DAVID LLOYD - BIRMINGHAM - 0121 325 0700

ALL STARS PROGRAMME JANUARY - MARCH 2010

RACQUETS

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Tuesday	16:00-16:45	Tennis All Stars Red 3	Court 1	8 and under	£
Tuesday	17:00-18:00	Tennis All Stars Orange 3	Court 1	8-9 yrs	£
Tuesday	18:00-19:00	Tennis All Stars Orange 2	Court 1	8-9 yrs	£
Wednesday	16:00-17:00	Tennis All Stars Red 1	Court 1	8 and under	£
Wednesday	17:00-18:00	Tennis All Stars Red Development Squad 1	Court 1	8 and under	£ *
Wednesday	18:00-19:00	Tennis All Stars Orange Development Squad 1	Courts 1 & 2	8-9 yrs	£ *
Friday	16:00-16:45	Tennis Tots	Court 1	3-5 yrs	£
Friday	16:45-17:30	Tennis All Stars Red 2	Court 1	8 and under	£
Friday	18:30-19:30	Tennis All Stars Green Development Squad 1	Courts 6 & 7	10 yrs	£
Friday	19:00-20:30	Tennis All Stars Yellow Development Squad 1	Court 7	11-17yrs	£ *
Saturday	09:00-09:45	Tennis Tots	Court 1	3-5 yrs	£ *
Saturday	10:00-10:45	Tennis All Stars Red 3	Court 1	8 and under	£ *
Saturday	10:00-10:45	Tennis All Stars Red 2	Court 2	8 and under	£ *
Saturday	10:00-11:00	Tennis All Stars Red 1	Court 3	8 and under	£ *
Saturday	11:00-12:00	Tennis All Stars Orange 3	Court 1	8-9 yrs	£ *
Saturday	11:00-12:00	Tennis All Stars Orange 2	Courts 2 & 3	8-9 yrs	£ *
Saturday	12:00-13:00	Tennis All Stars Green 2	Court 1	10 yrs	£ *
Saturday	12:00-13:00	Tennis All Stars Green Development Squad 1	Courts 2 & 3	10 yrs	£ *
Saturday	13:00-14:00	Tennis - Family Welcome	Court 1	All	
Saturday	13:00-14:30	Tennis All Stars Yellow Performance Team	Courts 6 & 7	11-17 yrs	£
Sunday	10:00-10:45	Tennis All Stars Red 3	Court 1	8 and under	£ *
Sunday	10:00-10:45	Tennis All Stars Red 2	Court 2	8 and under	£ *
Sunday	11:00-12:00	Tennis All Stars Orange 2	Court 1	8-9 yrs	£ *
Sunday	11:00-12:00	Tennis All Stars Red Development Squad 1	Court 2	8 and under	£ *
Sunday	12:00-13:00	Tennis All Stars Yellow 2	Court 1	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	16:00-16:30	ASA Stage 1	Indoor Pool	Contact Reception	£
Monday	16:30-17:00	ASA Stage 3	Indoor Pool	Contact Reception	£
Monday	16:30-17:00	ASA Stage 5	Indoor Pool	Contact Reception	£
Monday	17:00-17:45	ASA Stage 6	Indoor Pool	Contact Reception	£
Monday	17:45-18:30	ASA Stage 7	Indoor Pool	Contact Reception	£
Tuesday	16:30-17:00	ASA Stage 5	Indoor Pool	Contact Reception	£
Tuesday	16:30-17:00	ASA Stage 3	Indoor Pool	Contact Reception	£
Tuesday	17:00-17:30	ASA Stage 4	Indoor Pool	Contact Reception	£
Tuesday	17:00-17:45	ASA Stage 6	Indoor Pool	Contact Reception	£
Tuesday	17:30-18:00	ASA Stage 1	Indoor Pool	Contact Reception	£
Tuesday	17:45-18:30	ASA Stage 7	Indoor Pool	Contact Reception	£
Tuesday	18:00-18:30	ASA Stage 2	Indoor Pool	Contact Reception	£
Thursday	09:30-10:00	Parent and child	Indoor Pool	Contact Reception	£
Thursday	10:00-10:30	Pre School Stage 1	Indoor Pool	Contact Reception	£
Thursday	10:30-11:00	Pre School Stage 1	Indoor Pool	Contact Reception	£
Thursday	16:00-16:30	ASA Stage 1	Indoor Pool	Contact Reception	£
Thursday	16:30-17:00	ASA Stage 2	Indoor Pool	Contact Reception	£
Thursday	17:00-17:30	ASA Stage 3	Indoor Pool	Contact Reception	£
Thursday	17:30-18:00	ASA Stage 5	Indoor Pool	Contact Reception	£
Saturday	09:00-09:30	ASA Stage 1	Indoor Pool	Contact Reception	£
