

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	09.30-10.00	Pre School Stage 1	Pool	Contact Reception	£
Monday	10.00-10.30	Parent and baby	Pool	Contact Reception	£
Monday	10.30-11.00	Parent and child	Pool	Contact Reception	£
Monday	11.00-11.30	Pre School Stage 1	Pool	Contact Reception	£
Monday	13.00-13.30	Pre School Stage 1	Pool	Contact Reception	£
Monday	13.30-14.00	Pre School Stage 1	Pool	Contact Reception	£
Monday	16.00-16.30	ASA Stage 1	Pool	All Age Groups	£
Monday	16.30-17.00	ASA Stage 3	Pool	All Age Groups	£
Monday	17.00-17.30	ASA Stage 4	Pool	All Age Groups	£
Monday	17.30-18.00	ASA Stage 5	Pool	All Age Groups	£
Monday	18.00-18.45	ASA Stage 7	Pool	All Age Groups	£
Monday	18.45-19.30	ASA Stage 7	Pool	All Age Groups	£
Tuesday	09.30-10.00	Pre School Stage 1	Pool	Contact Reception	£
Tuesday	10.00-10.30	Parent and baby	Pool	Contact Reception	£
Tuesday	13.15-13.45	Pre School Stage 1	Pool	Contact Reception	£
Tuesday	14.00-14.30	Pre School Stage 1	Pool	Contact Reception	£
Tuesday	16.00-16.30	ASA Stage 3	Pool	All Age Groups	£
Tuesday	16.00-16.30	ASA Stage 3	Pool	All Age Groups	£
Tuesday	16.30-17.00	ASA Stage 4	Pool	All Age Groups	£
Tuesday	16.30-17.00	ASA Stage 4	Pool	All Age Groups	£
Tuesday	17.00-17.30	ASA Stage 2	Pool	All Age Groups	£
Tuesday	17.00-17.30	ASA Stage 5	Pool	All Age Groups	£
Tuesday	17.30-18.00	ASA Stage 5	Pool	All Age Groups	£
Tuesday	18.00-18.30	ASA Stage 5	Pool	All Age Groups	£
Tuesday	18.30-19.00	ASA Stage 6	Pool	All Age Groups	£
Wednesday	16.00-16.30	ASA Stage 1	Pool	All Age Groups	£
Wednesday	16.30-17.00	ASA Stage 3	Pool	All Age Groups	£
Wednesday	17.00-17.30	ASA Stage 5	Pool	All Age Groups	£
Wednesday	17.30-18.00	ASA Stage 5	Pool	All Age Groups	£
Wednesday	18.00-18.30	ASA Stage 6	Pool	All Age Groups	£
Thursday	13.00-13.30	Pre School Stage 1	Pool	Contact Reception	£
Thursday	13.30-14.00	Parent and child	Pool	Contact Reception	£
Thursday	16.00-16.30	ASA Stage 3	Pool	All Age Groups	£
Thursday	16.30-17.00	ASA Stage 4	Pool	All Age Groups	£
Thursday	17.00-17.30	ASA Stage 4	Pool	All Age Groups	£
Thursday	17.30-18.00	ASA Stage 5	Pool	All Age Groups	£
Thursday	18.00-18.30	ASA Stage 6	Pool	All Age Groups	£
Friday	16.00-16.30	ASA Stage 1	Pool	All Age Groups	£
Friday	16.00-16.30	ASA Stage 3	Pool	All Age Groups	£
Friday	16.30-17.00	ASA Stage 2	Pool	All Age Groups	£
Friday	16.30-17.00	ASA Stage 4	Pool	All Age Groups	£
Friday	17.00-17.30	ASA Stage 2	Pool	All Age Groups	£
Friday	17.00-17.30	ASA Stage 5	Pool	All Age Groups	£
Friday	17.30-18.00	ASA Stage 5	Pool	All Age Groups	£
Saturday	09.00-09.30	ASA Stage 5	Pool	All Age Groups	£
Saturday	09.30-10.00	ASA Stage 6	Pool	All Age Groups	£
Saturday	10.00-10.30	ASA Stage 1	Pool	All Age Groups	£
Saturday	10.00-10.30	ASA Stage 5	Pool	All Age Groups	£
Saturday	10.30-11.00	Pre School Stage 1	Pool	Contact Reception	£
Saturday	10.30-11.00	ASA Stage 4	Pool	All Age Groups	£
Saturday	11.00-11.30	ASA Stage 2	Pool	All Age Groups	£
Saturday	11.00-11.30	ASA Stage 2	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	1600-1630	Mini Active	Play	Multi Sports Hall	(3-4's)	P
Monday	1700-1800	Get Active	Active	Multi Sports Hall	(5-7 & 8-11)	
Monday	1700-1800	Multi Sports	Active	Multi Sports Hall	(12-13's)	
