DAVID LLOYD BRISTOL - 0117 9531010

ALL STARS PROGRAMME JANUARY - MARCH 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	16.45-17.30	Tennis Tots	Indoor Tennis Crt 10	3-5 yrs	£
Monday	16.45-17.30	Tennis All Stars Red 3	Indoor Tennis Crt 10	8 and under	£
Monday	17.30-18.30	Tennis All Stars Green 3	Indoor Tennis Crt 10	10 yrs	£
Monday	17.30-19.30	Tennis All Stars Orange Performance Team	Indoor Tennis Crt 10	8-9 yrs	£
Tuesday	16.00-17.30	Tennis All Stars Red Performance Team	Indoor Tennis Crt 10	8 and under	£
Tuesday	16.30-17.30	Tennis All Stars Red 1	Indoor Tennis Crt 10	8 and under	£
Tuesday	16.45-17.30	Tennis Tots	Indoor Tennis Crt 10	3-5 yrs	£
Tuesday	17.30-19.30	Tennis All Stars Yellow Performance Team	Indoor Tennis Crt 10	11-17 yrs	£
Wednesday	16.00-16.45	Tennis Tots	Indoor Tennis Crt 10	3-5 yrs	£
Wednesday	16.00-16.45	Tennis All Stars Red 3	Indoor Tennis Crt 10	8 and under	£
Wednesday	16.30-17.30	Tennis All Stars Red 1	Indoor Tennis Crt 10	8 and under	£
Wednesday	16.30-17.30	Tennis All Stars Orange 3	Indoor Tennis Crt 10	8-9 yrs	£
Wednesday	16.45-17.30	Tennis Tots	Indoor Tennis Crt 10	3-5 yrs	£
Wednesday	16.45-17.30	Tennis All Stars Red 3	Indoor Tennis Crt 10	8 and under	£
Wednesday	17.30-19.30	Tennis All Stars Orange Performance Team	Indoor Tennis Crt 10	8-9 yrs	£
Thursday	17.30-19.30	Tennis All Stars Green Performance Team	Indoor Tennis Crt 10	10 yrs	£
Thursday	17.30-19.30	Tennis All Stars Yellow Performance Team	Indoor Tennis Crt 10	11-17 yrs	£
Friday	17.30-18.30	Tennis All Stars Green 1	Indoor Tennis Crt 10	10 yrs	£
Friday	17.30-18.30	Tennis All Stars Yellow 3	Indoor Tennis Crt 10	11-17 yrs	£
Saturday	09.00-09.45	Tennis Tots	Indoor Tennis Crt 10	3-5 yrs	£
Saturday	09.00-09.45	Tennis All Stars Red 3	Indoor Tennis Crt 10	8 and under	£
Saturday	09.00-10.30	Tennis All Stars Red Performance Team	Indoor Tennis Crt 10	8 and under	£
Saturday	09.45-10.30	Tennis Tots	Indoor Tennis Crt 10	3-5 yrs	£
Saturday	09.45-10.30	Tennis All Stars Red 3	Indoor Tennis Crt 10	8 and under	£
Saturday	10.30-11.30	Tennis All Stars Red 1	Indoor Tennis Crt 10	8 and under	£
Saturday	10.30-11.30	Tennis All Stars Orange 3	Indoor Tennis Crt 10	8-9 yrs	£
Saturday	10.30-11.30	Tennis All Stars Yellow 3	Indoor Tennis Crt 10	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	16.00-16.30	ASA Stage 2	Indoor Pool	Contact Reception	£
Monday	16.30-17.00	ASA Stage 3	Indoor Pool	Contact Reception	£
Monday	16.30-17.00	ASA Stage 4	Indoor Pool	Contact Reception	£
Monday	17.00-17.30	ASA Stage 5	Indoor Pool	Contact Reception	£
Monday	17.30-18.00	ASA Stage 5	Indoor Pool	Contact Reception	£
Monday	18.00-18.30	ASA Stage 6	Indoor Pool	Contact Reception	£
Monday	18.30-19.00	ASA Stage 7	Indoor Pool	Contact Reception	£
Tuesday	14.00-16.00	Pre School Stage 1	Indoor Pool	Contact Reception	£
Tuesday	16.00-16.30	ASA Stage 1	Indoor Pool	Contact Reception	£
Tuesday	16.00-16.30	ASA Stage 2	Indoor Pool	Contact Reception	£
Tuesday	16.30-17.00	ASA Stage 3	Indoor Pool	Contact Reception	£
Tuesday	16.30-17.00	ASA Stage 4	Indoor Pool	Contact Reception	£
Tuesday	17.00-17.30	ASA Stage 5	Indoor Pool	Contact Reception	£
Tuesday	17.30-18.00	ASA Stage 6	Indoor Pool	Contact Reception	£
Wednesday	10.00-10.30	Parent and baby	Indoor Pool	Contact Reception	£
Wednesday	10.00-13.00	Pre School Stage 1	Indoor Pool	Contact Reception	£
Thursday	16.00-16.30	ASA Stage 1	Indoor Pool	Contact Reception	£
Thursday	16.00-16.30	ASA Stage 2	Indoor Pool	Contact Reception	£
Thursday	16.30-17.00	ASA Stage 3	Indoor Pool	Contact Reception	£
Thursday	16.30-17.00	ASA Stage 4	Indoor Pool	Contact Reception	£
Thursday	17.00-17.30	ASA Stage 5	Indoor Pool	Contact Reception	£
