



**SWIMMING**

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	15.50-16.20	ASA Stage 2	Pool		£
Monday	15.50-16.30	ASA Stage 4	Pool		£
Monday	15.50-16.30	ASA Stage 5	Pool		£
Monday	16.30-17.10	ASA Stage 3	Pool		£
Monday	16.30-17.10	ASA Stage 5	Pool		£
Monday	17.10-17.50	ASA Stage 6	Pool		£
Monday	17.10-17.50	ASA Stage 7	Pool		£
Monday	17.15-17.45	Pre School Stage 1	Pool		£
Monday	18.00-19.00	Swim Club	Pool		£
			Pool		£
			Pool		£
Tuesday	15.10-15.40	Pre School Stage 1	Pool		£
Tuesday	15.45-16.15	ASA Stage 2	Pool		£
Tuesday	15.45-16.25	ASA Stage 4	Pool		£
Tuesday	16.30-17.00	ASA Stage 3	Pool		£
Tuesday	16.30-17.10	ASA Stage 5	Pool		£
Tuesday	17.05-17.45	Rookie Lifeguard - ASA Stage 8	Pool		£
Tuesday	17.10-17.50	ASA Stage 6	Pool		£
Tuesday	17.10-17.50	ASA Stage 7	Pool		£
Tuesday	17.50-18.50	Swim Club	Pool		£
					£
Wednesday	10.00-10.30	Parent and child	Pool		£
Wednesday	10.30-11.00	Pre School Stage 1	Pool		£
Wednesday	11.00-11.30	Pre School Stage 1	Pool		£
Wednesday	14.45-15.15	Pre School Stage 1	Pool		£
Wednesday	15.20-16.00	ASA Stage 4	Pool		£
Wednesday	15.45-16.25	ASA Stage 5	Pool		£
Wednesday	16.00-16.30	ASA Stage 3	Pool		£
Wednesday	16.30-17.00	ASA Stage 2	Pool		£
Wednesday	16.35-17.15	ASA Stage 4	Pool		£
					£
Thursday	15.00-15.30	Pre School Stage 1	Pool		£
Thursday	15.40-16.20	ASA Stage 4	Pool		£
Thursday	16.10-16.40	ASA Stage 2	Pool		£
Thursday	16.45-17.25	ASA Stage 5	Pool		£
Thursday	17.25-18.05	ASA Stage 6	Pool		£
Thursday	17.25-18.05	ASA Stage 7	Pool		£
					£
Friday	10.00-10.30	Parent and baby	Pool		£
Friday	10.30-11.00	Parent and baby	Pool		£
Friday	11.00-11.30	Pre School Stage 1	Pool		£
Friday	14.40-15.20	ASA Stage 4	Pool		£
Friday	14.55-15.25	Pre School Stage 1	Pool		£
Friday	15.30-16.00	ASA Stage 2	Pool		£
Friday	16.00-16.30	ASA Stage 3	Pool		£
Friday	16.15-16.55	ASA Stage 4	Pool		£
Friday	16.35-17.05	ASA Stage 2	Pool		£
Friday	17.20-18.00	ASA Stage 5	Pool		£
Friday	18.00-18.40	ASA Stage 6	Pool		£
Friday	18.00-18.40	ASA Stage 7	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	KEY
Monday	09.15-10.00	Pre School Gymnastics	Coaching	Studio 2	Contact Reception	£/P
Monday	10.10-10.55	Pre School Gymnastics	Coaching	Studio 2	Contact Reception	p
Monday	11.00-11.45	Pre School Gymnastics	Coaching	Studio 2	Contact Reception	p
Monday	16.30-17.30	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Monday	17.00-17.45	Tag Rugby	Coaching	Badminton courts	ALL	
Monday	18.15-19.00	Badminton	Coaching	Badminton courts	Beginner	£
Monday	19.00-19.45	Badminton	Coaching	Badminton courts	Improver	£
Tuesday	13.30-14.15	Pre School Gymnastics	Coaching	Badminton courts	Contact Reception	
Tuesday	15.30-16.00	Mini Active	Play	Badminton courts	(3-4's)	
Tuesday	16.00-16.45	Get Active	Active	Badminton courts	(5-7 & 8-11)	
Tuesday	16.15-17.00	Cheerleading	Coaching	Studio 2	All	
Tuesday	16.30-17.00	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Tuesday	16.30-17.30	Football	Coaching	Badminton courts	All	
Tuesday	17.00-18.00	Street Dance	Fitness	Studio 2	(12-13 & 14-15's)	
Tuesday	17.30-18.30	Multi Sports	Active	Tennis Courts	(8-11 & 12-13)	
Wednesday	13.30-14.00	Tots Football	Coaching	Badminton Courts	All	
Wednesday	15.30-16.00	Mini Active	Play	Studio 2	(3-4's)	
Wednesday	16.00-17.00	Get Active	Active	Studio 2	(5-7 & 8-11)	
Wednesday	16.00-16.45	Gymnastics	Coaching	Badminton Courts	Beginner	
Wednesday	17.00-17.45	Gymnastics	Coaching	Badminton Courts	Improver	
Wednesday	17.00-17.45	Family Circuits	Fitness	Gym	(12-13 & 14-15's)	
Wednesday	17.45-18.15	Ju Jitsu	Coaching	Studio 2	Beginner	
Wednesday	18.15-19.00	Ju Jitsu	Coaching	Studio 2	Beginner	
Thursday	14.45-15.15	Tots Ballet	Coaching	Studio 2	All	£
Thursday	15.15-15.45	Tap	Coaching	Studio 2	All	£
Thursday	15.30-16.00	Squash	Coaching	Squash Courts	Beginner	
Thursday	15.45-16.30	Ballet	Coaching	Studio 2	All	£
Thursday	16.00-16.45	Squash	Coaching	Squash Courts	Improver	
Thursday	16.30-18.00	Football	Coaching	Badminton courts	All	
Thursday	16.30-17.30	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Thursday	17.00-18.00	Squash	Coaching	Squash Courts	Advanced	
Thursday	17.15-17.55	Tap	Coaching	Studio 2	All	£
Friday	13.30-14.00	Mini Active	Play	Studio 2	(3-4's)	
Friday	14.00-15.00	Get Active	Active	Studio 2	(5-7 & 8-11)	
Friday	14.30-15.30	Family Splash	Water	Pool	All Age Groups	P
Friday	16.00-17.00	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Friday	16.30-18.00	Gymnastics	Coaching	Badminton courts	Advanced	
Friday	18.00-20.00	DL Kids Movie Time	Misc	Studio 2		*
Friday	18.00-19.00	Supervised Gym	Fitness	Gym	(12-13'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.

