

SWIMMING

| DAY | TIME | ACTIVITY | AGE / LEVEL | LOCATION | KEY |
|-----------|---------------|--------------------|-------------|----------|-----|
| Monday | 15:45 - 16:15 | ASA Swim Stage 2 | All Levels | Ind Pool | £ |
| Monday | 15:45 - 16:15 | ASA Swim Stage 4 | All Levels | Out Pool | £ |
| Monday | 16:15 - 16:45 | ASA Swim Stage 2 | All Levels | Ind Pool | £ |
| Monday | 16:15 - 16:45 | ASA Swim Stage 3 | All Levels | Out Pool | £ |
| Monday | 16:45 - 17:15 | ASA Swim Stage 4 | All Levels | Out Pool | £ |
| Monday | 16:45 - 17:15 | ASA Swim Stage 4 | All Levels | Out Pool | £ |
| Monday | 17:15 - 17:45 | ASA Swim Stage 5 | All Levels | Out Pool | £ |
| Monday | 17:15 - 17:45 | ASA Swim Stage 5 | All Levels | Out Pool | £ |
| Monday | 17:45 - 18:15 | ASA Swim Stage 6 | All Levels | Out Pool | £ |
| Monday | 17:45 - 18:15 | ASA Swim Stage 6 | All Levels | Out Pool | £ |
| Monday | 18:15 - 19:00 | ASA Swim Stage 7 | All Levels | Out Pool | £ |
| Tuesday | 15:45 - 16:15 | ASA Swim Stage 2 | All Levels | Ind Pool | £ |
| Tuesday | 15:45 - 16:15 | ASA Swim Stage 3 | All Levels | Out Pool | £ |
| Tuesday | 16:15 - 16:45 | ASA Swim Stage 4 | All Levels | Out Pool | £ |
| Tuesday | 16:15 - 16:45 | ASA Swim Stage 4 | All Levels | Out Pool | £ |
| Tuesday | 16:15 - 16:45 | ASA Swim Stage 4 | All Levels | Out Pool | £ |
| Tuesday | 16:45 - 17:15 | ASA Swim Stage 3 | All Levels | Out Pool | £ |
| Tuesday | 17:15 - 17:45 | ASA Swim Stage 5 | All Levels | Out Pool | £ |
| Tuesday | 17:45 - 18:15 | ASA Swim Stage 6 | All Levels | Out Pool | £ |
| Tuesday | 18:15 - 19:00 | ASA Swim Stage 7 | All Levels | Out Pool | £ |
| Wednesday | 09:30 - 10:00 | Pre School Stage 1 | All Levels | Ind Pool | £ |
| Wednesday | 10:00 - 10:30 | Pre School Stage 1 | All Levels | Ind Pool | |
| Wednesday | 10:30 - 11:00 | Pre School Stage 1 | All Levels | Ind Pool | |
| Wednesday | 11:00 - 11:30 | Pre School Stage 1 | All Levels | Ind Pool | £ |
| Wednesday | 11:30 - 12:00 | Pre School Stage 1 | All Levels | Ind Pool | £ |
| Wednesday | 13:30 - 14:00 | Pre School Stage 1 | All Levels | Ind Pool | £ |
| Wednesday | 14:00 - 14:30 | Pre School Stage 1 | All Levels | Ind Pool | £ |
| Wednesday | 15:45 - 16:15 | ASA Swim Stage 1 | All Levels | Ind Pool | £ |
| Wednesday | 15:45 - 16:15 | ASA Swim Stage 4 | All Levels | Out Pool | £ |
| Wednesday | 16:15 - 16:45 | ASA Swim Stage 2 | All Levels | Ind Pool | £ |
| Wednesday | 16:15 - 16:45 | ASA Swim Stage 5 | All Levels | Out Pool | £ |
| Wednesday | 16:45 - 17:15 | ASA Swim Stage 3 | All Levels | Out Pool | £ |
| Wednesday | 16:45 - 17:45 | Swim Club | All Levels | Out Pool | £ |
| Wednesday | 17:15 - 17:45 | ASA Swim Stage 4 | All Levels | Out Pool | £ |
| Wednesday | 17:45 - 18:15 | ASA Swim Stage 6 | All Levels | Out Pool | £ |
| Thursday | 15:45 - 16:15 | ASA Swim Stage 2 | All Levels | Ind Pool | £ |
| Thursday | 16:15 - 16:45 | ASA Swim Stage 3 | All Levels | Out Pool | £ |
| Thursday | 16:45 - 17:15 | ASA Swim Stage 4 | All Levels | Out Pool | £ |
| Friday | 09:30 - 10:00 | Pre School Stage 1 | All Levels | Ind Pool | £ |
| Friday | 10:00 - 10:30 | Pre School Stage 1 | All Levels | Ind Pool | |
| Friday | 10:30 - 11:00 | Pre School Stage 1 | All Levels | Ind Pool | |
| Friday | 11:00 - 11:30 | Pre School Stage 1 | All Levels | Ind Pool | £ |
| Friday | 11:30 - 12:00 | Pre School Stage 1 | All Levels | Ind Pool | |
| Friday | 13:00 - 13:30 | Pre School Stage 1 | All Levels | Ind Pool | £ |
| Friday | 13:30 - 14:00 | Pre School Stage 1 | All Levels | Ind Pool | £ |
| Friday | 14:00 - 14:30 | Pre School Stage 1 | All Levels | Ind Pool | £ |

