

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	17:00-17:30	ASA Stage 1	Pool	All Age Groups	£
Monday	17:00-17:30	ASA Stage 2	Pool	All Age Groups	£
Monday	17:30-18:00	ASA Stage 3	Pool	All Age Groups	£
Monday	17:30-18:00	ASA Stage 4	Pool	All Age Groups	£
Monday	18:00-18:30	ASA Stage 5	Pool	All Age Groups	£
Monday	18:00-18:30	ASA Stage 6	Pool	All Age Groups	£
Monday	18:00-18:30	ASA Stage 7	Pool	All Age Groups	£
Monday	18:30-19:15	Swim Squads	Pool	All Age Groups	£
Monday	18:30-19:15	Swim Squads	Pool	All Age Groups	£
Monday	18:30-19:15	Swim Squads	Pool	All Age Groups	£
Tuesday	17:00-17:30	ASA Stage 1	Pool	All Age Groups	£
Tuesday	17:00-17:30	ASA Stage 2	Pool	All Age Groups	£
Tuesday	17:30-18:00	ASA Stage 3	Pool	All Age Groups	£
Tuesday	17:30-18:00	ASA Stage 4	Pool	All Age Groups	£
Tuesday	18:00-18:30	ASA Stage 5	Pool	All Age Groups	£
Tuesday	18:00-18:30	ASA Stage 6	Pool	All Age Groups	£
Tuesday	18:00-18:30	ASA Stage 7	Pool	All Age Groups	£
Tuesday	18:30-19:15	Rookie Lifeguard - ASA Stage 8	Pool	All Age Groups	£
Tuesday	18:30-19:15	Rookie Lifeguard - ASA Stage 9	Pool	All Age Groups	£
Tuesday	18:30-19:15	Rookie Lifeguard - ASA Stage 10	Pool	All Age Groups	£
Wednesday	16:30-17:00	ASA Stage 1	Pool	All Age Groups	£
Wednesday	16:30-17:00	ASA Stage 2	Pool	All Age Groups	£
Wednesday	17:00-17:30	ASA Stage 3	Pool	All Age Groups	£
Wednesday	17:00-17:30	ASA Stage 4	Pool	All Age Groups	£
Wednesday	17:30-18:00	ASA Stage 5	Pool	All Age Groups	£
Wednesday	17:30-18:00	ASA Stage 6	Pool	All Age Groups	£
Wednesday	17:30-18:00	ASA Stage 7	Pool	All Age Groups	£
Wednesday	18:30-19:15	Water Polo - ASA Stage 8	Pool	All Age Groups	£
Wednesday	18:30-19:15	Water Polo - ASA Stage 9	Pool	All Age Groups	£
Wednesday	18:30-19:15	Water Polo - ASA Stage 10	Pool	All Age Groups	£
Thursday	16:30-17:15	Rookie Lifeguard - ASA Stage 8	Pool	All Age Groups	£
Thursday	16:30-17:15	Rookie Lifeguard - ASA Stage 9	Pool	All Age Groups	£
Thursday	16:30-17:15	Rookie Lifeguard - ASA Stage 10	Pool	All Age Groups	£
Thursday	17:15-17:45	ASA Stage 1	Pool	All Age Groups	£
Thursday	17:15-17:45	ASA Stage 2	Pool	All Age Groups	£
Thursday	17:45-18:15	ASA Stage 3	Pool	All Age Groups	£
Thursday	17:45-18:15	ASA Stage 4	Pool	All Age Groups	£
Thursday	18:15-18:45	ASA Stage 5	Pool	All Age Groups	£
Thursday	18:15-18:45	ASA Stage 6	Pool	All Age Groups	£
Thursday	18:15-18:45	ASA Stage 7	Pool	All Age Groups	£
Friday	17:00-17:30	ASA Stage 1	Pool	All Age Groups	£
Friday	17:00-17:30	ASA Stage 2	Pool	All Age Groups	£
Friday	17:00-17:30	ASA Stage 3	Pool	All Age Groups	£
Friday	17:30-18:15	ASA Stage 4	Pool	All Age Groups	£
Friday	17:30-18:15	ASA Stage 5	Pool	All Age Groups	£
Friday	18:15-18:45	ASA Stage 6	Pool	All Age Groups	£
Friday	18:15-18:45	ASA Stage 6	Pool	All Age Groups	£
Friday	18:15-18:45	ASA Stage 7	Pool	All Age Groups	£
Friday	18:45-19:30	Rookie Lifeguard - ASA Stage 8	Pool	All Age Groups	£
Friday	18:45-19:30	Rookie Lifeguard - ASA Stage 9	Pool	All Age Groups	£
Friday	18:45-19:30	Rookie Lifeguard - ASA Stage 10	Pool	All Age Groups	£
Saturday	09:00-09:30	ASA Stage 1	Pool	All Age Groups	£

