



**SWIMMING**

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	10:00 - 10:30	ASA Stage 1	Indoor Pool	Contact Reception	P £
Monday	10:30 - 11:00	ASA Stage 1	Indoor Pool	Contact Reception	P £
Monday	15:45 - 16:15	ASA Stage 2	Indoor Pool	Contact Reception	P £
Monday	15:45 - 16:15	ASA Stage 3	Outdoor Pool	Contact Reception	P £
Monday	16:15 - 16:45	ASA Stage 3	Outdoor Pool	Contact Reception	P £
Monday	16:15 - 16:45	ASA Stage 4	Outdoor Pool	Contact Reception	P £
Monday	16:45 - 17:15	ASA Stage 3	Outdoor Pool	Contact Reception	P £
Monday	16:45 - 17:15	ASA Stage 4	Outdoor Pool	Contact Reception	P £
Monday	17:15 - 17:45	ASA Stage 5	Outdoor Pool	Contact Reception	P £
Monday	17:15 - 17:45	ASA Stage 5	Outdoor Pool	Contact Reception	P £
Monday	17:45 - 18:15	ASA Stage 6	Outdoor Pool	Contact Reception	P £
Monday	18:15 - 19:00	ASA Stage 7	Outdoor Pool	Contact Reception	P £
Tuesday	13:30 - 14:00	ASA Stage 1	Indoor Pool	Contact Reception	P £
Tuesday	14:00 - 14:30	ASA Stage 1	Indoor Pool	Contact Reception	P £
Tuesday	15:45 - 16:15	ASA Stage 2	Outdoor Pool	Contact Reception	P £
Tuesday	16:00 - 16:30	ASA Stage 3	Outdoor Pool	Contact Reception	P £
Tuesday	16:15 - 16:45	ASA Stage 4	Outdoor Pool	Contact Reception	P £
Tuesday	16:45 - 17:15	ASA Stage 3	Outdoor Pool	Contact Reception	P £
Tuesday	17:15 - 17:45	ASA Stage 5	Outdoor Pool	Contact Reception	P £
Tuesday	17:30 - 18:00	ASA Stage 4	Outdoor Pool	Contact Reception	P £
Tuesday	17:45 - 18:15	ASA Stage 6	Outdoor Pool	Contact Reception	P £
Tuesday	18:15 - 18:45	ASA Stage 7	Outdoor Pool	Contact Reception	P £
Wednesday	09:30 - 10:00	ASA Stage 1	Indoor Pool	Contact Reception	P £
Wednesday	10:30 - 11:00	Parent and baby	Indoor Pool	Contact Reception	P £
Wednesday	11:00 - 11:30	ASA Stage 2	Indoor Pool	Contact Reception	P £
Wednesday	13:00 - 13:30	ASA Stage 1	Indoor Pool	Contact Reception	P £
Wednesday	13:30 - 14:00	ASA Stage 1	Indoor Pool	Contact Reception	P £
Wednesday	15:45 - 16:15	ASA Stage 4	Outdoor Pool	Contact Reception	P £
Wednesday	15:45 - 16:15	ASA Stage 1	Indoor Pool	Contact Reception	P £
Wednesday	16:15 - 16:45	ASA Stage 5	Outdoor Pool	Contact Reception	P £
Wednesday	16:15 - 16:45	ASA Stage 2	Outdoor Pool	Contact Reception	P £
Wednesday	16:45 - 17:15	ASA Stage 3	Outdoor Pool	Contact Reception	P £
Wednesday	16:45 - 17:15	ASA Stage 7	Outdoor Pool	Contact Reception	P £
Wednesday	17:15 - 17:45	ASA Stage 4	Outdoor Pool	Contact Reception	P £
Wednesday	17:15 - 17:45	ASA Stage 6	Outdoor Pool	Contact Reception	P £
Wednesday	17:15 - 17:45	ASA Stage 6	Outdoor Pool	Contact Reception	P £
Wednesday	17:45 - 18:15	ASA Stage 4	Outdoor Pool	Contact Reception	P £
Thursday	15:45 - 16:15	ASA Stage 2	Outdoor Pool	Contact Reception	P £
Thursday	16:15 - 16:45	ASA Stage 3	Outdoor Pool	Contact Reception	P £
Thursday	16:30 - 17:15	Swim Club	Outdoor Pool	Contact Reception	P £
Thursday	16:45 - 17:15	ASA Stage 4	Outdoor Pool	Contact Reception	P £
Thursday	17:15 - 17:45	ASA Stage 5	Outdoor Pool	Contact Reception	P £
Friday	10:00 - 10:30	Parent and baby	Indoor Pool	Contact Reception	P £
Friday	13:00 - 13:30	ASA Stage 1	Indoor Pool	Contact Reception	P £
Friday	13:30 - 14:00	ASA Stage 1	Indoor Pool	Contact Reception	P £
Saturday	09:00 - 10:00	ASA Stage 2	Indoor Pool	Contact Reception	P £
Saturday	10:00 - 10:30	ASA Stage 3	Outdoor Pool	Contact Reception	P £
Saturday	10:30 - 11:00	ASA Stage 4	Outdoor Pool	Contact Reception	P £
Saturday	11:00 - 11:30	ASA Stage 3	Outdoor Pool	Contact Reception	P £
Saturday	11:00 - 11:30	ASA Stage 5	Outdoor Pool	Contact Reception	P £
Saturday	11:30 - 12:00	ASA Stage 6	Outdoor Pool	Contact Reception	P £
Saturday	12:00 - 12:30	ASA Stage 7	Outdoor Pool	Contact Reception	P £

