

**RACQUETS**

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	10.45-11.15	Tennis Tots and Parents	Sports Hall	3-4 yrs	£
Monday	16.15-17.00	Tennis Tots	Sports Hall	3-5 yrs	£
Monday	17.00-17.45	Tennis All Stars Red 3	Sports Hall	8 and under	£
Monday	17.00-18.00	Badminton All Stars Orange 1	Sports Hall	8-11 yrs	£
Monday	17.30-18.30	Tennis All Stars Yellow 2	Tennis Court 4,5	11-17 yrs	£
Monday	18.00-18.45	Tennis All Stars Red 2	Sports Hall	8 and under	£
Monday	18.00-19.00	Tennis All Stars Red 1	Sports Hall	8 and under	£
Monday	18.00-19.00	Tennis All Stars Yellow 3	Tennis Court 6,7	11-17 yrs	£
Tuesday	16.30-17.30	Tennis All Stars Green 1	Tennis Court 4,5	10 yrs	£
Tuesday	17.30-18.30	Tennis All Stars Orange 2	Tennis Court 4,5	8-9 yrs	£
Tuesday	17.30-18.30	Tennis All Stars Red 1	Sports Hall	8 and under	£
Tuesday	18.00-19.30	Tennis All Stars Yellow 1	Tennis Court 6,7	11-17 yrs	£
Tuesday	18.30-19.30	Tennis All Stars Orange 3	Tennis Court 4,5	8-9 yrs	£
Wednesday	13.15-13.45	Tennis Tots and Parents	Sports Hall	3-4 yrs	£
Wednesday	16.15-17.00	Tennis Tots	Sports Hall	3-5 yrs	£
Wednesday	17.00-17.45	Tennis All Stars Red 3	Sports Hall	8 and under	£
Wednesday	17.00-17.45	Tennis All Stars Red 2	Sports Hall	8 and under	£
Wednesday	18.00-19.00	Tennis All Stars Red 1	Sports Hall	8 and under	£
Wednesday	18.00-19.30	Tennis All Stars Yellow 1	Tennis Court 6,7	11-17 yrs	£
Thursday	16.30-17.30	Tennis All Stars Orange 3	Tennis Court 6,7	8-9 yrs	£
Thursday	17.30-18.30	Tennis All Stars Orange 2	Tennis Court 6,7	8-9 yrs	£
Thursday	18.30-19.30	Tennis All Stars Orange 1	Tennis Court 7	8-9 yrs	£
Thursday	18.30-19.30	Tennis All Stars Green 2	Tennis Court 6	10 yrs	£
Thursday	18.30-19.30	Badminton All Stars Green 3	Sports Hall	12-14yrs	£
Thursday	18.30-20.00	Tennis All Stars Yellow Performance Team	Tennis Court 4,5	11-17 yrs	£
Friday	17.30-18.30	Junior Cardio Tennis	Tennis Court 4	11-17 yrs	£
Friday	18.30-19.30	Tennis All Stars Yellow 3	Tennis Court 4,5	11-17 yrs	£
Friday	18.30-19.30	Tennis All Stars Yellow 2	Tennis Court 4,5	11-17 yrs	£
Friday	19.30-21.00	Tennis All Stars Yellow 1	Tennis Court 4,5	11-17 yrs	£
Saturday	09.00-09.45	Tennis Tots	Sports Hall	3-5 yrs	£
Saturday	09.00-09.45	Tennis All Stars Red 2	Sports Hall	8 and under	£
Saturday	10.00-10.45	Tennis All Stars Red 3	Sports Hall	8 and under	£
Saturday	10.00-11.00	Tennis All Stars Orange 3	Tennis Court 1,2	8-9 yrs	£
Saturday	10.00-10.45	Tennis Tots	Sports Hall	3-5 yrs	£
Saturday	11.00-12.00	Tennis All Stars Orange 2	Tennis Court 6,7	8-9 yrs	£
Saturday	12.00-13.00	Tennis All Stars Yellow 3	Tennis Court 6,7	11-17 yrs	£
Saturday	12.00-13.30	Tennis All Stars Yellow 1	Tennis Court 4,5	11-17 yrs	£
Saturday	14.30-16.00	Tennis All Stars Yellow Development Squad 2	Tennis Court 1,2	11-17 yrs	£
Saturday	16.00-17.30	Tennis All Stars Yellow Development Squad 1	Tennis Court 1,2	11-17yrs	£
Saturday	17.30-18.30	Tennis All Stars Green Development Squad 1	Tennis Court 4,5,6	10 yrs	£
Sunday	09.00-10.00	Badminton All Stars Orange Development Squad	Sports Hall	8-11 yrs	£
Sunday	10.00-11.00	Badminton All Stars Development Squad	Sports Hall	8 and under	£
Sunday	11.00-12.00	Badminton All Stars Coaching and Matchplay	Sports Hall	All	£
Sunday	12.00-13.00	Badminton All Stars Coaching and Matchplay	Sports Hall	All	£
Sunday	14.00-15.00	Tennis - Family Welcome	LOCATION	All	
Sunday	15.00-16.00	Tennis All Stars Red Performance Team	Sports Hall	8 and under	£
Sunday	16.00-17.30	Tennis All Stars Orange Performance Team	Tennis Court 1,2	8-9 yrs	£
Sunday	17.00-18.30	Tennis All Stars Green Performance Team	Tennis Court 1,2	10 yrs	£

**ALLSTARS TENNIS COACHING PROGRAMME**

Our LTA endorsed All Stars Tennis Programme is a high quality, progressive tennis skill, development, fun, fitness and social interaction for children aged 3 – 17 years.

