

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	15.30-16.00	ASA Stage 1	Pool	Contact Reception	£
Monday	16.00-16.30	ASA Stage 2	Pool	Contact Reception	£
Monday	16.00-16.30	ASA Stage 4	Pool	Contact Reception	£
Monday	16.00-16.30	ASA Stage 3	Pool	Contact Reception	£
Monday	16.30-17.00	ASA Stage 3	Pool	Contact Reception	£
Monday	16.30-17.00	ASA Stage 4	Pool	Contact Reception	£
Monday	16.30-17.00	ASA Stage 7	Pool	Contact Reception	£
Monday	17.00-17.30	ASA Stage 4	Pool	Contact Reception	£
Monday	17.00-17.30	ASA Stage 5	Pool	Contact Reception	£
Monday	17.00-17.30	ASA Stage 1	Pool	Contact Reception	£
Monday	17.30-18.00	ASA Stage 6	Pool	Contact Reception	£
Monday	18.00-19.15	Swim Squads	Pool	Rookie Lifeguard	£
Tuesday	10.30-11.00	Pre School Stage 1	Pool	Contact Reception	£
Tuesday	13.30-14.00	ASA Stage 1	Pool	Contact Reception	£
Tuesday	14.00-14.30	Pre School Stage 1	Pool	Contact Reception	£
Tuesday	16.00-16.30	Pre School Stage 1	Pool	Contact Reception	£
Tuesday	16.00-16.30	ASA Stage 2	Pool	Contact Reception	£
Tuesday	16.30-17.00	ASA Stage 1	Pool	Contact Reception	£
Tuesday	16.30-17.00	ASA Stage 3	Pool	Contact Reception	£
Tuesday	17.00-17.30	ASA Stage 2	Pool	Contact Reception	£
Tuesday	17.00-17.30	ASA Stage 4	Pool	Contact Reception	£
Tuesday	17.30-18.00	ASA Stage 6	Pool	Contact Reception	£
Wednesday	16.00-16.30	ASA Stage 1	Pool	Contact Reception	£
Wednesday	16.00-16.30	ASA Stage 2	Pool	Contact Reception	£
Wednesday	16.00-16.30	ASA Stage 3	Pool	Contact Reception	£
Wednesday	16.30-17.00	ASA Stage 2	Pool	Contact Reception	£
Wednesday	16.30-17.00	ASA Stage 3	Pool	Contact Reception	£
Wednesday	16.30-17.00	ASA Stage 4	Pool	Contact Reception	£
Wednesday	17.00-17.30	ASA Stage 4	Pool	Contact Reception	£
Wednesday	17.00-17.30	ASA Stage 5	Pool	Contact Reception	£
Wednesday	17.30-18.00	Swim Squads	Pool	Addlington Squad	£
Wednesday	17.30-18.00	ASA Stage 4	Pool	Contact Reception	£
Thursday	09.30-10.00	Parent and baby	Pool	Contact Reception	£
Thursday	10.00-10.30	Parent and child	Pool	Contact Reception	£
Thursday	10.30-11.00	ASA Stage 1	Pool	Contact Reception	£
Thursday	16.00-16.30	ASA Stage 1	Pool	Contact Reception	£
Thursday	16.00-16.30	ASA Stage 2	Pool	Contact Reception	£
Thursday	16.00-16.30	ASA Stage 3	Pool	Contact Reception	£
Thursday	16.30-17.00	ASA Stage 2	Pool	Contact Reception	£
Thursday	16.30-17.00	ASA Stage 3	Pool	Contact Reception	£
Thursday	16.30-17.00	ASA Stage 4	Pool	Contact Reception	£
Thursday	17.00-17.30	ASA Stage 2	Pool	Contact Reception	£
Thursday	17.00-17.30	ASA Stage 4	Pool	Contact Reception	£
Thursday	17.00-17.30	ASA Stage 5	Pool	Contact Reception	£
Thursday	17.00-18.30	Swim Squads	Pool	Phelps Squads	£
Friday	16.00-16.30	ASA Stage 2	Pool	Contact Reception	£
Friday	16.00-16.30	ASA Stage 2	Pool	Contact Reception	£
Friday	16.00-16.30	ASA Stage 3	Pool	Contact Reception	£
Friday	16.30-17.00	ASA Stage 1	Pool	Contact Reception	£
Friday	16.30-17.00	ASA Stage 4	Pool	Contact Reception	£
Friday	16.30-17.00	ASA Stage 4	Pool	Contact Reception	£
Friday	17.00-17.30	ASA Stage 5	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	09.30-11.30	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	*£
