

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	15.00-15.30	ASA Stage 1	Indoor Pool	All Age Groups	£
Monday	15.30-16.00	ASA Stage 3	Indoor Pool	All Age Groups	£
Monday	16.00-16.30	ASA Stage 5	Indoor Pool	All Age Groups	£
Monday	17.30-18.00	ASA Stage 7	Indoor Pool	All Age Groups	£
Monday	18.00-19.00	Swim Club	Indoor Pool	Contact Reception	
Tuesday	15.00-15.30	ASA Stage 1	Indoor Pool	All Age Groups	£
Tuesday	15.00-15.30	ASA Stage 2	Indoor Pool	All Age Groups	£
Tuesday	15.30-16.00	ASA Stage 3	Indoor Pool	All Age Groups	£
Tuesday	15.30-16.00	ASA Stage 4	Indoor Pool	All Age Groups	£
Tuesday	16.00-16.30	ASA Stage 5	Indoor Pool	All Age Groups	£
Tuesday	16.30-17.00	ASA Stage 6	Indoor Pool	All Age Groups	£
Tuesday	17.00-17.30	Rookie Lifeguard - ASA Stage 9	Indoor Pool	All Age Groups	£
Tuesday	19.30-20.45	Swim Club	Indoor Pool	Contact Reception	£
Wednesday	15.30-16.00	ASA Stage 3	Indoor Pool	All Age Groups	£
Wednesday	16.00-16.30	ASA Stage 5	Indoor Pool	All Age Groups	£
Wednesday	16.00-16.30	ASA Stage 1	Indoor Pool	All Age Groups	£
Wednesday	16.30-17.00	ASA Stage 6	Indoor Pool	All Age Groups	£
Wednesday	16.30-17.00	ASA Stage 4	Indoor Pool	All Age Groups	£
Wednesday	17.00-17.30	ASA Stage 7	Indoor Pool	All Age Groups	£
Thursday	11.30-12.00	Parent and baby	Indoor Pool	All Age Groups	£
Thursday	14.00-14.30	Pre School Stage 1	Indoor Pool	All Age Groups	£
Thursday	14.30-15.00	ASA Stage 2	Indoor Pool	All Age Groups	£
Thursday	15.00-15.30	ASA Stage 3	Indoor Pool	All Age Groups	£
Thursday	15.30-16.00	ASA Stage 6	Indoor Pool	All Age Groups	£
Thursday	16.00-16.30	ASA Stage 4	Indoor Pool	All Age Groups	£
Thursday	16.00-16.30	ASA Stage 7	Indoor Pool	All Age Groups	£
Thursday	16.30-17.00	ASA Stage 2	Indoor Pool	All Age Groups	£
Thursday	16.30-17.00	ASA Stage 6	Indoor Pool	All Age Groups	£
Thursday	17.00-17.30	ASA Stage 5	Indoor Pool	All Age Groups	£
Thursday	17.30-18.30	Swim Club	Indoor Pool	Contact Reception	
Thursday	18.30-19.45	Swim Club	Indoor Pool	Contact Reception	
Friday	15.30-16.00	ASA Stage 1	Indoor Pool	All Age Groups	£
Friday	16.00-16.30	ASA Stage 3	Indoor Pool	All Age Groups	£
Friday	16.30-17.00	ASA Stage 5	Indoor Pool	All Age Groups	£
Friday	17.00-17.30	ASA Stage 6	Indoor Pool	All Age Groups	£
Friday	17.30-18.00	Rookie Lifeguard - ASA Stage 8	Indoor Pool	All Age Groups	£
Saturday	09.30-10.00	ASA Stage 5	Indoor Pool	All Age Groups	£
Saturday	10.00-10.30	ASA Stage 6	Indoor Pool	All Age Groups	£
Saturday	10.00-10.30	ASA Stage 7	Indoor Pool	All Age Groups	£
Saturday	10.30-11.00	ASA Stage 1	Indoor Pool	All Age Groups	£
Saturday	10.30-11.00	ASA Stage 2	Indoor Pool	All Age Groups	£
Saturday	11.00-11.30	ASA Stage 3	Indoor Pool	All Age Groups	£
Saturday	11.00-11.30	ASA Stage 4	Indoor Pool	All Age Groups	£
Saturday	11.30-12.00	ASA Stage 1	Indoor Pool	All Age Groups	£
Saturday	11.30-12.00	ASA Stage 2	Indoor Pool	All Age Groups	£
Saturday	12.00-12.30	ASA Stage 4	Indoor Pool	All Age Groups	£
Sunday	10.00-10.30	ASA Stage 6	Indoor Pool	All Age Groups	£
Sunday	10.00.10.30	ASA Stage 7	Indoor Pool	All Age Groups	£
Sunday	10.30-11.00	ASA Stage 5	Indoor Pool	All Age Groups	£
Sunday	11.00-11.30	ASA Stage 2	Indoor Pool	All Age Groups	£
Sunday	11.30-12.00	ASA Stage 3	Indoor Pool	All Age Groups	£
Sunday	11.30-12.00	ASA Stage 4	Indoor Pool	All Age Groups	£

