

DAY	TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
Monday	16.00-16.45	Start Up 1	Fitness	Main gym	(14-15's)	
Monday	17.00-18.00	Imagine	Play	DL Kids area	(3-4's)	
Monday	17.00-18.00	Football	Coaching	Outdoor courts	All	
Monday	18.00-19.00	Mini Dance	Play	Mind and body studio	(3-4's)	*
Monday	18.00-19.00	Make and Create	Active	DL Kids area	(5-7 & 8-11)	*
Monday	19.00-20.00	Mini Active	Play	DL Kids area	(3-4's)	*
Monday	19.00-20.00	Get Active	Active	DL Kids area	(5-7 & 8-11)	*
Tuesday	16.45-17.30	Supervised Gym	Fitness	Main gym	(12-13 & 14-15's)	
Tuesday	17.30-18.30	Tag Rugby	Coaching	Outdoor courts	All	
Tuesday	17.30-19.00	Let's Create	Play	DL Kids area	(3-4's)	*
Tuesday	17.30-19.00	Make and Create	Active	DL Kids area	(8-11's)	*
Tuesday	17.30-19.00	Street Dance	Fitness	Mind and body studio	(8-11 & 12-13's)	*
Wednesday	16.00-16.45	Start Up 2	Fitness	Main gym	(14-15's)	
Wednesday	17.00-18.00	Get Active	Active	DL Kids area	(5-7 & 8-11)	
Wednesday	17.00-18.00	Mini Active	Play	DL Kids area	(3-4's)	
Wednesday	18.00-19.00	Let's Play Outside	Active	Outdoor Courts	(8-11 & 12-13)	*
Wednesday	18.00-19.00	Mini Active	Play	Mind and body studio	(3-4's)	*
Wednesday	18.00-18.30	Family Welcome	Misc	Clubroom		
Wednesday	19.00-20.00	Street Dance	Fitness	Mind and body studio	(12-13 & 14-15's)	*
Thursday	10.30-12.30	Parent and Tots Free Play	Misc	DL Kids area		
Thursday	16.00-16.45	Supervised Gym	Fitness	Main Gym	(12-13 & 14-15's)	
Thursday	17.30-18.30	Tag Rugby	Coaching	DL Kids area	All	
Thursday	18.00-19.00	Get Active	Active	DL Kids area	(5-7 & 8-11)	*
Thursday	18.00-19.00	Mini Active	Play	DL Kids area	(3-4's)	*
Friday	16.00-17.00	Start Up 3	Fitness	main gym	(14-15's)	
Friday	17.00-18.00	Cheerleading	Coaching	Mind and Body studio	All	
Friday	17.00-18.00	Let's Create	Play	DL Kids area	(3-4's)	
Friday	18.00-19.00	Get Active	Active	DL Kids area	(5-7 & 8-11)	*
Friday	18.00-19.00	Multi Sports	Active	DL Kids area	(8-11 & 12-13)	*
Saturday	10.00-11.00	Supervised Gym	Fitness	Mian gym	(12-13 & 14-15's)	*
Saturday	10.00-11.00	Get Active	Active	DL Kids area	(5-7 & 8-11)	*
Saturday	10.00-11.00	Mini Active	Play	Mind and body studio	(3-4's)	*
Saturday	11.00-12.00	Let's Play Outside	Active	Outdoor courts	(5-7 & 8-11)	*
Saturday	11.00-12.00	Imagine	Play	Mind and body studio	(3-4's)	*

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.

