

SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	16:00 - 16:30	ASA Swim Stage 2	All Levels		
Monday	16:30 - 17:00	ASA Swim Stage 3	All Levels		
Monday	16:30 - 17:00	ASA Swim Stage 4	All Levels		
Monday	17:00 - 17:30	ASA Swim Stage 5	All Levels		
Monday	17:00 - 17:30	ASA Swim Stage 6	All Levels		
Monday	17:30 - 18:00	ASA Swim Stage 7	All Levels		
Monday	18:00 - 18:45	FIT Swim - Stage 8	11+ years		
Monday	19:00 - 20:00	Rookie Lifeguard - ASA Stage 9	All Levels		
Tuesday	16:00 - 16:30	ASA Swim Stage 1	All Levels		
Tuesday	16:30 - 17:00	ASA Swim Stage 2	All Levels		
Tuesday	17:00 - 17:30	ASA Swim Stage 3	All Levels		
Tuesday	17:30 - 18:00	ASA Swim Stage 3	All Levels		
Tuesday	18:00 - 18:30	ASA Swim Stage 5	All Levels		
Wednesday	16:00 - 16:30	ASA Swim Stage 2	All Levels		
Wednesday	16:30 - 17:00	ASA Swim Stage 5	All Levels		
Wednesday	17:00 - 17:30	ASA Swim Stage 5	All Levels		
Wednesday	17:30 - 18:00	ASA Swim Stage 4	All Levels		
Wednesday	18:00 - 18:30	ASA Swim Stage 7	All Levels		
Thursday	13:30 - 14:00	ASA Swim Stage 1	All Levels		
Thursday	14:00 - 14:30	ASA Swim Stage 1	All Levels		
Thursday	16:00 - 16:30	ASA Swim Stage 1	All Levels		
Thursday	16:00 - 16:30	ASA Swim Stage 4	All Levels		
Thursday	16:00 - 22:00	ASA Swim Stage 1	All Levels		
Thursday	16:30 - 17:00	ASA Swim Stage 2	All Levels		
Thursday	16:30 - 17:00	ASA Swim Stage 2	All Levels		
Thursday	16:30 - 17:00	ASA Swim Stage 2	All Levels		
Thursday	16:30 - 17:00	ASA Swim Stage 2	All Levels		
Thursday	17:00 - 17:30	ASA Swim Stage 1	All Levels		
Thursday	17:00 - 17:30	ASA Swim Stage 3	All Levels		
Thursday	17:00 - 17:30	ASA Swim Stage 3	All Levels		
Thursday	17:30 - 18:00	ASA Swim Stage 4	All Levels		
Thursday	18:00 - 18:30	ASA Swim Stage 5	All Levels		
Thursday	18:30 - 19:00	ASA Swim Stage 6	All Levels		
Friday	16:00 - 16:30	ASA Swim Stage 5	All Levels		
Friday	16:30 - 17:00	ASA Swim Stage 3	All Levels		
Friday	17:00 - 17:30	ASA Swim Stage 2	All Levels		
Friday	17:30 - 18:30	Swim Club	All Levels	Ind Pool	
Friday	18:30 - 19:30	Rookie Lifeguard - ASA Stage 9	All Levels		
Saturday	09:00 - 09:30	Adult & Child	All Levels		
Saturday	09:30 - 10:00	ASA Swim Stage 1	All Levels		
Saturday	09:30 - 10:00	ASA Swim Stage 2	All Levels		
Saturday	10:00 - 10:30	ASA Swim Stage 3	All Levels		
Saturday	10:00 - 10:30	ASA Swim Stage 3	All Levels		
Saturday	10:30 - 11:00	ASA Swim Stage 4	All Levels		
Saturday	11:00 - 11:30	ASA Swim Stage 1	All Levels		
Saturday	11:30 - 12:00	ASA Swim Stage 6	All Levels		

