

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	09:30 - 11:30	Club Crèche		Club Crèche	£
Monday	16:00 - 17:00	DL Kids Ballet Beginners	Beginner	Kids Zone	
Monday	16:00 - 17:00	Tots Football Beginners	Beginner	Sports H	
Monday	17:00 - 18:00	DL Kids Ballet Intermediates	Intermediate	Kids Zone	
Monday	17:00 - 18:00	Lets Create	All Levels	Kids Zone - Part A	
Monday	17:00 - 18:00	Start Up Circuits	All Levels	Sports H	
Monday	18:00 - 19:00	FIT Street Dance	11+ years	Kids Zone	
Monday	18:00 - 19:00	Supervised Gym	All Levels	Gym 1	
Tuesday	09:30 - 11:30	Club Crèche		Club Crèche	£
Tuesday	16:00 - 16:45	DL Kids Gymnastics Beginners	Beginner	Studio 1	
Tuesday	16:00 - 17:00	Make & Create	All Levels	Kids Zone - Part A	
Tuesday	16:45 - 17:45	DL Kids Gymnastics Intermediates	Intermediate	Studio 1	
Tuesday	17:00 - 18:00	DL Kids Football Intermediates	Intermediate	Sports H	
Tuesday	18:00 - 19:00	Box Fit	8-11 Years	Sports H	
Wednesday	09:30 - 11:30	Club Crèche		Club Crèche	£
Wednesday	16:00 - 16:45	Club Room Play	Under 3 Years		
Wednesday	16:00 - 16:45	Club Room Play	3-4 Years	Restaurant	
Wednesday	17:00 - 18:00	Mini Active	3-4 Years	Kids Zone - Part A	
Wednesday	17:00 - 18:00	Multi Sports	5-7 Years	Sports H - Part B	
Wednesday	18:00 - 19:00	DL Kids Club Night	All Levels	Kids Zone	
Wednesday	18:00 - 19:00	Supervised Gym	All Levels	Gym 1	
Thursday	09:30 - 11:30	Club Crèche		Club Crèche	£
Thursday	16:00 - 17:00	Mini Active	3-4 Years	Sports H	
Thursday	17:00 - 18:00	Start Up Circuits	All Levels	Sports H - Part A	
Thursday	17:00 - 18:00	Supervised Gym	All Levels	Gym Desk	
Friday	16:15 - 16:45	Club Room Play	3-4 Years	Lounge	
Friday	16:15 - 16:45	Club Room Play	Under 3 Years	Restaurant	
Friday	17:00 - 18:00	Box Fit	8-11 Years	Sports H	
Friday	17:00 - 18:00	Supervised Gym	All Levels	Gym 1	
Friday	17:00 - 19:00	DL Kids Club Night	All Levels	Kids Zone	
Saturday	09:30 - 10:30	Get Active	All Levels	Sports H - Part A	
Saturday	10:30 - 11:15	Tots Football	All Levels	Studio 2	
Saturday	10:30 - 11:30	DL Kids Football Intermediates	Intermediate	Sports H	
Saturday	10:30 - 11:30	Make & Create	All Levels	Kids Zone - Part A	
Saturday	10:30 - 11:30	Supervised Gym	All Levels	Gym 1	
Saturday	11:45 - 12:45	FIT Zumba	11+ years	Studio 1	
Saturday	12:00 - 12:30	Family Welcome	All Levels	Lounge	
Sunday	10:00 - 11:00	Make & Create	All Levels	Kids Zone	
Sunday	11:00 - 12:00	Supervised Gym	All Levels	Gym 1	
Sunday	11:15 - 12:00	Family Splash	All Levels	Pool	

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