

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	1000-1030	Parent and baby	Pool	Contact Reception	£ P
Monday	1030-1100	Parent and child	Pool	Contact Reception	£ P
Monday	1100-1130	Parent and baby	Pool	Contact Reception	£ P
Monday	1130-1200	Parent and child	Pool	Contact Reception	£ P
Monday	1630-1700	ASA Stage 2	Pool	Contact Reception	£
Monday	1700-1730	ASA Stage 1	Pool	Contact Reception	£
Monday	1730-1800	ASA Stage 3	Pool	Contact Reception	£
Monday	1800-1900	Rookie Lifeguard - ASA Stage 8	Pool	Contact Reception	£
Tuesday	1000-1030	Parent and child	Pool	Contact Reception	£ P
Tuesday	1030-1100	Parent and child	Pool	Contact Reception	£ P
Tuesday	1400-1430	Parent and child	Pool	Contact Reception	£ P
Tuesday	1430-1500	Parent and child	Pool	Contact Reception	£ P
Tuesday	1500-1530	Parent and baby	Pool	Contact Reception	£ P
Tuesday	1600-1630	ASA Stage 1	Pool	Contact Reception	£
Tuesday	1630-1700	ASA Stage 2	Pool	Contact Reception	£
Tuesday	1700-1730	ASA Stage 3	Pool	Contact Reception	£
Tuesday	1730-1800	ASA Stage 6	Pool	Contact Reception	£
Tuesday	1800-1830	ASA Stage 5	Pool	Contact Reception	£
Wednesday	1000-1030	Parent and child	Pool	Contact Reception	£ P
Wednesday	1030-1100	Parent and baby	Pool	Contact Reception	£ P
Wednesday	1100-1130	Parent and baby	Pool	Contact Reception	£ P
Wednesday	1130-1200	Parent and child	Pool	Contact Reception	£ P
Wednesday	1600-1630	ASA Stage 5	Pool	Contact Reception	£
Wednesday	1600-1630	ASA Stage 1	Pool	Contact Reception	£
Wednesday	1630-1700	ASA Stage 3	Pool	Contact Reception	£
Wednesday	1630-1700	ASA Stage 2	Pool	Contact Reception	£
Wednesday	1700-1730	ASA Stage 6	Pool	Contact Reception	£
Wednesday	1700-1730	ASA Stage 2	Pool	Contact Reception	£
Wednesday	1730-1800	ASA Stage 7	Pool	Contact Reception	£
Wednesday	1730-1800	ASA Stage 2	Pool	Contact Reception	£
Wednesday	1800-1900	Rookie Lifeguard - ASA Stage 8	Pool	Contact Reception	£
Thursday	1000-1030	Parent and baby	Pool	Contact Reception	£ P
Thursday	1030-1100	Parent and child	Pool	Contact Reception	£ P
Thursday	1100-1130	Parent and baby	Pool	Contact Reception	£ P
Thursday	1130-1200	Parent and child	Pool	Contact Reception	£ P
Thursday	1400-1430	Parent and child	Pool	Contact Reception	£ P
Thursday	1430-1500	Parent and child	Pool	Contact Reception	£ P
Thursday	1500-1530	Parent and child	Pool	Contact Reception	£ P
Thursday	1530-1600	Parent and child	Pool	Contact Reception	£ P
Thursday	1600-1630	ASA Stage 3	Pool	Contact Reception	£
Thursday	1600-1630	ASA Stage 2	Pool	Contact Reception	£
Thursday	1630-1700	ASA Stage 4	Pool	Contact Reception	£
Thursday	1630-1700	ASA Stage 1	Pool	Contact Reception	£
Thursday	1700-1730	ASA Stage 3	Pool	Contact Reception	£
Thursday	1700-1730	ASA Stage 2	Pool	Contact Reception	£
Thursday	1730-1800	ASA Stage 6	Pool	Contact Reception	£
Thursday	1730-1800	ASA Stage 2	Pool	Contact Reception	£
Thursday	1800-1845	Swim Squads	Pool	Contact Reception	£
Friday	1000-1030	Parent and baby	Pool	Contact Reception	£ P
Friday	1030-1100	Parent and child	Pool	Contact Reception	£ P
Friday	1100-1130	Parent and child	Pool	Contact Reception	£ P
Friday	1130-1200	Parent and baby	Pool	Contact Reception	£ P

ALLSTARS SWIM COACHING PROGRAMME

Our ASA endorsed All Stars Swim Programme is a high quality progressive coaching programme providing skill, development, fun, fitness and social interaction for children.

