

**RACQUETS**

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	16.15-17.00	Tennis Tots and Parents	Court 1	3-4 yrs	£ P
Monday	16.15-17.00	Tennis All Stars Red 3	Court 1	8 and under	£
Monday	16.15-17.00	Tennis All Stars Red 2	Court 2	8 and under	£
Monday	17.00-17.55	Tennis All Stars Red 1	Court 2	8 and under	£
Monday	17.00-17.55	Tennis All Stars Orange 2	Court 3	8-9 yrs	£
Monday	17.00-18.30	Tennis All Stars Red Performance Team	Court 1	8 and under	£
Monday	17.00-18.55	Tennis All Stars Orange Performance Team	Outdoor Court 2	8-9 yrs	£
Monday	17.00-18.55	Tennis All Stars Green Performance Team	Outdoor Court 3	10 yrs	£
Monday	17.30-19.30	Tennis All Stars Yellow Performance Team	Outdoor Court 4	11-17 yrs	£
Monday	18.00-18.55	Tennis All Stars Green 2	Court 2	10 yrs	£
Monday	18.00-18.55	Tennis All Stars Yellow 2	Court 1	11-17 yrs	£
Tuesday	16.30-17.55	Badminton All Stars Club Session	Badminton Court 1&2	All	£
Tuesday	17.00-17.30	Tennis - Family Welcome	Club room	All	
Wednesday	16.15-17.00	Tennis All Stars Red 3	Court 1	8 and under	£
Wednesday	16.15-17.00	Tennis All Stars Red 2	Court 2	8 and under	£
Wednesday	17.00-17.55	Tennis All Stars Red 1	Court 2	8 and under	£
Wednesday	17.00-17.55	Tennis All Stars Orange 3	Court 3	8-9 yrs	£
Wednesday	17.00-18.30	Tennis All Stars Red Performance Team	Court 1	8 and under	£
Wednesday	17.00-18.55	Tennis All Stars Orange Performance Team	Outdoor Court 2	8-9 yrs	£
Wednesday	17.00-18.55	Tennis All Stars Green Performance Team	Outdoor Court 3	10 yrs	£
Wednesday	17.30-19.30	Tennis All Stars Yellow Performance Team	Outdoor Court 4	11-17 yrs	£
Wednesday	18.00-18.55	Tennis All Stars Green 3	Court 2	10 yrs	£
Wednesday	18.00-18.55	Tennis All Stars Yellow 3	Court 1	11-17 yrs	£
Thursday	16.30-17.55	Squash All Stars Club Session	Squash Court 2	All	£
Friday	16.15-17.00	Tennis Tots and Parents	Court 1	3-4 yrs	£ P
Friday	16.15-17.00	Tennis All Stars Red 3	Court 1	8 and under	£
Friday	16.15-17.00	Tennis All Stars Red 2	Court 2	8 and under	£
Friday	17.00-17.55	Tennis All Stars Red 1	Court 2	8 and under	£
Friday	17.00-17.55	Tennis All Stars Orange 1	Court 3	8-9 yrs	£
Friday	17.00-17.55	Tennis All Stars Orange 2	Court 4	8-9 yrs	£
Friday	17.00-18.30	Tennis All Stars Red Performance Team	Outdoor Court 2	8 and under	£
Friday	17.00-18.55	Tennis All Stars Orange Performance Team	Outdoor Court 3	8-9 yrs	£
Friday	17.00-18.55	Tennis All Stars Green Performance Team	Outdoor Court 4	10 yrs	£
Friday	17.30-19.30	Tennis All Stars Yellow Performance Team	Outdoor Court 4	11-17 yrs	£
Friday	18.00-18.55	Tennis All Stars Green 1	Court 2	10 yrs	£
Friday	18.00-18.55	Tennis All Stars Yellow 1	Court 1	11-17 yrs	£
Saturday	09.00-09.55	Tennis All Stars Orange 3	Court 2	8-9 yrs	£
Saturday	09.15-10.00	Tennis Tots and Parents	Court 1	3-4 yrs	£ P
Saturday	09.15-10.00	Tennis All Stars Red 3	Court 1	8 and under	£
Saturday	10.00-10.55	Tennis All Stars Red 2	Court 1	8 and under	£
Saturday	10.00-10.55	Tennis All Stars Red 1	Court 1	8 and under	£
Saturday	10.00-10.55	Tennis All Stars Orange 2	Court 2	8-9 yrs	£
Saturday	11.00-11.55	Tennis All Stars Red Development Squad 1	Court 1	8 and under	£
Saturday	11.00-11.55	Tennis All Stars Orange Development Squad 1	Court 2	8-9 yrs	£
Saturday	11.00-11.55	Tennis All Stars Yellow Development Squad 1	Court 3	11-17yrs	£
Saturday	11.00-12.30	Badminton All Stars Coaching and Matchplay	Badminton Court 1&2	All	£
Saturday	12.30-13.00	Badminton Welcome	Badminton Court 1&2	All	

