

SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	10:45 - 11:15	Adult & Baby	All Levels	Main Pool	£
Monday	12:30 - 13:00	Pre School Stage 1	All Levels	Main Pool	£
Monday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Main Pool	£
Monday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Ind Pool	£
Monday	17:00 - 17:30	ASA Swim Stage 4	All Levels	Ind Pool	£
Monday	17:30 - 18:00	ASA Swim Stage 5	All Levels	Ind Pool	£
Monday	18:00 - 18:30	ASA Swim Stage 6	All Levels	Ind Pool	£
Monday	18:30 - 19:00	ASA Swim Stage 7	All Levels	Ind Pool	£
Tuesday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Main Pool	£
Tuesday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Ind Pool	£
Tuesday	17:00 - 17:30	ASA Swim Stage 4	All Levels	Ind Pool	£
Tuesday	17:30 - 18:00	ASA Swim Stage 5	All Levels	Ind Pool	£
Tuesday	18:00 - 18:30	ASA Swim Stage 7	All Levels	Ind Pool	£
Tuesday	18:30 - 19:15	FIT Swim - Stage 8	11+ years		£
Tuesday	18:30 - 19:30	FIT Swim - Stage 8	11+ years		£
Wednesday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Main Pool	£
Wednesday	16:00 - 16:30	ASA Swim Stage 4	All Levels	Ind Pool	£
Wednesday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Ind Pool	£
Wednesday	16:30 - 17:00	ASA Swim Stage 5	All Levels	Ind Pool	£
Wednesday	17:00 - 17:30	ASA Swim Stage 3	All Levels	Ind Pool	£
Wednesday	17:00 - 17:30	ASA Swim Stage 7	All Levels	Ind Pool	£
Wednesday	17:30 - 18:00	ASA Swim Stage 4	All Levels	Ind Pool	£
Wednesday	17:30 - 18:15	FIT Swim - Stage 8	11+ years		£
Wednesday	18:00 - 18:30	ASA Swim Stage 4	All Levels	Ind Pool	£
Wednesday	18:15 - 19:00	Rookie Lifeguard - ASA Stage 8	All Levels	Main Pool	£
Thursday	11:00 - 11:30	Pre School Stage 1	All Levels	Main Pool	£
Thursday	11:30 - 12:00	Pre School Stage 1	All Levels	Main Pool	£
Thursday	16:00 - 16:30	ASA Swim Stage 4	All Levels	Ind Pool	£
Thursday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Ind Pool	£
Thursday	16:30 - 17:00	ASA Swim Stage 5	All Levels	Ind Pool	£
Thursday	17:00 - 17:30	ASA Swim Stage 3	All Levels	Ind Pool	£
Thursday	17:00 - 17:30	ASA Swim Stage 5	All Levels	Main Pool	£
Thursday	17:30 - 18:00	ASA Swim Stage 4	All Levels	Ind Pool	£
Thursday	18:00 - 18:45	FIT Swim - Stage 8	11+ years		£
Friday	16:30 - 17:00	ASA Swim Stage 3	All Levels	Ind Pool	£
Friday	17:00 - 17:30	ASA Swim Stage 4	All Levels	Ind Pool	£
Friday	17:30 - 18:00	ASA Swim Stage 5	All Levels	Ind Pool	£
Friday	18:00 - 18:30	ASA Swim Stage 6	All Levels	Ind Pool	£
Friday	18:30 - 19:30	FIT Swim - Stage 8	11+ years		£
Saturday	09:00 - 09:30	ASA Swim Stage 1	All Levels	Main Pool	£
Saturday	09:00 - 09:30	ASA Swim Stage 6	All Levels	Ind Pool	£
Saturday	09:30 - 10:00	ASA Swim Stage 2	All Levels	Ind Pool	£
Saturday	09:30 - 10:00	Pre School Stage 1	All Levels	Main Pool	£
Saturday	10:00 - 10:30	ASA Swim Stage 2	All Levels	Main Pool	£
Saturday	10:00 - 10:30	ASA Swim Stage 3	All Levels	Ind Pool	£
Saturday	10:00 - 11:00	FIT Swim - Stage 8	11+ years		£

