



**SWIMMING**

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	15:50 - 16:20	ASA Swim Stage 2	All Levels		
Monday	15:50 - 16:30	ASA Swim Stage 4	All Levels		
Monday	16:30 - 17:00	ASA Swim Stage 3	All Levels		
Monday	16:30 - 17:10	ASA Swim Stage 5	All Levels		
Monday	17:15 - 17:45	ASA Swim Stage 2	All Levels		
Monday	18:00 - 19:00	Swim Club	All Levels		
Tuesday	10:00 - 10:30	Adult & Baby	All Levels		
Tuesday	15:45 - 16:15	ASA Swim Stage 2	All Levels		
Tuesday	15:50 - 16:30	ASA Swim Stage 4	All Levels		
Tuesday	16:30 - 17:10	ASA Swim Stage 4	All Levels		
Tuesday	17:10 - 17:50	ASA Swim Stage 5	All Levels		
Tuesday	17:50 - 18:50	Swim Club	All Levels		
Wednesday	11:00 - 11:30	ASA Swim Stage 1	All Levels		
Wednesday	14:45 - 15:15	ASA Swim Stage 1	All Levels		
Wednesday	16:00 - 16:30	ASA Swim Stage 3	All Levels		
Wednesday	16:30 - 17:00	ASA Swim Stage 2	All Levels		
Thursday	15:45 - 16:15	ASA Swim Stage 3	All Levels		
Thursday	16:15 - 16:45	ASA Swim Stage 2	All Levels		
Friday	10:00 - 10:30	Adult & Baby	All Levels		
Friday	10:30 - 11:00	Adult & Child	All Levels		
Friday	14:15 - 14:55	ASA Swim Stage 4	All Levels		
Friday	14:55 - 15:25	ASA Swim Stage 1	All Levels		
Friday	15:30 - 16:00	ASA Swim Stage 3	All Levels		
Friday	16:00 - 16:30	ASA Swim Stage 2	All Levels		
Friday	16:05 - 16:45	ASA Swim Stage 4	All Levels		
Friday	16:35 - 17:05	ASA Swim Stage 3	All Levels		
Friday	17:10 - 17:50	ASA Swim Stage 5	All Levels		
Saturday	09:05 - 09:45	ASA Swim Stage 4	All Levels		
Saturday	09:40 - 10:10	ASA Swim Stage 2	All Levels		
Saturday	09:45 - 10:15	ASA Swim Stage 3	All Levels		
Saturday	10:15 - 10:45	ASA Swim Stage 2	All Levels		
Saturday	10:15 - 10:55	ASA Swim Stage 5	All Levels		
Saturday	10:20 - 10:50	ASA Swim Stage 1	All Levels		
Saturday	11:00 - 11:40	ASA Swim Stage 4	All Levels		
Saturday	11:00 - 11:40	ASA Swim Stage 6	All Levels		
Saturday	11:40 - 12:40	ASA Swim Stage 2	All Levels		
Saturday	11:40 - 12:40	Swim Club	All Levels		
Saturday	12:10 - 12:40	ASA Swim Stage 3	All Levels		
Sunday	10:35 - 11:05	ASA Swim Stage 2	All Levels		
Sunday	11:15 - 11:45	ASA Swim Stage 3	All Levels		
Sunday	11:50 - 12:30	ASA Swim Stage 4	All Levels		
Sunday	11:50 - 12:30	ASA Swim Stage 4	All Levels		