Monday	1800-1900	Kids Splash	Water	Pool		
Monday	1800-1900	Multi Sports	Active	Courts C & D	(12-13's)	
Tuesday	1700-1800	Get Active	Active	Multi Sports Hall	(5-7 & 8-11)	
Tuesday	1700-1800	Multi Sports	Active	Multi Sports Hall	(12-13's)	
Tuesday	1700-1800	Start Up 1	Fitness	Gym	(14-15's)	
Tuesday	1800-1900	Kids Splash	Water	Pool		
Tuesday	1800-1900	Start Up Circuits	Fitness	Multi Sports Hall	(8-11's)	
Tuesday	1800-1900	Multi Sports	Active	Multi Sports Hall	(12-13's)	
Wednesday	1700-1800	Get Active	Active	Multi Sports Hall	(5-7 & 8-11)	
Wednesday	1700-1800	Multi Sports	Active	Multi Sports Hall	(12-13's)	
Wednesday	1730-1800	Family Welcome	Misc	Multi Sports Hall		
Wednesday	1800-1900	Make and Create	Active	Multi Sports Hall	(5-7 & 8-11)	
Wednesday	1800-1900	Multi Sports	Active	Multi Sports Hall	(5-7 & 8-11)	
Wednesday	1800-1900	Multi Sports	Active	Multi Sports Hall	(12-13's)	
Thursday	1600-1630	Mini Dance	Play	Multi Sports Hall	(3-4's)	P
Thursday	1700-1800	Dance	Coaching	Multi Sports Hall		
Thursday	1700-1800	Get Active	Active	Multi Sports Hall	(5-7 & 8-11)	
Thursday	1700-1800	Start Up Circuits	Fitness	Multi Sports Hall	(12-13 & 14-15's)	
Thursday	1800-1900	Kids Splash	Water	Pool		
Thursday	1800-1900	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Friday	1600-1700	Start Up 1	Fitness	Gym	(14-15's)	
Friday	1700-1800	Let's Play Outside	Active	Outside	(5-7 & 8-11)	
Friday	1800-1900	Multi Sports	Active	Multi Sports Hall	(5-7 & 8-11)	
Friday	1800-1900	Start Up Circuits	Fitness	Multi Sports Hall	(8-11's)	
Friday	1800-1900	Multi Sports	Active	Multi Sports Hall	(12-13's)	
Saturday	1000-1100	Get Active	Active	Multi Sports Hall	(5-7 & 8-11)	
Saturday	1000-1100	Street Dance	Fitness	Multi Sports Hall	(12-13 & 14-15's)	
Saturday	1100-1200	Make and Create	Active	Multi Sports Hall	(5-7 & 8-11)	
Saturday	1100-1200	Start Up Circuits	Fitness	Multi Sports Hall	(8-11's)	
Saturday	1100-1200	Multi Sports	Active	Multi Sports Hall	(5-7 & 8-11)	
Saturday	1100-1200	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Saturday	1300-1400	Dance	Coaching	Multi Sports Hall		
Saturday	1300-1400	Multi Sports	Active	Multi Sports Hall	(5-7 & 8-11)	
Saturday	1300-1400	Multi Sports	Active	Multi Sports Hall	(12-13's)	
Saturday	1400-1500	Kids Splash	Water	Pool		
Saturday	1400-1500	Multi Sports	Active	Multi Sports Hall	(12-13's)	
Saturday	1400-1500	Start Up 2	Fitness	Gym	(14-15's)	
Saturday	1500-1700	Birthday Parties	Misc			
Sunday	1000-1100	Get Active	Active	Multi Sports Hall	(5-7 & 8-11)	
Sunday	1000-1100	Multi Sports	Active	Multi Sports Hall	(12-13's)	
Sunday	1000-1100	Start Up 3	Fitness	Multi Sports Hall	(14-15's)	
Sunday	1100-1200	Make and Create	Active	Multi Sports Hall	(5-7 & 8-11)	
Sunday	1100-1200	Multi Sports	Active	Multi Sports Hall	(5-7 & 8-11)	
Sunday	1100-1200	Box Fit	Fitness	Multi Sports Hall	(12-13 & 14-15's)	
Sunday	1300-1400	Box Fit	Fitness	Multi Sports Hall	(8-11's)	

DL KIDS ACTIVITY CATEGORIES

Club Coaching (Coaching) Club Fitness (Fitness)
 Club Crèche (Crèche) Club Water Activities (Water)
 Club Play (Play) Other Kids Activities & Parties (Misc)
 Club Active (Active)

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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