DAVID LLOYD BECKENHAM - 0208 662 6160

ALL STARS PROGRAMME JANUARY - MARCH 2010

RACQUETS

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	17.30-18.30	Tennis All Stars Yellow Development Squad 1	Tennis Crts	11-17yrs	£
Tuesday	13.30-14.15	Tennis Tots and Parents	Badminton Crts	3-4 yrs	£
Tuesday	16.00-17.00	Tennis All Stars Orange Performance Team	Tennis Crts	8-9 yrs	£
Tuesday	17.30-18.30	Tennis All Stars Yellow 2	Tennis Crts	11-17 yrs	£
Wednesday	17.30-18.30	Tennis All Stars Yellow 1	Tennis Crts	11-17 yrs	£
Thursday	16.00-16.30	Tennis All Stars Red 3	Badminton Crts	8 and under	£
Thursday	16.30-17.30	Tennis All Stars Red 2	Badminton Crts	8 and under	£
Thursday	16.30-17.30	Tennis All Stars Orange 2	Tennis Crts	8-9 yrs	£
Thursday	17.30-18.30	Tennis All Stars Green 1	Tennis Crts	10 yrs	£
Saturday	09.00-09.30	Tennis All Stars Red 3	Badminton Crts	8 and under	£
Saturday	09.30-10.30	Tennis All Stars Red 2	Badminton Crts	8 and under	£
Saturday	10.30-11.30	Tennis All Stars Orange 2	Tennis Crts	8-9 yrs	£
Saturday	11.30-12.30	Tennis All Stars Green 2	Tennis Crts	10 yrs	£
Sunday	09.45-10.30	Tennis All Stars Red 3	Badminton Crts	8 and under	£
Sunday	10.30-11.30	Tennis All Stars Red 2	Badminton Crts	8 and under	£
Sunday	11.30-12.30	Tennis All Stars Orange 1	Tennis Crts	8-9 yrs	£
Sunday	12.30-13.30	Tennis All Stars Green 2	Tennis Crts	10 yrs	£
Sunday	12.30-13.30	Tennis All Stars Yellow 2	Tennis Crts	11-17 yrs	£

ALLSTARS TENNIS COACHING PROGRAMME

Our LTA endorsed All Stars Tennis Programme is a high quality, progressive tennis skill, development, fun, fitness and social interaction for children aged 3 – 17 years.

PLEASE NOTE : This course runs in term time only and an additional fee applies.

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.

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ALL STARS PROGRAMME JANUARY - MARCH 2010

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	09.30-10.00	Parent and baby	Pool	Contact Reception	£
Monday	10.00-10.30	Parent and child	Pool	Contact Reception	£
Monday	16.00-16.30	ASA Stage 1	Pool	Contact Reception	£
Monday	16.35-17.05	ASA Stage 3	Pool	Contact Reception	£
Monday	17.10-17.40	ASA Stage 4	Pool	Contact Reception	£
Monday	17.45-18.15	ASA Stage 5	Pool	Contact Reception	£
Tuesday	16.00-16.30	ASA Stage 2	Pool	Contact Reception	£
Tuesday	16.35-17.05	ASA Stage 3	Pool	Contact Reception	£
Tuesday	17.10-17.40	ASA Stage 6	Pool	Contact Reception	£
Tuesday	17.45-18.15	ASA Stage 7	Pool	Contact Reception	£
Wednesday	16.00-16.30	ASA Stage 1	Pool	Contact Reception	£
Wednesday	16.35-17.05	ASA Stage 3	Pool	Contact Reception	£
Wednesday	17.10-17.40	ASA Stage 5	Pool	Contact Reception	£
Wednesday	17.45-18.15	ASA Stage 7	Pool	Contact Reception	£
Thursday	09.30-10.00	Parent and baby	Pool	Contact Reception	£
Thursday	10.00-10.30	Parent and child	Pool	Contact Reception	£
Thursday	10.30-11.00	Pre School Stage 1	Pool	Contact Reception	£
Thursday	16.30-17.05	ASA Stage 2	Pool	Contact Reception	£
Thursday	17.10-17.40	ASA Stage 4	Pool	Contact Reception	£
Thursday	17.45-18.15	ASA Stage 6	Pool	Contact Reception	£
Saturday	09.30-10.15	Swim Club	Pool	Contact Reception	£
Saturday	10.15-10.45	ASA Stage 1	Pool	Contact Reception	£
Saturday	10.50-11.20	ASA Stage 2	Pool	Contact Reception	£
Saturday	11.25-11.55	ASA Stage 3	Pool	Contact Reception	£
Saturday	12.00-12.30	ASA Stage 5	Pool	Contact Reception	£
Sunday	09.30-10.00	ASA Stage 2	Pool	Contact Reception	£
Sunday	10.05-10.35	ASA Stage 4	Pool	Contact Reception	£
Sunday	10.40-11.10	ASA Stage 6	Pool	Contact Reception	£

