

SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	15:30 - 16:00	ASA Swim Stage 3	All Levels	Ind Pool	£
Monday	16:00 - 16:30	ASA Swim Stage 5	All Levels	Ind Pool - Part A	£
Monday	16:30 - 17:00	ASA Swim Stage 6	All Levels	Ind Pool - Part B	£
Monday	17:30 - 18:15	FIT Swim - Stage 8	11+ years	Ind Pool - Part A	£
Monday	19:00 - 20:00	Swim Event	All Levels	Ind Pool	£
Tuesday	15:30 - 16:00	ASA Swim Stage 4	All Levels	Ind Pool - Part A	£
Tuesday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Ind Pool - Part A	£
Tuesday	16:00 - 16:30	ASA Swim Stage 5	All Levels	Ind Pool - Part B	£
Tuesday	16:30 - 17:00	ASA Swim Stage 3	All Levels	Ind Pool	£
Tuesday	16:30 - 17:00	ASA Swim Stage 6	All Levels	Ind Pool - Part B	£
Tuesday	17:00 - 17:30	ASA Swim Stage 7	All Levels	Ind Pool - Part B	£
Tuesday	17:30 - 18:15	Swim Squads	All Levels	Ind Pool	
Wednesday	14:00 - 14:30	Adult & Baby	All Levels	Ind Pool - Part A	£
Wednesday	14:30 - 15:00	Adult & Child	All Levels	Ind Pool	£
Wednesday	15:00 - 15:30	ASA Swim Stage 1	All Levels	Ind Pool - Part A	£
Wednesday	15:30 - 16:00	ASA Swim Stage 2	All Levels	Ind Pool	£
Wednesday	16:00 - 16:30	ASA Swim Stage 3	All Levels	Ind Pool	£
Wednesday	16:30 - 17:00	ASA Swim Stage 5	All Levels	Ind Pool - Part B	£
Wednesday	17:00 - 17:30	ASA Swim Stage 6	All Levels	Ind Pool - Part B	£
Thursday	14:30 - 15:00	Pre School Stage 1	All Levels	Ind Pool	£
Thursday	15:00 - 15:30	ASA Swim Stage 2	All Levels	Ind Pool	£
Thursday	15:30 - 16:00	ASA Swim Stage 3	All Levels	Ind Pool	£
Thursday	16:00 - 16:30	ASA Swim Stage 5	All Levels	Ind Pool - Part B	£
Thursday	16:30 - 17:00	ASA Swim Stage 7	All Levels	Ind Pool - Part B	£
Thursday	17:00 - 17:30	ASA Swim Stage 1	All Levels	Ind Pool - Part A	£
Thursday	17:30 - 18:15	Swim Squads	All Levels	Ind Pool	
Friday	15:30 - 16:00	ASA Swim Stage 2	All Levels	Ind Pool	£
Friday	16:00 - 16:30	ASA Swim Stage 4	All Levels	Ind Pool - Part A	£
Friday	16:30 - 17:00	ASA Swim Stage 5	All Levels	Ind Pool - Part B	£
Friday	17:00 - 17:30	ASA Swim Stage 6	All Levels	Ind Pool - Part B	£
Friday	17:30 - 18:00	Rookie Lifeguard - ASA Stage 10	All Levels	Ind Pool	
Saturday	09:30 - 10:00	ASA Swim Stage 2	All Levels	Ind Pool	£
Saturday	10:00 - 10:30	ASA Swim Stage 3	All Levels	Ind Pool	£
Saturday	10:30 - 11:00	ASA Swim Stage 2	All Levels	Ind Pool	£
Saturday	11:00 - 11:30	ASA Swim Stage 1	All Levels	Ind Pool - Part A	£
Saturday	11:30 - 12:00	ASA Swim Stage 5	All Levels	Ind Pool - Part B	£
Saturday	12:00 - 12:30	ASA Swim Stage 7	All Levels	Ind Pool - Part B	£
Sunday	10:00 - 10:30	ASA Swim Stage 6	All Levels	Ind Pool - Part B	£
Sunday	10:30 - 11:00	ASA Swim Stage 1	All Levels	Ind Pool - Part A	£
Sunday	11:00 - 11:30	ASA Swim Stage 4	All Levels	Ind Pool - Part A	£
Sunday	15:00 - 15:30	Swim Event	All Levels	Ind Pool	£
Sunday	20:00 - 21:00	Swim Event	All Levels	Ind Pool	£

