# DAVID LLOYD BOLTON 01204547600

**ALL STARS PROGRAMME JANUARY - MARCH 2010**

## RACQUETS

| DAY | TIME | ACTIVITY | LOCATION | AGE / LEVEL | KEY |
|---|---|---|---|---|---|
| Monday | 16.15-17.00 | Tennis All Stars Red 2 | Tennis Court 1 | 8 and under | £ |
| Monday | 17.00-18.00 | Tennis All Stars Red 1 | Tennis Court 1 | 8 and under | £ |
| Monday | 18.00-19.00 | Tennis All Stars Yellow 3 | Tennis Courts 1 & 2 | 11-17 yrs | £ |
| Tuesday | 16.15-17.00 | Tennis All Stars Red 3 | Tennis Court 1 | 8 and under | £ |
| Tuesday | 17.00-18.00 | Tennis All Stars Orange 1 | Tennis Courts 1 & 2 | 8-9 yrs | £ |
| Tuesday | 18.00-19.00 | Tennis All Stars Green 1 | Tennis Court 1 & 2 | 10 yrs | £ |
| Wednesday | 16.15-17.00 | Tennis Tots | Tennis Court 1 | 3-5 yrs | £ |
| Wednesday | 17.00-18.00 | Tennis All Stars Orange 3 | Tennis Courts 1 & 2 | 8-9 yrs | £ |
| Wednesday | 18.00-19.00 | Tennis All Stars Yellow 2 | Tennis Courts 1 & 2 | 11-17 yrs | £ |
| Thursday | 16.15-17.00 | Tennis Tots | Tennis Court 1 | 3-5 yrs | £ |
| Thursday | 17.00-18.00 | Tennis All Stars Orange 2 | Tennis Court 1 | 8-9 yrs | £ |
| Thursday | 18.00-19.00 | Tennis All Stars Yellow 1 | Tennis Court 1 | 11-17 yrs | £ |
| Friday | 16.30-17.30 | Tennis All Stars Green 3 | Tennis Courts 3 & 4 | 10 yrs | £ |
| Friday | 17.00-19.00 | Tennis All Stars Yellow Development Squad 1 | Tennis Courts 1 & 2 | 11-17yrs | £ |
| Friday | 17.30-18.00 | Tennis - Family Welcome | Tennis Court 1 | All | £ |
| Saturday | 09.00-10.30 | Tennis All Stars Red Development Squad 2 | Badminton Courts 3 & 4 | 8 and under | £ |
| Saturday | 09.00-12.00 | Tennis All Stars Orange Development Squad 2 | Tennis Courts 5 | 8-9 yrs | £ |
| Saturday | 09.00-12.00 | Tennis All Stars Green Development Squad 2 | Tennis Courts 4 & 3 | 10 yrs | £ |
| Saturday | 12.00-14.00 | Tennis All Stars Yellow Development Squad 2 | Tennis Court 2 & 3 | 11-17 yrs | £ |
| Saturday | 12.30-13.00 | Tennis - Family Welcome | Tennis Court 1 | All | |
| Sunday | 12.00-14.00 | Tennis Leaders Course | Tennis Court 1 | 14-17 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 | 10.00-10.45 | Parent and baby | Pool | Contact Reception | £P |
| Monday | 16.30-17.00 | ASA Stage 1 | Pool | Contact Reception | £ |
| Monday | 17.00-17.30 | ASA Stage 2 | Pool | Contact Reception | £ |
| Monday | 17.30-18.00 | ASA Stage 3 | Pool | Contact Reception | £ |
| Monday | 18.00-18.30 | ASA Stage 4 | Pool | Contact Reception | £ |
| Monday | 18.30-19.30 | Swim Club | Pool | All Age Groups | |
| Tuesday | 16.30-17.00 | ASA Stage 1 | Pool | Contact Reception | £ |
| Tuesday | 17.00-17.30 | ASA Stage 2 | Pool | Contact Reception | £ |
| Tuesday | 17.30-18.00 | ASA Stage 3 | Pool | Contact Reception | £ |
| Tuesday | 18.00-18.30 | ASA Stage 4 | Pool | Contact Reception | £ |
| Tuesday | 18.30-19.00 | ASA Stage 5 | Pool | Contact Reception | £ |
| Wednesday | 10.00-10.45 | Parent and baby | Pool | Contact Reception | £P |
| Wednesday | 16.30-17.00 | ASA Stage 1 | Pool | Contact Reception | £ |
| Wednesday | 17.00-17.30 | ASA Stage 2 | Pool | Contact Reception | £ |
| Wednesday | 17.30-18.00 | ASA Stage 3 | Pool | Contact Reception | £ |
| Wednesday | 18.00-18.30 | ASA Stage 4 | Pool | Contact Reception | £ |
| Wednesday | 18.30-19.30 | Swim Club | Pool | All Age Groups | |
| Thursday | 16.30-17.00 | ASA Stage 1 | Pool | Contact Reception | £ |
| Thursday | 17.00-17.30 | ASA Stage 2 | Pool | Contact Reception | £ |
| Thursday | 17.30-18.00 | ASA Stage 3 | Pool | Contact Reception | £ |
| Thursday | 18.00-18.30 | ASA Stage 4 | Pool | Contact Reception | £ |
| Thursday | 18.30-19.00 | ASA Stage 5 | Pool | Contact Reception | £ |
| Friday | 10.00-10.45 | Parent and baby | Pool | Contact Reception | £P |
| Friday | 16.30-17.00 | ASA Stage 1 | Pool | Contact Reception | £ |
| Friday | 17.00-17.30 | ASA Stage 2 | Pool | Contact Reception | £ |
| Friday | 17.30-18.00 | ASA Stage 3 | Pool | Contact Reception | £ |
| Friday | 18.00-18.30 | ASA Stage 1 | Pool | Contact Reception | £ |
| Saturday | 10.00-10.30 | ASA Stage 1 | Pool | Contact Reception | £ |
| Saturday | 10.30-11.00 | ASA Stage 2 | Pool | Contact Reception | £ |
| Saturday | 11.00-11.30 | ASA Stage 3 | Pool | Contact Reception | £ |
| Saturday | 11.30-12.00 | ASA Stage 4 | Pool | Contact Reception | £ |
| Sunday | 11.00-11.30 | ASA Stage 1 | Pool | Contact Reception | £ |
| Sunday | 11.30-12.00 | ASA Stage 2 | Pool | Contact Reception | £ |
| Sunday | 12.00-12.30 | ASA Stage 3 | Pool | Contact Reception | £ |
| Sunday | 12.30-13.00 | ASA Stage 4 | 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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# DAVID LLOYD BOLTON - 01204547600