Saturday	09:30-10:00	ASA Stage 3	Indoor Pool	Contact Reception	£
Saturday	09:30-10:00	ASA Stage 4	Indoor Pool	Contact Reception	£
Saturday	10:00-10:30	ASA Stage 2	Indoor Pool	Contact Reception	£
Saturday	10:00-10:30	ASA Stage 5	Indoor Pool	Contact Reception	£
Saturday	10:30-11:00	ASA Stage 1	Indoor Pool	Contact Reception	£
Saturday	11:00-11:30	ASA Stage 1	Indoor Pool	Contact Reception	£
Saturday	11:30-12:00	ASA Stage 1	Indoor Pool	Contact Reception	£
Sunday	10:30-11:00	ASA Stage 2	Indoor Pool	Contact Reception	£
Sunday	11:00-11:30	ASA Stage 1	Indoor Pool	Contact Reception	£
Sunday	11:30-12:00	ASA Stage 4	Indoor 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	07:30-18:00	Asquith Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Monday	12:00-19:00	Start Up	Fitness	Gym	(14-15's)	*
Monday	17:00-18:00	Football	Coaching	Sports Hall	All	*
Monday	18:00-19:00	Street Dance	Fitness	Studio 2	(8-11's)	*
Tuesday	07:30-18:00	Asquith Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Tuesday	12:00-19:00	Start Up	Fitness	Gym	(14-15's)	*
Tuesday	17:00-18:00	Mini Dance	Play	Studio 2	(3–4's)	
Tuesday	17:00-18:00	Supervised Gym	Fitness	Gym	(12-13's)	
Tuesday	18:00-19:00	Multi Sports	Active	Sports Hall	(5-7 & 8-11)	
Wednesday	07:30-18:00	Asquith Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Wednesday	12:00-19:00	Start Up	Fitness	Gym	(14-15's)	*
Wednesday	17:00-18:00	Football	Coaching	Sports Hall	All	*
Wednesday	17:00-18:00	Family Splash	Water	Indoor Pool	All Age Groups	P
Wednesday	18:00-19:00	Supervised Gym	Fitness	Gym	(12-13's)	*
Wednesday	18:00-19:00	Make and Create	Active	DL Kids Room	(5-7 & 8-11)	*
Thursday	07:30-18:00	Asquith Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Thursday	12:00-19:00	Start Up	Fitness	Gym	(14-15's)	*
Thursday	17:00-18:00	Supervised Gym	Fitness	Gym	(12-13's)	
Thursday	18:00-19:00	Football	Coaching	Sports Hall	All	
Friday	07:30-18:00	Asquith Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Friday	12:00-19:00	Start Up	Fitness	Gym	(14-15's)	*
Friday	17:00-18:00	Aqua Splash	Active	Indoor Pool	(5-7 & 8-11)	
Friday	18:00-19:00	Get Active	Active	Sports Hall	(5-7 & 8-11)	*
Friday	19:00-20:00	DL Kids Club Night	Misc	DL Kids Room		
Saturday	09:00-13:00	Asquith Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Saturday	09:00-19:00	Start Up	Fitness	Gym	(14-15's)	*
Saturday	10:00-11:00	Family Welcome	Misc	Club Room		
Saturday	10:00-11:00	Let's Create	Play	Club Room	(3–4's)	*
Saturday	11:00-12:00	Football	Coaching	Sports Hall	All	*
Saturday	12:00-13:00	Supervised Gym	Fitness	Gym	(12-13's)	*
Saturday	12:00-14:00	Birthday Parties	Misc	Club Room		£
Saturday	15:00-17:00	Birthday Parties	Misc	Club Room		£
Sunday	09:00-13:00	Asquith Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
Sunday	09:00-19:00	Start Up	Fitness	Gym	(14-15's)	*
Sunday	10:00-11:00	Get Active	Active	Sports Hall	(5-7 & 8-11)	*
Sunday	11:00-12:00	Drama	Coaching	Studio 2	All	*
Sunday	12:00-13:30	Family Splash	Water	Indoor Pool	All Age Groups	P
Sunday	12:00-14:00	Birthday Parties	Misc	Club Room		£
Sunday	15:00-17:00	Birthday Parties	Misc	Club Room		£

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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