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	09.30-11.30	Club Crèche	Crèche	DI Kids Area	(Under 3's) & (3-4's)	£*
Monday	15.30 - 16.15	Tots Football	Coaching	Sports Hall	Beginner	£
Monday	17.15-18.15	Start Up	Fitness	Gym	(14-15's)	
Monday	17.45-18.30	Badminton	Coaching	Sports Hall	Beginner	
Tuesday	09.30 - 10.30	Let's Create	Play	DI Kids Area	(Under 3's) & (3-4's)	*
Tuesday	10.30 - 11.30	Mini Active	Play	DI Kids Area	(Under 3's) & (3-4's)	*
Tuesday	16.00 - 16.45	Mini Active	Play	DI Kids Area	(3-4's)	
Tuesday	16.00 - 16.45	Get Active	Active	Sports Hall	(5-7's)	
Tuesday	17.15 - 18.15	Supervised Gym	Fitness	Gym	(12-13's)	
Tuesday	17.15 - 18.15	Judo	Coaching	Sports Hall	Beginner	£
Tuesday	18.15-19.15	Judo	Coaching	Sports Hall	Improver	£*
Tuesday	18.30-19.30	Family Welcome	Misc	Club Room		*
Wednesday	09.30-11.30	Club Crèche	Crèche	DI Kids Area	(Under 3's) & (3-4's)	£*
Wednesday	16.00-16.45	Make and Create	Active	DI Kids Area	(5-7 & 8-11)	
Wednesday	17.00-17.45	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Wednesday	18.00-19.00	Start Up	Fitness	Gym	(14-15's)	*
Wednesday	18.30-19.30	Archery	Coaching	Sports Hall	Beginner	£*
Wednesday	19.30-21.00	Archery	Coaching	Sports Hall	All	£
Thursday	09.30-10.30	Parent and Baby Coffee Morning	Misc	Club Room		
Thursday	15.30-17.30	Birthday Parties	Misc	DI Kids Area		
Thursday	17.30-18.15	DL Kids Movie Time	Misc	DI Kids Area		
Thursday	17.45-18.30	Box Fit	Fitness	Sports Hall	(8-11 & 12-13's)	*
Thursday	18.00-19.00	Start Up	Fitness	Gym	(14-15's)	
Friday	09.30-11.30	Club Crèche	Crèche	DI Kids Area	(Under 3's) & (3-4's)	£*
Friday	15.00-16.00	Coffee & Tots Playtime	Misc	Club Room		
Friday	16.15-17.00	Tag Rugby	Coaching	Sports Hall	All	
Friday	17.45-18.30	Cheerleading	Coaching	Studio	All	
Friday	18.30-19.15	Multi Sports	Active	Court 6	(8-11 & 12-13)	
Friday	18.40-19.20	Street Dance	Fitness	Studio	(8-11 & 12-13's)	
Friday	19.20-20.00	Kids Splash	Water	Pool		
Saturday	09.30-11.30	Club Crèche	Crèche	DI Kids Area	(Under 3's) & (3-4's)	£*
Saturday	10.00-10.45	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	*
Saturday	11.00 - 11.45	Imagine	Play	Function Room	(Under 3's) & (3-4's)	
Saturday	11.00-11.45	Multi Sports	Active	Sports Hall	(5-7's)	
Saturday	12.00-12.45	Kids Splash	Water	Indoor Pool		
Saturday	12.30-13.00	Family Welcome	Misc	Club Room		
Saturday	12.30-14.30	Birthday Parties	Misc	DI Kids Area		
Saturday	15.15-17.15	Birthday Parties	Misc	DI Kids Area		
Sunday	10.00-11.00	Multi Sports	Active	Sports Hall	(5-7's)	
Sunday	11.00 - 12.00	Tri Golf	Coaching	Sports Hall	Beginner	*
Sunday	11.00-12.00	Mini Active	Play	DI Kids Area	(Under 3's) & (3-4's)	*
Sunday	12.15-13.00	Family Cycle	Fitness	Gym	Family	*
Sunday	12.30-14.30	Birthday Parties	Misc	DI Kids Area		
Sunday	13.10-13.55	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Sunday	14.00-15.00	Football	Coaching	Sports Hall		
Sunday	15.15-17.15	Birthday Parties	Misc	DL Kids Area		

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.