Thursday	17.30-18.00	ASA Stage 6	Indoor Pool	Contact Reception	£
Friday	10.00-12.00	Pre School Stage 1	Indoor Pool	Contact Reception	£
Saturday	09.00-09.30	ASA Stage 1	Indoor Pool	Contact Reception	£
Saturday	09.00-09.30	ASA Stage 2	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 3	Indoor Pool	Contact Reception	£
Saturday	10.00-10.30	ASA Stage 4	Indoor Pool	Contact Reception	£
Saturday	10.30-11.00	ASA Stage 1	Indoor Pool	Contact Reception	£
Saturday	10.30-11.00	ASA Stage 2	Indoor Pool	Contact Reception	£
Saturday	10.30-11.00	ASA Stage 5	Indoor Pool	Contact Reception	£
Saturday	11.00-11.30	ASA Stage 3	Indoor Pool	Contact Reception	£
Saturday	11.00-11.30	ASA Stage 4	Indoor Pool	Contact Reception	£
Saturday	11.30-12.00	ASA Stage 5	Indoor Pool	Contact Reception	£
Saturday	12.00-12.30	ASA Stage 6	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	16.00-17.30	Multi Sports	Active	Multi Purpose Courts	(5-7 & 8-11)	
Monday	16.15-17.15	Mini Active	Play	Multi Purpose Courts	(3–4's)	
Monday	16.30-17.30	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Monday	17.30-18.30	Multi Sports	Active	Multi Purpose Courts	(8-11 & 12-13)	
Tuesday	16.00-17.00	Mini Active	Play	Multi Purpose Courts	(3–4's)	
Tuesday	16.00-17.00	Get Active	Active	Multi Purpose Courts	(5-7 & 8-11)	
Tuesday	17.00-18.00	Karate	Coaching	Multi Purpose Courts	Contact Reception	£
Tuesday	17.30-18.30	Start Up Circuits	Fitness	Gym	(8-11 & 12-13's)	
Wednesday	09.30-10.30	Mini Active	Play	Multi Purpose Courts	(3–4's)	
Wednesday	16.00-17.00	Let's Create	Play	Multi Purpose Courts	(3–4's)	
Wednesday	16.00-17.00	Make and Create	Active	Multi Purpose Courts	(5-7 & 8-11)	
Wednesday	17.00-18.00	Let's Create	Play	Multi Purpose Courts	(3–4's)	
Wednesday	17.00-18.00	Make and Create	Active	Multi Purpose Courts	(5-7's)	
Wednesday	17.00-18.00	Family Aerobics	Fitness	Studio 2	(8-11 & 12-13's)	
Wednesday	18.00-19.00	Supervised Gym	Fitness	Gym	(12-13's)	
Thursday	16.00-17.15	Get Active	Active	Multi Purpose Courts	(5-7 & 8-11)	
Thursday	16.30-17.15	Mini Dance	Play	Studio 2	(3–4's)	
Thursday	17.30-18.15	Dance	Coaching	Studio 2	Contact Reception	
Thursday	17.30-18.30	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Thursday	18.30-19.15	Street Dance	Fitness	Multi Purpose Courts	(8-11 & 12-13's)	
Friday	09.30-10.30	Mini Active	Play	Multi Purpose Courts	(3–4's)	
Friday	16.00-17.30	Multi Sports	Active	Multi Purpose Courts	(5-7 & 8-11)	
Friday	16.15-17.15	Ballet	Coaching	Studio 2	Contact Reception	£
Friday	16.45-17.30	Family Cycle	Fitness	Gym		
Friday	18.00-19.00	Kids Splash	Water	Indoor Pool		
Friday	18.00-19.00	Start Up Circuits	Fitness	Gym	(8-11 & 12-13's)	
Saturday	09.00-10.00	Mini Active	Play	Multi Purpose Courts	(under 3's)	
Saturday	09.00-10.00	Get Active	Active	Multi Purpose Courts	(5-7 & 8-11)	
Saturday	09.00-10.00	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Saturday	10.00-11.00	Mini Active	Play	Multi Purpose Courts	(3–4's)	
Saturday	10.00-11.00	Get Active	Active	Multi Purpose Courts	(5-7 & 8-11)	
Saturday	11.00-11.45	Yoga/Yoga Bugs	Coaching	Studio 2	Contact Reception	£
Saturday	11.45-12.30	Yoga/Yoga Bugs	Coaching	Studio 2	Contact Reception	£
Sunday	10.00-11.00	Mini Active	Play	Multi Purpose Courts	(3–4's)	
Sunday	10.00-11.00	Get Active	Active	Multi Purpose Courts	(5-7 & 8-11)	
Sunday	11.30-12.30	Kids Splash	Water	Indoor Pool		
Sunday	14.00-15.00	Mini Active	Play	Multi Purpose Courts	(3–4's)	
Sunday	14.00-15.00	Get Active	Active	Multi Purpose Courts	(5-7 & 8-11)	
Sunday	14.00-15.00	Start Up Circuits	Fitness	Gym	(8-11 & 12-13'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.

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