

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	16:00 - 16:45	Lets Create	All Levels		
Monday	16:00 - 17:00	Get Active	5-7 Years		
Monday	16:00 - 17:00	Get Active	8-11 Years		
Monday	16:30 - 17:30	Get Active	8-11 Years	Main Studio	
Monday	16:30 - 17:30	Supervised Gym	All Levels	Gym	
Monday	17:30 - 19:30	DL Kids Club Night	All Levels		
Monday	18:00 - 19:01	Start Up (14+yrs)	14 Years +	Gym	
Monday	18:35 - 19:20	Family Cycle	8-11 Years	Cycle Studio	
Tuesday	16:30 - 17:15	Mini Active	3-4 Years		
Tuesday	16:30 - 17:30	Get Active	5-7 Years		
Tuesday	16:30 - 17:30	Get Active	8-11 Years		
Tuesday	18:30 - 19:30	Nintendo Wii	All Levels		
Wednesday	09:30 - 10:00	Imagine...(3-4yrs)	3-4 Years		
Wednesday	10:30 - 12:00	Parent & Baby Coffee Morning	All Levels		
Wednesday	17:00 - 18:00	Multi Sports	All Levels	Main Studio	
Wednesday	18:00 - 19:01	Start Up (14+yrs)	14 Years +		
Thursday	12:30 - 13:30	Lunch Club	All Levels		
Thursday	16:00 - 16:45	Lets Create	All Levels		
Thursday	16:30 - 17:30	Get Active	8-11 Years	Main Studio	
Thursday	16:30 - 17:30	Supervised Gym	All Levels	Gym	
Thursday	17:30 - 18:30	Make & Create	5-7 Years		
Thursday	18:30 - 19:30	Family Games Night	All Levels		
Friday	11:30 - 12:00	Mini Dance	All Levels		
Friday	18:00 - 19:00	Start Up	All Levels	Gym - Part B	
Friday	18:00 - 20:00	DL Kids Movie Time	All Levels		
Saturday	10:00 - 10:45	Mini Active	3-4 Years	Kids Zone	
Saturday	10:00 - 11:00	Make & Create	5-7 Years		
Saturday	10:00 - 11:00	Make & Create	8-11 Years		
Saturday	10:30 - 12:00	DL Kids Football	All Levels	Outside	
Saturday	11:00 - 11:45	Lets Create	3-4 Years	Kids Zone	
Saturday	11:00 - 12:00	Get Active	All Levels		
Saturday	12:00 - 12:55	DL Kids Dance Advanced	Advanced	Main Studio	
Saturday	12:00 - 13:00	Family Splash	All Levels		
Saturday	12:00 - 13:00	Supervised Gym	All Levels	Gym	
Saturday	12:30 - 13:30	Family Welcome	All Levels	Meeting Rm	
Saturday	13:00 - 14:00	Club Room Play	All Levels	Club Rm	
Sunday	10:00 - 10:45	Mini Active	3-4 Years		
Sunday	10:00 - 11:00	Make & Create	5-7 Years		
Sunday	10:00 - 11:00	Make & Create	8-11 Years		
Sunday	11:00 - 11:45	Lets Create	All Levels		
Sunday	11:00 - 12:00	Get Active	5-7 Years		
Sunday	11:00 - 12:00	Get Active	8-11 Years		
Sunday	12:00 - 13:00	Family Splash	All Levels		
Sunday	13:00 - 14:00	Club Room Play	All Levels	Club Rm	

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