

**MONDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
10.30-11.00	Mini Dance	Play	MPH	(Under 3's) & (3-4's)	
11.00-11.55	Multi Sports	Active	MPH	(5-7's)	
12.00-12.55	Basketball	Coaching	MPH	Contact Reception	
16.30-17.15	Start Up 1	Fitness	Gym	(14-15's)	
16.45-17.30	Supervised Gym	Fitness	Gym	(12-13's)	

**TUESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
10.30-11.00	Let's Create	Play	Resturant	(Under 3's) & (3-4's)	
11.00-11.55	Multi Sports	Active	MPH	(8-11's)	
12.00-12.55	Basketball	Coaching	MPH	Contact Reception	
16.00-16.45	Dance	Coaching	Studio 1	Contact Reception	
16.45-17.30	Supervised Gym	Fitness	Gym	(12-13's)	
16.45-17.30	Dance	Coaching	Studio 1	Contact Reception	

**WEDNESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
10.30-11.00	Mini Active	Play	MPH	(Under 3's) & (3-4's)	
11.00-11.45	Make and Create	Active	Resturant	(5-7's)	
12.00-13.45	DL Kids Movie Time	Misc	Conference Room	All Age Groups	
16.30-17.15	Start Up 2	Fitness	Gym	(14-15's)	
16.45-17.30	Supervised Gym	Fitness	Gym	(12-13's)	
16.45-17.30	Football	Coaching	MPH	Contact Reception	
17.30-18.30	Football	Coaching	MPH	Contact Reception	
18.30-20.00	Football	Coaching	MPH	Contact Reception	

**THURSDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
10.30-11.00	Mini Active	Play	MPH	(Under 3's) & (3-4's)	
11.00-12.30	DL Kids Movie Time	Misc	Conference Room	All Age Groups	
12.30-13.25	Multi Sports	Active	MPH	(8-11's)	
16.45-17.30	Supervised Gym	Fitness	Gym	(12-13's)	

**FRIDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
10.30-11.00	Mini Active	Play	MPH	(Under 3's) & (3-4's)	
11.00-11.45	Get Active	Active	MPH	(5-7's)	
11.45-12.45	Badminton	Coaching	MPH	Contact Reception	
16.00-17.55	Dance	Coaching	Studio 1	Contact Reception	
16.30-17.15	Start Up 3	Fitness	Gym	(14-15's)	
16.45-17.40	Start Up Circuits	Fitness	Gym	(12-13 & 14-15's)	
16.45-17.30	Supervised Gym	Fitness	Gym	(12-13's)	
17.00-17.55	Dance	Coaching	Gym	Contact Reception	

**SATURDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
09.30-10.15	Cheerleading	Coaching	MPH	Contact Reception	
09.30-10.15	Dance	Coaching	Studio 2	Contact Reception	
10.20-11.05	Dance	Coaching	Studio 2	Contact Reception	
10.30-11.15	Cheerleading	Coaching	MPH	Contact Reception	
12.00-12.55	Karate	Coaching	MPH	Contact Reception	
13.00-13.55	Karate	Coaching	MPH	Contact Reception	
14.00-14.55	Basketball	Coaching	MPH	Contact Reception	
14.00-14.45	Supervised Gym	Fitness	Gym	(12-13's)	

**SUNDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
12.30-14.00	Dance	Coaching	Studio 1	Contact Reception	

**DL KIDS ACTIVITY CATEGORIES**

- Club Coaching (Coaching)**
- Club Crèche (Crèche)**
- Club Play (Play)**
- Club Active (Active)**
- Club Fitness (Fitness)**
- Club Water Activities (Water)**
- Club Tennis (Tennis)**
- Club Swimming (Swimming)**
- 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.