

RACQUETS

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	14.00-14.45	Tennis Tots	MSH	3-5 yrs	£
Monday	16.00-16.45	Tennis All Stars Red 3	MSH	8 and under	£
Monday	16.00-16.55	Tennis All Stars Orange 2	CRT 5	8-9 yrs	£
Monday	16.45-17.30	Tennis All Stars Red 2	MSH	8 and under	£
Monday	17.00-17.55	Tennis All Stars Orange 2	CRT 5	8-9 yrs	£
Monday	17.00-17.55	Tennis All Stars Red Performance Team	MSH	8 and under	£
Monday	17.00-17.55	Tennis All Stars Yellow Performance Team	CRT 1&2	11-17 yrs	£
Monday	17.00-17.55	Tennis All Stars Orange Performance Team	CRT 3	8-9 yrs	£
Monday	17.30-18.15	Tennis All Stars Red 2	MSH	8 and under	£
Monday	18.00-18.55	Tennis All Stars Red Performance Team	MSH	8 and under	£
Monday	18.00-18.55	Tennis All Stars Yellow Performance Team	CRT 1,2&3	11-17 yrs	£
Tuesday	13.45-14.30	Tennis Tots	MSH	3-5 yrs	£
Tuesday	16.00-16.45	Tennis All Stars Red 3	MSH	8 and under	£
Tuesday	16.45-17.30	Tennis All Stars Red 2	MSH	8 and under	£
Tuesday	16.45-17.30	Tennis All Stars Red 3	MSH	8 and under	£
Tuesday	17.00-17.55	Tennis All Stars Orange 2	CRT 1	8-9 yrs	£
Tuesday	17.30-18.15	Tennis All Stars Red 2	MSH	8 and under	£
Tuesday	18.00-18.55	Tennis All Stars Yellow 2	CRT 1	11-17 yrs	£
Tuesday	18.00-18.55	Tennis All Stars Yellow 3	CRT 5	11-17 yrs	£
Wednesday	13.30-14.15	Tennis Tots	MSH	3-5 yrs	£
Wednesday	16.00-16.55	Tennis All Stars Orange 2	CRT 5	8-9 yrs	£
Wednesday	16.00-16.45	Tennis All Stars Red 3	MSH	8 and under	£
Wednesday	16.30-17.10	Squash All Stars Club Session	CRT 1	All	
Wednesday	16.45-17.30	Tennis All Stars Red 2	MSH	8 and under	£
Wednesday	17.00-17.55	Tennis All Stars Green 2	CRT1	10 yrs	£
Wednesday	17.10-17.50	Squash All Stars Club Session	CRT 1	All	
Wednesday	17.30-18.25	Tennis All Stars Red 1	MSH	8 and under	£
Wednesday	17.50-18.30	Squash All Stars Club Session	CRT 1	All	
Wednesday	18.00-18.55	Tennis All Stars Yellow 2	CRT 4&5	11-17 yrs	£
Thursday	16.00-16.55	Tennis All Stars Orange 3	CRT 1	8-9 yrs	£
Thursday	16.00-16.55	Tennis All Stars Green 2	CRT 2	10 yrs	£
Thursday	17.00-17.55	Tennis All Stars Orange 2	CRT 1	8-9 yrs	£
Thursday	17.00-17.55	Tennis All Stars Yellow 2	CRT 2	11-17 yrs	£
Thursday	18.00-18.55	Tennis All Stars Yellow 2	CRT 1&2	11-17 yrs	£
Friday	14.00-14.45	Tennis Tots	MSH	3-5 yrs	£
Friday	16.00-16.45	Tennis All Stars Red 3	MSH	8 and under	£
Friday	16.45-17.40	Tennis All Stars Red Development Squad 1	MSH	8 and under	£
Friday	17.00-17.55	Tennis All Stars Orange Performance Team	CRT 3	8-9 yrs	£
Friday	17.00-17.55	Tennis All Stars Yellow Performance Team	CRT 1&2	11-17 yrs	£
Friday	18.00-18.55	Tennis All Stars Yellow Performance Team	CRT 1&2	11-17 yrs	£
Friday	18.00-18.55	Tennis All Stars Yellow 3	CRT 4	11-17 yrs	£
Saturday	08.00-08.55	Tennis All Stars Yellow Performance Team	CRT 1	11-17 yrs	£
Saturday	09.00-09.55	Tennis All Stars Orange 2	CRT 1	8-9 yrs	£