KEY

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

| DAY | TIME | ACTIVITY | AGE / LEVEL | LOCATION | KEY |
|-----------|---------------|------------------------------|--------------|-----------------|-----|
| Monday | 09:30 - 11:30 | Club Creche | | Club Creche | £ |
| Monday | 13:30 - 14:00 | Mini Active | 3-4 Years | Kids Zone | |
| Monday | 14:00 - 14:30 | Lets Create | 3-4 Years | Kids Zone | |
| Monday | 16:00 - 16:30 | Mini Active | 3-4 Years | Kids Zone | |
| Monday | 16:00 - 17:00 | Get Active | All Levels | Studio 2 | |
| Monday | 16:00 - 17:00 | Supervised Gym | All Levels | Gym | |
| Monday | 16:30 - 17:00 | Lets Create | 3-4 Years | Kids Zone | |
| Monday | 17:00 - 17:45 | FIT Zumba | 11+ years | Studio 2 | |
| Monday | 17:00 - 18:00 | Make & Create | All Levels | Kids Zone | |
| Tuesday | 09:00 - 09:30 | Mini Active | 3-4 Years | Kids Zone | |
| Tuesday | 09:30 - 10:00 | Mini Dance | 3-4 Years | Kids Zone | |
| Tuesday | 10:00 - 10:30 | Imagine...(3-4yrs) | 3-4 Years | Kids Zone | |
| Tuesday | 10:30 - 11:00 | Mini Active | 3-4 Years | Kids Zone | |
| Tuesday | 11:45 - 12:45 | Let's Meet - Coffee Morning | All Levels | Club Rm | |
| Tuesday | 13:30 - 14:00 | Mini Active | 3-4 Years | Kids Zone | |
| Tuesday | 14:00 - 14:30 | Imagine...(3-4yrs) | 3-4 Years | Kids Zone | |
| Tuesday | 16:00 - 17:00 | Kids Splash | All Levels | Out Pool | |
| Tuesday | 16:00 - 17:00 | Supervised Gym | All Levels | Gym | |
| Tuesday | 17:15 - 18:00 | FIT Circuits | 11+ years | Studio 1 | |
| Wednesday | 09:30 - 11:30 | Club Creche | | Club Creche | £ |
| Wednesday | 13:30 - 14:00 | Mini Dance | 3-4 Years | Kids Zone | |
| Wednesday | 14:00 - 14:30 | Imagine...(3-4yrs) | 3-4 Years | Kids Zone | |
| Wednesday | 16:00 - 17:00 | DL Kids Mini Movie Time | All Levels | Kids Zone | |
| Wednesday | 16:00 - 17:00 | Multi Sports | All Levels | Bad Crt 1, 2 | |
| Wednesday | 16:00 - 17:00 | Supervised Gym | All Levels | Gym | |
| Thursday | 09:30 - 11:30 | Club Creche | | Club Creche | £ |
| Thursday | 13:30 - 14:00 | Imagine...(3-4yrs) | 3-4 Years | Kids Zone | |
| Thursday | 14:00 - 14:30 | Lets Create | 3-4 Years | Kids Zone | |
| Thursday | 16:00 - 16:30 | Mini Active | 3-4 Years | Kids Zone | |
| Thursday | 16:00 - 17:00 | DL Kids Squash Beginners | Beginner | Sq Crt 1, 2 & 3 | £ |
| Thursday | 16:00 - 17:00 | Get Active | All Levels | Studio 2 | |
| Thursday | 16:00 - 17:00 | Supervised Gym | All Levels | Gym | |
| Thursday | 16:30 - 17:00 | Mini Dance | 3-4 Years | Kids Zone | |
| Thursday | 17:00 - 18:00 | DL Kids Squash Intermediates | Intermediate | Sq Crt 1, 2 & 3 | £ |
| Friday | 09:30 - 11:30 | Club Creche | | Club Creche | £ |
| Friday | 13:30 - 14:00 | Imagine...(3-4yrs) | 3-4 Years | Kids Zone | |
| Friday | 14:00 - 14:30 | Mini Active | 3-4 Years | Kids Zone | |
| Friday | 16:00 - 16:30 | DL Kids Ballet | All Levels | Studio 1 | |
| Friday | 16:00 - 16:30 | Mini Dance | 3-4 Years | Kids Zone | |
| Friday | 16:00 - 17:00 | Family Splash | All Levels | Ind Pool | |
| Friday | 16:00 - 17:00 | Supervised Gym | All Levels | Gym | |
| Friday | 16:15 - 17:00 | DL Kids Squash Beginners | Beginner | Sq Crt 1, 2 | £ |
| Friday | 16:30 - 17:00 | DL Kids Ballet | All Levels | Studio 1 | |
| Friday | 16:30 - 17:00 | Mini Active | 3-4 Years | Kids Zone | |
| Friday | 17:00 - 17:45 | DL Kids Ballet | All Levels | Studio 1 | |
| Friday | 17:00 - 18:00 | DL Kids Squash Intermediates | Intermediate | Sq Crt 1, 2 & 3 | £ |

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