



DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	16:30 - 17:00	Family Welcome	All Levels	Club Rm	
Monday	17:00 - 17:30	Family Welcome	All Levels	Club Rm	
Monday	17:00 - 17:55	Start Up	All Levels		
Monday	17:00 - 18:00	Get Active	All Levels		
Monday	17:30 - 18:00	Family Welcome	All Levels	Club Rm	
Monday	18:00 - 19:00	DL Kids Football	8-11 Years		
Monday	18:00 - 19:00	Lets Create	3-4 Years	Kids Zone - Part A	
Monday	18:00 - 19:00	Make & Create	5-7 Years	Kids Zone - Part C	
Monday	18:00 - 19:00	Make & Create	8-11 Years	Kids Zone - Part D	
Tuesday	17:00 - 17:55	Start Up	All Levels	Gym Area 1 - Part A	
Tuesday	18:00 - 19:00	DL Kids Basketball	All Levels		
Tuesday	18:00 - 19:00	DL Kids Basketball	8-11 Years	Bad Crt 2	
Wednesday	09:00 - 10:00	DL Kids Football	5-7 Years		
Wednesday	09:00 - 10:00	DL Kids Football	5-7 Years		
Wednesday	09:30 - 11:30	Club Creche		Club Creche	£
Wednesday	16:30 - 17:00	Family Welcome	All Levels	Club Rm	
Wednesday	17:00 - 18:00	FIT Circuits	11+ years		
Wednesday	18:00 - 19:00	DL Kids Tag Rugby	All Levels		
Thursday	09:30 - 11:30	Club Creche		Club Creche	£
Thursday	17:00 - 17:55	Start Up	All Levels	Gym Area 1 - Part B	
Thursday	17:00 - 18:00	DL Kids Karate	All Levels	Studio 1	
Thursday	18:00 - 19:00	DL Kids Karate Advanced	Advanced	Sq Crt 1	
Friday	09:30 - 11:30	Club Creche		Club Creche	£
Friday	16:30 - 18:00	DL Kids Movie Time	All Levels	Club Rm	
Friday	17:00 - 17:55	Start Up	All Levels	Gym Area 1	
Friday	18:00 - 19:00	DL Kids Club Night	All Levels	Club Rm	
Friday	18:00 - 19:00	DL Kids Football	8-11 Years		
Saturday	09:30 - 10:00	Family Welcome	All Levels	Club Rm	
Saturday	10:00 - 10:30	Family Welcome	All Levels	Club Rm	
Saturday	10:15 - 11:15	Multi Sports	All Levels		
Saturday	11:15 - 11:45	Family Welcome	All Levels	Club Rm	
Saturday	12:00 - 12:55	Family Welcome	All Levels	Club Rm	
Saturday	12:00 - 12:55	Start Up	All Levels	Gym Area 1	
Saturday	12:00 - 13:00	FIT Cycle	11+ years		
Saturday	12:15 - 13:15	Lets Create	3-4 Years	Kids Zone - Part A	
Saturday	12:15 - 13:15	Make & Create	5-7 Years	Kids Zone - Part B	
Saturday	12:15 - 13:15	Make & Create	8-11 Years	Kids Zone - Part C	
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	10:30 - 11:30	DL Kids Tag Rugby	All Levels		
Sunday	11:00 - 11:30	Mini Dance	All Levels	Sq Crt 1	
Sunday	11:30 - 12:30	DL Kids Basketball	8-11 Years	Bad Crt 1	
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