

SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	09:10 - 10:30	Pre School Stage 1	All Levels	Ind Pool Lane 1	£
Monday	10:30 - 11:00	Adult & Baby	All Levels	Ind Pool Lane 1	£
Monday	11:00 - 12:00	Pre School Stage 1	All Levels	Ind Pool Lane 1	£
Monday	13:30 - 14:50	Pre School Stage 1	All Levels	Ind Pool Lane 1	£
Monday	16:20 - 16:50	ASA Swim Stage 3	All Levels	Ind Pool Lane 1	£
Monday	16:50 - 17:20	ASA Swim Stage 6	All Levels	Ind Pool Lane 1	£
Monday	17:20 - 17:40	ASA Swim Stage 1	All Levels	Ind Pool Lane 1	£
Monday	17:40 - 18:00	ASA Swim Stage 1	All Levels	Ind Pool Lane 1	£
Monday	18:30 - 19:30	Rookie Lifeguard - ASA Stage 9	All Levels	Ind Pool Lane 1	£
Tuesday	15:50 - 16:10	Pre School Stage 1	All Levels	Ind Pool Lane 1	£
Tuesday	16:10 - 16:30	ASA Swim Stage 1	All Levels	Ind Pool Lane 1	£
Tuesday	16:15 - 16:35	ASA Swim Stage 1	All Levels	Ind Pool Lane 2	£
Tuesday	16:30 - 17:00	ASA Swim Stage 3	All Levels	Ind Pool Lane 1	£
Tuesday	16:35 - 17:05	ASA Swim Stage 4	All Levels	Ind Pool Lane 2	£
Tuesday	17:00 - 17:30	ASA Swim Stage 4	All Levels	Ind Pool Lane 1	£
Tuesday	17:05 - 17:35	ASA Swim Stage 3	All Levels	Ind Pool Lane 2	£
Tuesday	17:30 - 18:00	ASA Swim Stage 7	All Levels	Ind Pool Lane 1	£
Tuesday	17:35 - 18:20	FIT Swim - Stage 8	11+ years	Ind Pool Lane 2	£
Tuesday	18:00 - 18:30	ASA Swim Stage 3	All Levels	Ind Pool Lane 1	£
Wednesday	15:00 - 16:00	Pre School Stage 1	All Levels	Ind Pool Lane 1	£
Wednesday	15:30 - 16:10	Pre School Stage 1	All Levels	Ind Pool Lane 2	£
Wednesday	16:00 - 16:20	ASA Swim Stage 1	All Levels	Ind Pool Lane 1	£
Wednesday	16:10 - 16:30	ASA Swim Stage 1	All Levels	Ind Pool Lane 2	£
Wednesday	16:20 - 16:50	ASA Swim Stage 3	All Levels	Ind Pool Lane 1	£
Wednesday	16:30 - 17:00	ASA Swim Stage 4	All Levels	Ind Pool Lane 2	£
Wednesday	16:50 - 17:20	ASA Swim Stage 6	All Levels	Ind Pool Lane 1	£
Wednesday	17:00 - 17:30	ASA Swim Stage 6	All Levels	Ind Pool Lane 2	£
Wednesday	17:20 - 17:50	ASA Swim Stage 3	All Levels	Ind Pool Lane 1	£
Wednesday	17:30 - 17:50	Pre School Stage 1	All Levels	Ind Pool Lane 2	£
Wednesday	17:50 - 18:20	ASA Swim Stage 4	All Levels	Ind Pool Lane 1	£
Wednesday	18:20 - 18:50	ASA Swim Stage 6	All Levels	Ind Pool Lane 1	£
Wednesday	18:50 - 19:50	Swim Squads	All Levels	Ind Pool Lane 1	£
Thursday	09:10 - 10:30	Pre School Stage 1	All Levels	Ind Pool Lane 1	£
Thursday	10:30 - 11:00	Adult & Baby	All Levels	Ind Pool Lane 1	£
Thursday	11:00 - 12:00	Pre School Stage 1	All Levels	Ind Pool Lane 1	£
Thursday	13:30 - 14:30	Pre School Stage 1	All Levels	Ind Pool Lane 2	£
Thursday	13:30 - 14:50	Pre School Stage 1	All Levels	Ind Pool Lane 1	£
Thursday	16:00 - 16:30	ASA Swim Stage 2	All Levels	Ind Pool Lane 1	£
Thursday	16:30 - 17:00	ASA Swim Stage 3	All Levels	Ind Pool Lane 1	£
Thursday	17:20 - 17:40	ASA Swim Stage 3	All Levels	Ind Pool Lane 1	£
Thursday	17:40 - 18:10	Swim Squads	All Levels	Ind Pool Lane 1	£
Friday	09:40 - 10:20	Pre School Stage 1	All Levels	Ind Pool Lane 2	£
Friday	15:00 - 16:00	Pre School Stage 1	All Levels	Ind Pool Lane 1	£
Friday	16:00 - 16:20	ASA Swim Stage 1	All Levels	Ind Pool Lane 1	£
Friday	16:20 - 16:50	ASA Swim Stage 2	All Levels	Ind Pool Lane 1	£
Friday	16:50 - 17:20	ASA Swim Stage 3	All Levels	Ind Pool Lane 1	£

