

SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	13:15 - 13:45	Pre School Stage 1	All Levels	Leisure Pool 1	£
Monday	13:45 - 14:15	Adult & Child	All Levels	Leisure Pool 1	£
Monday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Leisure Pool 1	£
Monday	16:00 - 16:30	ASA Swim Stage 5	All Levels	Training Pool Lane 1	£
Monday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Leisure Pool 1	£
Monday	16:30 - 17:00	ASA Swim Stage 6	All Levels	Training Pool Lane 1	£
Monday	17:00 - 17:30	ASA Swim Stage 3	All Levels	Leisure Pool 1	£
Monday	17:00 - 17:30	ASA Swim Stage 7	All Levels	Training Pool Lane 1	£
Monday	17:30 - 18:00	ASA Swim Stage 4	All Levels	Leisure Pool	£
Tuesday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Leisure Pool 1	£
Tuesday	16:00 - 16:30	ASA Swim Stage 5	All Levels	Training Pool Lane 1	£
Tuesday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Leisure Pool 1	£
Tuesday	16:30 - 17:00	ASA Swim Stage 6	All Levels	Training Pool Lane 1	£
Tuesday	17:00 - 17:30	ASA Swim Stage 3	All Levels	Leisure Pool 1	£
Tuesday	17:00 - 17:30	ASA Swim Stage 7	All Levels	Training Pool Lane 1	£
Tuesday	17:30 - 18:00	ASA Swim Stage 4	All Levels	Leisure Pool	£
Wednesday	09:45 - 10:15	Pre School Stage 1	All Levels	Leisure Pool 1	£
Wednesday	10:15 - 10:45	Adult & Baby	All Levels	Leisure Pool 1	£
Wednesday	10:45 - 11:15	Adult & Child	All Levels	Leisure Pool 1	£
Wednesday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Leisure Pool 1	£
Wednesday	16:00 - 16:30	ASA Swim Stage 5	All Levels	Training Pool Lane 1	£
Wednesday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Leisure Pool 1	£
Wednesday	16:30 - 17:00	ASA Swim Stage 6	All Levels	Training Pool Lane 1	£
Wednesday	17:00 - 17:30	ASA Swim Stage 3	All Levels	Leisure Pool 1	£
Wednesday	17:00 - 17:30	ASA Swim Stage 7	All Levels	Training Pool Lane 1	£
Wednesday	17:30 - 18:00	ASA Swim Stage 4	All Levels	Leisure Pool	£
Thursday	09:45 - 10:15	Pre School Stage 1	All Levels	Leisure Pool 1	£
Thursday	10:15 - 10:45	Adult & Child	All Levels	Leisure Pool 1	£
Thursday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Leisure Pool 1	£
Thursday	16:00 - 16:30	ASA Swim Stage 5	All Levels	Training Pool Lane 1	£
Thursday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Leisure Pool 1	£
Thursday	16:30 - 17:00	ASA Swim Stage 6	All Levels	Training Pool Lane 1	£
Thursday	17:00 - 17:30	ASA Swim Stage 3	All Levels	Leisure Pool 1	£
Thursday	17:00 - 17:30	ASA Swim Stage 7	All Levels	Training Pool Lane 1	£
Thursday	17:30 - 18:00	ASA Swim Stage 4	All Levels	Leisure Pool	£
Thursday	18:30 - 19:00	Rookie Lifeguard - ASA Stage 9	All Levels		£
Friday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Leisure Pool 1	£
Friday	16:00 - 16:30	ASA Swim Stage 5	All Levels	Training Pool Lane 1	£
Friday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Leisure Pool 1	£
Friday	16:30 - 17:00	ASA Swim Stage 6	All Levels	Training Pool Lane 1	£
Friday	17:00 - 17:30	ASA Swim Stage 3	All Levels	Leisure Pool 1	£
Friday	17:00 - 17:30	ASA Swim Stage 7	All Levels	Training Pool Lane 1	£
Friday	17:30 - 18:00	ASA Swim Stage 4	All Levels	Leisure Pool	£
Saturday	09:00 - 09:30	ASA Swim Stage 1	All Levels	Leisure Pool 1	£
Saturday	09:00 - 09:30	ASA Swim Stage 5	All Levels	Training Pool Lane 1	£
Saturday	09:30 - 10:00	ASA Swim Stage 2	All Levels	Leisure Pool 1	£

