# DAVID LLOYD CHORLEY - 01257 235100

**ALL STARS PROGRAMME JANUARY - MARCH 2010**

## RACQUETS

| DAY | TIME | ACTIVITY | LOCATION | AGE / LEVEL | KEY |
|---|---|---|---|---|---|
| Monday | 17.15-18.00 | Tennis All Stars Red 3 | Court 1 | 8 and under | £ |
| Monday | 18.00-19.00 | Tennis All Stars Green 3 | Court 1 | 10 yrs | £ |
| | | | | | |
| Tuesday | 16.30-17.15 | Tennis Tots and Parents | Court 1 | 3-4 yrs | P £ |
| Tuesday | 17.00-18.00 | Tennis All Stars Orange 2 | Court 2 | 8-9 yrs | £ |
| Tuesday | 17.15-18.00 | Tennis All Stars Red 3 | Court 1 | 8 and under | £ |
| Tuesday | 18.00-19.00 | Tennis All Stars Yellow 1 | Court 1 | 11-17 yrs | £ |
| Tuesday | 19.00-20.00 | Tennis All Stars Yellow Performance Team | Courts 4 & 5 | 11-17 yrs | £ |
| | | | | | |
| Wednesday | 16.30-17.30 | Tennis All Stars Red Performance Team | Badminton | 8 and under | £ |
| | | | | | |
| Thursday | 17.30-18.15 | Tennis All Stars Red 2 | Court 1 | 8 and under | £ |
| Thursday | 17.30-18.30 | Tennis All Stars Orange 3 | Court 4 | 8-9 yrs | £ |
| Thursday | 17.30-18.30 | Tennis All Stars Green 2 | Courts 5 & 6 | 10 yrs | £ |
| | | | | | |
| Friday | 17.30-18.30 | Tennis All Stars Orange 3 | Court 1 | 8-9 yrs | £ |
| Friday | 18.30-20.00 | Tennis All Stars Yellow Development Squad 1 | Courts 1 & 2 | 11-17yrs | £ |
| | | | | | |
| Saturday | 10.30-11.15 | Tennis Tots and Parents | Court 1 | 3-4 yrs | P £ |
| Saturday | 11.00-11.30 | Tennis - Family Welcome | Club Room | All | P |
| Saturday | 11.00-12.00 | Tennis All Stars Orange 1 | Court 2 | 8-9 yrs | £ |
| Saturday | 11.15-12.00 | Tennis All Stars Red 3 | Court 1 | 8 and under | £ |
| Saturday | 11.15-12.00 | Tennis All Stars Red 3 | Court 1 | 8 and under | £ |
| Saturday | 11.30-12.00 | Tennis - Family Welcome | Court 3 | All | P |
| Saturday | 12.00-13.00 | Tennis All Stars Red 1 | Court 1 | 8 and under | £ |
| Saturday | 12.00-13.00 | Tennis All Stars Yellow Development Squad 2 | Courts 2 & 3 | 11-17 yrs | £ |
| Saturday | 13.00-14.00 | Tennis All Stars Yellow 3 | Court 1 | 11-17 yrs | £ |
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| Sunday | 11.00-12.00 | Tennis All Stars Green 3 | Court 1 | 10 yrs | £ |
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## 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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# DAVID LLOYD CHORLEY - 01257 235100

