

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	16:30 - 17:30	DL Kids Squash	All Levels	Sq Crt 3	£
Monday	16:45 - 17:30	DL Kids Football (3-4yrs)	3-4 Years	Bad Crt 1	
Monday	17:00 - 17:30	Mini Dance	All Levels	Kids Zone	
Monday	17:30 - 18:30	DL Kids Dance	All Levels	Kids Zone	
Monday	17:30 - 18:30	DL Kids Football	All Levels	Bad Crt 1	
Monday	18:30 - 19:30	Get Active	All Levels	Ind Crt 7	
Monday	18:30 - 19:30	Supervised Gym	All Levels	Lower Gym	
Tuesday	16:30 - 17:15	Lets Create	3-4 Years	Kids Zone	
Tuesday	17:30 - 18:30	Make & Create	All Levels	Kids Zone	
Tuesday	18:30 - 19:30	Aqua Splash	All Levels	Ind Pool	
Tuesday	18:30 - 19:30	Supervised Gym	All Levels	Lower Gym	
Wednesday	16:15 - 17:00	Get Active	All Levels	Studio 1	
Wednesday	17:00 - 17:30	Mini Active	All Levels	Kids Zone	
Wednesday	17:00 - 17:45	FIT Zumba	11+ years	Studio 1	
Wednesday	17:45 - 18:30	Multi Sports	All Levels	Ind Crt 7	
Wednesday	18:30 - 19:30	DL Kids Badminton	All Levels	Ind Crt 7	
Wednesday	18:30 - 19:30	Supervised Gym	All Levels	Lower Gym	
Thursday	16:45 - 17:15	Imagine	All Levels	Kids Zone	
Thursday	17:30 - 18:30	Get Active	All Levels	Ind Crt 7	
Thursday	17:30 - 18:30	Supervised Gym	All Levels	Lower Gym	
Thursday	18:30 - 19:30	Aqua Splash	All Levels	Ind Pool	
Friday	16:15 - 17:00	Multi Sports	All Levels	Ind Crt 7	
Friday	17:00 - 18:00	FIT Circuits	11+ years	Studio 1	
Friday	18:00 - 19:00	DL Kids Club Night	All Levels	Kids Zone	
Friday	18:00 - 19:00	Supervised Gym	All Levels	Lower Gym	
Saturday	09:15 - 09:45	Mini Dance	All Levels	Kids Zone	
Saturday	09:15 - 10:00	DL Kids Football (3-4yrs)	3-4 Years	Ind Crt 7	
Saturday	10:00 - 11:00	DL Kids Dance	All Levels	Studio 2	
Saturday	10:00 - 11:00	DL Kids Football	8-11 Years	Ind Crt 7	
Saturday	10:00 - 11:00	Family Welcome	All Levels	Kids Zone	
Saturday	11:00 - 12:00	DL Kids Dance	All Levels	Studio 2	
Saturday	11:00 - 12:00	DL Kids Football	8-11 Years	Ind Crt 7	
Saturday	12:00 - 13:00	DL Kids Karate	All Levels	Studio	
Saturday	12:00 - 13:00	Family Welcome	All Levels	Ind Crt 5	
Saturday	12:00 - 13:00	Supervised Gym	All Levels	Lower Gym	
Saturday	12:00 - 14:00	Birthday Parties	All Levels	Kids Zone	
Saturday	15:00 - 17:00	Birthday Parties	All Levels	Kids Zone	
Sunday	10:00 - 11:00	FIT Circuits	11+ years	Studio	
Sunday	11:15 - 11:45	FIT Cycle	11+ years	Studio 3	
Sunday	12:00 - 13:00	Family Gym	All Levels	Lower Gym	
Sunday	12:00 - 14:00	Birthday Parties	All Levels	Kids Zone	
Sunday	15:00 - 17:00	Birthday Parties	All Levels	Kids Zone	

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