DAVID LLOYD LEISURE Derby - 01332 821301

ALL STARS PROGRAMME JULY - AUGUST 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	09:00 - 11:00	Holiday Intensive - Beginner	Beginner	Bad Crt 3, 4	
Monday	11:30 - 13:00	Holiday Intensive - Advanced	Advanced	Ind Crt 1, 2	
Tuesday	09:00 - 11:00	Holiday Intensive - Beginner	Beginner	Bad Crt 3, 4	
Tuesday	11:30 - 13:00	Holiday Intensive - Advanced	Advanced	Ind Crt 1, 2	
Wednesday	09:00 - 11:00	Holiday Intensive - Beginner	Beginner	Bad Crt 3, 4	
Wednesday	11:30 - 13:00	Holiday Intensive - Advanced	Advanced	Ind Crt 1, 2	
Thursday	09:00 - 11:00	Holiday Intensive - Beginner	Beginner	Bad Crt 3, 4	
Thursday	11:30 - 13:00	Holiday Intensive - Advanced	Advanced	Ind Crt 1, 2	
Friday	09:00 - 11:00	Holiday Intensive - Beginner	Beginner	Bad Crt 3, 4	
Friday	12:00 - 13:00	Holiday Intensive - Advanced	Advanced	Ind Crt 1, 2	

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 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	17:00 - 18:00	Box Fit	8-11 Years		
Monday	18:00 - 18:30	Supervised Gym	All Levels	Lower Gym	
Monday	19:00 - 19:30	Start Up Cycle	All Levels	Studio 3	
Monday	19:15 - 20:15	Multi Sports	8-11 Years		
Tuesday	10:00 - 10:30	Lets Create	All Levels	DL Kids Studio	
Tuesday	10:30 - 11:00	Lets Create	3-4 Years	DL Kids Studio	
Tuesday	11:00 - 11:30	Mini Active	3-4 Years	DL Kids Studio	
Wednesday	17:15 - 18:00	DL Kids Cheerleading Beginners	Beginner	Studio 1	£
Wednesday	18:00 - 18:45	DL Kids Street Dance	8-11 Years	Studio 2	
Wednesday	18:00 - 19:00	Supervised Gym	All Levels		
Thursday	10:00 - 10:30	Lets Create	3-4 Years	DL Kids Studio	
Thursday	10:30 - 11:00	Lets Create	3-4 Years	DL Kids Studio	
Thursday	11:00 - 11:30	Mini Active	3-4 Years	DL Kids Studio	
Thursday	18:00 - 19:00	Supervised Gym	All Levels		
Thursday	19:00 - 19:30	Start Up Circuits	All Levels	DL Kids Studio	
Friday	08:30 - 09:30	Holiday Active - Full Day	All Levels		£
Friday	10:00 - 11:00	Holiday Active - Short Day	All Levels		£
Saturday	10:00 - 11:00	Lets Play Outside	5-7 Years	Out Crt 5	
Saturday	10:00 - 11:00	Multi Sports	8-11 Years	DL Kids Studio	
Saturday	11:00 - 12:00	Lets Play Outside	8-11 Years	Out Crt 5	
Saturday	11:00 - 12:00	Multi Sports	5-7 Years	DL Kids Studio	
Saturday	11:15 - 12:00	Start Up Cycle	All Levels	Studio 3	
Saturday	12:00 - 12:45	Get Active	5-7 Years	DL Kids Studio	
Saturday	12:00 - 12:45	Supervised Gym	8-11 Years		
Saturday	12:00 - 13:30	Supervised Gym	12-13 Years	Lower Gym	
Saturday	12:45 - 13:30	DL Kids Street Dance	8-11 Years		
Saturday	12:45 - 13:30	Start Up Circuits	All Levels	DL Kids Studio	
Sunday	09:30 - 10:30	Multi Sports	All Levels		
Sunday	10:30 - 11:30	Lets Play Outside	5-7 Years		
Sunday	11:15 - 12:15	Family Splash	All Levels	Main Pool	
Sunday	12:00 - 13:30	Supervised Gym	12-13 Years	Lower 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

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CL Class
CO Course

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