

DAY	TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
Monday	1600-1900	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Monday	1700-1800	Start Up 1	Fitness	Gym	(8-11 & 12-13's)	
Monday	1745-1830	Make & Create	Play	Kids Studio	(3-4's)	
Monday	1800-1900	Badminton	Coaching	Badminton Courts	All	*
Tuesday	1300-1400	Mini Active	Play	Kids Zone	(Under 3's) & (3-4's)	
Tuesday	1600-1900	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Tuesday	1615-1700	Imagine	Play	Kids Zone	(3-4's)	
Tuesday	1700-1745	Multi Sports	Active	Kids Zone	(5-7 & 8-11)	
Tuesday	1700-1745	Start Up Circuits	Fitness	Studio	Family	
Tuesday	1800-1900	Trampolining	Coaching	Badminton Courts	Beginner	£*
Wednesday	1600-1900	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Wednesday	1645-1745	Gymnastics	Coaching	Kids Studio	Beginner	£*
Wednesday	1700-1745	Make & Create	Active	Kids Zone	(5-7 & 8-11)	
Wednesday	1700-1745	Let's Create	Play	Kids Zone	(3-4's)	
Wednesday	1800-1900	Start Up 2	Fitness	Gym	(8-11 & 12-13's)	*
Wednesday	1800-1830	Family Welcome	Misc	Club Room		
Wednesday	1800-1845	Mini Active	Play	Badminton Courts	(3-4's)	*
Thursday	0930-1030	Mini Active	Play	Kids Zone	(Under 3's) & (3-4's)	*
Thursday	1600-1900	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Thursday	1700-1800	Football	Coaching	Badminton Courts	Beginner	
Thursday	1700-1800	Trampolining	Coaching	Badminton Courts	Beginner	£
Thursday	1800-1900	Football	Coaching	Badminton Courts	Improver	*
Thursday	1800-1900	Trampolining	Coaching	Badminton Courts	Improver	£*
Friday	1600-1900	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Friday	1630-1730	Imagine	Play	Kids Zone	(3-4's)	
Friday	1630-1730	Multi Sports	Active	Kids Zone	(5-7 & 8-11)	
Friday	1700-1800	Start Up 3	Fitness	Gym	(8-11 & 12-13's)	
Friday	1730-1900	DL Kids Movie Time	Misc	Cinema		*
Friday	1730-1900	Badminton	Coaching	Badminton Courts	Beginner	*
Saturday	0900-1000	Trampolining	Coaching	Badminton Courts	Beginner	*
Saturday	1000-1100	Trampolining	Coaching	Badminton Courts	Improver	*
Saturday	1115-1200	Let's Create	Play	Kids Zone	(3-4's)	
Saturday	1115-1200	Make and Create	Active	Kids Zone	(5-7 & 8-11)	
Saturday	1200-1900	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Saturday	1215-1245	Start Up Cycle	Fitness	Gym	Family	
Saturday	1215-1300	Mini Dance	Play	Kids Zone	(3-4's)	
Sunday	1100-1145	Football	Coaching	Badminton Courts	Beginner	
Sunday	1200-1300	Football	Coaching	Badminton Courts	Improver	
Sunday	1200-1900	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Sunday	1230-1300	Family Welcome	Misc	Club Room		
Sunday	1300-1400	Mini Active	Play	Badminton Courts	(3-4's)	
Sunday	1300-1400	Get Active	Active	Badminton Courts	(5-7 & 8-11)	
Sunday	1315-1400	Karate	Coaching	Studio	Beginner	
Sunday	1400-1500	Karate	Coaching	Studio	Improver	

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.