Saturday	09.00-09.45	Tennis All Stars Red 3	MSH	8 and under	£
Saturday	09.45-10.30	Tennis All Stars Red 2	MSH	8 and under	£
Saturday	10.00-10.55	Tennis All Stars Green 2	CRT 1	10 yrs	£
Saturday	10.30-11.15	Tennis All Stars Red 3	MSH	8 and under	£
Saturday	11.00-11.55	Tennis All Stars Yellow 2	CRT 1&2	11-17 yrs	£
Saturday	11.15-12.00	Tennis All Stars Red 2	MSH	8 and under	£
Saturday	12.00-12.55	Tennis All Stars Orange Development Squad 1	CRT 5	8-9 yrs	£

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	10.00-10.30	Parent and baby	POOL		£
Monday	10.40-11.10	Pre School Stage 1	POOL		£
Monday	11.10-11.40	Pre School Stage 1	POOL		£
Monday	16.00-16.30	ASA Stage 1	POOL		£
Monday	16.00-16.30	ASA Stage 2	POOL		£
Monday	16.30-17.00	ASA Stage 1	POOL		£
Monday	16.30-17.00	ASA Stage 4	POOL		£
Monday	17.00-17.30	ASA Stage 1	POOL		£
Monday	17.00-17.30	ASA Stage 2	POOL		£
Monday	17.30-18.00	ASA Stage 3	POOL		£
Monday	17.30-18.00	ASA Stage 1	POOL		£
Tuesday	10.45-11.15	Parent and baby	POOL		£
Tuesday	11.15-11.45	Parent and baby	POOL		£
Tuesday	14.00-14.30	Pre School Stage 1	POOL		£
Tuesday	14.30-15.00	Pre School Stage 1	POOL		£
Tuesday	16.00-16.30	ASA Stage 2	POOL		£
Tuesday	16.00-16.30	ASA Stage 3	POOL		£
Tuesday	16.30-17.00	ASA Stage 1	POOL		£
Tuesday	16.30-17.00	ASA Stage 2	POOL		£
Tuesday	17.00-17.30	ASA Stage 4	POOL		£
Tuesday	17.00-17.30	ASA Stage 2	POOL		£
Tuesday	17.30-18.00	ASA Stage 5	POOL		£
Tuesday	17.30-18.00	ASA Stage 1	POOL		£
Tuesday	18.00-18.30	Rookie Lifeguard - ASA Stage 8	POOL		£
Wednesday	09.30-10.00	Parent and baby	POOL		£
Wednesday	10.00-10.30	Parent and baby	POOL		£
Wednesday	10.40-11.10	Pre School Stage 1	POOL		£
Wednesday	11.10-11.40	Pre School Stage 1	POOL		£
Wednesday	13.45-14.15	Pre School Stage 1	POOL		£
Wednesday	16.00-16.30	ASA Stage 1	POOL		£
Wednesday	16.00-16.30	ASA Stage 2	POOL		£
Wednesday	16.30-17.00	ASA Stage 3	POOL		£
Wednesday	16.30-17.00	ASA Stage 4	POOL		£
Wednesday	17.00-17.30	ASA Stage 5	POOL		£
Wednesday	17.00-17.30	ASA Stage 1	POOL		£
Wednesday	17.30-18.00	ASA Stage 1	POOL		£
Wednesday	17.30-18.00	ASA Stage 6	POOL		£
Thursday	10.00-10.30	Pre School Stage 1	POOL		£
Thursday	10.30-11.00	Pre School Stage 1	POOL		£
Thursday	11.10-11.40	Parent and child	POOL		£
Thursday	14.25-14.55	Pre School Stage 1	POOL		£
Thursday	16.00-16.30	ASA Stage 1	POOL		£
Thursday	16.00-16.30	ASA Stage 2	POOL		£
Thursday	16.30-17.00	ASA Stage 1	POOL		£
Thursday	16.30-17.00	ASA Stage 3	POOL		£
Thursday	17.00-17.30	ASA Stage 4	POOL		£
Thursday	17.00-17.30	ASA Stage 5	POOL		£
Thursday	17.30-18.15	Swim Squads	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	09.30-11.30	Club Crèche	Crèche	CRT	(Under 3's) & (3-4's)	E/*
Monday	13.45-14.30	Multi Sports	Active	CRT		P
Monday	16.00-17.00	Make and Create	Active	CRT	(5-7's)	