**ALL STARS PROGRAMME JANUARY - MARCH 2010**

## SWIMMING

| DAY | TIME | ACTIVITY | LOCATION | AGE / LEVEL | KEY |
|---|---|---|---|---|---|
| Monday | 16.00-16.30 | Pre School Stage 1 | Pool | All Age Groups | P £ |
| Monday | 16.00-16.30 | ASA Stage 2 | 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 1 | Pool | All Age Groups | £ |
| Monday | 17.30-18.00 | ASA Stage 5 | Pool | All Age Groups | £ |
| Monday | 17.30-18.00 | ASA Stage 3 | Pool | All Age Groups | £ |
| Monday | 18.00-18.30 | ASA Stage 4 | Pool | All Age Groups | £ |
| Monday | 18.30-19.00 | ASA Stage 7 | Pool | All Age Groups | £ |
| | | | | | |
| Wednesday | 16.00-16.30 | ASA Stage 3 | Pool | All Age Groups | £ |
| Wednesday | 16.30-17.00 | ASA Stage 4 | Pool | All Age Groups | £ |
| Wednesday | 16.30-17.00 | ASA Stage 1 | Pool | All Age Groups | £ |
| Wednesday | 17.00-17.30 | ASA Stage 2 | Pool | All Age Groups | £ |
| Wednesday | 17.00-17.30 | ASA Stage 3 | Pool | All Age Groups | £ |
| Wednesday | 17.30-18.00 | ASA Stage 3 | Pool | All Age Groups | £ |
| Wednesday | 17.30-18.00 | ASA Stage 4 | Pool | All Age Groups | £ |
| Wednesday | 18.00-18.30 | Pre School Stage 1 | Pool | All Age Groups | P £ |
| Wednesday | 18.30-19.30 | Swim Club | Pool | All Age Groups | £ |
| | | | | | |
| Thursday | 09.30-10.15 | Parent and child | Pool | Contact Reception | P £ |
| | | | | | |
| Friday | 16.30-17.00 | ASA Stage 3 | Pool | All Age Groups | £ |
| Friday | 17.00-17.30 | ASA Stage 2 | Pool | All Age Groups | £ |
| Friday | 17.30-18.00 | ASA Stage 1 | Pool | All Age Groups | £ |
| Friday | 18.00-18.30 | ASA Stage 4 | Pool | All Age Groups | £ |
| Friday | 18.30-19.00 | ASA Stage 7 | Pool | All Age Groups | £ |
| Friday | 19.00-20.00 | Swim Club | Pool | All Age Groups | £ |
| | | | | | |
| Saturday | 09.00-09.30 | Pre School Stage 1 | Pool | All Age Groups | P £ |
| Saturday | 09.00-09.30 | 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 2 | Pool | All Age Groups | £ |
| Saturday | 10.00-10.30 | ASA Stage 2 | Pool | All Age Groups | £ |
| Saturday | 10.30-11.00 | ASA Stage 5 | Pool | All Age Groups | £ |
| Saturday | 11.00-11.30 | ASA Stage 3 | Pool | All Age Groups | £ |
| Saturday | 11.30-12.00 | ASA Stage 2 | Pool | All Age Groups | £ |
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## 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 CHORLEY - 01257 235100

**DL KIDS PROGRAMME JANUARY - MARCH 2010**

DL Kids

| DAY | TIME | ACTIVITY | CATEGORY | LOCATION | AGE / LEVEL | KEY |
|---|---|---|---|---|---|---|
| Monday | 09.30-10.00 | Imagine .... | Play | Creche | (Under 3's) & (3-4's) | P |
| Monday | 10.00-10.45 | Mini Active | Play | Badminton | (Under 3's) & (3-4's) | P |
| Monday | 11.00-11.30 | Pre School Gymnastics | Coaching | Badminton | Beginner | P |
| Monday | 11.30-12.15 | Gymnastics | Coaching | Badminton | Beginner | |
| Monday | 16.45-17.30 | Supervised Gym | Fitness | Gym | (8-11 & 12-13's) | |
| Monday | 17.00-18.00 | Trampolining | Coaching | Badminton | Improver | £ |
| | | | | | | |
| Tuesday | 16.15-17.00 | Gymnastics | Coaching | Badminton | Beginner | |
| Tuesday | 17.00-17.45 | Gymnastics | Coaching | Badminton | Improver | |
| Tuesday | 17.15-18.00 | Supervised Gym | Fitness | Gym | (8-11 & 12-13's) | |
| Tuesday | 17.45-18.45 | Gymnastics | Coaching | Badminton | Advanced | |
| Tuesday | 18.00-19.00 | Multi Sports | Active | Tennis | (8-11 & 12-13) | |
| | | | | | | |
| Wednesday | 16.30-17.15 | Gymnastics | Coaching | Badminton | Beginner | |
| Wednesday | 17.15-18.00 | Gymnastics | Coaching | Badminton | Improver | |
| Wednesday | 17.15-18.00 | Get Active | Active | Tennis/outdoor | (5-7 & 8-11) | |
| Wednesday | 17.30-18.15 | Supervised Gym | Fitness | Gym | (8-11 & 12-13's) | |
| | | | | | | |
| Thursday | 16.15-17.00 | Let's Create | Play | Creche | (Under 3's) & (3-4's) | P |
| Thursday | 16.15-17.00 | Make and Create | Active | Creche | (5-7's) | |
| Thursday | 17.15-18.00 | Multi Sports | Active | Badminton | (5-7 & 8-11) | |
| Thursday | 17.30-18.15 | Supervised Gym | Fitness | Gym | (8-11 & 12-13's) | |
| Thursday | 18.00-19.00 | Family Splash | Water | Pool | All Age Groups | P |
| | | | | | | |
| Friday | 09.30-10.15 | Mini Active | Play | Badminton | (Under 3's) & (3-4's) | P |
| Friday | 10.15-10.45 | Imagine .... | Play | Creche | (Under 3's) & (3-4's) | P |
| Friday | 16.45-17.30 | Street Dance | Fitness | Studio | (8-11 & 12-13's) | |
| Friday | 17.15-18.00 | Athletics | Coaching | Court 7 | Beginner | |
| Friday | 18.00-19.00 | Athletics | Coaching | Court 7 | Improver | |
| Friday | 17.30-18.00 | Family Cycle | Fitness | Gym | Family | |
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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