**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	Contact Reception	£
Monday	16.15-16.45	ASA Stage 1	Pool	Contact Reception	£
Monday	16.30-17.00	ASA Stage 4	Pool	Contact Reception	£
Monday	17.00-17.30	ASA Stage 5	Pool	Contact Reception	£
Monday	17.45-17.45	ASA Stage 3	Pool	Contact Reception	£
Monday	17.30-18.00	ASA Stage 6	Pool	Contact Reception	£
Monday	18.00-18.30	ASA Stage 7	Pool	Contact Reception	£
Monday	18.30-19.00	Swim Squads	Pool	Contact Reception	£
Tuesday	16.00-16.30	ASA Stage 2	Pool	Contact Reception	£
Tuesday	16.00-16.30	ASA Stage 3	Pool	Contact Reception	£
Tuesday	16.30-17.00	ASA Stage 4	Pool	Contact Reception	£
Tuesday	16.30-17.00	ASA Stage 5	Pool	Contact Reception	£
Tuesday	17.00-17.30	ASA Stage 7	Pool	Contact Reception	£
Tuesday	17.30-18.00	ASA Stage 7	Pool	Contact Reception	£
Tuesday	18.00-19.00	Swim Squads	Pool	Contact Reception	£
Wednesday	16.00-16.30	ASA Stage 1	Pool	Contact Reception	£
Wednesday	16.00-16.30	ASA Stage 2	Pool	Contact Reception	£
Wednesday	16.30-17.00	ASA Stage 3	Pool	Contact Reception	£
Wednesday	16.30-17.00	ASA Stage 5	Pool	Contact Reception	£
Wednesday	17.00-17.30	ASA Stage 4	Pool	Contact Reception	£
Wednesday	17.00-17.30	ASA Stage 6	Pool	Contact Reception	£
Wednesday	17.30-18.00	ASA Stage 5	Pool	Contact Reception	£
Wednesday	17.30-18.00	ASA Stage 7	Pool	Contact Reception	£
Wednesday	18.00-18.30	ASA Stage 6	Pool	Contact Reception	£
Wednesday	18.30-19.00	Swim Squads	Pool	Contact Reception	£
Thursday	09.30-10.00	Pre School Stage 1	Pool	Contact Reception	£
Thursday	10.00-10.30	Pre School Stage 1	Pool	Contact Reception	£
Thursday	16.45-16.45	ASA Stage 1	Pool	Contact Reception	£
Thursday	16.45-17.45	ASA Stage 3	Pool	Contact Reception	£
Thursday	17.15-17.45	ASA Stage 6	Pool	Contact Reception	£
Thursday	17.15-17.45	ASA Stage 7	Pool	Contact Reception	£
Thursday	17.45-18.45	Swim Squads	Pool	Contact Reception	£
Thursday	18.45-19.30	Swim Club	Pool	Contact Reception	£
Friday	09.30-10.00	Pre School Stage 1	Pool	Contact Reception	£
Friday	10.00-10.30	Parent and child	Pool	Contact Reception	£
Friday	10.30-11.00	Pre School Stage 1	Pool	Contact Reception	£
Friday	16.00-16.30	ASA Stage 1	Pool	Contact Reception	£
Friday	16.00-16.30	ASA Stage 2	Pool	Contact Reception	£
Friday	16.30-17.00	ASA Stage 2	Pool	Contact Reception	£
Friday	16.30-17.00	ASA Stage 3	Pool	Contact Reception	£
Friday	17.00-17.30	ASA Stage 3	Pool	Contact Reception	£
Friday	17.00-17.30	ASA Stage 4	Pool	Contact Reception	£
Friday	17.30-18.00	ASA Stage 3	Pool	Contact Reception	£
Friday	17.30-18.00	ASA Stage 5	Pool	Contact Reception	£
Friday	18.00-18.30	ASA Stage 4	Pool	Contact Reception	£
Friday	18.00-18.30	ASA Stage 6	Pool	Contact Reception	£
Friday	18.30-19.00	ASA Stage 7	Pool	Contact Reception	£
Saturday	09.00-09.30	ASA Stage 1	Pool	Contact Reception	£
Saturday	09.00-09.30	ASA Stage 4	Pool	Contact Reception	£
Saturday	09.30-10.00	ASA Stage 2	Pool	Contact Reception	£
Saturday	09.30-10.00	ASA Stage 6	Pool	Contact Reception	£
Saturday	10.00-10.30	ASA Stage 7	Pool	Contact Reception	£