**PLEASE NOTE : This course runs in term time only and an additional fee applies.**

**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.

**SWIMMING**

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	16.00-16.30	ASA Stage 2	Pool	4yrs +	£
Monday	16.00-16.30	ASA Stage 5	Pool	4yrs +	£
Monday	16.30-17.00	ASA Stage 3	Pool	4yrs +	£
Monday	16.30-17.00	ASA Stage 6	Pool	4yrs +	£
Monday	17.00-17.30	ASA Stage 6	Pool	4yrs +	£
Monday	17.00-17.30	ASA Stage 5	Pool	4yrs +	£
Monday	17.30-18.00	ASA Stage 5	Pool	4yrs +	£
Monday	17.30-18.00	ASA Stage 7	Pool	4yrs +	£
Monday	18.00-18.30	Swim Squads	Pool	Contact Reception	£
Monday	18.30-19.30	Swim Squads	Pool	Contact Reception	£
Tuesday	10.00-10.30	Parent and baby	Pool	4-18 months	£
Tuesday	10.30-11.00	Parent and baby	Pool	18-30 months	£
Tuesday	11.00-11.20	Pre School Stage 1	Pool	2-4 yrs	£
Tuesday	11.20-11.40	Pre School Stage 1	Pool	2-4 yrs	£
Tuesday	13.20-13.40	Pre School Stage 1	Pool	2-4yrs	£
Tuesday	13.40-14.00	Pre School Stage 1	Pool	2-4yrs	£
Tuesday	16.00-16.30	ASA Stage 2	Pool	4yrs +	£
Tuesday	16.00-16.30	ASA Stage 4	Pool	4yrs +	£
Tuesday	16.30-17.00	ASA Stage 3	Pool	4yrs +	£
Tuesday	16.30-17.00	ASA Stage 7	Pool	4yrs +	£
Tuesday	17.00-17.30	ASA Stage 5	Pool	4yrs +	£
Tuesday	17.00-17.30	ASA Stage 5	Pool	4yrs +	£
Tuesday	17.30-18.00	ASA Stage 6	Pool	4yrs +	£
Tuesday	17.30-18.00	Swim Squads	Pool	Contact Reception	£
Tuesday	18.00-18.45	Swim Squads	Pool	Contact Reception	£
Tuesday	18.45-19.30	Rookie Lifeguard - ASA Stage 9	Pool	Contact Reception	£
Wednesday	16.00-16.30	ASA Stage 1	Pool	4yrs +	£
Wednesday	16.00-16.30	ASA Stage 3	Pool	4yrs +	£
Wednesday	16.30-17.00	ASA Stage 5	Pool	4yrs +	£
Wednesday	16.30-17.00	ASA Stage 6	Pool	4yrs +	£
Wednesday	17.00-17.30	ASA Stage 2	Pool	4yrs +	£
Wednesday	17.00-17.30	ASA Stage 5	Pool	4yrs +	£
Wednesday	17.30-18.00	ASA Stage 7	Pool	4yrs +	£
Wednesday	17.30-18.00	ASA Stage 4	Pool	4yrs +	£
Wednesday	18.00-18.30	ASA Stage 6	Pool	4yrs +	£
Wednesday	18.00-18.30	Swim Squads	Pool	Contact Reception	£
Wednesday	18.30-19.15	Water Polo - ASA Stage 8	Pool	Contact Reception	£
Thursday	13.40-14.00	Pre School Stage 1	Pool	2-4yrs	£
Thursday	14.00-14.20	Pre School Stage 1	Pool	2-4yrs	£
Thursday	14.20-14.40	Pre School Stage 1	Pool	2-4yrs	£
Thursday	14.40-15.00	Pre School Stage 1	Pool	2-4yrs	£
Thursday	16.00-16.30	ASA Stage 2	Pool	4yrs +	£
Thursday	16.00-16.30	ASA Stage 3	Pool	4yrs +	£
Thursday	16.30-17.00	ASA Stage 4	Pool	4yrs +	£
Thursday	16.30-17.00	ASA Stage 5	Pool	4yrs +	£
Thursday	17.00-17.30	ASA Stage 5	Pool	4yrs +	£
Thursday	17.00-17.30	ASA Stage 6	Pool	4yrs +	£
Thursday	17.30-18.00	ASA Stage 7	Pool	4yrs +	£
Thursday	18.00-18.30	Swim Squads	Pool	Contact Reception	£
Friday	09.50-10.10	Pre School Stage 1	Pool	2-4yrs	£
Friday	10.10-10.30	Pre School Stage 1	Pool	2-4yrs	£
Friday	10.30-10.50	Pre School Stage 1	Pool	2-4yrs	£

