DAVID LLOYD Bristol Westbury - 0117 9597140

ALL STARS PROGRAMME JANUARY - MARCH 2010

RACQUETS

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	10.30-11.00	Tennis Tots and Parents	Badminton Courts	3-4 yrs	
Monday	16.00-16.45	Tennis Tots	Tennis Court 1	3-5 yrs	£
Monday	16.45-17.45	Tennis All Stars Red 3	Tennis Court 1	8 and under	£
Monday	17.45-18.45	Tennis All Stars Orange 3	Tennis Court 1	8-9 yrs	£
Monday	18.00-19.00	Tennis All Stars Yellow Performance Team	Tennis Court 1	11-17 yrs	£
Tuesday	16.30-17.30	Tennis All Stars Red 2	Tennis Court 1	8 and under	£
Tuesday	16.30-17.30	Tennis All Stars Red Performance Team	Tennis Court 2	8 and under	£
Tuesday	17.30-18.30	Tennis All Stars Yellow 3	Tennis Court 3	11-17 yrs	£
Wednesday	17.00-18.00	Tennis All Stars Red 3	Tennis Court 1	8 and under	£
Wednesday	17.00-18.00	Tennis All Stars Red 2	Tennis Court 1	8 and under	£
Wednesday	18.00-19.00	Tennis All Stars Green 3	Tennis Court 1	10 yrs	£
Thursday	17.30-18.30	Tennis All Stars Yellow 2	Tennis Court 1	11-17 yrs	£
Thursday	18.00-19.00	Tennis All Stars Yellow Performance Team	Tennis Court 2	11-17 yrs	£
Friday	16.30-18.00	Tennis All Stars Orange Performance Team	Tennis Court 1	8-9 yrs	£
Saturday	09.00-09.45	Tennis Tots	Tennis Court 1/2	3-5 yrs	£
Saturday	09.00-09.45	Tennis All Stars Red 3	Tennis Court 1/2	8 and under	£
Saturday	10.00-10.45	Tennis All Stars Red 2	Tennis Court 1/2	8 and under	£
Saturday	10.00-10.45	Tennis All Stars Red 1	Tennis Court 1/2	8 and under	£
Saturday	11.00-12.00	Tennis All Stars Orange 3	Tennis Court 1/2	8-9 yrs	£
Saturday	11.00-12.00	Tennis All Stars Orange 2	Tennis Court 1/2	8-9 yrs	£
Sunday	10.00-11.00	Tennis All Stars Red 2	Tennis Court 1	8 and under	£

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	Pool	All Age Groups	£
Monday	16.30-17.00	ASA Stage 2	Pool	All Age Groups	£
Monday	16.30-17.00	ASA Stage 3	Pool	All Age Groups	£
Monday	17.00-17.30	ASA Stage 4	Pool	All Age Groups	£
Monday	17.00-17.30	ASA Stage 5	Pool	All Age Groups	£
Monday	17.30-18.00	Swim Club	Pool	Contact Reception	£
Tuesday	09.30-10.00	Pre School Stage 1	Pool	Contact Reception	£
Tuesday	13.30-14.00	Pre School Stage 1	Pool	Contact Reception	£
Wednesday	13.30-14.00	Pre School Stage 1	Pool	Contact Reception	£
Wednesday	16.30-17.00	ASA Stage 4	Pool	All Age Groups	£
Wednesday	17.00-18.00	ASA Stage 5	Pool	All Age Groups	£
Thursday	10.00-10.30	Pre School Stage 1	Pool	Contact Reception	£
Thursday	16.00-16.30	ASA Stage 2	Pool	Contact Reception	£
Thursday	16.30-17.00	ASA Stage 3	Pool	All Age Groups	£
Thursday	16.30-17.00	ASA Stage 6	Pool	All Age Groups	£
Thursday	17.00-17.30	ASA Stage 4	Pool	All Age Groups	£
Thursday	17.30-18.00	ASA Stage 5	Pool	All Age Groups	£
Friday	11.00-11.30	Pre School Stage 1	Pool	All Age Groups	£
Friday	11.30-12.00	Pre School Stage 1	Pool	All Age Groups	£
Friday	13.15-13.45	Pre School Stage 1	Pool	All Age Groups	£
Friday	13.45-14.15	Pre School Stage 1	Pool	All Age Groups	£
Saturday	09.30-10.00	ASA Stage 1	Pool	All Age Groups	£
Saturday	09.30-10.00	ASA Stage 3	Pool	All Age Groups	£
Saturday	10.00-10.30	ASA Stage 3	Pool	All Age Groups	£
Saturday	10.00-10.30	ASA Stage 4	Pool	All Age Groups	£
Saturday	10.30-11.00	ASA Stage 5	Pool	All Age Groups	£
Saturday	11.00-11.30	ASA Stage 6	Pool	All Age Groups	£
Saturday	11.30-12.00	ASA Stage 7	Pool	All Age Groups	£

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

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DL KIDS PROGRAMME JANUARY - MARCH 2010

DL Kids

DAY	TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
Monday	09.30-11.30	Club Crèche	Crèche	DL Kids Suite	(Under 3's) & (3-4's)	£ / *
Monday	16.30-17.00	Imagine	Play	DL Kids Suite	(3–4's)	
Monday	17.00-18.00	Make and Create	Active	DL Kids Suite	(5-7 & 8-11)	*
Monday	17.00-18.00	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	*
Monday	17.00-18.00	Family Welcome	Misc	DL Kids Suite		*
Tuesday	09.30-10.15	Imagine	Play	DL Kids Suite	(3–4's)	*
Tuesday	17.00-18.00	Multi Sports	Active	DL Kids Suite	(5-7 & 8-11)	*
Wednesday	09.30-11.30	Club Crèche	Crèche	DL Kids Suite	(Under 3's) & (3-4's)	£ / *
Wednesday	16.30-17.00	Mini Active	Play	DL Kids Suite	(3–4's)	
Wednesday	17.00-18.00	Get Active	Active	DL Kids Suite	(5-7 & 8-11)	*
Wednesday	17.00-18.00	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	*
Thursday	09.30-10.15	Mini Active	Play	DL Kids Suite	(3–4's)	
Thursday	17.00-18.00	Multi Sports	Active	DL Kids Suite	(5-7 & 8-11)	*
Friday	09.30-11.30	Club Crèche	Crèche	DL Kids Suite	(Under 3's) & (3-4's)	£ / *
Friday	16.30-17.00	Let's Create	Play	DL Kids Suite	(3–4's)	
Friday	17.00-19.00	DL Kids Club Night	Misc	DL Kids Suite		*
Friday	17.00-18.00	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	*
Friday	18.00-19.00	Karate	Coaching	Badminton Courts 1/2	All	
Friday	09.30-11.30	Club Crèche	Crèche	DL Kids Suite	(Under 3's) & (3-4's)	£ / *
Saturday	09.30-10.15	Mini Active	Play	DL Kids Suite	(3–4's)	*
Saturday	09.30-10.30	Make and Create	Active	DL Kids Suite	(5-7 & 8-11)	*
Saturday	09.30-10.30	Supervised Gym	Fitness	DL Kids Suite	(8-11 & 12-13's)	*
Saturday	10.30-11.30	Get Active	Active	DL Kids Suite	(5-7 & 8-11)	*
Saturday	11.35-12.20	Imagine	Play	DL Kids Suite	(3–4'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

£ Additional Fees for this class
P Classes require parental supervision at all times
* Child activities that coincide with adult classes

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