Contact Reception	
Thursday	16.00-16.30	ASA Stage 4	Pool	Contact Reception	
Thursday	16.00-16.30	ASA Stage 4	Pool	Contact Reception	
Thursday	16.30-17.00	ASA Stage 6	Pool	Contact Reception	
Thursday	16.30-17.00	ASA Stage 7	Pool	Contact Reception	
Thursday	17.00-17.30	ASA Stage 6	Pool	Contact Reception	
Thursday	17.00-17.30	ASA Stage 6	Pool	Contact Reception	
Thursday	17.30-18.00	ASA Stage 7	Pool	Contact Reception	
Thursday	17.30-18.30	Swim Squads	Pool	Contact Reception	
Thursday	17.30-18.30	Rookie Lifeguard - ASA Stage 8	Pool	Contact Reception	
Friday	10.00-10.30	Pre School Stage 1	Pool	Contact Reception	
Friday	10.30-11.00	Pre School Stage 1	Pool	Contact Reception	
Friday	11.00-11.30	Parent and child	Pool	Contact Reception	
Friday	16.00-16.30	ASA Stage 2	Pool	Contact Reception	
Friday	16.00-16.30	ASA Stage 4	Pool	Contact Reception	
Friday	16.30-17.00	ASA Stage 5	Pool	Contact Reception	
Friday	16.30-17.00	ASA Stage 6	Pool	Contact Reception	
Friday	17.00-17.30	ASA Stage 5	Pool	Contact Reception	
Friday	17.00-17.30	ASA Stage 2	Pool	Contact Reception	
Saturday	09.30-10.00	ASA Stage 2	Pool	Contact Reception	
Saturday	09.30-10.00	ASA Stage 4	Pool	Contact Reception	
Saturday	10.00-10.30	Parent and baby	Pool	Contact Reception	
Saturday	10.00-10.30	ASA Stage 4	Pool	Contact Reception	
Saturday	10.30-11.00	ASA Stage 3	Pool	Contact Reception	
Saturday	10.30-11.00	ASA Stage 5	Pool	Contact Reception	
Saturday	11.00-11.30	ASA Stage 5	Pool	Contact Reception	
Saturday	11.30-12.00	ASA Stage 7	Pool	Contact Reception	
Saturday	11.30-12.00	ASA Stage 5	Pool	Contact Reception	
Saturday	12.00-13.00	ASA Stage 7	Pool	Contact Reception	
Saturday	12.30-13.00	ASA Stage 2	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	16.00-17.00	Ballet/Tap	Coaching	Studio 2	Beginner	*
Monday	16.00-17.00	Mini Active	Play	DL Kids Hall	(3-4's)	*
Monday	16.00-17.00	Get Active	Active	DL Kids Hall	(5-7's)	*
Monday	17.00-18.00	Ballet/Tap	Coaching	Studio 2	Improver	*
Monday	17.00-18.00	Mini Dance	Play	DL Kids Hall	(3-4's)	*
Monday	17.00-18.00	Multi Sports	Active	DL Kids Hall	(5-7 & 8-11)	*
Monday	18.00-19.00	Street Dance	Coaching	DL Kids Hall	Improver	*
Monday	18.00-19.00	Supervised Gym	Fitness	Gym		*
Tuesday	16.00-16.45	Let's Create	Play	DL Kids Hall	(3-4's)	*
Tuesday	16.00-16.45	Make and Create	Active	DL Kids Hall	(5-7 & 8-11)	*
Tuesday	17.00-18.00	Netball	Coaching	Squash Court 3	Improver	*
Tuesday	17.00-18.00	Football	Coaching	DL Kids Hall	Improver	*
Tuesday	18.00-19.00	Start Up Circuits	Fitness	DL Kids Hall	(8-11 & 12-13's)	*
Wednesday	16.00-16.45	Mini Active	Play	DL Kids Hall	(3-4's)	
Wednesday	16.00-16.45	Get Active	Active	DL Kids Hall	(5-7's)	
Wednesday	17.00-18.00	Multi Sports	Active	DL Kids Hall	(8-11 & 12-13)	*
Wednesday	17.00-17.45	Irish Dancing	Coaching	Studio 2	Beginner	*
Wednesday	17.45-18.30	Irish Dancing	Coaching	Studio 2	Improver	
Wednesday	18.00-19.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Thursday	16.00-16.45	Let's Create	Play	DL Kids Hall	(3-4's)	
Thursday	16.00-16.45	Make and Create	Active	DL Kids Hall	(5-7 & 8-11)	
Thursday	16.00-16.45	Gymnastics	Coaching	Studio 1	Beginner	
Thursday	16.45-17.45	Gymnastics	Coaching	Studio 1	Improver	
Thursday	17.00-18.00	Basketball	Coaching	DL Kids Hall	Improver	
Thursday	18.00-18.30	Family Cycle	Fitness	Gym		
Friday	16.00-18.00	DL Kids Night		DL Kids Hall	All Age Groups	
Friday	17.00-18.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Saturday	09.30-10.30	Mini Active	Play	DL Kids Hall	(3-4's)	*
Saturday	09.30-10.30	Get Active	Active	DL Kids Hall	(5-7's)	*
Saturday	10.30-11.30	Football	Coaching	DL Kids Hall	Improver	*
Saturday	10.30-11.30	Hockey	Coaching	Squash Court 3	Improver	*
Saturday	11.00-12.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	*
Sunday	10.00-10.45	Let's Create	Play	DL Kids Hall	(3-4's)	*
Sunday	10.00-10.45	Make and Create	Active	DL Kids Hall	(5-7 & 8-11)	*
Sunday	11.00-12.00	Kids Splash	Water	Indoor Pool	All Age Groups	*

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.