**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	09:00 - 13:00	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Monday	13:20 - 14:40	Mini Active	Play	Studio 2	(Under 3's) & (3-4's)	*
Monday	15:50 - 17:10	Let's Create	Play	Creche	(Under 3's) & (3-4's)	*
Monday	16:00 - 17:30	Start Up	Fitness	Gym	(12-13 & 14-15's)	*
Monday	16:00 - 17:00	Get Active	Active	Studio 2	(5-7 & 8-11)	*
Tuesday	09:00 - 13:00	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Tuesday	13:20 - 14:40	Mini Active	Play	Studio 2	(Under 3's) & (3-4's)	*
Tuesday	15:50 - 17:10	Imagine ....	Play	Creche	(Under 3's) & (3-4's)	*
Tuesday	16:00 - 16:40	Badminton	Coaching	Court 1 & 2	All	*
Tuesday	16:00 - 17:00	Kids Splash	Water	Outdoor Pool		*
Tuesday	16:15 - 16:45	Tag Rugby	Coaching	Studio 2	Contact Reception	
Tuesday	16:30 - 17:00	Start Up Cycle	Fitness	Spin Studio	(14-15's)	
Tuesday	17:00 - 18:00	Tag Rugby	Coaching	Outside	Beginner	
Wednesday	09:00 - 13:00	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Wednesday	13:20 - 14:40	Mini Active	Play	Studio 2	(Under 3's) & (3-4's)	*
Wednesday	15:50 - 17:10	Let's Create	Play	Creche	(Under 3's) & (3-4's)	*
Wednesday	16:00 - 17:00	Badminton	Coaching	Court 1 & 2	All	*
Wednesday	16:00 - 17:30	Start Up	Fitness	Gym	(12-13 & 14-15's)	*
Wednesday	16:30 - 17:00	Start Up Circuits	Fitness	Studio 2	(14-15's)	
Wednesday	17:15 - 17:45	Tots Football	Coaching	Studio 2	Contact Reception	
Thursday	09:00 - 13:00	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Thursday	13:20 - 14:40	Mini Active	Play	Studio 2	(Under 3's) & (3-4's)	*
Thursday	16:00 - 17:30	Start Up	Fitness	Gym	(12-13 & 14-15's)	*
Thursday	15:50 - 17:10	Imagine ....	Play	Creche	(Under 3's) & (3-4's)	*
Thursday	16:00 - 17:00	Squash	Coaching	Court 1	All	*
Thursday	16:00 - 17:00	Get Active	Active	Studio 2	(5-7 & 8-11)	*
Thursday	17:00 - 18:00	Street Dance	Fitness	Studio 2	(8-11 & 12-13's)	
Friday	09:00 - 13:00	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Friday	13:20 - 14:40	Mini Active	Play	Studio 2	(Under 3's) & (3-4's)	*
Friday	15:50 - 17:10	Let's Create	Play	Creche	(Under 3's) & (3-4's)	*
Friday	16:00 - 17:30	Start Up	Fitness	Gym	(12-13 & 14-15's)	*
Friday	16:00 - 17:00	Kids Splash	Water	Indoor Pool	All Age Groups	*
Friday	17:00 - 18:00	Football	Coaching	Football Pitch	Improver	
Saturday	09:00 - 13:00	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Saturday	10:00 - 10:40	Badminton	Coaching	Court 1 & 2	Beginner	
Saturday	10:40 - 11:20	Badminton	Coaching	Court 1 & 2	Improver	
Saturday	12:30 - 14:00	Karate	Coaching	Studio 1	All	
Saturday	13:00 - 14:00	Start Up	Fitness	Gym	(12-13 & 14-15's)	
Saturday	15:00 - 17:00	Birthday Parties	Misc	Studio 2		£
Saturday	16:00 - 17:00	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Sunday	09:00 - 13:00	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Sunday	09:50 - 11:10	Get Active	Active	Court 1 & 2	(5-7 & 8-11)	*
Sunday	12:00 - 14:00	Birthday Parties	Misc	Studio 2		£
Sunday	13:00 - 15:00	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Sunday	14:30 - 16:00	Football	Coaching	Football Pitch	Improver	
Sunday	16:00 - 17:00	Supervised Gym	Fitness	Gym	(12-13 & 14-15'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**

£ 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.