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	17:00 - 17:45	FIT Cycle	11+ years	Cycle Studio	
Monday	17:00 - 18:00	Multi Sports	All Levels	H5	
Monday	18:00 - 19:00	DL Kids Tag Rugby	5-7 Years	Kids Zone - Part B	
Monday	18:00 - 19:00	Get Active	All Levels	High 5 Rm	
Monday	18:00 - 19:00	Lets Create	3-4 Years	High 5 club	
Monday	18:00 - 19:00	Make & Create	5-7 Years	Kids Zone - Part A	
Monday	19:00 - 20:00	Get Active	All Levels	Bad Crt 1	
Tuesday	17:00 - 18:00	Get Active	All Levels	Kids Zone	
Tuesday	17:30 - 18:25	DL Kids Street Dance	All Levels	M&B Studio - Part B	
Tuesday	17:30 - 18:30	DL Kids Tag Rugby	5-7 Years		
Tuesday	17:30 - 19:00	Make & Create	8-11 Years	H5	
Tuesday	18:00 - 19:00	Supervised Gym	All Levels	Gym 2	
Tuesday	18:30 - 19:30	Mini Dance	3-4 Years	High 5 club - Part D	
Wednesday	09:00 - 09:55	Mini Dance	All Levels		
Wednesday	16:30 - 17:30	DL Kids Karate Beginners	Beginner	Studio 1	
Wednesday	17:00 - 18:00	Family Taster Sessions	All Levels	Rec	
Wednesday	18:00 - 18:45	FIT Zumba	11+ years	Studio 1	
Wednesday	18:00 - 19:00	Imagine...(3-4yrs)	3-4 Years	Kids Zone	
Wednesday	19:00 - 20:00	DL Kids Tag Rugby	5-7 Years	High 5 club - Part A	
Wednesday	19:00 - 20:00	Lets Create	3-4 Years	Kids Zone - Part B	
Thursday	17:00 - 18:00	Mini Active	3-4 Years	High 5 Rm - Part A	
Thursday	17:00 - 18:00	Multi Sports	All Levels	Kids Zone	
Thursday	17:00 - 18:00	Multi Sports	8-11 Years	Kids Zone - Part D	
Thursday	18:00 - 18:55	Kids Splash	All Levels	Main Pool	
Thursday	18:00 - 19:00	DL Kids Karate Intermediates	Intermediate	Mind & Body Studio	
Thursday	18:00 - 19:00	Supervised Gym	All Levels	Kids Zone	
Friday	17:30 - 19:00	DL Kids Movie Time	All Levels	High 5 club - Part A	
Friday	18:00 - 19:00	Get Active	All Levels	H5	
Friday	18:00 - 19:00	Supervised Gym	All Levels	Gym Area 1	
Saturday	10:00 - 10:45	FIT Boxcercise	11+ years	M&B Studio	
Saturday	10:00 - 11:00	Get Active	All Levels	Kids Zone	
Saturday	10:00 - 11:00	Mini Active	3-4 Years	High 5 Rm - Part C	
Saturday	10:00 - 11:00	Multi Sports	All Levels	Ind Crt 6	
Saturday	11:00 - 11:45	Start Up Circuits	All Levels	Gym Desk	
Saturday	11:00 - 12:00	DL Kids Cheerleading	5-7 Years	Kids Zone - Part C	
Saturday	11:00 - 12:00	Get Active	All Levels	High 5 Rm	
Saturday	11:00 - 12:00	Mini Dance	3-4 Years	High 5 club - Part D	
Saturday	11:00 - 12:00	Supervised Gym	All Levels	Gym 1	
Saturday	12:00 - 12:55	Kids Splash	All Levels	Ind Pool	
Saturday	12:00 - 13:00	Imagine...(3-4yrs)	3-4 Years	High 5 Rm	
Sunday	10:00 - 11:00	FIT Circuits	11+ years	Sq Crt ONE	
Sunday	10:00 - 11:00	Lets Create	3-4 Years	Kids Zone - Part A	
Sunday	10:00 - 11:00	Make & Create	5-7 Years	Kids Zone	
Sunday	11:00 - 12:00	Imagine...(3-4yrs)	3-4 Years	High 5 Rm	
Sunday	11:00 - 12:00	Multi Sports	All Levels	Kids Zone	
Sunday	12:00 - 13:00	Mini Active	3-4 Years	High 5 Rm - Part A	

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