

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	1130-1200	Parent and child	Pool	Contact Reception	
Monday	1330-1400	ASA Stage 2	Pool	Contact Reception	
Monday	1400-1430	ASA Stage 1	Pool	Contact Reception	
Monday	1545-1615	ASA Stage 1	Pool	Contact Reception	
Monday	1545-1615	ASA Stage 2	Pool	Contact Reception	
Monday	1615-1645	ASA Stage 2	Pool	Contact Reception	
Monday	1615-1645	ASA Stage 3	Pool	Contact Reception	
Monday	1645-1715	ASA Stage 3	Pool	Contact Reception	
Monday	1645-1715	ASA Stage 4	Pool	Contact Reception	
Monday	1715-1745	ASA Stage 4	Pool	Contact Reception	
Monday	1715-1745	ASA Stage 5	Pool	Contact Reception	
Monday	1715-1745	ASA Stage 6	Pool	Contact Reception	
Monday	1745-1830	Swim Squads	Pool	Contact Reception	
Tuesday	1330-1400	ASA Stage 1	Pool	Contact Reception	
Tuesday	1400-1430	ASA Stage 1	Pool	Contact Reception	
Tuesday	1545-1615	ASA Stage 1	Pool	Contact Reception	
Tuesday	1545-1615	ASA Stage 3	Pool	Contact Reception	
Tuesday	1615-1645	ASA Stage 2	Pool	Contact Reception	
Tuesday	1615-1645	ASA Stage 3	Pool	Contact Reception	
Tuesday	1645-1715	ASA Stage 2	Pool	Contact Reception	
Tuesday	1645-1715	ASA Stage 5	Pool	Contact Reception	
Tuesday	1715-1745	ASA Stage 4	Pool	Contact Reception	
Tuesday	1715-1745	ASA Stage 6	Pool	Contact Reception	
Tuesday	1745-1830	Swim Squads	Pool	Contact Reception	
Wednesday	1000-1030	Parent and child	Pool	Contact Reception	
Wednesday	1030-1100	Parent and baby	Pool	Contact Reception	
Wednesday	1100-1130	ASA Stage 1	Pool	Contact Reception	
Wednesday	1330-1400	ASA Stage 2	Pool	Contact Reception	
Wednesday	1400-1430	ASA Stage 1	Pool	Contact Reception	
Wednesday	1545-1615	ASA Stage 1	Pool	Contact Reception	
Wednesday	1545-1615	ASA Stage 3	Pool	Contact Reception	
Wednesday	1615-1645	ASA Stage 2	Pool	Contact Reception	
Wednesday	1615-1645	ASA Stage 4	Pool	Contact Reception	
Wednesday	1645-1715	ASA Stage 5	Pool	Contact Reception	
Wednesday	1645-1715	ASA Stage 6	Pool	Contact Reception	
Wednesday	1715-1745	ASA Stage 4	Pool	Contact Reception	
Wednesday	1715-1745	ASA Stage 7	Pool	Contact Reception	
Wednesday	1745-1815	ASA Stage 5	Pool	Contact Reception	
Wednesday	1745-1815	ASA Stage 6	Pool	Contact Reception	
Wednesday	1815-1900	Swim Squads	Pool	Contact Reception	
Thursday	1330-1400	ASA Stage 1	Pool	Contact Reception	
Thursday	1400-1430	ASA Stage 1	Pool	Contact Reception	
Thursday	1545-1615	ASA Stage 3	Pool	Contact Reception	
Thursday	1615-1645	ASA Stage 3	Pool	Contact Reception	
Thursday	1615-1645	ASA Stage 4	Pool	Contact Reception	
Thursday	1645-1715	ASA Stage 2	Pool	Contact Reception	
Thursday	1645-1715	ASA Stage 3	Pool	Contact Reception	
Thursday	1715-1745	ASA Stage 4	Pool	Contact Reception	
Thursday	1715-1745	ASA Stage 6	Pool	Contact Reception	
Thursday	1745-1815	ASA Stage 5	Pool	Contact Reception	
