





DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	16:45 - 17:30	Start Up 1 (14+yrs)	14 Years +		
Monday	18:00 - 19:00	Make & Create	5-7 Years		
Monday	18:00 - 19:00	Make & Create	5-7 Years	Kids Zone	
Monday	18:30 - 19:30	DL Kids Athletics Beginners	Beginner	High 5 club	
Tuesday	16:45 - 17:30	Family Gym	All Levels		
Tuesday	17:30 - 18:30	Lets Create	3-4 Years		
Tuesday	17:30 - 18:30	Make & Create	5-7 Years		
Tuesday	17:30 - 18:30	Make & Create	All Levels		
Tuesday	17:30 - 19:00	DL Kids Street Dance	All Levels		
Wednesday	16:30 - 17:30	DL Kids Karate Beginners	Beginner		
Wednesday	16:45 - 17:30	Start Up 2 (14+yrs)	14 Years +		
Wednesday	18:00 - 19:00	DL Kids Street Dance	All Levels		
Wednesday	18:00 - 19:00	Family Taster Sessions	All Levels		
Wednesday	18:00 - 19:00	Imagine	All Levels		
Wednesday	18:30 - 19:30	Lets Play Outside	All Levels	Out Crt 7	
Wednesday	19:00 - 20:00	DL Kids Street Dance	All Levels		
Thursday	16:45 - 17:30	Family Gym	All Levels		
Thursday	17:30 - 18:30	Get Active	5-7 Years	High 5 Rm	
Thursday	17:30 - 18:30	Mini Active	3-4 Years		
Thursday	18:00 - 19:00	DL Kids Karate Beginners	Beginner		
Thursday	18:30 - 19:30	Kids Splash	All Levels		
Friday	16:45 - 17:30	Start Up 3 (14+yrs)	14 Years +		
Friday	17:00 - 18:00	DL Kids Athletics Beginners	Beginner	High 5 club	
Friday	17:00 - 18:00	DL Kids Cheerleading Beginners	Beginner		
Friday	18:00 - 19:00	Get Active	5-7 Years	High 5 Rm	
Friday	18:00 - 19:00	Mini Active	3-4 Years		
Saturday	10:00 - 11:00	Get Active	5-7 Years	High 5 Rm	
Saturday	10:00 - 11:00	Mini Active	3-4 Years		
Saturday	11:00 - 12:00	Imagine	All Levels		
Saturday	11:00 - 12:00	Lets Play Outside	All Levels	Out Crt 7	
Saturday	11:00 - 12:00	Start Up	All Levels		
Saturday	12:00 - 13:00	Family Taster Sessions	All Levels		
Saturday	12:15 - 13:15	Kids Splash	All Levels		
Saturday	13:30 - 15:30	DL Kids Street Dance	All Levels		
Saturday	16:00 - 16:45	Family Gym	All Levels		
Sunday	10:00 - 11:00	DL Kids Cheerleading Beginners	Beginner		
Sunday	10:00 - 11:00	Get Active	5-7 Years	High 5 Rm	
Sunday	10:00 - 11:00	Mini Active	3-4 Years		
Sunday	11:00 - 11:45	Family Gym	All Levels		
Sunday	11:00 - 12:00	Mini Dance	All Levels		
Sunday	11:00 - 12:00	Multi Sports	All Levels		
Sunday	13:00 - 14:30	DL Kids Athletics	All Levels		
Sunday	13:30 - 14:30	DL Kids Karate Beginners	Beginner		

**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.