DAY	TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
Saturday	09.00-09.30	Tots Ballet	Coaching	Studio 2	Contact Reception	£
Saturday	09.00-09.45	Mini Active	Play	Badminton Courts	(3-4's)	*
Saturday	09.30-10.00	Tap	Coaching	Studio 2	Contact Reception	£
Saturday	10.00-10.45	Dance	Coaching	Studio 2	Contact Reception	£
Saturday	10.00-11.00	Multi Sports	Active	Badminton Courts	(5-7 & 8-11)	*
Saturday	10.45-11.30	Dance	Coaching	Studio 2	Contact Reception	£
Saturday	11.00-12.00	Get Active	Active	Badminton Courts	(5-7 & 8-11)	*
Saturday	13.00-15.00	Birthday Parties	Misc	Studio 2		£
Saturday	13.00-18.00	Family Gym	Fitness	Gym	(8-11 & 12-13's)	P
Saturday	16.00-18.00	Birthday Parties	Misc	Studio 2		£
Sunday	10.00-11.00	Get Active	Active	Studio 2	(5-7 & 8-11)	
Sunday	11.00-11.45	Mini Active	Play	Studio 2	(3-4's)	
Sunday	13.00-15.00	Birthday Parties	Misc	Studio 2		£
Sunday	13.00-18.00	Family Gym	Fitness	Gym	(8-11 & 12-13's)	P
Sunday	14.00-15.00	Family Splash	Water	Pool	All Age Groups	P
Sunday	16.00-18.00	Birthday Parties	Misc	Studio 2		£

**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)

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