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	16:00 - 16:45	Club Room Play	All Levels	Club Rm	
Monday	17:00 - 17:45	Family Cycle	12-13 Years		
Monday	17:00 - 17:45	Get Active	All Levels	Kids Sports H	
Monday	17:00 - 17:45	Mini Active	All Levels	Sports H	
Monday	17:00 - 17:45	Supervised Gym	8-11 Years	Gym Area 1	
Monday	17:45 - 18:00	Club Room Play	All Levels	DL Kids Space	
Monday	17:45 - 18:30	Supervised Gym	12-13 Years	Gym Area 1	
Monday	18:00 - 19:30	DL Kids Club Night	All Levels		
Tuesday	09:30 - 11:30	Club Creche		Club Creche	£
Tuesday	16:00 - 16:45	Club Room Play	All Levels	Club Rm	
Tuesday	17:00 - 17:45	FIT Boxercise	11+ years	Studio 1	
Tuesday	17:00 - 17:45	Get Active	5-7 Years	DL Kids Space	
Tuesday	17:00 - 17:45	Mini Dance	3-4 Years	Kids Zone	
Tuesday	17:00 - 17:45	Supervised Gym	8-11 Years	Gym Area 1	
Tuesday	17:45 - 18:00	Club Room Play	All Levels	DL Kids Space	
Tuesday	17:45 - 18:30	Supervised Gym	12-13 Years	Gym Area 1	
Tuesday	18:00 - 19:00	Multi Sports	5-7 Years	Kids Sports H	
Tuesday	18:00 - 19:00	Multi Sports	8-11 Years	Kids Zone	
Wednesday	16:00 - 16:45	Club Room Play	All Levels	Club Rm	
Wednesday	16:45 - 17:30	FIT Street Dance	11+ years	Studio 1	
Wednesday	17:00 - 17:45	Mini Active	All Levels	Sports H	
Wednesday	17:00 - 17:45	Multi Sports	5-7 Years	Kids Sports H	
Wednesday	17:00 - 17:45	Supervised Gym	8-11 Years	Gym Area 1	
Wednesday	17:45 - 18:00	Club Room Play	All Levels	DL Kids Space	
Wednesday	17:45 - 18:30	Supervised Gym	12-13 Years	Gym Area 1	
Wednesday	18:00 - 19:30	DL Kids Club Night	All Levels		
Thursday	16:00 - 16:45	Club Room Play	All Levels	Club Rm	
Thursday	17:00 - 17:45	Mini Dance	3-4 Years	Kids Zone	
Thursday	17:00 - 17:45	Multi Sports	5-7 Years	DL Kids Space	
Thursday	17:00 - 17:45	Supervised Gym	8-11 Years	Gym Area 1	
Thursday	17:45 - 18:00	Club Room Play	All Levels	DL Kids Space	
Thursday	17:45 - 18:30	Supervised Gym	12-13 Years	Gym Area 1	
Thursday	18:00 - 18:45	Get Active	All Levels	Kids Sports H	
Thursday	18:00 - 19:00	Get Active	8-11 Years	Sports H	
Thursday	19:00 - 20:00	Family Welcome	All Levels	Club Rm	
Friday	09:30 - 11:30	Club Creche		Club Creche	£
Friday	17:00 - 17:45	Get Active	5-7 Years	Kids Zone	
Friday	17:00 - 17:45	Mini Active	All Levels	Sports H	
Friday	17:00 - 17:45	Supervised Gym	8-11 Years	Gym Area 1	
Friday	17:45 - 18:00	Club Room Play	All Levels	DL Kids Space	
Friday	17:45 - 18:30	Supervised Gym	12-13 Years	Gym Area 1	
Friday	18:00 - 19:30	DL Kids Club Night	All Levels		
Friday	19:30 - 20:30	Multi Sports	All Levels	Kids Sports H	
Saturday	09:00 - 09:30	Club Room Play	All Levels	DL Kids Space	
Saturday	09:30 - 10:30	Multi Sports	5-7 Years	Kids Sports H	

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