**DL KIDS PROGRAMME JANUARY - MARCH 2010**

DL Kids

| DAY | TIME | ACTIVITY | CATEGORY | LOCATION | AGE / LEVEL | KEY |
|---|---|---|---|---|---|---|
| Monday | 09.00-17.00 | Asquith Crèche | Crèche | Creche | (Under 3's) & (3-4's) | £ * |
| Monday | 17.30-18.30 | Supervised Gym | Fitness | Gym | (12-13 & 14-15's) | * |
| Monday | 17.30-18.30 | Get Active | Active | Badminton Courts | (5-7 & 8-11) | * |
| Monday | 18.30-19.30 | Multi Sports | Active | Badminton Courts | (5-7's) | * |
| Tuesday | 09.00-17.00 | Asquith Crèche | Crèche | Creche | (Under 3's) & (3-4's) | £* |
| Tuesday | 10.30-11.30 | Mini Dance | Play | Studio 4 | (3–4's) | * |
| Tuesday | 17.30-18.30 | Supervised Gym | Fitness | Gym | (12-13 & 14-15's) | * |
| Tuesday | 17.30-18.30 | Multi Sports | Active | Badminton Courts | (5-7 & 8-11) | * |
| Tuesday | 18.30-19.30 | Make and Create | Active | Studio 4 | (5-7's) | * |
| Tuesday | 18.30-19.30 | Netball | Coaching | Badminton Courts | Improver | * |
| Wednesday | 09.00-17.00 | Asquith Crèche | Crèche | Creche | (Under 3's) & (3-4's) | £* |
| Wednesday | 17.30-18.30 | Supervised Gym | Fitness | Gym | (12-13 & 14-15's) | * |
| Wednesday | 17.30-18.20 | Rounders | Coaching | Studio 2 | Improver | * |
| Wednesday | 18.30-19.30 | Get Active | Active | Badminton Courts | (5-7 & 8-11) | * |
| Thursday | 09.00-17.00 | Asquith Crèche | Crèche | Creche | (Under 3's) & (3-4's) | £* |
| Thursday | 16.30-17.15 | Kids Splash | Water | Pool | All Age Groups | |
| Thursday | 17.30-18.30 | Supervised Gym | Fitness | Gym | (12-13 & 14-15's) | * |
| Thursday | 17.30-18.30 | Multi Sports | Active | Badminton Courts | (5-7 & 8-11) | * |
| Thursday | 18.30-19.30 | Tag Rugby | Coaching | Badminton Courts | Improver | * |
| Friday | 09.00-17.00 | Asquith Crèche | Crèche | Creche | (Under 3's) & (3-4's) | £* |
| Friday | 16.45-17.30 | Cheerleading | Coaching | Studio 4 | Improver | |
| Friday | 17.30-18.30 | Get Active | Active | Badminton Courts | (5-7 & 8-11) | * |
| Friday | 17.30-18.30 | Supervised Gym | Fitness | Gym | (12-13 & 14-15's) | * |
| Friday | 18.30-19.00 | Family Welcome | Misc | Club Room | | * |
| Friday | 18.30-19.30 | DL Kids Club Night | Misc | Badminton Courts | | * |
| Saturday | 09.30-10.15 | Family Circuits | Fitness | Gym | (12-13 & 14-15's) | * |
| Saturday | 10.00-12.00 | Birthday Parties | Misc | | | £ |
| Saturday | 11.30-12.30 | Multi Sports | Active | Badminton Courts | (5-7 & 8-11) | |
| Saturday | 12.30-13.30 | Kids Splash | Water | Pool | All Age Groups | |
| Saturday | 13.00-15.00 | Birthday Parties | Misc | | | £ |
| Saturday | 14.00-15.00 | Get Active | Active | Badminton Courts | (5-7 & 8-11) | |
| Saturday | 16.00-18.00 | Birthday Parties | Misc | | | £ |
| Sunday | 10.00-11.00 | Make and Create | Active | Studio 4 | (5-7 & 8-11) | |
| Sunday | 10.00-11.00 | Football | Coaching | Badminton Courts | Beginner | |
| Sunday | 10.00-12.00 | Birthday Parties | Misc | | | £ |
| Sunday | 11.00-12.00 | Football | Coaching | Badminton Courts | Improver | |
| Sunday | 11.00-12.00 | Supervised Gym | Fitness | Gym | (12-13 & 14-15's) | |
| Sunday | 11.00-12.00 | Get Active | Active | Badminton Courts | (5-7 & 8-11) | |
| Sunday | 13.00-15.00 | Birthday Parties | Misc | | | £ |
| Sunday | 16.00-18.00 | Birthday Parties | Misc | | | £ |
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## 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 Fees for this class
P Classes require parental supervision at all times
* Child activities that coincide with adult classes

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