DAVID LLOYD LEISURE Belfast - 0289 041 3300

ALL STARS PROGRAMME JULY - AUGUST 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Thursday	18:00 - 18:45	All Stars Squash (3-18yrs)	3-18 Years	Sq Crt 2, 3	£

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 fee for this class
*	Adult class coincides with children's activity
PP	Pay Pro
PR	Pay Reception
CL	Class
CO	Course

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SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Tuesday	18:30 - 19:30	Swim Squads	All Levels	Ind Pool	
Wednesday	15:00 - 15:30	ASA Swim Stage 3	All Levels	Ind Pool	£
Wednesday	15:30 - 16:00	ASA Swim Stage 1	All Levels	Ind Pool - Part A	£
Wednesday	16:00 - 16:30	ASA Swim Stage 4	All Levels		£
Wednesday	16:30 - 17:00	ASA Swim Stage 5	All Levels	Ind Pool	£
Wednesday	17:00 - 17:30	ASA Swim Stage 6	All Levels	Ind Pool	£
Thursday	10:30 - 11:00	Adult & Baby	All Levels	Ind Pool	£
Thursday	11:00 - 11:30	Adult & Child	All Levels	Ind Pool	£
Thursday	14:00 - 14:30	Pre School Stage 1	All Levels	Ind Pool	£
Thursday	14:30 - 15:00	ASA Swim Stage 1	All Levels	Ind Pool - Part A	£
Thursday	15:00 - 15:30	ASA Swim Stage 3	All Levels	Ind Pool	£
Thursday	15:30 - 16:00	ASA Swim Stage 5	All Levels	Ind Pool	£
Thursday	16:00 - 16:30	ASA Swim Stage 7	All Levels	Ind Pool	£
Thursday	16:30 - 17:00	ASA Swim Stage 6	All Levels	Ind Pool	£
Thursday	17:00 - 17:30	ASA Swim Stage 5	All Levels	Ind Pool	£
Thursday	17:30 - 18:30	Swim Squads	All Levels	Out Pool	
Thursday	18:00 - 18:30	Swim Allstars Assessment	All Levels	Ind Pool - Part A	

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 fee for this class
*	Adult class coincides with children's activity
PP	Pay Pro
PR	Pay Reception
CL	Class
CO	Course

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DL KIDS PROGRAMME JULY - AUGUST 2010

DL Kids

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	17:15 - 18:10	Start Up 1		Gym	
Monday	18:15 - 19:00	DL Kids Badminton	All Levels	Bad Crt 1-4	
Tuesday	16:00 - 16:45	Get Active	5-7 Years	Bad Crt 1	
Tuesday	16:00 - 16:45	Mini Active	3-4 Years	Conf Rm	
Tuesday	18:15 - 19:15	Family Welcome	All Levels	Club Rm	
Wednesday	17:15 - 18:10	Start Up 2		Gym	
Wednesday	18:00 - 18:45	Supervised Gym	12-13 Years	Stretch Area	
Wednesday	19:30 - 21:00	DL Kids Archery Advanced	Advanced	Bad Crt 1	
Thursday	17:15 - 18:10	Start Up 3		Gym	
Thursday	18:00 - 18:45	Supervised Gym	12-13 Years	Stretch Area	
Thursday	18:00 - 19:00	DL Kids Movie Time	All Levels	DL Kids Space	
Friday	16:00 - 16:45	Get Active	5-7 Years	Bad Crt 1	
Friday	16:00 - 16:45	Mini Active	3-4 Years	DL Kids Space	
Friday	18:00 - 18:45	DL Kids Street Dance	All Levels	Studio	
Friday	18:00 - 18:45	Multi Sports	8-11 Years	Ind Crt 6	
Friday	18:45 - 19:30	Kids Splash	All Levels	Ind Pool	
Saturday	10:30 - 11:15	Get Active	5-7 Years	Bad Crt 1	
Saturday	10:30 - 11:15	Mini Active	3-4 Years	Conf Rm	
Saturday	11:15 - 12:15	Family Welcome	All Levels	Club Rm	
Saturday	11:45 - 12:30	Mini Dance	3-4 Years	DL Kids Space	
Saturday	12:00 - 12:45	Start Up Cycle	All Levels	Cycling Area	
Saturday	13:00 - 13:45	Kids Splash	5-7 Years	Ind Pool - Part A	
Sunday	11:00 - 11:45	DL Kids Tri Golf		Bad Crt 1	£
Sunday	11:00 - 11:45	Mini Active	Under 3 Years	Conf Rm	
Sunday	12:00 - 12:45	Get Active	5-7 Years	Bad Crt 1	

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

£ Additional fee for this class
* Adult class coincides with children's activity
PP Pay Pro
PR Pay Reception
CL Class
CO Course

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