Thursday	1745-1815	ASA Stage 7	Pool	Contact Reception	
Friday	1000-1030	Parent and baby	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	KEY
Monday	0925-1045	Mini Dance	Play	Squash Court	(3-4's)	*
Monday	0930-1130	Club Crèche	Crèche	DL Kids Room	(under 3's)	£,*
Monday	1600-1700	Mini Active	Play	DL Kids Room	(3-4's)	
Monday	1600-1700	Multi Sports	Active	Squash Court	(5-7 & 8-11)	
Monday	1700-1800	Box Fit	Fitness	Gym	(8-11 & 12-13's)	
Monday	1800-1900	Start Up	Fitness	Gym	(14-15's)	*
Tuesday	0925-1045	Mini Active	Play	Studio 2	(3-4's)	*
Tuesday	0930-1130	Club Crèche	Crèche	DL Kids Room	(under 3's)	£,*
Tuesday	1225-1330	Mini Dance	Play	DL Kids Room	(3-4's)	
Tuesday	1600-1700	Mini Active	Play	DL Kids Room	(3-4's)	
Tuesday	1600-1700	Multi Sports	Active	Studio 2	(5-7 & 8-11)	
Tuesday	1700-1800	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Wednesday	0925-1045	Mini Active	Play	Squash Court	(3-4's)	*
Wednesday	0930-1130	Club Crèche	Crèche	DL Kids Room	(under 3's)	£,*
Wednesday	1600-1700	Mini Active	Play	DL Kids Room	(3-4's)	
Wednesday	1600-1700	Get Active	Active	Studio 2	(5-7 & 8-11)	
Wednesday	1700-1800	Gymnastics	Coaching	Studio 2	All	
Wednesday	1700-1800	Box Fit	Fitness	Gym	(8-11 & 12-13's)	
Wednesday	1800-1900	Start Up	Fitness	Gym	(14-15's)	
Thursday	0925-1045	Mini Dance	Play	Squash Court	(3-4's)	*
Thursday	0925-1045	Club Crèche	Crèche	DL Kids Room	(under 3's)	£,*
Thursday	1225-1335	Mini Active	Play	DL Kids Room	(3-4's)	
Thursday	1600-1700	Mini Active	Play	DL Kids Room	(3-4's)	
Thursday	1700-1800	Football	Coaching	Studio 2	All	£
Thursday	1700-1800	Family Cycle	Fitness	Gym	Family	
Friday	0925-1045	Mini Active	Play	DL Kids Room	(3-4's)	*
Saturday	0920-1020	Let's Create	Play	DL Kids Room	(3-4's)	*
Saturday	0920-1020	Make and Create	Active	DL Kids Room	(5-7's)	*
Saturday	0920-1020	Start Up Circuits	Fitness	Gym	(8-11 & 12-13's)	*
Saturday	1020-1150	Mini Active	Play	DL Kids Room	(3-4's)	*
Saturday	1020-1150	Get Active	Active	DL Kids Room	(5-7's)	*
Saturday	1025-1130	Box Fit	Fitness	Gym	(8-11 & 12-13's)	*
Saturday	1130-1230	Street Dance	Fitness	Studio 2	Family	*
Saturday	1200-1300	Start Up	Fitness	Gym	(14-15's)	
Saturday	1515-1715	Birthday Parties	Misc	DL Kids Room		
Sunday	1000-1100	Let's Create	Play	DL Kids Room	(3-4's)	*
Sunday	1000-1100	Make and Create	Active	DL Kids Room	(5-7's)	*
Sunday	1000-1100	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	*
Sunday	1100-1200	Mini Active	Play	Studio 2	(3-4's)	*
Sunday	1100-1200	Get Active	Active	Studio 2	(5-7 & 8-11)	*
Sunday	1100-1200	Family Circuits	Fitness	Gym	(8-11 & 12-13's)	*
Sunday	1345-1545	Birthday Parties	Misc	DL Kids Room		
Sunday	1645-1845	Birthday Parties	Misc	DL Kids Room		

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)

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.