

DAY	TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
Monday	09.30-10.15	Tots Football	Coaching	Studio 3	Beginner	P * £
	10.30-11.15	Tots Football	Coaching	Studio 3	Improver	P * £
	16.30-17.15	Ju Jitsu	Coaching	Studio 2	Contact Reception	£
	17.15-18.15	Tag Rugby	Coaching	Outdoor	Contact Reception	
	19.30-20.15	Aqua	Fitness	Main Pool		
Tuesday	16.30-17.00	Mini Active	Play	Studio 3	(3-4's)	
	16.30-17.30	Get Active	Active	Studio 2	(5-7 & 8-11)	
	17.00-17.30	Club Room Play	Misc	The Zone		
	17.30-18.30	Basketball	Coaching	Outdoor	Advanced	
	17.30-18.30	Let's Play Outside	Active	Outdoor	(5-7's)	
	17.30-18.30	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Wednesday	16.30-17.00	Mini Dance	Play	Studio 3	(3-4's)	
	16.30-17.30	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
	16.30-17.30	Multi Sports	Active	Studio 2	(5-7's)	
	17.30-18.30	Rookie Lifeguard £	Water	Main Pool	All Age Groups	£
	18.30-19.30	Youth Club	Misc	The Zone		
Thursday	17.00-18.00	Football	Coaching	Outdoor	Contact Reception	
	17.00-18.00	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
	18.30-19.15	Aqua	Fitness	Main Pool	(12-13 & 14-15's)	
Friday	16.00-16.30	Drama	Coaching	Studio 2	Beginner	£
	16.30-17.30	Drama	Coaching	Studio 2	Improver	£
	17.30-18.30	Street Dance	Fitness	Studio 2		
	17.30-18.30	Street Dance	Fitness	Studio 3	(8-11 & 12-13's)	
Saturday	09.00-09.45	Mini Active	Play	Studio 3	(3-4's)	
	09.00-09.45	Multi Sports	Active	Studio 2	(5-7 & 8-11)	
	09.45-10.30	Kick Boxing	Coaching	Studio 3	Beginner	£
	09.45-10.30	Let's Create	Play	The Zone	(3-4's)	
	09.45-10.30	Get Active	Active	Studio 2	(5-7 & 8-11)	
	09.45-10.30	Kick Boxing	Coaching	Studio 3	Improver	£
	10.30-11.15	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
	10.30-11.15	Club Room Play	Misc	The Zone		
	10.30-11.15	Club room play	Misc	The Zone		
	11.15-12.15	Aqua Splash	Active	Main Pool	(5-7 & 8-11)	
	11.30-12.30	Family Splash	Water	Main and Small Pool	All Age Groups	
15.00-16.00	Family Splash	Water	Main and Small Pool	All Age Groups		
Sunday	10.00-11.00	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
	10.00-11.00	Multi Sports	Active	Studio 2	(5-7's)	
	11.00-12.00	Youth Club	Misc	The Zone		
	11.00-12.00	Multi Sports	Active	Studio 3	(5-7's)	
	11.30-12.30	Family Splash	Water	Main and Small Pool	All Age Groups	
	15.00-16.00	Family Splash	Water	Main and Small Pool	All Age Groups	

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.