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 |
|---|---|---|---|---|---|---|
| Saturday | 09.30-10.15 | Let's Create | Play | Creche | (Under 3's) & (3-4's) | P |
| Saturday | 09.30-10.15 | Make and Create | Active | Creche | (5-7's) | |
| Saturday | 09.30-10.15 | Netball | Coaching | Badminton | Beginner | |
| Saturday | 10.00-11.00 | Football | Coaching | Outside | Improver | |
| Saturday | 10.15-11.00 | Netball | Coaching | Badminton | Improver | |
| Saturday | 10.30-11.15 | Supervised Gym | Fitness | Gym | (8-11 & 12-13's) | |
| Saturday | 11.00-11.30 | Family Welcome | Misc | Club room | | P |
| Saturday | 11.00-1200 | Football | Coaching | Outdoor | Improver | |
| Saturday | 11.30-12.00 | Family Taster Sessions | Misc | Various | | P |
| Saturday | 12.00-12.45 | Supervised Gym | Fitness | Gym | (8-11 & 12-13's) | |
| Saturday | 12.00-13.00 | Football | Coaching | Outdoor | Advanced | |
| Saturday | 12.00-14.00 | Birthday Parties | Misc | Various | | |
| Saturday | 12.30-13.15 | Ballet | Coaching | Studio | Beginner | £ |
| Saturday | 13.15-14.00 | Ballet | Coaching | Studio | Improver | £ |
| Saturday | 14.00-14.45 | Mini Dance | Play | Studio | (3–4's) | |
| Saturday | 14.45-15.15 | Mini Dance | Play | Studio | (under 3's) | P |
| Saturday | 15.00-17.00 | Birthday Parties | Misc | Various | | £ P |
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| Sunday | 09.30-10.00 | Pre School Gymnastics | Coaching | Badminton | Beginner | P |
| Sunday | 10.00-10.45 | Gymnastics | Coaching | Badminton | Beginner | |
| Sunday | 10.45-11.30 | Gymnastics | Coaching | Badminton | Improver | |
| Sunday | 11.30-12.15 | Supervised Gym | Fitness | Gym | (8-11 & 12-13's) | |
| Sunday | 12.00-14.00 | Birthday Parties | Misc | Various | | £ P |
| Sunday | 13.00-14.00 | Family Splash | Water | Pool | All Age Groups | |
| Sunday | 13.00-14.00 | Cricket/Kwik Cricket | Coaching | Court 7 | Beginner | |
| Sunday | 14.00-15.00 | Cricket/Kwik Cricket | Coaching | Court 7 | Improver | |
| Sunday | 15.00-17.00 | Birthday Parties | Misc | Various | | £ P |
| Sunday | 17.00-18.00 | Trampolining | Coaching | Badminton | Beginner | £ |
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Club Crèche (Crèche)
Club Play (Play)
Club Active (Active)
Club Fitness (Fitness)
Club Water Activities (Water)
Other Kids Activities & Parties (Misc)

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