

SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Training Pool	
Monday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Training Pool	
Monday	17:00 - 17:30	ASA Swim Stage 3	All Levels	Training Pool	£
Monday	17:30 - 18:00	ASA Swim Stage 4	All Levels	Training Pool	
Monday	18:00 - 18:30	ASA Swim Stage 5	All Levels	Training Pool	
Monday	18:30 - 19:00	ASA Swim Stage 6	All Levels	Training Pool	
Tuesday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Training Pool	
Tuesday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Training Pool	
Tuesday	17:00 - 17:30	ASA Swim Stage 3	All Levels	Training Pool	£
Tuesday	17:00 - 17:30	Swim Allstars Assessment	All Levels	Main Pool	
Tuesday	17:30 - 18:00	ASA Swim Stage 4	All Levels	Training Pool	
Tuesday	18:00 - 18:30	ASA Swim Stage 5	All Levels	Training Pool	
Wednesday	11:30 - 12:00	Pre School Stage 1	All Levels	Pool	£
Wednesday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Training Pool	
Wednesday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Training Pool	
Wednesday	17:00 - 17:30	ASA Swim Stage 3	All Levels	Training Pool	£
Wednesday	17:30 - 18:00	ASA Swim Stage 4	All Levels	Training Pool	
Wednesday	18:00 - 18:30	ASA Swim Stage 5	All Levels	Training Pool	
Wednesday	18:30 - 19:00	ASA Swim Stage 6	All Levels	Training Pool	
Thursday	13:00 - 13:30	Pre School Stage 1	All Levels	Pool	£
Thursday	13:30 - 14:00	Pre School Stage 1	All Levels	Pool	£
Thursday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Training Pool	
Thursday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Training Pool	
Thursday	17:00 - 17:30	ASA Swim Stage 3	All Levels	Training Pool	£
Thursday	17:30 - 18:00	ASA Swim Stage 4	All Levels	Training Pool	
Thursday	18:00 - 18:30	ASA Swim Stage 5	All Levels	Training Pool	
Thursday	18:30 - 19:00	ASA Swim Stage 6	All Levels	Training Pool	
Thursday	19:00 - 20:00	Rookie Lifeguard - ASA Stage 8	All Levels	Training Pool	
Friday	11:00 - 11:30	Pre School Stage 1	All Levels	Pool	£
Friday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Training Pool	
Friday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Training Pool	
Friday	17:00 - 17:30	ASA Swim Stage 3	All Levels	Training Pool	£
Friday	17:30 - 18:00	ASA Swim Stage 4	All Levels	Training Pool	
Friday	18:00 - 18:30	ASA Swim Stage 5	All Levels	Training Pool	
Friday	18:30 - 19:00	ASA Swim Stage 7	All Levels	Main Pool	
Friday	19:00 - 20:00	Swim Squads	All Levels	Training Pool	
Saturday	09:00 - 09:30	ASA Swim Stage 1	All Levels	Training Pool	
Saturday	09:00 - 09:30	Pre School Stage 1	All Levels	Pool	£
Saturday	09:30 - 10:00	ASA Swim Stage 2	All Levels	Training Pool	
Saturday	09:30 - 10:00	Pre School Stage 1	All Levels	Pool	£
Saturday	10:00 - 10:30	ASA Swim Stage 1	All Levels	Training Pool	
Saturday	10:00 - 10:30	ASA Swim Stage 3	All Levels	Training Pool	£
Saturday	10:30 - 11:00	ASA Swim Stage 2	All Levels	Training Pool	
Saturday	10:30 - 11:00	ASA Swim Stage 4	All Levels	Training Pool	
Saturday	11:00 - 11:30	ASA Swim Stage 5	All Levels	Training Pool	
Saturday	11:30 - 12:00	ASA Swim Stage 6	All Levels	Training Pool	

