

SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	09:30 - 10:00	Pre School Stage 1	All Levels		£
Monday	10:00 - 10:30	Pre School Stage 1	All Levels		£
Monday	10:30 - 11:00	Adult & Child	All Levels		£
Monday	11:00 - 11:30	Adult & Child	All Levels		£
Monday	16:00 - 16:30	ASA Swim Stage 3	All Levels		£
Monday	16:30 - 17:00	ASA Swim Stage 4	All Levels		£
Monday	17:00 - 17:30	ASA Swim Stage 5	All Levels		£
Monday	17:30 - 18:00	ASA Swim Stage 7	All Levels		£
Monday	18:45 - 19:30	FIT Swim - Stage 8	11+ years		£
Tuesday	13:00 - 13:30	Pre School Stage 1	All Levels		£
Tuesday	13:30 - 14:00	Pre School Stage 1	All Levels		£
Tuesday	14:00 - 14:30	Adult & Child	All Levels		£
Tuesday	16:00 - 16:30	ASA Swim Stage 3	All Levels		£
Tuesday	16:30 - 17:00	ASA Swim Stage 4	All Levels		£
Tuesday	17:00 - 17:30	ASA Swim Stage 4	All Levels		£
Tuesday	17:30 - 18:00	ASA Swim Stage 5	All Levels		£
Tuesday	18:00 - 18:30	ASA Swim Stage 7	All Levels		£
Wednesday	16:30 - 17:00	ASA Swim Stage 3	All Levels		£
Wednesday	17:00 - 17:30	ASA Swim Stage 4	All Levels		£
Wednesday	17:30 - 18:00	ASA Swim Stage 5	All Levels		£
Thursday	14:00 - 14:30	Pre School Stage 1	All Levels		£
Thursday	16:00 - 16:30	ASA Swim Stage 3	All Levels		£
Thursday	16:30 - 17:00	ASA Swim Stage 4	All Levels		£
Thursday	17:00 - 17:30	ASA Swim Stage 5	All Levels		£
Thursday	17:30 - 18:00	ASA Swim Stage 5	All Levels		£
Friday	16:00 - 16:30	ASA Swim Stage 1	All Levels		£
Friday	16:00 - 17:00	ASA Swim Stage 3	All Levels		£
Friday	16:30 - 17:00	ASA Swim Stage 2	All Levels		£
Friday	16:30 - 17:00	ASA Swim Stage 5	All Levels		£
Friday	17:00 - 17:30	ASA Swim Stage 3	All Levels		£
Friday	17:00 - 17:30	ASA Swim Stage 6	All Levels		£
Friday	17:30 - 18:00	ASA Swim Stage 4	All Levels		£
Friday	17:30 - 18:00	ASA Swim Stage 7	All Levels		£
Saturday	09:00 - 09:30	ASA Swim Stage 5	All Levels		£
Saturday	09:30 - 10:00	ASA Swim Stage 7	All Levels		£
Saturday	09:30 - 10:00	Pre School Stage 1	All Levels		£
Saturday	10:00 - 10:30	ASA Swim Stage 3	All Levels		£
Saturday	10:00 - 10:30	ASA Swim Stage 5	All Levels		£
Saturday	10:30 - 11:00	ASA Swim Stage 3	All Levels		£
Saturday	10:30 - 11:00	ASA Swim Stage 4	All Levels		£
Saturday	11:00 - 11:30	ASA Swim Stage 4	All Levels		£
Saturday	11:00 - 11:30	Pre School Stage 1	All Levels		£
Saturday	11:30 - 12:00	ASA Swim Stage 5	All Levels		£
Saturday	11:30 - 12:00	Pre School Stage 1	All Levels		£
Saturday	12:00 - 12:30	ASA Swim Stage 6	All Levels		£
Saturday	12:30 - 13:00	ASA Swim Stage 7	All Levels		£