Monday	16.00-17.00	Make and Create	Active	CRT	(8-11's)	
Monday	17.00-17.55	Supervised Gym	Fitness	GYM	(12-13 & 14-15's)	*
Monday	17.00-17.55	Start Up 1	Fitness	GYM	(14-15's)	*
Tuesday	10.00-11.00	Family Aerobics	Fitness	CRT		*
Tuesday	09.45-10.30	Mini Active	Play	DL KIDS ROOM	(3-4's)	*
Tuesday	10.30-11.00	Imagine	Play	DL KIDS ROOM	(3-4's)	*
Tuesday	13.15-14.30	Parent and Tots Free Play	Misc	MSH		P/*
Tuesday	14.30-15.00	Club Room Play	Misc	CLUBROOM		P
Tuesday	17.00-17.55	Start Up 2	Fitness	GYM	(14-15's)	
Tuesday	17.00-18.00	Tae Kwon Do	Coaching	STUDIO 2	Contact Reception	E
Tuesday	17.40-19.00	Gymnastics	Coaching	MSH	Contact Reception	E/*
Tuesday	18.00-19.00	Tae Kwon Do	Coaching	STUDIO 2	Contact Reception	E/*
Wednesday	09.30-11.30	Club Crèche	Crèche	CRT	(Under 3's) & (3-4's)	E/*
Wednesday	09.45-10.30	Mini Active	Play	DL KIDS ROOM	(3-4's)	
Wednesday	10.30-11.00	Let's Create	Play	DL KIDS ROOM	(3-4's)	
Wednesday	12.45-13.30	Gymnastics	Coaching	MSH	Contact Reception	E
Wednesday	13.30-14.15	Gymnastics	Coaching	MSH	Contact Reception	E
Wednesday	18.00-18.55	Supervised Gym	Fitness	GYM	(12-13 & 14-15's)	*
Thursday	10.00-11.00	Family Aerobics	Fitness	CRT		*
Thursday	10.00-10.45	Mini Dance	Play	DL KIDS ROOM	(3-4's)	*
Thursday	10.45-11.30	Mini Active	Play	MSH	(3-4's)	*
Thursday	16.00-16.55	Football	Coaching	MSH	Contact Reception	E
Thursday	16.00-16.30	Imagine	Play	CRT	(3-4's)	
Thursday	16.30-17.00	Let's Create	Play	CRT	(3-4's)	
Thursday	17.00-17.55	Football	Coaching	MSH	Contact Reception	E
Thursday	17.00-17.55	Box Fit	Fitness	STUDIO 2	(8-11's)	
Thursday	17.15-18.00	Family Cycle	Fitness	GYM	(12-13 & 14-15's)	
Thursday	19.00-20.00	Street Dance	Fitness	STUDIO 1	(12-13 & 14-15's)	*
Friday	09.30-11.30	Club Crèche	Crèche	CRT	(Under 3's) & (3-4's)	E/*
Friday	10.00-10.45	Mini Active	Play	DL KIDS ROOM	(3-4's)	*
Friday	10.00-12.00	Parent and Tots Free Play	Misc	MSH		P/*
Friday	10.45-11.30	Let's Create	Play	DL KIDS ROOM	(3-4's)	*
Friday	16.00-16.45	Mini Active	Play	CRT	(3-4's)	*
Friday	16.00-16.45	Get Active	Active	CRT	(5-7's)	*
Friday	16.00-16.45	Get Active	Active	CRT	(8-11's)	*
Friday	16.15-17.00	Dance	Coaching	STUDIO 2	Contact Reception	E
Friday	17.00-17.55	Supervised Gym	Fitness	GYM	(12-13 & 14-15's)	*
Friday	18.00-18.45	Street Dance	Fitness	STUDIO 2	(8-11 & 12-13's)	*
Friday	18.00-18.55	Basketball	Coaching	MSH	Contact Reception	*
Friday	18.00-18.55	Basketball	Coaching	MSH	Contact Reception	*
Saturday	09.30-11.30	Club Crèche	Crèche	CRT	(Under 3's) & (3-4's)	E/*
Saturday	09.45-10.30	Mini Active	Play	DL KIDS ROOM	(3-4's)	*
Saturday	09.45-10.45	Get Active	Active	MSH	(5-7's)	*
Saturday	09.45-10.45	Box Fit	Fitness	STUDIO 2	(8-11 & 12-13's)	*
Saturday	10.30-11.15	Let's Create	Play	DL KIDS ROOM	(3-4'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

E 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.