**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	17.00-17.30	Athletics	Coaching	Court	Improver	* £
Monday	17.00-18.00	Multi Sports	Active	DL Kids Studio	(5-7's)	*
Monday	17.00-18.00	Box Fit	Fitness	Studio 2	(8-11 & 12-13's)	*
Monday	17.30-18.00	Athletics	Coaching	Court	Advanced	* £
Monday	18.00-18.30	Athletics	Coaching	Court	Beginner	* £
Monday	18.00-19.00	Get Active	Active	DL Kids Studio	(5-7's)	*
Monday	18.00-19.00	Supervised Gym	Fitness	Lower Gym	(8-11 & 12-13's)	*
Monday	19.00-19.30	Start Up Cycle	Fitness	Studio 3	(8-11 & 12-13's)	*
Monday	19.30-20.00	Start Up Circuits	Fitness	DL Kids Studio	(8-11 & 12-13's)	*
Tuesday	10.00-10.30	Imagine ....	Play	Soft Play	(3-4's)	*
Tuesday	10.30-11.00	Let's Create	Play	DL Kids Studio	(3-4's)	*
Tuesday	11.00-11.30	Mini Active	Play	DL Kids Studio	(3-4's)	*
Tuesday	16.45-17.30	Family Welcome	Misc	Club Room		P
Tuesday	17.00-18.00	Multi Sports	Active	DL Kids Studio	(5-7 & 8-11)	*
Tuesday	18.00-19.00	Get Active	Active	DL Kids Studio	(5-7's)	*
Tuesday	18.00-19.00	Supervised Gym	Fitness	Lower Gym	(8-11 & 12-13's)	*
Tuesday	19.00-20.00	Start Up Circuits	Fitness	DL Kids Studio	Family	*
Wednesday	17.00-17.30	Athletics	Coaching	Court	Improver	* £
Wednesday	17.00-18.00	Aqua Splash	Active	Pool Side	(5-7 & 8-11)	*
Wednesday	17.15-18.00	Cheerleading	Coaching	Studio 1	All	* £
Wednesday	17.30-18.00	Athletics	Coaching	Court	Advanced	* £
Wednesday	18.00-18.30	Athletics	Coaching	Court	Beginner	* £
Wednesday	18.00-18.45	Street Dance	Fitness	Studio 2	Family	*
Wednesday	18.00-19.00	Multi Sports	Active	DL Kids Studio	(5-7's)	*
Wednesday	18.00-19.00	Supervised Gym	Fitness	Lower Gym	(8-11 & 12-13's)	*
Wednesday	19.00-20.00	Get Active	Active	DL Kids Studio	(8-11 & 12-13)	*
Thursday	10.00-10.30	Imagine ....	Play	Soft Play	(3-4's)	*
Thursday	10.30-11.00	Let's Create	Play	DL Kids Studio	(3-4's)	*
Thursday	11.00-11.30	Mini Active	Play	DL Kids Studio	(3-4's)	*
Thursday	17.00-18.00	Get Active	Active	DL Kids Studio	(5-7 & 8-11)	*
Thursday	18.00-19.00	Multi Sports	Active	DL Kids Studio	(5-7's)	*
Thursday	18.00-19.00	Supervised Gym	Fitness	Lower Gym	(8-11 & 12-13's)	*
Thursday	19.00-19.30	Start Up Circuits	Fitness	DL Kids Studio	(8-11 & 12-13's)	*
Thursday	19.30-20.15	Start Up Cycle	Fitness	Studio 3	(8-11 & 12-13's)	*
Friday	17.00-17.30	Athletics	Coaching	Court	Improver	* £
Friday	17.00-18.00	Aqua Splash	Active	Pool Side	(5-7 & 8-11)	*
Friday	17.30-18.00	Athletics	Coaching	Court	Advanced	* £
Friday	18.00-18.30	Athletics	Coaching	Court	Beginner	* £
Friday	18.00-19.00	Multi Sports	Active	DL Kids Studio	(5-7's)	*
Friday	18.00-19.00	Supervised Gym	Fitness	Lower Gym	(8-11 & 12-13's)	*
Friday	18.00-19.00	Performing Arts	Coaching	Studio 2	All	* £
Friday	19.00-20.00	Ju Jitsu	Coaching	Studio 1	All	* £
Saturday	08.30-09.20	Gymnastics	Coaching	Badminton Court	Beginner	* £
Saturday	09.20-10.30	Gymnastics	Coaching	Badminton Court	Improver	* £
Saturday	10.00-11.00	Let's Play Outside	Active	Outside Court	(5-7's)	*
Saturday	10.00-11.00	Multi Sports	Active	DL Kids Studio	(8-11's)	*
Saturday	11.00-12.00	Multi Sports	Active	DL Kids Studio	(5-7's)	*
Saturday	11.00-12.00	Let's Play Outside	Active	Outside Court	(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.

**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.