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	17:00 - 17:45	Mini Active	3-4 Years	Bad Crt G	
Monday	17:00 - 18:00	Get Active	All Levels	Bad Crt E	
Monday	17:00 - 18:00	Martial Arts	All Levels		
Monday	18:00 - 19:00	Kids Splash	All Levels	Pool	
Monday	19:00 - 19:30	DL Kids Club Night	All Levels	DL Kids Space	
Tuesday	09:30 - 11:30	Club Creche		Club Creche	£
Tuesday	17:00 - 17:45	Lets Create	3-4 Years	Bad Crt G	
Tuesday	17:00 - 18:00	Get Active	All Levels	Bad Crt F	
Tuesday	17:00 - 18:00	Supervised Gym <input type="checkbox"/> Skills, Agility, Quickness	11-13 yrs	Bad Crt E	
Tuesday	18:00 - 18:30	FIT Circuits	11+ years	Bad Crt H	
Tuesday	18:00 - 18:30	Family Welcome	All Levels	Bad Crt F	
Tuesday	18:00 - 19:00	Multi Sports	All Levels	Bad Crt G	
Tuesday	19:00 - 19:30	DL Kids Club Night	All Levels	Bad Crt H	
Wednesday	17:00 - 17:45	Mini Active	3-4 Years	Bad Crt G	
Wednesday	17:00 - 18:00	Multi Sports	All Levels	Bad Crt E	
Wednesday	17:30 - 18:00	FIT Cycle	11+ years	Studio 2	
Wednesday	18:00 - 18:55	Make & Create	All Levels	Bad Crt H	
Wednesday	18:00 - 19:00	Get Active	All Levels	Bad Crt E	
Wednesday	19:00 - 19:30	DL Kids Club Night	All Levels	DL Kids Space	
Thursday	09:30 - 11:30	Club Creche		Club Creche	£
Thursday	17:00 - 17:45	Mini Dance	3-4 Years	Bad Crt G	
Thursday	17:00 - 18:00	Get Active	All Levels	Bad Crt E	
Thursday	17:00 - 18:00	Supervised Gym	All Levels	Gym	
Thursday	18:00 - 19:00	Kids Splash	All Levels	Pool	
Thursday	19:00 - 19:30	DL Kids Club Night	All Levels	Bad Crt H	
Friday	09:30 - 11:30	Club Creche		Club Creche	£
Friday	16:00 - 17:00	Start Up 1 (14+yrs)	14 Years +	Gym	
Friday	17:00 - 17:45	Imagine...(3-4yrs)	3-4 Years	Bad Crt H	
Friday	17:00 - 18:00	DL Kids Club Night	All Levels	Bad Crt E	
Friday	17:00 - 18:00	Martial Arts	All Levels		
Friday	18:00 - 19:00	DL Kids Club Night	All Levels	Bad Crt E	
Friday	19:00 - 19:30	DL Kids Club Night	All Levels	Bad Crt H	
Saturday	10:00 - 11:00	Get Active	All Levels	Bad Crt E	
Saturday	11:00 - 11:55	DL Kids Dance	All Levels	Bad Crt G	
Saturday	11:00 - 12:00	Multi Sports	All Levels	Bad Crt E	
Saturday	11:00 - 12:00	Supervised Gym <input type="checkbox"/> Skills, Agility, Quickness	11-13 yrs	Bad Crt H	
Saturday	12:00 - 12:30	Family Welcome	All Levels	Sports H	
Saturday	12:00 - 13:00	DL Kids Club Night	All Levels	Bad Crt E	
Saturday	13:30 - 14:25	Birthday Parties	All Levels	Bad Crt F, G, H	
Saturday	14:00 - 15:00	Start Up 2 (14+yrs)	14 Years +	Gym	
Saturday	14:30 - 15:25	Birthday Parties	All Levels	Bad Crt F, G, H	
Saturday	16:00 - 16:55	Birthday Parties	All Levels	Bad Crt F, G, H	
Saturday	17:00 - 17:55	Birthday Parties	All Levels	Bad Crt E, F, G, H	
Sunday	10:00 - 11:00	Get Active	All Levels	Bad Crt E	
Sunday	10:00 - 11:00	Start Up 3 (14+yrs)	14 Years +	Gym	
Sunday	11:00 - 11:45	FIT Boxercise	11+ years	Studio 3	

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