

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	17:00 - 17:55	Start Up	All Levels		
Monday	17:00 - 18:00	DL Kids Tag Rugby	All Levels	Sports H	
Monday	17:00 - 18:00	Start Up	8-11 Years	Cycling Area	
Monday	18:00 - 18:55	Make & Create	All Levels	Club Rm	
Monday	18:00 - 19:00	Make & Create	All Levels	Kids Zone	
Monday	19:00 - 20:00	Nintendo Wii	All Levels	Club Rm	
Tuesday	09:30 - 11:30	Club Creche	All Levels	Kids Zone	
Tuesday	10:00 - 10:30	Parent & Baby Coffee Morning	All Levels	Club Rm	
Tuesday	16:00 - 16:45	Mini Dance	3-4 Years	Studio 1	
Tuesday	17:00 - 17:55	Start Up	All Levels	Gym Area 1	
Tuesday	17:00 - 18:00	Start Up Circuits	All Levels	Gym Area 1	
Tuesday	18:00 - 19:00	Multi Sports	All Levels	Sports H	
Tuesday	19:00 - 19:55	Family Welcome	All Levels	Club Rm	
Wednesday	17:00 - 17:55	Start Up	All Levels	Gym Area 1	
Wednesday	17:00 - 18:00	Multi Sports	All Levels	Sports H	
Thursday	09:30 - 11:30	Club Creche	All Levels	Kids Zone	
Thursday	10:00 - 10:30	Parent & Baby Coffee Morning	All Levels	Club Rm	
Thursday	11:30 - 12:00	Parent & Tots Free Play	All Levels		
Thursday	16:00 - 16:45	DL Kids Cheerleading Beginners	Beginner	Studio 1	
Thursday	17:00 - 18:00	Box Fit	All Levels		
Thursday	17:00 - 18:00	Nintendo Wii	All Levels	Club Rm	
Thursday	17:30 - 18:00	DL Kids Karate Beginners	Beginner	Sq Crt 1	
Thursday	17:30 - 18:30	DL Kids Karate Advanced	Advanced		
Thursday	17:30 - 18:30	DL Kids Karate Beginners	Beginner	Sq Crt 1	
Thursday	18:30 - 19:30	DL Kids Karate Advanced	Advanced	Sq Crt 1	
Friday	09:30 - 11:30	Club Creche	All Levels	Kids Zone	
Friday	17:00 - 17:55	Start Up	All Levels	Gym Area 1	
Friday	19:00 - 20:00	Nintendo Wii	All Levels	Club Rm	
Saturday	09:30 - 10:15	Nintendo Wii	All Levels		
Saturday	09:30 - 11:30	Club Creche	All Levels	Kids Zone	
Saturday	11:15 - 12:15	Multi Sports	All Levels	Sports H	
Saturday	12:00 - 12:55	Family Welcome	All Levels	Club Rm	
Saturday	12:00 - 12:55	Start Up	All Levels	Gym Area 1	
Saturday	12:15 - 13:00	Mini Dance	3-4 Years	Studio 1	
Saturday	12:15 - 13:15	Make & Create	All Levels	Club Rm	
Saturday	13:30 - 14:30	DL Kids Event/Party	All Levels	Sports H	
Saturday	14:30 - 15:30	DL Kids Event/Party	All Levels	Sports H	
Sunday	10:00 - 11:00	DL Kids Tag Rugby	All Levels	Sports H	
Sunday	11:00 - 12:00	Get Active	5-7 Years	Sports H	
Sunday	11:00 - 12:00	Get Active	8-11 Years	Sports H	
Sunday	12:00 - 12:55	Start Up	All Levels	Gym Area 1	
Sunday	13:30 - 14:30	DL Kids Event/Party	All Levels	Sports H	
Sunday	14:30 - 15:30	DL Kids Event/Party	All Levels	Sports H	

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 fee for this class
- * Adult class coincides with children's activity
- PP Pay Pro
- PR Pay Reception
- CL Class
- CO Course