



**SWIMMING**

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	09:30 - 10:00	Parent & Child Swimming	All Levels	Ind Pool	
Monday	10:30 - 11:00	Parent & Child Swimming	All Levels	Ind Pool	
Monday	10:40 - 11:10	Pre School Stage 1	All Levels	Ind Pool	
Monday	11:10 - 11:40	Pre School Stage 1	All Levels	Ind Pool	
Monday	14:00 - 14:30	Pre School Stage 1	All Levels	Ind Pool	
Monday	14:30 - 15:00	Pre School Stage 1	All Levels	Ind Pool	
Monday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Pool	
Monday	16:00 - 16:30	ASA Swim Stage 2	All Levels	Main Pool	
Monday	16:30 - 17:00	ASA Swim Stage 1	All Levels	Pool	
Monday	17:00 - 17:30	ASA Swim Stage 3	All Levels	Ind Pool	
Monday	17:30 - 18:00	ASA Swim Stage 4	All Levels	Ind Pool	
Monday	17:30 - 18:00	ASA Swim Stage 7	All Levels		
Tuesday	09:30 - 10:00	Parent & Child Swimming	All Levels	Ind Pool	
Tuesday	10:30 - 11:00	Parent & Child Swimming	All Levels	Ind Pool	
Tuesday	10:40 - 11:10	Pre School Stage 1	All Levels	Ind Pool	
Tuesday	11:10 - 11:40	Pre School Stage 1	All Levels	Ind Pool	
Tuesday	14:00 - 14:30	Pre School Stage 1	All Levels	Ind Pool	
Tuesday	14:30 - 15:00	Pre School Stage 1	All Levels	Ind Pool	
Tuesday	15:00 - 15:30	Pre School Stage 1	All Levels	Ind Pool	
Tuesday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Pool	
Tuesday	16:00 - 16:30	ASA Swim Stage 3	All Levels	Ind Pool	
Tuesday	16:30 - 17:00	ASA Swim Stage 1	All Levels	Pool	
Tuesday	17:00 - 17:30	ASA Swim Stage 3	All Levels	Ind Pool	
Tuesday	17:30 - 18:00	ASA Swim Stage 3	All Levels	Ind Pool	
Tuesday	17:30 - 18:00	ASA Swim Stage 4	All Levels	Ind Pool	
Wednesday	09:30 - 10:00	Parent & Child Swimming	All Levels	Ind Pool	
Wednesday	10:30 - 11:00	Parent & Child Swimming	All Levels	Ind Pool	
Wednesday	13:30 - 14:00	Pre School Stage 1	All Levels	Ind Pool	
Wednesday	14:00 - 14:30	Pre School Stage 1	All Levels	Ind Pool	
Wednesday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Pool	
Wednesday	16:00 - 16:30	ASA Swim Stage 2	All Levels	Main Pool	
Wednesday	16:30 - 17:00	ASA Swim Stage 1	All Levels	Pool	
Wednesday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Main Pool	
Wednesday	17:00 - 17:30	ASA Swim Stage 3	All Levels	Ind Pool	
Wednesday	17:00 - 17:30	ASA Swim Stage 5	All Levels	Ind Pool	
Wednesday	17:30 - 18:00	ASA Swim Stage 3	All Levels	Ind Pool	
Wednesday	17:30 - 18:00	ASA Swim Stage 5	All Levels	Ind Pool	
Wednesday	18:00 - 18:30	ASA Swim Stage 5	All Levels	Ind Pool	
Thursday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Pool	
Thursday	16:00 - 16:30	ASA Swim Stage 2	All Levels	Main Pool	
Thursday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Main Pool	
Thursday	16:30 - 17:00	ASA Swim Stage 3	All Levels	Ind Pool	
Thursday	17:00 - 17:30	ASA Swim Stage 5	All Levels	Ind Pool	
Thursday	17:00 - 17:30	ASA Swim Stage 7	All Levels		
Thursday	17:30 - 18:00	ASA Swim Stage 3	All Levels	Ind Pool	
Thursday	17:30 - 18:15	Swim Squads	All Levels	Main Pool	

