

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	16.00-16.30	ASA Stage 1	Pool	Contact Reception	£
Monday	16.00-16.30	ASA Stage 2	Pool	Contact Reception	£
Monday	16.30-17.00	ASA Stage 2	Pool	Contact Reception	£
Monday	16.30-17.00	ASA Stage 3	Pool	Contact Reception	£
Monday	17.00-17.30	ASA Stage 3	Pool	Contact Reception	£
Monday	17.00-17.30	ASA Stage 4	Pool	Contact Reception	£
Monday	17.30-18.00	ASA Stage 5	Pool	Contact Reception	£
Monday	17.30-18.00	ASA Stage 6	Pool	Contact Reception	£
Monday	18.00-18.30	ASA Stage 7	Pool	Contact Reception	£
Tuesday	16.00-16.30	ASA Stage 1	Pool	Contact Reception	£
Tuesday	16.30-17.00	ASA Stage 2	Pool	Contact Reception	£
Tuesday	17.00-17.30	ASA Stage 3	Pool	Contact Reception	£
Tuesday	17.30-18.00	ASA Stage 4	Pool	Contact Reception	£
Tuesday	18.00-18.30	ASA Stage 6	Pool	Contact Reception	£ *
Tuesday	18.30-19.30	Swim Squads	Pool	Contact Reception	£
Wednesday	16.00-16.30	Parent and child	Pool	Contact Reception	£ P
Wednesday	16.00-16.30	ASA Stage 1	Pool	Contact Reception	£
Wednesday	16.30-17.00	Parent and child	Pool	Contact Reception	£ P
Wednesday	16.30-17.00	ASA Stage 2	Pool	Contact Reception	£
Wednesday	17.00-17.30	ASA Stage 3	Pool	Contact Reception	£
Wednesday	17.30-18.00	ASA Stage 4	Pool	Contact Reception	£
Wednesday	17.30-18.00	ASA Stage 5	Pool	Contact Reception	£
Wednesday	18.00-18.30	ASA Stage 6	Pool	Contact Reception	£
Wednesday	18.30-19.00	ASA Stage 7	Pool	Contact Reception	£
Thursday	16.00-16.30	ASA Stage 1	Pool	Contact Reception	£
Thursday	16.30-17.00	ASA Stage 2	Pool	Contact Reception	£
Thursday	17.00-17.30	ASA Stage 3	Pool	Contact Reception	£
Thursday	17.30-18.00	ASA Stage 4	Pool	Contact Reception	£
Thursday	18.00-18.30	ASA Stage 5	Pool	Contact Reception	£
Thursday	18.30-19.00	ASA Stage 6	Pool	Contact Reception	£
Friday	16.00-16.30	ASA Stage 1	Pool	Contact Reception	£
Friday	16.30-17.00	ASA Stage 2	Pool	Contact Reception	£
Friday	17.00-17.30	ASA Stage 3	Pool	Contact Reception	£
Friday	17.30-18.00	ASA Stage 4	Pool	Contact Reception	£
Friday	18.00-18.30	ASA Stage 5	Pool	Contact Reception	£
Friday	18.30-19.00	ASA Stage 6	Pool	Contact Reception	£
Friday	19.00-20.00	Swim Squads	Pool	Contact Reception	£
Saturday	09.00-09.30	ASA Stage 1	Pool	Contact Reception	£
Saturday	09.30-10.00	Parent and child	Pool	Contact Reception	£ P
Saturday	09.30-10.00	ASA Stage 2	Pool	Contact Reception	£
Saturday	10.00-10.30	ASA Stage 3	Pool	Contact Reception	£
Saturday	10.30-11.00	ASA Stage 4	Pool	Contact Reception	£ *
Saturday	11.00-11.30	ASA Stage 5	Pool	Contact Reception	£
Saturday	11.30-12.00	ASA Stage 6	Pool	Contact Reception	£
Saturday	12.00-12.30	ASA Stage 7	Pool	Contact Reception	£
Saturday	12.30-13.00	ASA Stage 1	Pool	Contact Reception	£
Sunday	09.00-09.30	ASA Stage 1	Pool	Contact Reception	£
Sunday	09.30-10.00	Parent and child	Pool	Contact Reception	£ P
Sunday	09.30-10.00	ASA Stage 1	Pool	Contact Reception	£
Sunday	10.00-10.30	ASA Stage 1	Pool	Contact Reception	£
Sunday	10.00-10.30	ASA Stage 2	Pool	Contact Reception	£
Sunday	10.30-11.00	ASA Stage 2	Pool	Contact Reception	£