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

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	13:00 - 13:30	Lets Meet - Club Room Play	All Levels	Club Rm	
Monday	16:00 - 17:00	Start Up 1 (14+yrs)	14 Years +	Gym Desk	
Monday	16:30 - 17:15	Family Splash	All Levels	Ind Pool	
Monday	16:45 - 17:30	Mini Active	3-4 Years	Sq Crt 3	
Monday	16:45 - 17:30	Multi Sports	5-7 Years	Bad Crt 1	
Monday	17:00 - 17:30	Family Welcome	All Levels	Club Rm	
Monday	17:30 - 18:30	Get Active	5-7 Years	Bad Crt 1	
Monday	17:30 - 18:30	Supervised Gym	8-11 Years	Gym - Part C	
Monday	18:30 - 19:30	Supervised Gym	12-13 Years	Gym Desk	
Tuesday	16:00 - 17:00	Start Up 2 (14+yrs)	14 Years +	Gym Desk	
Tuesday	16:30 - 17:15	Family Splash	All Levels	Ind Pool	
Tuesday	17:00 - 17:45	Imagine...(3-4yrs)	3-4 Years	Sq Crt 3	
Tuesday	17:00 - 17:45	Multi Sports	5-7 Years	Bad Crt 1	
Tuesday	17:00 - 17:45	Supervised Gym	8-11 Years	Gym - Part C	
Wednesday	10:30 - 11:30	Let's Meet - Coffee Morning	All Levels	Club Rm	
Wednesday	16:00 - 17:00	Start Up 3 (14+yrs)	14 Years +	Gym Desk	
Wednesday	17:30 - 18:15	Family Splash	All Levels	Ind Pool	
Wednesday	17:30 - 18:30	Family Cycle	8-11 Years	Studio 3	
Wednesday	17:30 - 18:30	Make & Create	5-7 Years	Meeting Rm	
Wednesday	18:45 - 19:30	FIT JUKARI Fit to Flex	11+ years	Studio 2	
Thursday	16:45 - 17:30	Lets Create	3-4 Years	Meeting Rm	
Thursday	16:45 - 17:30	Lets Play Outside	5-7 Years	Out Crt 6	
Thursday	16:45 - 17:30	Multi Sports	8-11 Years	Bad Crt 4	
Thursday	16:45 - 17:30	Supervised Gym	12-13 Years	Gym - Part C	
Thursday	17:30 - 18:15	Family Splash	All Levels	Ind Pool	
Friday	15:30 - 16:00	Lets Meet - Club Room Play	All Levels	Club Rm	
Friday	16:00 - 16:45	Imagine...(3-4yrs)	3-4 Years	Sq Crt 3	
Friday	16:30 - 17:15	DL Kids Gymnastics	All Levels	Studio 2	
Friday	16:45 - 17:30	Family Splash	All Levels	Ind Pool	
Friday	17:30 - 18:30	DL Kids Gymnastics	All Levels	Studio 2	£
Friday	17:30 - 18:30	DL Kids Movie Time (5-7 yrs)	5-7 Years	Meeting Rm	
Friday	17:30 - 18:30	Lets Play Outside	8-11 Years	Out Crt 6	
Friday	18:30 - 19:25	Lets Play Outside	12-13 Years	Out Crt 6	
Friday	18:45 - 19:45	DL Kids Karate Beginners	Beginner	Studio 1	£
Saturday	10:00 - 10:45	FIT Cycle	11+ years	Studio 3	
Saturday	10:00 - 10:45	Mini Active	3-4 Years	Sq Crt 3	
Saturday	10:00 - 11:00	DL Kids Badminton Beginners	Beginner	Bad Crt 1-4	£
Saturday	10:00 - 11:00	DL Kids Club Night (8-11years)	8-11 Years	Out Crt 3	
Saturday	10:00 - 11:00	DL Kids Squash Beginners	Beginner	Sq Crt 1, 2	£
Saturday	10:00 - 11:00	Family Splash	All Levels	Ind Pool	
Saturday	10:00 - 11:00	Lets Play Outside	5-7 Years	Out Crt 6	
Saturday	11:00 - 12:00	DL Kids Squash Intermediates	Intermediate	Sq Crt 1, 2	£
Saturday	11:00 - 12:30	DL Kids Badminton Intermediates	Intermediate	Bad Crt 2, 3 & 4	£
Saturday	11:15 - 12:00	Imagine...(3-4yrs)	3-4 Years	Sq Crt 3	
Saturday	11:15 - 12:15	DL Kids Club Night (8-11years)	8-11 Years	Out Crt 3	
Saturday	11:15 - 12:15	Get Active	5-7 Years	Ind Crt 7	

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