

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	10.00-10.30	Parent and baby	Pool	Contact Reception	£
Monday	10.30-11.00	Pre School Stage 1	Pool	Contact Reception	£
Monday	11.00-11.30	Pre School Stage 1	Pool	Contact Reception	£
Monday	13.00-13.30	Pre School Stage 1	Pool	Contact Reception	£
Monday	13.30-14.00	Pre School Stage 1	Pool	Contact Reception	£
Monday	14.00-14.30	Pre School Stage 1	Pool	Contact Reception	£
Monday	16.00-16.30	ASA Stage 3	Pool	Contact Reception	£
Monday	16.00-16.30	ASA Stage 3	Pool	Contact Reception	£
Monday	16.30-17.00	ASA Stage 1	Pool	Contact Reception	£
Monday	16.30-17.00	ASA Stage 4	Pool	Contact Reception	£
Monday	17.00-17.30	ASA Stage 2	Pool	Contact Reception	£
Monday	17.00-17.30	ASA Stage 5	Pool	Contact Reception	£
Monday	17.30-18.00	ASA Stage 3	Pool	Contact Reception	£
Monday	17.30-18.00	ASA Stage 6	Pool	Contact Reception	£
Tuesday	10.00-10.30	Pre School Stage 1	Pool	Contact Reception	£
Tuesday	10.30-11.00	Parent and baby	Pool	Contact Reception	£
Tuesday	11.00-11.30	Parent and child	Pool	Contact Reception	£
Tuesday	11.30-12.00	Pre School Stage 1	Pool	Contact Reception	£
Tuesday	16.00-16.30	ASA Stage 1	Pool	Contact Reception	£
Tuesday	16.00-16.30	ASA Stage 3	Pool	Contact Reception	£
Tuesday	16.30-17.00	ASA Stage 2	Pool	Contact Reception	£
Tuesday	16.30-17.00	ASA Stage 4	Pool	Contact Reception	£
Tuesday	17.00-17.30	ASA Stage 2	Pool	Contact Reception	£
Tuesday	17.00-17.30	ASA Stage 5	Pool	Contact Reception	£
Tuesday	17.30-18.00	ASA Stage 3	Pool	Contact Reception	£
Tuesday	17.30-18.00	ASA Stage 6	Pool	Contact Reception	£
Wednesday	10.00-10.30	Pre School Stage 1	Pool	Contact Reception	£
Wednesday	10.30-11.00	Parent and baby	Pool	Contact Reception	£
Wednesday	11.00-11.30	Parent and baby	Pool	Contact Reception	£
Wednesday	11.30-12.00	Pre School Stage 1	Pool	Contact Reception	£
Wednesday	12.00-12.30	Pre School Stage 1	Pool	Contact Reception	£
Wednesday	12.30-13.00	Pre School Stage 1	Pool	Contact Reception	£
Wednesday	13.00-13.30	Pre School Stage 1	Pool	Contact Reception	£
Wednesday	13.30-14.00	Pre School Stage 1	Pool	Contact Reception	£
Wednesday	14.00-14.30	Pre School Stage 1	Pool	Contact Reception	£
Wednesday	16.00-16.30	ASA Stage 3	Pool	Contact Reception	£
Wednesday	16.00-16.30	ASA Stage 3	Pool	Contact Reception	£
Wednesday	16.30-17.00	ASA Stage 1	Pool	Contact Reception	£
Wednesday	16.30-17.00	ASA Stage 4	Pool	Contact Reception	£
Wednesday	17.00-17.30	ASA Stage 2	Pool	Contact Reception	£
Wednesday	17.00-17.30	ASA Stage 5	Pool	Contact Reception	£
Wednesday	17.30-18.00	ASA Stage 3	Pool	Contact Reception	£
Wednesday	17.30-18.00	ASA Stage 6	Pool	Contact Reception	£
Thursday	10.00-10.30	Pre School Stage 1	Pool	Contact Reception	£
Thursday	10.30-11.00	Parent and baby	Pool	Contact Reception	£
Thursday	11.00-11.30	Pre School Stage 1	Pool	Contact Reception	£
Thursday	11.30-12.00	Pre School Stage 1	Pool	Contact Reception	£
Thursday	16.00-16.30	ASA Stage 1	Pool	Contact Reception	£
Thursday	16.00-16.30	ASA Stage 3	Pool	Contact Reception	£
Thursday	16.30-17.00	ASA Stage 2	Pool	Contact Reception	£
Thursday	16.30-17.00	ASA Stage 4	Pool	Contact Reception	£