**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	1000-1100	Let's Create	Play	Hywel Room	(3-4's)	*
Monday	1100-1200	Parent and Tots Free Play	Misc	Hywel Room		P
Monday	1300-1400	Imagine ....	Play	Hywel Room	(3-4's)	*
Monday	1730-1830	Get Active	Active	Sports Hall	(5-7 & 8-11)	*
Tuesday	1000-1100	Mini Active	Play	Hywel Room	(3-4's)	*
Tuesday	1330-1430	Mini Active	Play	Hywel Room	(3-4's)	*
Tuesday	1630-1730	Start Up 1	Fitness	Gym	(14-15's)	
Tuesday	1700-1745	Start Up Circuits	Fitness	Studio 1	(8-11 & 12-13's)	
Tuesday	1800-1900	Make and Create	Active	Llewelyn Room	(5-7 & 8-11)	*
Wednesday	1000-1100	Imagine ....	Play	Hywel Room	(3-4's)	*
Wednesday	1300-1400	Let's Create	Play	Hywel Room	(3-4's)	*
Wednesday	1615-1700	Yoga/Yoga Bugs	Coaching	Mind & Body Studio	Contact Reception	£
Wednesday	1645-1745	Tae Kwon Do	Coaching	Studio 1	Contact Reception	£
Wednesday	1800-1900	Multi Sports	Active	Sports Hall	(5-7 & 8-11)	*
Thursday	1615-1715	Netball	Coaching	Sports Hall	Contact Reception	
Thursday	1615-1715	Tag Rugby	Coaching	Outside Tennis Court 1	Contact Reception	
Thursday	1715-1800	Start Up 2	Fitness	Gym	(14-15's)	
Thursday	1715-1800	Start Up Circuits	Fitness	Studio 1	(8-11 & 12-13's)	
Thursday	1800-1915	Drama	Coaching	Llewelyn Room	Contact Reception	*
Friday	1000-1100	Let's Create	Play	Llewelyn Room	(3-4's)	*
Friday	1100-1200	Parent and Tots Free Play	Misc	Llewelyn Room		P
Friday	1600-2000	Club Room Play	Misc	Llewelyn Room		P
Friday	1600-1645	Tots Ballet	Coaching	Studio 1	Contact Reception	£
Friday	1630-1730	Tots Football	Coaching	Sports Hall	Contact Reception	£
Friday	1645-1730	Tots Ballet	Coaching	Studio 1	Contact Reception	£
Friday	1645-1730	Dance	Coaching	Mind & Body Studio	Contact Reception	£*
Friday	1730-1830	Cheerleading	Coaching	Mind & Body Studio	Contact Reception	£*
Friday	1730-1830	Football	Coaching	Studio 1	Contact Reception	£*
Saturday	1000-1100	Make and Create	Active	Llewelyn Room	(8-11's)	*
Saturday	1000-1100	Multi Sports	Active	Sports Hall	(5-7's)	*
Saturday	1030-1115	Mini Active	Play	Hywel Room	(3-4's)	*
Saturday	1100-1200	Multi Sports	Active	Sports Hall	(5-7's)	*
Saturday	1100-1200	Make and Create	Active	Llewelyn Room	(8-11's)	*
Saturday	1115-1200	Imagine ....	Play	Hywel Room	(3-4's)	*
Saturday	1200-1300	Family Gym	Fitness	Gym	(12-13's)	
Saturday	1200-1300	Start Up 3	Fitness	Gym	(14-15's)	
Saturday	1300-1500	Birthday Parties	Misc	Conference Rooms		
Saturday	1600-1800	Birthday Parties	Misc	Conference Rooms		
Sunday	1030-1115	Mini Dance	Play	Hywel Room	(3-4's)	*
Sunday	1030-1130	Multi Sports	Active	Sports Hall	(5-7 & 8-11)	*
Sunday	1115-1200	Imagine ....	Play	Hywel Room	(3-4's)	*
Sunday	1130-1230	Get Active	Active	Sports Hall	(5-7 & 8-11)	*
Sunday	1200-1300	Family Gym	Fitness	Gym	(12-13's)	
Sunday	1300-1500	Birthday Parties	Misc	Conference Rooms		
Sunday	1400-1500	Start Up Circuits	Fitness	Studio 1	(8-11 & 12-13's)	
Sunday	1400-1500	Family Welcome	Misc	Lloyd Room		
Sunday	1600-1800	Birthday Parties	Misc	Conference Rooms		

**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.