



**SWIMMING**

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	16.00-16.30	Parent and child	Pool	Contact Reception	£ P
Monday	16.30-17.00	ASA Stage 1	Pool	Contact Reception	£
Monday	16.30-17.00	ASA Stage 2	Pool	Contact Reception	£
Monday	17.00-17.30	ASA Stage 3	Pool	Contact Reception	£
Monday	17.30-18.00	ASA Stage 4	Pool	Contact Reception	£
Tuesday	10.00-10.30	Parent and child	Pool	Contact Reception	£ P
Tuesday	10.30-11.00	Parent and baby	Pool	Contact Reception	£ P
Tuesday	16.00-16.30	Parent and child	Pool	Contact Reception	£ P
Tuesday	16.30-17.00	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	Swim Squads	Pool	Contact Reception	£
Wednesday	16.00-16.30	Parent and child	Pool	Contact Reception	£ P
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 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	17.00-17.30	ASA Stage 5	Pool	Contact Reception	£
Wednesday	18.00-18.30	ASA Stage 7	Pool	Contact Reception	£
Thursday	16.00-16.30	Parent and child	Pool	Contact Reception	£
Thursday	16.30-17.00	ASA Stage 1	Pool	Contact Reception	£
Thursday	16.30-17.00	ASA Stage 2	Pool	Contact Reception	£
Thursday	16.30-17.00	ASA Stage 5	Pool	Contact Reception	£
Thursday	17.00-17.30	ASA Stage 3	Pool	Contact Reception	£
Thursday	17.00-17.30	ASA Stage 6	Pool	Contact Reception	£
Thursday	17.30-18.00	ASA Stage 7	Pool	Contact Reception	£
Friday	11.00-11.30	Parent and child	Pool	Contact Reception	£ P
Friday	16.00-16.30	ASA Stage 1	Pool	Contact Reception	£
Friday	16.00-16.30	ASA Stage 2	Pool	Contact Reception	£
Friday	16.30-17.00	ASA Stage 3	Pool	Contact Reception	£
Friday	17.00-17.30	ASA Stage 4	Pool	Contact Reception	£
Saturday	10.00-10.30	ASA Stage 5	Pool	Contact Reception	£
Saturday	10.30-11.00	ASA Stage 6	Pool	Contact Reception	£
Saturday	11.00-11.30	ASA Stage 7	Pool	Contact Reception	£
Saturday	11.30-12.00	Swim Squads	Pool	Contact Reception	£
Sunday	10.00-10.30	Parent and child	Pool	Contact Reception	£ P
Sunday	10.30-11.00	Parent and baby	Pool	Contact Reception	£ P
Sunday	11.00-11.30	ASA Stage 1	Pool	Contact Reception	£
Sunday	11.00-11.30	ASA Stage 2	Pool	Contact Reception	£
Sunday	11.30-12.00	ASA Stage 3	Pool	Contact Reception	£
Sunday	11.30-12.00	ASA Stage 4	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)	* £
	10.00-12.00	Family Splash	Water	Pool	All Age Groups	* P
	14.00-19.00	Family Splash	Water	Pool	All Age Groups	* P
	16.00-16.45	Martial Arts	Coaching	Studio 1	Contact Reception	£
	16.00-16.45	Mini Active	Play	Studio 2	(Under 3's) & (3-4's)	* P
	17.00-18.00	Get Active	Active	Studio 1	(5-7 & 8-11)	
	18.00-19.00	Make and Create	Active	DL Kids Zone	(5-7 & 8-11)	*
	18.00-19.00	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	*
Tuesday	09.30-11.30	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	* £
	10.00-12.00	Family Splash	Water	Pool	All Age Groups	* P
	14.00-19.00	Family Splash	Water	Pool	All Age Groups	* P
	16.00-16.45	Tots Yoga	Coaching	Studio 2	Contact Reception	
	17.00-18.00	Multi Sports	Active	Studio 1	(5-7 & 8-11)	
	17.00-18.00	Netball	Coaching	Tennis Court	Contact Reception	£
	18.00-19.00	Nintendo Wii	Misc	DL Kids Zone	All Age Groups	*
	18.00-19.00	Start Up Circuits	Fitness	Gym	(8-11 & 12-13's)	*
Wednesday	09.30-11.30	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	* £
	10.00-12.00	Family Splash	Water	Pool	All Age Groups	* P
	13.00-13.45	Mini Active	Play	DL Kids Zone	(Under 3's) & (3-4's)	P
	14.00-19.00	Family Splash	Water	Pool	All Age Groups	* P
	16.00-16.45	Gymnastics	Coaching	Studio 1	Contact Reception	£
	17.00-18.00	Get Active	Active	Studio 1	(5-7 & 8-11)	
	18.00-19.00	Aqua Splash	Active	Pool	(5-7 & 8-11)	*
	18.00-19.00	Supervised Gym	Fitness	Pool	(8-11 & 12-13's)	*
Thursday	10.00-12.00	Family Splash	Water	Pool	All Age Groups	* P
	11.00-12.00	Coffee & Tots Playtime	Misc	DL Kids Zone	All Age Groups	* P
	14.00-19.00	Family Splash	Water	Pool	All Age Groups	* P
	16.00-16.45	Dance	Coaching	Studio 2	Contact Reception	£
	16.00-17.00	Football	Coaching	Studio 1	Contact Reception	£
	17.00-18.00	Aqua Splash	Water	Pool	All Age Groups	
	18.00-19.00	Make and Create	Active	DL Kids Zone	(5-7 & 8-11)	*
	18.00-19.00	Start Up Cycle	Fitness	Cycle Studio	(8-11 & 12-13's)	*
Friday	09.30-11.30	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	* £
	10.00-12.00	Family Splash	Water	Pool	All Age Groups	* P
	13.00 - 13.45	Mini Active	Play	DL Kids Zone	(Under 3's) & (3-4's)	* P
	14.00-19.00	Family Splash	Water	Pool	All Age Groups	* P
	16.00-16.45	Let's Create	Play	DL Kids Zone	(3-4's)	
	17.00-18.00	Multi Sports	Active	Studio 2	(5-7 & 8-11)	*
	18.00-19.00	DL Kids Movie Time	Misc	DL Kids Zone	All Age Groups	*
	18.00-19.00	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	*
Saturday	10.00-18.00	Family Splash	Water	Pool	All Age Groups	* P
	10.00-10.45	Let's Create	Play	DL Kids Zone	(3-4'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.

**KEY**

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 \* Child activities that coincide with adult classes  
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