**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	16:00 - 17:00	Lets Create	3-4 Years	Creche - Part D	
Monday	16:00 - 17:00	Make & Create	5-7 Years	Creche - Part A	
Monday	16:00 - 17:00	Make & Create	8-11 Years	Fun Rm	
Monday	17:00 - 17:55	Supervised Gym	All Levels	Gym 1	
Monday	18:00 - 18:55	Start Up	All Levels	Gym 1	
Tuesday	09:15 - 10:00	Mini Dance	3-4 Years	Meeting Rm	
Tuesday	10:00 - 10:30	Imagine	All Levels	Meeting Rm	
Tuesday	13:30 - 14:25	Parent & Tots Free Play	All Levels	Bad Cr1 1, 2	
Tuesday	14:00 - 14:45	Baby Yoga	All Levels	Studio 2	
Tuesday	17:00 - 17:55	Start Up	All Levels	Gym 1	
Tuesday	18:00 - 18:45	FIT Zumba	11+ years	Creche	
Wednesday	09:30 - 10:15	Mini Active	3-4 Years	Bad Cr1 1, 2, Meeting Rm	
Wednesday	10:15 - 11:00	Lets Create	3-4 Years	Bad Cr1 1, 2	
Wednesday	16:00 - 17:00	Holiday Active - Short Day	All Levels	Studio 2	
Thursday	10:00 - 11:30	Parent & Tots Free Play	All Levels	Bad Cr1 1, 2	
Thursday	16:00 - 16:55	DL Kids Football	5-7 Years	Bad Cr1 1, 2	
Thursday	16:00 - 16:55	DL Kids Football	8-11 Years	Bad Cr3 3, 4	
Thursday	18:00 - 18:55	Supervised Gym	All Levels	Gym 1	
Friday	09:30 - 10:15	Mini Active	3-4 Years	Meeting Rm	
Friday	10:00 - 11:30	Parent & Tots Free Play	All Levels	Bad Cr1 1, 2	
Friday	10:15 - 11:00	Lets Create	3-4 Years	High 5 Rm - Part A	
Friday	16:00 - 17:00	Lets Create	3-4 Years	Fun Rm	
Friday	16:00 - 17:00	Make & Create	5-7 Years	Creche	
Friday	16:00 - 17:00	Make & Create	8-11 Years	High 5 Rm - Part C	
Friday	17:15 - 18:00	FIT Boot Camp	11+ years	Studio	
Friday	18:00 - 19:00	DL Kids Club Night (5-7 years)	5-7 Years	Bad Cr1 1, 2	
Friday	18:00 - 19:00	DL Kids Club Night (8-11years)	8-11 Years	Bad Cr3 3, 4	
Saturday	10:00 - 10:45	Mini Active	3-4 Years	Meeting Rm	
Saturday	10:00 - 11:00	Get Active	8-11 Years	Studio 2	
Saturday	10:00 - 11:00	Multi Sports	5-7 Years	Bad Cr1 1	
Saturday	10:45 - 11:30	Lets Create	3-4 Years	Meeting Rm	
Saturday	11:00 - 11:55	Supervised Gym	All Levels	Gym 1	
Saturday	11:00 - 12:00	Get Active	5-7 Years	Bad Cr1 1	
Saturday	11:00 - 12:00	Multi Sports	8-11 Years	Bad Cr1 1 - Part C, Bad Cr2 2	
Saturday	12:00 - 12:55	Start Up	All Levels	Gym 1	
Saturday	13:15 - 16:15	Birthday Parties	All Levels	Bad Cr1 1-4	
Sunday	10:00 - 10:45	Mini Active	3-4 Years	Meeting Rm	
Sunday	10:00 - 10:55	DL Kids Football	5-7 Years	Bad Cr3 3, 4	
Sunday	10:00 - 10:55	Supervised Gym	All Levels	Gym 1	
Sunday	10:00 - 11:00	Get Active	5-7 Years	Bad Cr1 1 - Part B	
Sunday	10:00 - 11:00	Multi Sports	8-11 Years	Bad Cr2 2, Bad Cr2 - Part A	
Sunday	10:45 - 11:30	Lets Create	3-4 Years	Meeting Rm	
Sunday	11:00 - 11:55	DL Kids Football	8-11 Years	Bad Cr3 3 - Parts A & Bad Cr4 4 - Part A, Bad Cr4 4	
Sunday	11:00 - 12:00	Multi Sports	5-7 Years	Bad Cr1 1, 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)

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.

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