DAVID LLOYD LEISURE Chigwell - 0208 559 8466

ALL STARS PROGRAMME JULY - AUGUST 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Wednesday	13:30 - 14:15	Tots	3-5 Years	Bad Crt 1, 2	
Wednesday	14:15 - 15:00	Tots	3-5 Years	Bad Crt 1, 2	
Wednesday	16:15 - 17:00	All Stars Tennis Red 2	8 Years & Under	Bad Crt 1, 2	
Wednesday	16:30 - 17:30	All Stars Tennis Red 1	8 Years & Under	Ind Crt 9	
Wednesday	17:30 - 18:30	All Stars Tennis Green 3	10 Years	Ind Crt 11, 12	
Wednesday	17:30 - 19:00	All Stars Tennis Yellow 2	11-18 Years	Ind Crt 10, 9	
Wednesday	18:00 - 19:30	All Stars Tennis Yellow 2	11-18 Years	Ind Crt 2, 3	
Wednesday	18:30 - 19:30	All Stars Tennis Yellow 2	11-18 Years	Ind Crt 4	
Wednesday	19:00 - 21:00	Tennis Junior Events (Internal)			
Thursday	16:00 - 16:45	All Stars Tennis Red 3	8 Years & Under	Bad Crt 1, 2	
Thursday	16:30 - 17:30	All Stars Tennis Orange 1	8-9 Years	Ind Crt 3, 4	
Thursday	16:30 - 17:30	All Stars Tennis Red 1	8 Years & Under	Ind Crt 2	
Thursday	16:45 - 17:30	All Stars Tennis Red 2	8 Years & Under	Bad Crt 1, 2	
Thursday	17:30 - 18:30	All Stars Tennis Green 3	10 Years	Ind Crt 4	
Thursday	17:30 - 18:30	All Stars Tennis Orange 3	8-9 Years	Ind Crt 2, 3	
Thursday	18:00 - 19:30	All Stars Tennis Yellow 1	11-18 Years	Ind Crt 10, 9	
Thursday	18:00 - 19:30	All Stars Tennis Yellow 2	11-18 Years	Ind Crt 9	
Thursday	19:30 - 20:30	Total Tennis Junior Events (Internal)	All Levels	Ind Crt 9	

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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DL KIDS PROGRAMME JULY - AUGUST 2010

DL Kids

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	17:15 - 18:00	Supervised Gym	All Levels	Gym	
Monday	18:15 - 19:00	Start Up Cycle	All Levels	Spin Studio	
Tuesday	16:15 - 17:10	Lets Create	3-4 Years	Studio 4	
Tuesday	16:15 - 17:10	Make & Create	5-7 Years		
Tuesday	17:15 - 18:00	DL Kids Street Dance	All Levels	Studio 1	
Tuesday	17:15 - 18:00	Supervised Gym	All Levels	Gym	
Tuesday	18:00 - 18:45	DL Kids Yoga	All Levels	Studio 1	
Wednesday	16:15 - 17:00	Get Active	5-7 Years		
Wednesday	16:15 - 17:00	Mini Active	3-4 Years	Studio 1	
Wednesday	17:15 - 18:00	Multi Sports	8-11 Years	Studio 1	
Wednesday	17:15 - 18:00	Supervised Gym	All Levels	Gym	
Wednesday	18:15 - 19:00	Box Fit	All Levels	Studio 2	
Thursday	16:15 - 17:10	Lets Create	3-4 Years	Studio 4	
Thursday	16:15 - 17:10	Make & Create	5-7 Years		
Thursday	17:15 - 18:00	Supervised Gym	All Levels	Gym	
Thursday	17:15 - 18:10	Family Welcome	All Levels	Club Rm	
Thursday	18:15 - 19:00	Start Up Circuits	All Levels	Studio 2	
Friday	09:30 - 10:25	DL Kids Movie Time	All Levels	Studio 4	
Friday	09:30 - 10:25	Multi Sports	8-11 Years	Out Crt 3	
Friday	10:30 - 11:25	Kids Splash	5-7 Years	Ind Pool	
Friday	10:30 - 11:25	Mini Active	3-4 Years		
Friday	17:15 - 18:00	Supervised Gym	All Levels	Gym	
Saturday	09:30 - 10:25	Get Active	5-7 Years	Studio 2	
Saturday	09:30 - 10:25	Mini Active	3-4 Years		
Saturday	10:30 - 11:25	DL Kids Movie Time	All Levels	Studio 4	
Saturday	10:30 - 11:25	Multi Sports	8-11 Years	Out Crt 3	
Saturday	12:00 - 12:45	Supervised Gym	All Levels	Gym	
Sunday	09:45 - 10:40	Get Active	5-7 Years	Studio 2	
Sunday	09:45 - 10:40	Mini Active	3-4 Years		
Sunday	10:45 - 11:40	DL Kids Movie Time	All Levels	Studio 4	
Sunday	10:45 - 11:40	Multi Sports	8-11 Years	Out Crt 3	
Sunday	13:00 - 13:45	Supervised Gym	All Levels	Gym	

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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