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	09:30 - 11:30	Club Creche		Club Creche	£
Monday	16:00 - 17:00	Family Welcome	All Levels		
Monday	16:30 - 17:15	DL Kids Ballroom & Latin Dance	5-7 Years		£
Monday	16:30 - 17:15	DL Kids Ballroom & Latin Dance	8-11 Years	Studio 1	£
Monday	18:00 - 19:00	Multi Sports	12-13 Years		
Monday	18:00 - 19:00	Multi Sports	8-11 Years		
Monday	18:00 - 19:00	Multi Sports	5-7 Years	Ind Crt 4	
Tuesday	09:30 - 11:30	Club Creche		Club Creche	£
Tuesday	16:00 - 16:30	DL Kids Trampoline Beginners	Beginner	Bad Crt 2	
Tuesday	16:00 - 16:30	Start Up	12-13 Years		
Tuesday	16:00 - 16:30	Start Up	8-11 Years	Gym	
Tuesday	16:15 - 17:00	DL Kids Cheerleading Intermediates	Intermediate	Studio 1	
Tuesday	16:30 - 17:00	DL Kids Trampoline Beginners	Beginner	Bad Crt 2	
Tuesday	17:00 - 17:30	DL Kids Trampoline Intermediates	Intermediate	Bad Crt 2	
Tuesday	17:30 - 18:15	DL Kids Trampoline Advanced	Advanced	Bad Crt 2	
Tuesday	18:15 - 19:15	DL Kids Trampoline Advanced	Advanced	Bad Crt 2	
Wednesday	09:30 - 10:15	Lets Create	3-4 Years	Kids Zone	
Wednesday	09:30 - 11:30	Club Creche		Club Creche	£
Wednesday	10:15 - 10:45	Imagine...(3-4yrs)	3-4 Years	Kids Zone	
Wednesday	17:00 - 17:20	Sports Wall	All Levels	Gym Area 1	
Wednesday	17:20 - 17:40	Sports Wall	All Levels		
Wednesday	17:40 - 18:00	Sports Wall	All Levels		
Wednesday	18:15 - 19:16	DL Kids Kwik Cricket Beginners	Beginner	Bad Crt 1, 2 & 3	
Thursday	09:30 - 10:15	Mini Active	3-4 Years	Bad Crt 1, Kids Zone - Part A	
Thursday	10:15 - 10:45	Lets Create	3-4 Years	Kids Zone	
Thursday	16:00 - 16:30	DL Kids Ballet	3-4 Years	Studio 1	
Thursday	16:30 - 17:00	DL Kids Ballet	3-4 Years	Studio 1	
Thursday	16:30 - 17:00	DL Kids Trampoline Beginners	Beginner	Bad Crt 2	
Thursday	16:30 - 17:00	Start Up	8-11 Years		
Thursday	16:30 - 17:00	Start Up	12-13 Years	Gym - Part D	
Thursday	17:00 - 17:30	DL Kids Ballet	5-7 Years	Studio 1	
Thursday	17:00 - 17:30	DL Kids Trampoline Beginners	Beginner	Bad Crt 2	
Thursday	17:30 - 18:30	DL Kids Trampoline Intermediates	Intermediate	Bad Crt 2	
Thursday	18:30 - 19:30	DL Kids Trampoline Advanced	Advanced	Bad Crt 2	
Friday	09:30 - 11:30	Club Creche		Club Creche	£
Friday	16:30 - 17:00	Supervised Gym	12-13 Years	Gym - Part B	
Friday	16:30 - 17:00	Supervised Gym	8-11 Years	Gym - Part C	
Friday	16:30 - 17:30	Multi Sports	8-11 Years	Bad Crt 1	
Friday	16:30 - 17:30	Multi Sports	5-7 Years	Bad Crt 2	
Friday	18:00 - 19:30	DL Kids Movie Time	All Levels		
Saturday	09:00 - 11:00	DL Kids Football	5-7 Years	Bad Crt 2, 3, Out Crt 1	
Saturday	09:00 - 11:00	DL Kids Football	8-11 Years	Kids Zone - Part C	
Saturday	09:15 - 10:00	Tots Football Beginners	Beginner	Bad Crt 1	
Saturday	10:15 - 11:00	Lets Create	3-4 Years	Kids Zone - Part A	
Saturday	10:15 - 11:00	Make & Create	5-7 Years		
Saturday	11:00 - 12:00	Multi Sports	8-11 Years	Bad Crt 2, 3	

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