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	13.30-14.25	Baby Massage	Coaching	Studio 2	Contact Reception	£
Monday	16.30-17.00	Tae Kwon Do	Coaching	Studio 2	Beginner	£
Monday	17.00-18.00	Tae Kwon Do	Coaching	Studio 2	Beginner	£ *
Monday	17.00-18.00	Multi Sports	Active	DL Kids Zone	(5-7 & 8-11)	*
Monday	17.00-18.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	*
Monday	17.30-18.00	Family Welcome	Misc	Pool	(5-7 & 8-11)	
Monday	18.00-19.00	Get Active	Active	DL Kids Zone	(5-7 & 8-11)	*
Monday	18.00-19.00	Box Fit	Fitness	Studio 1	Family	*
Tuesday	16.00-16.40	Squash	Coaching	Squash Courts	Contact Reception	£
Tuesday	16.40-17.20	Squash	Coaching	Squash Courts	Contact Reception	£
Tuesday	17.00-18.00	Multi Sports	Active	DL Kids Zone	(5-7 & 8-11)	
Tuesday	17.00-18.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Tuesday	17.20-18.00	Squash	Coaching	Squash Courts	Contact Reception	£
Tuesday	18.00-19.00	Make and Create	Active	DL Kids Zone	(5-7 & 8-11)	*
Wednesday	17.00-18.00	Aqua Splash	Active	Pool	(5-7 & 8-11)	*
Wednesday	17.00-18.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Wednesday	18.00-19.00	Multi Sports	Active	DL Kids Zone	(5-7 & 8-11)	*
Wednesday	20.00-21.30	Tae Kwon Do	Coaching	Studio 2	Contact Reception	£
Thursday	17.00-18.00	Get Active	Active	DL Kids Zone	(5-7 & 8-11)	*
Thursday	17.00-18.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Thursday	18.00-19.00	Street Dance	Fitness	Studio 1	Family	*
Thursday	18.00-19.00	Multi Sports	Active	DL Kids Zone	(5-7 & 8-11)	*
Friday	16.30-17.00	Tae Kwon Do	Coaching	Studio 2	Beginner	£
Friday	17.00-18.00	Tae Kwon Do	Coaching	Studio 2	Beginner	£
Friday	17.00-18.00	Get Active	Active	DL Kids Zone	(5-7 & 8-11)	
Friday	17.00-18.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Friday	18.00-19.00	Multi Sports	Active	DL Kids Zone	(5-7 & 8-11)	*
Saturday	09.00-10.00	Football	Coaching	Tennis Court 5	Contact Reception	£
Saturday	10.00-11.00	Football	Coaching	Tennis Court 5	Contact Reception	£
Saturday	10.00-11.00	Mini Active	Play	DL Kids Zone	(3-4's)	*
Saturday	10.00-11.00	Multi Sports	Active	DL Kids Zone	(5-7 & 8-11)	*
Saturday	10.15-10.45	Family Welcome	Misc	Clubroom		
Saturday	11.00-12.00	Imagine	Play	DL Kids Zone	(3-4's)	*
Saturday	11.00-12.00	Get Active	Active	DL Kids Zone	(5-7 & 8-11)	*
Saturday	12.00-13.00	Multi Sports	Active	DL Kids Zone	(5-7 & 8-11)	*
Saturday	12.00-13.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	*
Sunday	10.00-11.00	Family Welcome	Misc	Pool		
Sunday	10.00-11.00	Mini Active	Play	DL Kids Zone	(3-4's)	*
Sunday	10.00-11.00	Multi Sports	Active	DL Kids Zone	(5-7 & 8-11)	*
Sunday	11.00-12.00	Let's Create	Play	DL Kids Zone	(3-4's)	*
Sunday	11.00-12.00	Make and Create	Active	DL Kids Zone	(5-7 & 8-11)	*
Sunday	12.00-13.00	Multi Sports	Active	DL Kids Zone	(5-7 & 8-11)	*
Sunday	12.00-13.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	*

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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 P - Classes require parental supervision at all times
 * - Child activities that coincide with adult classes
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