**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 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	09:30 - 11:30	Club Creche		Club Creche	£
Monday	16:30 - 17:15	Supervised Gym	All Levels	Gym Area 1	
Monday	17:00 - 18:00	DL Kids Tag Rugby	All Levels	Bad Crt 1-4	
Monday	18:15 - 19:00	DL Kids Badminton Beginners	Beginner	Bad Crt 1-4	
Monday	19:00 - 19:45	DL Kids Badminton Intermediates	Intermediate	Bad Crt 1-4	
Tuesday	10:15 - 11:00	Parent & Tots Free Play	All Levels	Studio 2	
Tuesday	11:00 - 11:45	Parent & Tots Free Play	All Levels	Studio 2	
Tuesday	15:45 - 16:15	Mini Dance	All Levels	Studio 2	
Tuesday	16:15 - 17:00	DL Kids Cheerleading Beginners	Beginner	Studio 2	
Tuesday	16:30 - 17:15	Supervised Gym	All Levels	Gym Area 1	
Tuesday	16:30 - 17:30	DL Kids Football	All Levels	Bad Crt 3	
Tuesday	17:15 - 18:00	DL Kids Street Dance	All Levels	Studio 2	
Tuesday	17:15 - 18:00	FIT Boxercise	11+ years	Gym Area 1	
Wednesday	09:30 - 11:30	Club Creche		Club Creche	£
Wednesday	13:30 - 14:00	DL Kids Football (3-4yrs)	3-4 Years	Studio 2	
Wednesday	15:30 - 16:00	Mini Active	All Levels	Studio 2	
Wednesday	16:00 - 16:45	DL Kids Gymnastics Beginners	Beginner	Sq Crt 3	
Wednesday	16:00 - 16:55	Multi Sports	All Levels	Studio 2	
Wednesday	16:45 - 17:45	DL Kids Gymnastics Intermediates	Intermediate	Sq Crt 3	
Wednesday	17:15 - 18:00	FIT Legs, Bums and Tums	11+ years	Studio 2	
Wednesday	18:15 - 19:00	DL Kids Judo	5-7 Years	Studio 2	
Wednesday	19:00 - 19:45	DL Kids Judo	8-11 Years	Studio 2	
Thursday	09:30 - 11:30	Club Creche		Club Creche	£
Thursday	11:35 - 12:30	Lunch Club	All Levels	Club Rm	
Thursday	13:00 - 13:45	Parent & Tots Free Play	All Levels	Studio 2	
Thursday	13:50 - 14:35	Parent & Tots Free Play	All Levels	Studio 2	
Thursday	15:30 - 16:00	DL Kids Squash Beginners	Beginner	Sq Crt 2, 3	
Thursday	16:00 - 16:45	DL Kids Squash Intermediates	Intermediate	Sq Crt 2, 3	
Thursday	16:30 - 17:15	Supervised Gym	All Levels	Gym Area 1	
Thursday	16:30 - 18:00	DL Kids Football	All Levels	Bad Crt 3	
Thursday	17:00 - 18:00	DL Kids Squash Advanced	Advanced	Sq Crt 2, 3	
Thursday	18:00 - 19:00	DL Kids Squash	All Levels	Sq Crt 2, 3	
Friday	09:30 - 11:30	Club Creche		Club Creche	£
Friday	14:30 - 15:30	Family Splash	All Levels	Pool	
Friday	17:15 - 17:45	FIT Cycle	11+ years	Spin Area	
Friday	18:00 - 20:00	DL Kids Movie Time	All Levels	Studio 2	
Saturday	10:00 - 10:45	Mini Active	All Levels	Sports H	
Saturday	10:00 - 11:00	DL Kids Club	All Levels	Bad Crt 1-4	
Saturday	11:00 - 12:00	DL Kids Club	All Levels	Bad Crt 1-4	
Saturday	11:15 - 12:00	Tots Sports Development	All Levels	Sports H	
Saturday	13:00 - 15:00	Birthday Parties	All Levels	Studio 2	
Saturday	13:15 - 14:00	Relax Kids	All Levels	Studio 1	
Saturday	15:00 - 17:00	Birthday Parties	All Levels	Studio 2	
Sunday	10:00 - 11:00	Get Active	All Levels	Studio 2	
Sunday	11:00 - 11:45	Mini Active	All Levels	Studio 2	
Sunday	13:00 - 15:00	Birthday Parties	All Levels	Ind Crt 1, Studio 2	

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