

**MONDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
09.30-11.30	Club Crèche	Crèche	DL Kids Studio	(Under 3's) & (3-4's)	
13.30-14.15	Mini Dance	Play	Studio 2	(3-4's)	
14.15-15.00	Imagine ....	Play	Studio 2	(3-4's)	
16.00-16.45	Get Active	Active	Studio 1	(5-7's)	

**TUESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
09.30-11.30	Club Crèche	Crèche	DL Kids Studio	(Under 3's) & (3-4's)	
13.00-13.45	Let's Create	Play	DL Kids Studio	(3-4's)	
16.00-16.45	Mini Active	Play	Studio 1	(3-4's)	
16.00-16.45	Dance	Coaching	DL Kids Studio	All	
16.30-17.30	Karate	Coaching	Studio 2	All	
16.45-17.30	Dance	Coaching	DL Kids Studio	All	
16.45-17.30	Start Up Circuits	Fitness	Studio 1	Family	

**WEDNESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
09.30-11.30	Club Crèche	Crèche	DL Kids Studio	(Under 3's) & (3-4's)	
13.00-13.45	Parent and Tots Free Play	Misc	DL Kids Studio		P
15.45-16.30	Football	Coaching	Outside/Studio 1	Beginner	
16.30-17.15	Football	Coaching	Outside/Studio 1	Beginner	
16.30-17.15	Get Active	Active	Studio 2	(5-7's)	
16.30-17.30	Supervised Gym	Fitness	Gym	(12-13's)	

**THURSDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
09.30-11.30	Club Crèche	Crèche	DL Kids Studio	(Under 3's) & (3-4's)	
13.00-13.45	Mini Active	Play	Studio 1	(3-4's)	
16.30-17.15	Make and Create	Active	Studio 2	(5-7's)	
16.30-17.15	Multi Sports	Active	Studio 1	(8-11's)	
17.15-18.00	Start Up Circuits	Fitness	Studio 2	(8-11 & 12-13's)	

**FRIDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
09.30-11.30	Club Crèche	Crèche	DL Kids Studio	(Under 3's) & (3-4's)	
16.00-16.45	Mini Active	Play	DL Kids Studio	(3-4's)	
16.00-16.45	Multi Sports	Active	Studio 1	(5-7's)	
16.30-17.15	Supervised Gym	Fitness	Gym	(12-13's)	
17.00-18.00	Karate	Coaching	Studio 1	Beginner	
18.00-19.00	Karate	Coaching	Studio 1	Advanced	

**SATURDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
09.00-09.45	Get Active	Active	Studio 2	(5-7's)	
09.30-11.30	Club Crèche	Crèche	DL Kids Studio	(Under 3's) & (3-4's)	
09.45-10.30	Multi Sports	Active	Studio 2	(8-11's)	
13.00-13.45	Mini Active	Play	DL Kids Studio	(3-4's)	
14.00-14.45	Family Splash	Water	Pool	All Age Groups	
15.00-17.00	Birthday Parties	Misc	DL Kids Studio		

**SUNDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
09.30-11.30	Club Crèche	Crèche	DL Kids Studio	(Under 3's) & (3-4's)	
10.30-11.15	Family Cycle	Fitness	Studio 2	Family	
12.00-12.45	Let's Create	Play	DL Kids Studio	(3-4's)	
12.45-13.30	Get Active	Active	DL Kids Studio	(5-7's)	
13.00-13.45	Football	Coaching	Outside	All	
13.30-14.15	Family Circuits	Fitness	Studio 1	Family	
15.00-17.00	Birthday Parties	Misc	DL Kids Studio		
17.00-17.45	Supervised Gym	Fitness	Gym	(12-13's)	
17.15-19.00	DL Kids Movie Time	Misc	DL Kids Studio		

**DL KIDS ACTIVITY CATEGORIES**

- Club Coaching (Coaching)**
- Club Crèche (Crèche)**
- Club Play (Play)**
- Club Active (Active)**
- Club Fitness (Fitness)**
- Club Water Activities (Water)**
- Club Tennis (Tennis)**
- Club Swimming (Swimming)**
- 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 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.