Monday	16.00-18.00	Parent and Tots Free Play	Misc	DL Kids Area		P
Monday	17.00-18.00	Netball	Coaching	Court 12	Contact Reception	
Monday	17.00-18.00	Basketball	Coaching	Court 11	Contact Reception	
Monday	17.45-18.30	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Monday	18.00-19.00	Basketball	Coaching	Court 11	Contact Reception	*
Monday	18.00-19.00	Family Welcome	Misc	Club Room		
Monday	18.30-19.15	Start Up 1	Fitness	Gym	(14-15's)	
Tuesday	09.25-10.00	Mini Active	Play	DL Kids Area	(3-4's)	*
Tuesday	09.30-11.30	Parent and Tots Free Play	Misc	DL Kids Area		P
Tuesday	10.00-10.30	Mini Active	Play	DL Kids Area	(3-4's)	*
Tuesday	10.00-10.30	Lindy Lou's Adventures in Music		Creche	(6 months - 2 years)	P £
Tuesday	10.30-11.00	Imagine	Play	DL Kids Area	(3-4's)	*
Tuesday	10.45-11.15	Lindy Lou's Adventures in Music		Creche	(1-3's)	P £
Tuesday	11.00-11.35	Imagine	Play	DL Kids Area	(3-4's)	*
Tuesday	11.30-12.00	Lindy Lou's Adventures in Music		Creche	(2-5's)	P £
Tuesday	16.00-16.45	Kids Splash	Water	Pool		
Tuesday	16.00-18.00	Parent and Tots Free Play	Misc	DL Kids Area		P
Tuesday	16.15-17.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Tuesday	16.45-17.30	Kids Splash	Water	Pool		
Tuesday	17.30-19.00	Tri Golf	Coaching	Courts 14 & 15	Contact Reception	*
Tuesday	18.00-18.45	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Wednesday	09.30-11.30	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	* £
Wednesday	17.15-18.45	Make and Create	Active	DL Kids Area	(5-7 & 8-11)	*
Wednesday	17.45-18.30	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Wednesday	18.15-19.00	Cheerleading	Coaching	DL Kids Area	Contact Reception	£
Wednesday	18.30-19.15	Start Up 2	Fitness	Gym	(12-13 & 14-15's)	
Thursday	09.25-10.00	Mini Active	Play	DL Kids Area	(3-4's)	*
Thursday	09.30-11.30	Parent and Tots Free Play	Misc	DL Kids Area		P
Thursday	10.00-10.30	Mini Active	Play	DL Kids Area	(3-4's)	*
Thursday	10.30-11.00	Imagine	Play	DL Kids Area	(3-4's)	*
Thursday	11.00-11.35	Imagine	Play	DL Kids Area	(3-4's)	*
Thursday	17.40-18.45	Street Dance	Fitness	DL Kids Area	(8-11's)	£ *
Thursday	17.40-18.45	Football	Coaching	Courts 16,17 & 18	Contact Reception	*
Thursday	17.45-18.30	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Thursday	18.30-19.15	Start Up 3	Fitness	Gym	(14-15's)	
Thursday	18.45-19.50	Tag Rugby	Coaching	Courts 16,17 & 18	Contact Reception	*
Friday	09.30-11.30	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Friday	16.15-17.30	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Friday	17.25-18.35	Cricket/Kwik Cricket	Coaching	Court 14	Contact Reception	*
Friday	18.45-19.30	Kids Splash	Water	Pool		
Saturday	08.55-10.30	Get Active	Active	DL Kids Area	(5-7 & 8-11)	*
Saturday	10.30-11.30	Multi Sports	Active	Studio 2	(5-7 & 8-11)	*
Saturday	11.00-11.45	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Saturday	11.30-12.35	Get Active	Active	Studio 2	(5-7 & 8-11)	*
Saturday	12.00-13.30	Table Tennis	Coaching	DL Kids Area	Contact Reception	*
Saturday	13.00-14.05	Multi Sports	Active	Studio 2	(8-11 & 12-13)	*
Saturday	14.00-17.00	Family Gym	Fitness	Gym		*

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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