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

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	09:30 - 11:30	Club Creche		Club Creche	£
Monday	16:30 - 17:25	DL Kids Football	All Levels	Bad Crt 1-4	£
Monday	18:00 - 18:45	FIT Adidas Zone Cycling	11+ years	Cycling Area - Part B	
Tuesday	17:00 - 17:45	DL Kids Club Night	All Levels	Bad Crt 1-4	
Tuesday	17:30 - 18:15	Supervised Gym	All Levels	Gym	
Tuesday	18:00 - 18:45	FIT Circuits	11+ years	Bad Crt 1	
Tuesday	18:15 - 19:00	Family Welcome	All Levels	Club Rm	
Wednesday	09:30 - 11:30	Club Creche		Club Creche	£
Wednesday	16:30 - 17:15	Lets Create	All Levels	DL Kids Space	
Wednesday	16:30 - 17:15	Make & Create	All Levels	Conf Rm	
Wednesday	16:30 - 17:25	DL Kids Football	All Levels	Bad Crt 1-4	£
Wednesday	17:30 - 18:15	Start Up 1		Gym	
Wednesday	17:45 - 18:30	Family Circuits	8-11 Years	Bad Crt 1-4	
Thursday	16:15 - 17:00	Mini Active	Under 3 Years	Conf Rm	
Thursday	16:15 - 17:10	DL Kids Tri Golf	All Levels	Bad Crt 1-4	£
Thursday	17:30 - 18:15	Supervised Gym	All Levels	Gym	
Thursday	18:00 - 18:45	FIT Circuits	11+ years	Bad Crt 1	
Thursday	18:00 - 18:45	FIT Cycle	11+ years	Cycling Area - Part B	
Thursday	18:15 - 19:00	Family Welcome	All Levels	Club Rm	
Thursday	18:30 - 19:30	DL Kids Squash	All Levels	Sq Crt 2, 3	
Thursday	19:00 - 20:00	FIT Yoga	11+ years	Conf Rm - Part B	
Friday	09:30 - 11:30	Club Creche		Club Creche	£
Friday	17:15 - 18:00	DL Kids Table Tennis	All Levels	Table Tennis 1	
Friday	18:00 - 18:45	FIT Cycle	11+ years	Cycling Area - Part B	
Friday	18:00 - 18:45	FIT Zumba	11+ years	Studio - Part B	
Friday	18:00 - 18:45	Multi Sports	8-11 Years	Bad Crt 1-4	
Friday	18:00 - 19:30	Family Gym	All Levels	Gym	
Friday	18:45 - 19:30	DL Kids Club Night	All Levels	Bad Crt 1-4, DL Kids Space	
Saturday	09:30 - 11:30	Club Creche		Club Creche	£
Saturday	10:20 - 11:05	FIT Cycle	11+ years	Cycling Area - Part B	
Saturday	10:30 - 11:30	Family Welcome	All Levels	Club Rm - Part A	
Saturday	11:00 - 11:30	Family Welcome	All Levels	Rec	
Saturday	11:00 - 11:45	Mini Active	Under 3 Years	Conf Rm	
Saturday	11:15 - 12:00	FIT Step	11+ years	Studio - Part B	
Saturday	12:00 - 12:45	Get Active	All Levels	Bad Crt 1-4	
Saturday	12:00 - 12:45	Mini Dance	Under 3 Years	Conf Rm	
Saturday	14:00 - 14:45	Kids Splash	5-7 Years	Ind Pool - Part A	
Saturday	14:00 - 14:45	Kids Splash	8-11 Years	Ind Pool - Part B	
Saturday	15:00 - 16:30	Family Gym	All Levels	Stretch Area	
Saturday	16:30 - 18:00	Family Gym	All Levels	Stretch Area	
Sunday	11:00 - 11:55	DL Kids Tri Golf	All Levels	Bad Crt 1-4	£
Sunday	12:00 - 12:45	Get Active	All Levels	Bad Crt 1-4	
Sunday	15:00 - 16:30	Family Gym	All Levels	Stretch Area	
Sunday	16:30 - 18:00	Family Gym	All Levels	Stretch 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.

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