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.

DAY	TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
Monday	09.30-11.30	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Monday	13.00-13.30	Mini Dance	Play	Creche	(Under 3's) & (3-4's)	
Monday	16.00-16.45	Gymnastics	Coaching	MPH	Contact Reception	£
Monday	16.00-16.45	Kids Splash	Water	Pool		
Monday	16.30-17.15	Start Up 1	Fitness	GYM	(14-15's)	
Monday	16.45-17.30	Gymnastics	Coaching	MPH	Contact Reception	£
Monday	16.45-17.30	Supervised Gym	Fitness	GYM	(12-13's)	
Tuesday	09.30-11.30	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Tuesday	13.00-13.30	Let's Create	Play	Creche	(Under 3's) & (3-4's)	
Tuesday	16.00-16.45	Dance	Coaching	Creche	Contact Reception	*
Tuesday	16.00-16.55	Multi Sports	Active	MPH	(5-7's)	*
Tuesday	16.45-17.30	Supervised Gym	Fitness	GYM	(12-13's)	
Tuesday	16.45-17.30	Dance	Coaching	Creche	Contact Reception	*
Tuesday	17.00-17.55	Multi Sports	Active	MPH	(8-11's)	
Wednesday	09.30-11.30	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Wednesday	12.30-13.00	DL Kids Movie Time	Misc	Creche		
Wednesday	13.00-13.30	Imagine	Play	Creche	(Under 3's) & (3-4's)	
Wednesday	16.00-16.45	Get Active	Active	MPH	(5-7's)	
Wednesday	16.45-17.30	Supervised Gym	Fitness	GYM	(12-13's)	
Wednesday	16.45-17.30	Football	Coaching	MPH	Contact Reception	
Wednesday	17.30-18.30	Football	Coaching	MPH	Contact Reception	*
Wednesday	18.30-20.00	Football	Coaching	MPH	Contact Reception	*
Thursday	09.30-11.30	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Thursday	16.00-16.45	Multi Sports	Active	MPH	(8-11's)	
Thursday	16.00-16.45	Nintendo Wii	Misc	Creche		
Thursday	16.45-17.30	Nintendo Wii	Misc	Creche		
Thursday	16.45-17.30	Supervised Gym	Fitness	GYM	(12-13's)	
Thursday	16.45-17.30	Cheerleading	Coaching	MPH	Contact Reception	*
Thursday	17.30-18.30	Basketball	Coaching	MPH	Contact Reception	*
Thursday	18.30-19.30	Basketball	Coaching	MPH	Contact Reception	*
Friday	09.30-11.30	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Friday	13.00-13.30	Mini Active	Play	Creche	(Under 3's) & (3-4's)	
Friday	13.30-14.00	Let's Create	Play	Creche	(Under 3's) & (3-4's)	
Friday	16.00-16.45	Multi Sports	Active	MPH	(5-7's)	
Friday	16.00-16.45	Make and Create	Active	Creche	(5-7's)	
Friday	16.00-16.55	Dance	Coaching	Studio 2	Contact Reception	
Friday	16.45-17.30	Supervised Gym	Fitness	GYM	(12-13's)	
Friday	16.45-17.45	Start Up Circuits	Fitness	Studio 1	(14-15's)	
Friday	17.00-17.55	Dance	Coaching	Studio 2	Contact Reception	
Friday	18.00-18.55	Badminton	Coaching	MPH	Contact Reception	*
Saturday	09.00-09.30	Mini Active	Play	MPH	(Under 3's) & (3-4's)	
Saturday	09.30-11.30	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Saturday	09.30-10.30	Cheerleading	Coaching	MPH	Contact Reception	*
Saturday	09.30-10.30	Dance	Coaching	Studio 2	Contact Reception	*
Saturday	10.30-11.30	Dance	Coaching	Studio 2	Contact Reception	*
Saturday	10.30-11.30	Cheerleading	Coaching	MPH	Contact Reception	*
Saturday	11.30-12.30	Karate	Coaching	MPH	Contact Reception	
Saturday	12.30-13.30	Karate	Coaching	MPH	Contact Reception	

DL KIDS ACTIVITY CATEGORIES

Club Coaching (Coaching) Club Fitness (Fitness)
 Club Crèche (Crèche) Club Water Activities (Water)
 Club Play (Play) Other Kids Activities & Parties (Misc)
 Club Active (Active)

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.

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