

| DAY | TIME | ACTIVITY | CATEGORY | LOCATION | AGE / LEVEL | KEY |
|-----------|-------------|--------------------|----------|-----------|------------------|-----|
| Monday | 16.00-16.30 | Let's Create | Play | Kids Zone | (3-4's) | P |
| | 16.30-17.15 | Multi Sports | Active | Studio 1 | (5-7 & 8-11) | |
| | 17.15-18.00 | Box Fit | Fitness | Studio 1 | (8-11 & 12-13's) | |
| | 18.00-18.30 | Family Welcome | Misc | Kids Zone | | P |
| Tuesday | 16.00-16.30 | Mini Dance | Play | Studio 1 | (3-4's) | P |
| | 16.30-17.15 | Make and Create | Active | Kids Zone | (5-7 & 8-11) | |
| | 17.15-18.15 | Supervised Gym | Fitness | Gym | (8-11 & 12-13's) | |
| | 17.30-18.30 | Kids Splash | Water | Pool | All Age Groups | |
| Wednesday | 16.00-16.30 | Let's Create | Play | Kids Zone | (3-4's) | P |
| | 16.30-17.15 | Get Active | Active | Studio 1 | (5-7 & 8-11) | |
| | 17.15-18.00 | Box Fit | Fitness | Studio 1 | (8-11 & 12-13's) | |
| Thursday | 16.00-16.30 | Mini Active | Play | Studio 1 | (3-4's) | P |
| | 16.30-17.15 | Make and Create | Active | Kids Zone | (5-7 & 8-11) | |
| | 17.30-18.30 | Kids Splash | Water | Pool | All Age Groups | |
| | 19.00-20.00 | Supervised Gym | Fitness | Gym | (8-11 & 12-13's) | * |
| Friday | 15.45-16.15 | Mini Dance | Play | Studio 1 | (3-4's) | P |
| | 16.15-17.00 | Make and Create | Active | Kids Zone | (5-7 & 8-11) | |
| | 17.00-17.55 | Multi Sports | Active | Studio 2 | (5-7 & 8-11) | |
| Saturday | 09.00-10.30 | DL Kids Movie Time | Misc | Kids Zone | | * |
| | 10.30-11.30 | Make and Create | Active | Kids Zone | (5-7 & 8-11) | * |
| | 11.30-12.25 | Kids Splash | Water | Pool | All Age Groups | * |
| | 12.45-13.45 | Supervised Gym | Fitness | Gym | (8-11 & 12-13's) | |
| Sunday | 09.30-11.00 | DL Kids Movie Time | Misc | Kids Zone | | * |
| | 11.00-12.00 | Make and Create | Active | Kids Zone | (5-7 & 8-11) | * |
| | 12.00-12.45 | Get Active | Active | Studio 1 | (5-7 & 8-11) | |
| | 13.00-14.00 | Supervised Gym | Fitness | Gym | (8-11 & 12-13's) | |

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.