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

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	09:30 - 11:30	Club Creche		Club Creche	£
Monday	11:30 - 12:25	Baby Massage	All Levels	Studio 2	
Monday	17:00 - 17:45	Get Active	5-7 Years	Bad Crt 1, 2	
Monday	17:00 - 17:45	Mini Active	3-4 Years	Kids Zone	
Monday	17:15 - 18:00	FIT Boxing	11+ years	Studio 2	
Monday	17:45 - 18:30	Multi Sports	5-7 Years	Bad Crt 1, 2	
Monday	17:45 - 18:30	Multi Sports	8-11 Years	Bad Crt 3	
Monday	18:30 - 19:15	Make & Create	8-11 Years		
Monday	18:30 - 19:15	Make & Create	5-7 Years	Kids Zone	
Tuesday	09:30 - 10:00	Mini Dance	3-4 Years	Kids Zone	
Tuesday	10:00 - 10:45	Mini Active	3-4 Years	Kids Zone	
Tuesday	17:00 - 17:55	Supervised Gym	12-13 Years	Gym	
Tuesday	17:00 - 18:00	Club Room Play	All Levels	Restaurant	
Tuesday	18:00 - 18:30	Nintendo Wii	All Levels	Kids Zone	
Tuesday	18:30 - 19:30	Kids Splash	5-7 Years		
Tuesday	18:30 - 19:30	Kids Splash	8-11 Years		
Wednesday	09:30 - 11:30	Club Creche		Club Creche	£
Wednesday	14:00 - 14:30	Family Welcome	All Levels	Restaurant	
Wednesday	17:00 - 17:30	Family Welcome	All Levels	Restaurant	
Wednesday	17:00 - 17:45	Mini Active	3-4 Years	Kids Zone - Part C	
Wednesday	17:00 - 17:55	Supervised Gym	12-13 Years	Gym	
Wednesday	17:00 - 18:00	Multi Sports	5-7 Years	Kids Zone - Part A	
Wednesday	18:00 - 19:00	Kids Splash	5-7 Years		
Wednesday	18:00 - 19:00	Kids Splash	8-11 Years		
Thursday	09:30 - 11:30	Club Creche		Club Creche	£
Thursday	17:00 - 17:55	Supervised Gym	12-13 Years	Gym	
Thursday	17:15 - 18:00	FIT Boxing	11+ years	Studio 2	
Thursday	17:30 - 18:15	Get Active	All Levels		
Thursday	18:15 - 19:15	Multi Sports	All Levels	Kids Zone	
Friday	09:30 - 11:30	Club Creche		Club Creche	£
Friday	10:30 - 11:00	Mini Dance	3-4 Years	Kids Zone	
Friday	11:00 - 11:30	Lets Create	3-4 Years	Kids Zone	
Friday	11:30 - 12:00	Mini Active	All Levels	Kids Zone	
Friday	17:00 - 17:55	Supervised Gym	12-13 Years		
Friday	17:30 - 19:00	DL Kids Club Night (5-7 years)	5-7 Years	Kids Zone	
Friday	17:30 - 19:00	DL Kids Club Night (8-11years)	8-11 Years		
Friday	19:15 - 20:45	DL Kids Movie Time	All Levels	Party Rm	
Saturday	09:00 - 10:00	DL Kids Football	All Levels	Ind Crt 5	£
Saturday	10:00 - 10:45	Mini Active	3-4 Years	Kids Zone	
Saturday	10:00 - 11:00	DL Kids Football	3-4 Years	Ind Crt 5	£
Saturday	10:00 - 11:00	Multi Sports	8-11 Years		
Saturday	10:00 - 11:00	Multi Sports	5-7 Years	Bad Crt 1, 2	
Saturday	10:00 - 12:00	Club Creche		Club Creche	£
Saturday	10:45 - 11:30	Lets Create	3-4 Years		
Saturday	11:00 - 12:00	Get Active	8-11 Years		
Saturday	11:00 - 12:00	Get Active	5-7 Years	Bad Crt 1-4	

KEY

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