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.

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DL KIDS PROGRAMME JANUARY - MARCH 2010

DL Kids

DAY	TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
Monday	09.00 - 13.00	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£
Monday	16.30-17.30	Let's Create	Play	Squash Crt	(3–4's)	
Monday	16.30-17.30	Make and Create	Active	Squash Crt	(5-7's)	
Monday	16.30-17.30	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Monday	17.30-18.30	Box Fit	Fitness	Main Studio	(8-11 & 12-13's)	
Monday	18.00-19.00	Start Up 1	Fitness	Gym	(12-13 & 14-15's)	
Tuesday	09.00-13.00	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£
Tuesday	10.00-10.30	Mini Active	Play	Squash Crt	(Under 3's) & (3-4's)	
Tuesday	10.30-11.00	Imagine	Play	Squash Crt	(Under 3's) & (3-4's)	
Wednesday	09.00-12.30	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£
Wednesday	10.00-10.30	Mini Active	Play	Squash Crt	(Under 3's) & (3-4's)	
Wednesday	10.30-11.00	Imagine	Play	Squash Crt	(Under 3's) & (3-4's)	
Wednesday	16.30-17.30	Uni Hoc	Coaching	Main Studio	Contact Reception	
Wednesday	17.30-18.30	Badminton	Coaching	Badminton Crts	Contact Reception	£
Wednesday	18.00-19.00	Start Up 2	Fitness	Gym	(12-13 & 14-15's)	
Thursday	09.00-13.00	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£
Thursday	16.30-17.30	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Friday	09.00-13.00	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£
Friday	11.00-11.30	Mini Dance	Play	Wellness Studio	(Under 3's) & (3-4's)	
Friday	16.30-17.15	Tae Kwon Do	Coaching	Wellness Studio	Contact Reception	£
Friday	17.00-17.45	Kids Splash	Water	Pool	All Age Groups	
Friday	17.25-18.25	Tae Kwon Do	Coaching	Wellness Studio	Contact Reception	£
Friday	18.00-19.00	Start Up 3	Fitness	Gym	(12-13 & 14-15's)	
Saturday	09.00-12.00	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£
Saturday	09.00-10.00	Squash	Coaching	Squash Crt	Contact Reception	£
Saturday	10.00-11.00	Let's Create	Play	Squash Crt	(3–4's)	
Saturday	10.00-11.00	Make and Create	Active	Squash Crt	(5-7's)	
Saturday	10.00-12.00	Football	Coaching	Field	Contact Reception	£
Saturday	11.00-12.00	Mini Active	Play	Squash Crt	(3–4's)	
Saturday	11.00-12.00	Get Active	Active	Squash Crt	(5-7's)	
Saturday	12.00-13.00	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Sunday	09.00-12.00	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£
Sunday	10.00-11.00	Let's Create	Play	Squash Crt	(3–4's)	
Sunday	10.00-11.00	Make and Create	Active	Squash Crt	(5-7's)	
Sunday	11.00-12.00	Mini Active	Play	Squash Crt	(3–4's)	
Sunday	11.00-12.00	Get Active	Active	Squash Crt	(5-7's)	
Sunday	13.00-14.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	

DL KIDS ACTIVITY CATEGORIES

Club Coaching (Coaching)
Club Crèche (Crèche)
Club Play (Play)
Club Active (Active)
Club Fitness (Fitness)
Club Water Activities (Water)
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

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