DAVID LLOYD - BASILDON - 01268662100

JUNIOR PROGRAMME JULY - AUGUST 2009

DL Kids

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
16.15-17.15	Ballet	Coaching	Studio 1	Beginner	
17.15-18.15	Ballet	Coaching	Studio 1	Improver	
18.00-19.00	Dance	Coaching	Squash ct 3	All	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
18.00-19.00	Irish Dancing	Coaching	Studio 2	All	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
18.00-19.00	Dance	Coaching	Sports Hall	All	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
16.00-16.45	Gymnastics	Coaching	Studio 1	Beginner	
16.45-17.45	Gymnastics	Coaching	Studio 1	Improver	
17.00-17.45	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	

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.

LIFE. Be fit for it
DAVIDLLOYD.CO.UK

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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
17.00-17.45	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
09.30-10.30	Mini Active	Play	Sports Hall	(3–4's)	
09.30-10.30	Get Active	Active	Sports Hall	(5-7's)	
10.30-11.15	Football	Coaching	Sports Hall	Beginner	
11.15-12.00	Multi Sports	Active	Sports Hall	(8-11's)	
11.15-12.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
10.00-11.00	Imagine	Play	Soft Play Area	(3–4's)	
11.00-12.00	Let's Create	Play	Sports Hall	(Under 3's) & (3-4's)	
12.00-13.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
12.15-13.00	Kids Splash	Water	Indoor Pool	All Age Groups	

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.

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