Thursday	17.00-17.30	ASA Stage 2	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	16.00-17.00	Let's Create	Play	Creche	(3-4's)	
Monday	16.00-17.00	Make and Create	Active	Creche	(5-7's)	
Monday	16.00-17.00	Multi Sports	Active	Studio 1	(8-11's)	
Monday	16.00-17.00	Supervised Gym	Fitness	Gymnasium	(12-13 & 14-15's)	
Monday	17.00-18.00	Mini Active	Play	Studio 2	(3-4's)	
Monday	17.00-18.00	Get Active	Active	Studio 2	(5-7's)	
Monday	17.00-18.00	Multi Sports	Active	Studio 1	(8-11's)	
Monday	17.00-18.00	Supervised Gym	Fitness	Gymnasium	(12-13 & 14-15's)	
Monday	17.00-18.00	Dance	Coaching	Creche	Advanced	
Tuesday	16.00-17.00	Let's Create	Play	Creche	(3-4's)	
Tuesday	16.00-17.00	Make and Create	Active	Creche	(5-7's)	
Tuesday	16.00-17.00	Multi Sports	Active	Sports Hall	(8-11's)	
Tuesday	16.00-17.00	Supervised Gym	Fitness	Gymnasium	(12-13 & 14-15's)	
Tuesday	17.00-18.00	Mini Active	Play	Studio 1	(3-4's)	
Tuesday	17.00-18.00	Get Active	Active	Studio 1	(5-7's)	
Tuesday	17.00-18.00	Multi Sports	Active	Sports Hall	(8-11's)	
Tuesday	17.00-18.00	Supervised Gym	Fitness	Gymnasium	(12-13 & 14-15's)	
Wednesday	16.00-17.00	Mini Active	Play	Sports Hall	(3-4's)	
Wednesday	16.00-17.00	Get Active	Active	Sports Hall	(5-7's)	
Wednesday	16.00-17.00	Multi Sports	Active	Studio 1	(8-11's)	
Wednesday	16.00-17.00	Supervised Gym	Fitness	Gymnasium	(12-13 & 14-15's)	
Wednesday	16.00-17.00	Ballet	Coaching	Creche	Improver	
Wednesday	16.00-17.00	Tots Ballet	Coaching	Studio 2	Beginner	
Wednesday	17.00-18.00	Mini Active	Play	Sports Hall	(3-4's)	
Wednesday	17.00-18.00	Get Active	Active	Sports Hall	(5-7's)	
Wednesday	17.00-18.00	Multi Sports	Active	Studio 1	(8-11's)	
Wednesday	17.00-18.00	Supervised Gym	Fitness	Gymnasium	(12-13 & 14-15's)	
Thursday	16.00-17.00	Let's Create	Play	Creche	(3-4's)	
Thursday	16.00-17.00	Make and Create	Active	Creche	(5-7's)	
Thursday	16.00-17.00	Multi Sports	Active	Sports Hall	(8-11's)	
Thursday	16.00-17.00	Supervised Gym	Fitness	Gymnasium	(12-13 & 14-15's)	
Thursday	17.00-18.00	DL Kids Club Night	Misc	Creche		
Thursday	17.00-18.00	Multi Sports	Active	Sports Hall	(8-11's)	
Thursday	17.00-18.00	Supervised Gym	Fitness	Gymnasium	(12-13 & 14-15's)	
Thursday	17.00-18.00	Dance	Coaching	Studio 1	Improver	
Friday	16.00-18.00	Birthday Parties	Misc	Sports Hall		£
Friday	16.00-17.00	Multi Sports	Active	Studio 1	(8-11's)	
Friday	16.00-17.00	Supervised Gym	Fitness	Gymnasium	(12-13 & 14-15's)	
Friday	17.00-18.00	Multi Sports	Active	Studio 1	(8-11's)	
Friday	17.00-18.00	Supervised Gym	Fitness	Gymnasium	(12-13 & 14-15's)	
Friday	17.00-18.00	Dance	Coaching	Studio 2	Improver	
Saturday	09.30-11.30	Get Active	Active	Sports Hall	(5-7's)	
Saturday	09.30-11.30	Get Active	Active	Sports Hall	(8-11's)	
Saturday	09.30-11.30	Supervised Gym	Fitness	Gymnasium	(12-13 & 14-15's)	
Sunday	12.00-14.00	Birthday Parties	Misc	Sports Hall		£
Sunday	15.00-17.00	Birthday Parties	Misc	Sports Hall		£

DL KIDS ACTIVITY CATEGORIES

- Club Coaching (Coaching)
- Club Crèche (Crèche)
- Club Play (Play)
- Club Active (Active)
- Club Fitness (Fitness)
- Club Water Activities (Water)
- Other Kids Activities & Parties (Misc)

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.