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	17:00 - 17:15	DL Kids Drop off		Play Den		
Monday	17:00 - 18:00	Start Up	Fitness	Gym	(8-11 & 12-13's)	
Monday	17:15 - 18:00	Mini Active	Play	Tennis Court 3	(3-4's)	
Monday	17:15 - 18:00	Multi Sports	Active	Tennis Court 3	(5-7 & 8-11)	
Monday	18:00 - 18:15	DL Kids Sign in & out		Play Den		
Monday	18:15 - 18:55	Swimming Club	Water	Indoor Pool	All Age Groups	
Monday	18:55 - 19:00	DL Kids Collection		Poolside		
Tuesday	17:00 - 17:15	DL Kids Drop off		Play Den		
Tuesday	17:00 - 18:00	Family Circuits	Fitness	Gym	(12-13 & 14-15's)	
Tuesday	17:15 - 18:00	Imagine	Play	Tennis Court 3	(3-4's)	
Tuesday	17:15 - 18:00	Get Active	Active	Tennis Court 3	(5-7 & 8-11)	
Tuesday	18:00 - 18:15	DL Kids Sign in & out		Play Den		
Tuesday	18:15 - 19:00	Let's Create	Play	DL Kids Area	(3-4's)	
Tuesday	18:15 - 19:00	Make and Create	Active	DL Kids Area	(5-7 & 8-11)	
Tuesday	19:00 - 19:15	DL Kids Collection		Play Den		
Wednesday	17:00 - 17:15	DL Kids Drop off		Play Den		
Wednesday	17:00 - 18:00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Wednesday	17:15 - 18:00	Mini Active	Play	Tennis Court 3	(3-4's)	
Wednesday	17:15 - 18:00	Multi Sports	Active	Tennis Court 3	(5-7 & 8-11)	
Wednesday	18:00 - 18:15	DL Kids Sign in & out		Play Den		
Wednesday	18:15 - 18:45	Imagine	Play	Tennis Court 3	(3-4's)	
Wednesday	18:15 - 18:45	Get Active	Active	Tennis Court 3	(5-7 & 8-11)	
Wednesday	18:45 - 19:00	DL Kids Collection		Play Den		
Thursday	17:00 - 17:15	DL Kids Drop off		Play Den		
Thursday	17:00 - 18:00	Start Up	Fitness	Gym	(8-11 & 12-13's)	
Thursday	17:15 - 18:00	Let's Create	Play	DL Kids Area	(3-4's)	
Thursday	17:15 - 18:00	Make and Create	Active	DL Kids Area	(5-7 & 8-11)	
Thursday	18:00 - 18:15	DL Kids Sign in & out		Play Den		
Thursday	18:15 - 19:00	Mini Active	Play	Tennis Court 3	(3-4's)	
Thursday	18:15 - 19:00	Multi Sports	Active	Tennis Court 3	(5-7 & 8-11)	
Thursday	19:00 - 19:15	DL Kids Collection		Play Den		
Friday	17:00 - 17:15	DL Kids Drop off		Play Den		
Friday	17:00 - 18:00	Box Fit	Fitness	Gym	(12-13 & 14-15's)	
Friday	17:15 - 18:00	Mini Active	Play	Tennis Court 3	(3-4's)	
Friday	17:15 - 18:00	Get Active	Active	Tennis Court 3	(5-7 & 8-11)	
Friday	18:00 - 18:15	DL Kids Sign in & out		Play Den		
Friday	18:15 - 19:00	DL Kids Movie Time	Misc	DL Kids Area		
Friday	19:00 - 19:15	DL Kids Collection		Play Den		
Saturday	09:45 - 10:00	DL Kids Drop off		Play Den		
Saturday	10:00 - 11:00	Imagine	Play	Tennis Court 3	(3-4's)	
Saturday	10:00 - 11:00	Get Active	Active	Tennis Court 3	(5-7 & 8-11)	
Saturday	10:00 - 11:00	Start Up	Fitness	Gym	(8-11 & 12-13's)	
Saturday	11:00 - 11:15	DL Kids Sign in & out		Play Den		
Saturday	11:15 - 12:00	Mini Active	Play	Tennis Court 3	(3-4's)	
Saturday	11:15 - 12:00	Multi Sports	Active	Tennis Court 3	(5-7 & 8-11)	
Saturday	12:00 - 12:15	DL Kids Sign in & out		Play Den		
Saturday	12:15 - 13:00	Swimming Club	Water	Indoor Pool	All Age Groups	
Saturday	13:00 - 13:15	DL Kids Collection		Poolside		

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.

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