

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	13.30-14.00	Parent and child	Pool		£
Monday	14.00-14.30	Pre School Stage 1	Pool		£
Monday	16.00-16.30	Pre School Stage 1	Pool		£
Monday	16.30-17.00	ASA Stage 3	Pool		£
Monday	17.00-17.30	ASA Stage 5	Pool		£
Tuesday	09.15-09.45	Parent and baby	Pool		£
Tuesday	16.00-16.30	Pre School Stage 1	Pool		£
Tuesday	16.00-16.30	ASA Stage 1	Pool		£
Tuesday	16.30-17.00	ASA Stage 2	Pool		£
Tuesday	16.30-17.00	Pre School Stage 1	Pool		£
Tuesday	17.00-17.30	ASA Stage 3	Pool		£
Tuesday	17.00-17.30	ASA Stage 5	Pool		£
Tuesday	17.30-18.00	ASA Stage 5	Pool		£
Tuesday	17.30-18.00	ASA Stage 2	Pool		£
Tuesday	18.00-18.30	ASA Stage 7	Pool		£
Tuesday	18.00-18.30	ASA Stage 6	Pool		£
Wednesday	13.30-14.00	Parent and child	Pool		£
Wednesday	14.00-14.30	Pre School Stage 1	Pool		£
Wednesday	16.00-16.30	ASA Stage 3	Pool		£
Wednesday	16.00-16.30	ASA Stage 1	Pool		£
Wednesday	16.30-17.00	ASA Stage 2	Pool		£
Wednesday	16.30-17.00	Pre School Stage 1	Pool		£
Wednesday	17.00-17.30	ASA Stage 4	Pool		£
Wednesday	17.00-17.30	ASA Stage 3	Pool		£
Wednesday	17.30-18.00	Swim Club	Pool		£
Wednesday	17.30-18.00	ASA Stage 5	Pool		£
Thursday	09.15-09.45	Parent and baby	Pool		£
Thursday	16.00-16.30	Pre School Stage 1	Pool		£
Thursday	16.00-16.30	ASA Stage 1	Pool		£
Thursday	16.30-17.00	ASA Stage 1	Pool		£
Thursday	16.30-17.00	ASA Stage 2	Pool		£
Thursday	17.00-17.30	ASA Stage 5	Pool		£
Thursday	17.00-17.30	ASA Stage 3	Pool		£
Thursday	17.30-18.00	ASA Stage 6	Pool		£
Thursday	17.30-18.00	ASA Stage 4	Pool		£
Thursday	18.15-18.45	Swim Club	Pool		£
Friday	16.00-16.30	Pre School Stage 1	Pool		£
Friday	16.30-17.00	ASA Stage 1	Pool		£
Friday	17.00-17.30	ASA Stage 4	Pool		£
Saturday	08.30-09.00	ASA Stage 7	Pool		£
Saturday	08.30-09.00	ASA Stage 5	Pool		£
Saturday	09.00-09.30	ASA Stage 2	Pool		£
Saturday	09.00-09.30	ASA Stage 1	Pool		£
Saturday	09.00-09.30	Pre School Stage 1	Pool		£
Saturday	09.30-10.00	Parent and child	Pool		£
Saturday	09.30-10.00	Pre School Stage 1	Pool		£
Saturday	09.30-10.00	ASA Stage 4	Pool		£
Saturday	10.00-10.30	ASA Stage 1	Pool		£
Saturday	10.00-10.30	ASA Stage 2	Pool		£
Saturday	10.00-10.30	ASA Stage 5	Pool		£
Saturday	10.30-11.00	ASA Stage 4	Pool		£
Saturday	10.30-11.00	ASA Stage 6	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 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	P
Monday	09.30-11.30	Club Crèche	Crèche	Creche	(under 3's)	£
Monday	09.30-10.15	Mini Active	Play	MPH	(3-4's)	
Monday	10.15-11.00	Let's Create	Play	Meeting Room	(3-4's)	
Monday	16.00-17.00	Football	Coaching	MPH	Contact Reception	£
Monday	16.00-17.00	Gymnastics	Coaching	Studio 2	Beginner	
Monday	17.00-17.45	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Monday	18.00-19.00	Family Welcome	Misc			
Tuesday	09.30-11.30	Club Crèche	Crèche	Creche	(under 3's)	£
Tuesday	09.30-10.15	Imagine	Play	MPH	(3-4's)	
Tuesday	10.15-11.00	Let's Create	Play	Meeting Room	(3-4's)	
Tuesday	16.00-17.00	Multi Sports	Active	MPH	(5-7 & 8-11)	
Tuesday	16.00-17.00	Mini Active	Play	Studio 2	(3-4's)	
Tuesday	17.00-18.00	Street Dance	Fitness	Studio 2	(8-11 & 12-13's)	£
Tuesday	17.00-17.45	Supervised Gym	Fitness	Gym	(14-15's)	
Wednesday	09.30-10.15	Mini Dance	Play	MPH	(3-4's)	
Wednesday	10.15-11.00	Mini Active	Play	MPH	(3-4's)	
Wednesday	16.00-17.00	Make and Create	Active	Meeting Room	(5-7 & 8-11)	
Wednesday	16.00-17.00	Let's Create	Play	Creche	(3-4's)	
Wednesday	16.00-17.00	Football	Coaching	MPH	Contact Reception	
Wednesday	17.00-17.45	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Thursday	09.30-11.30	Club Crèche	Crèche	Creche	(under 3's)	£
Thursday	09.30-10.15	Mini Active	Play	MPH	(3-4's)	
Thursday	10.15-11.00	Imagine	Play	MPH	(3-4's)	
Thursday	16.00-17.00	Basketball	Coaching	MPH	Contact Reception	
Thursday	16.00-17.00	Mini Dance	Play	Creche	(3-4's)	
Thursday	17.00-17.45	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Thursday	17.15-18.00	Badminton	Coaching	MPH	Beginner	£
Thursday	18.00-18.45	Badminton	Coaching	MPH	Improver	£
Friday	09.30-11.30	Club Crèche	Crèche	Creche	(under 3's)	£
Friday	09.30-10.15	Imagine	Play	MPH	(3-4's)	
Friday	10.15-11.00	Mini Active	Play	MPH	(3-4's)	
Friday	16.00-17.00	Tots Football	Coaching	MPH	Contact Reception	£
Friday	16.00-17.00	Get Active	Active	Studio 2	(5-7 & 8-11)	
Friday	17.00-18.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Saturday	09.30-10.30	Let's Create	Play	Creche	(3-4's)	
Saturday	09.30-10.30	Multi Sports	Active	MPH	(5-7 & 8-11)	
Saturday	09.30-10.30	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Saturday	10.30-11.30	Make and Create	Active	Meeting Room	(5-7 & 8-11)	
Saturday	10.30-11.30	Mini Active	Play	MPH	(3-4's)	
Saturday	12.30-13.15	Kids Splash	Water	Pool	All Age Groups	
Saturday	13.30-15.30	Birthday Parties	Misc			£
Saturday	16.00-18.00	Birthday Parties	Misc			£
Sunday	10.00-11.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Sunday	10.00-11.00	Mini Active	Play	Studio 2	(3-4's)	
Sunday	10.00-11.00	Multi Sports	Active	MPH	(5-7 & 8-11)	
Sunday	11.00-12.00	Kids Splash	Water	Pool	All Age Groups	
Sunday	13.00-15.00	Birthday Parties	Misc			£
Sunday	16.00-18.00	Birthday Parties	Misc			£

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.