DAVID LLOYD DUDLEY - 01384 344 044

ALL STARS PROGRAMME JANUARY - MARCH 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	1000-1045	Tennis Tots and Parents	Court 1	3-4 yrs	P
Monday	1700-1745	Tennis Tots and Parents	Badminton	3-4 yrs	P
Monday	1700-1745	Tennis Tots	Court 1	3-5 yrs	£
Monday	1700-1745	Tennis All Stars Red 3	Court 1	8 and under	£
Monday	1700-1800	Tennis All Stars Orange 3	Court 2	8-9 yrs	£ *
Monday	1700-1800	Tennis All Stars Green 3	Court 3	10 yrs	£ *
Tuesday	1700-1800	Tennis All Stars Red 1	Court 1	8 and under	£ *
Tuesday	1800-1900	Tennis All Stars Orange 1	Court 2	8-9 yrs	£ *
Tuesday	1800-1900	Tennis All Stars Green 1	Court 3	10 yrs	£ *
Tuesday	1900-1830	Tennis All Stars Yellow 1	Court 1 + 2	11-17 yrs	£ *
Wednesday	1000-1045	Tennis Tots and Parents	Court 1	3-4 yrs	P
Wednesday	1700-1800	Tennis All Stars Red 2	Court 1	8 and under	£ *
Wednesday	1700-1800	Tennis All Stars Orange 2	Court 2	8-9 yrs	£ *
Wednesday	1700-1800	Tennis All Stars Green 2	Court 3	10 yrs	£ *
Wednesday	1800-1900	Tennis All Stars Yellow 2	Court 2 + 3	11-17 yrs	£ *
Wednesday	1800-1900	Junior Cardio Tennis	Court 1	11-17 yrs	£ *
Thursday	1700-1745	Tennis Tots and Parents	Badminton	3-4 yrs	P
Thursday	1700-1745	Tennis Tots	Court 1	3-5 yrs	£
Thursday	1700-1745	Tennis All Stars Red 3	Court 1	8 and under	£
Thursday	1700-1800	Tennis All Stars Orange 3	Court 2	8-9 yrs	£ *
Thursday	1700-1800	Tennis All Stars Green 3	Court 3	10 yrs	£ *
Friday	1700-1800	Tennis All Stars Red 1	Court 1	8 and under	£ *
Friday	1800-1900	Tennis All Stars Orange 1	Court 1	8-9 yrs	£ *
Friday	1900-2030	Tennis All Stars Yellow 1	Court 1 + 2	11-17 yrs	£ *
Saturday	1600-1800	Tennis All Stars Red 1	Court 1	8 and under	£ *
Saturday	1600-1800	Tennis All Stars Orange 1	Court 2	8-9 yrs	£ *
Saturday	1600-1800	Tennis All Stars Green 1	Court 3	10 yrs	£ *
Saturday	1600-1800	Tennis All Stars Yellow 1	Court 4	11-17 yrs	£ *
Sunday	1100-1145	Tennis Tots	Court 1	3-5 yrs	£ *
Sunday	1100-1145	Tennis All Stars Red 3	Court 1	8 and under	£ *
Sunday	1100-1200	Tennis All Stars Orange 3	Court 2	8-9 yrs	£ *
Sunday	1100-1200	Tennis All Stars Green 3	Court 3	10 yrs	£ *
Sunday	1200-1300	Tennis All Stars Red 2	Court 1	8 and under	£ *
Sunday	1200-1300	Tennis All Stars Orange 2	Court 2	8-9 yrs	£ *
Sunday	1200-1300	Tennis All Stars Green 2	Court 3	10 yrs	£ *
Sunday	1300-1400	Tennis All Stars Yellow 3	Court 1	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	1830-1930	Rookie Lifeguard - ASA Stage 8	POOL	Contact Reception	
Tuesday	1630-1700	ASA Stage 1	POOL	All Age Groups	
Tuesday	1700-1730	ASA Stage 2	POOL	All Age Groups	
Tuesday	1730-1800	ASA Stage 3	POOL	All Age Groups	
Tuesday	1800-1830	ASA Stage 4	POOL	All Age Groups	
Tuesday	1830-1900	ASA Stage 5	POOL	All Age Groups	
Tuesday	1900-1930	ASA Stage 6	POOL	All Age Groups	
Tuesday	1930-2015	ASA Stage 7	POOL	All Age Groups	
Wednesday	1000-1030	Parent and baby	POOL	All Age Groups	
Wednesday	1030-1100	Parent and baby	POOL	All Age Groups	
Wednesday	1630-1700	ASA Stage 1	POOL	All Age Groups	
Wednesday	1700-1730	ASA Stage 2	POOL	All Age Groups	
Wednesday	1730-1800	ASA Stage 3	POOL	All Age Groups	
Wednesday	1800-1830	ASA Stage 4	POOL	All Age Groups	
Wednesday	1830-1900	ASA Stage 5	POOL	All Age Groups	
Wednesday	1900-1930	ASA Stage 6	POOL	All Age Groups	
Wednesday	1930-2015	ASA Stage 7	POOL	All Age Groups	
Saturday	0900-0930	ASA Stage 1	POOL	All Age Groups	
Saturday	0900-0930	ASA Stage 5	POOL	All Age Groups	
Saturday	0900-0930	ASA Stage 6	POOL	All Age Groups	
Saturday	0930-1000	ASA Stage 2	POOL	All Age Groups	
Saturday	0930-1015	ASA Stage 7	POOL	Contact Reception	
Saturday	1000-1030	ASA Stage 3	POOL	All Age Groups	
Saturday	1015-1100	Swim Squads	POOL	Contact Reception	
Saturday	1030-1100	ASA Stage 4	POOL	All Age Groups	
Saturday	1100-1200	Swim Squads	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

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	1630-1700	Supervised Gym	Fitness	Gym Desk	(8-11 & 12-13's)	
Monday	1700-1800	Multi Sports	Active	DL Kids Area	(8-11's)	
Monday	1700-1800	Football	Coaching	DL Kids Area	Beginner	
Monday	1800-1900	Tag Rugby	Coaching	DL Kids Area	All	
Monday	1800-1900	Dance	Coaching	DL Kids Area	All	
Monday	1800-1900	Supervised Gym	Fitness	Gym Desk	(8-11 & 12-13's)	
Monday	1800-1900	Football	Coaching	DL Kids Area	Contact Reception	£ *
Tuesday	1630-1700	Supervised Gym	Fitness	Gym Desk	(8-11 & 12-13's)	
Tuesday	1700-1745	Tots Football	Coaching	DL Kids Area	Contact Reception	
Tuesday	1700-1800	Supervised Gym	Fitness	Gym Desk	(8-11 & 12-13's)	
Tuesday	1700-1800	Cricket/Kwik Cricket	Coaching	DL Kids Area	All	
Tuesday	1700-1800	Dance	Coaching	DL Kids Area	All	
Tuesday	1800-1900	Tri Golf	Coaching	DL Kids Area	All	
Tuesday	1800-1900	Make and Create	Active	DL Kids Area	(5-7 & 8-11)	
Tuesday	1900-2000	Athletics	Coaching	DL Kids Area	Improver	
Wednesday	1700-1800	Dance	Coaching	DL Kids Area	All	
Wednesday	1700-1800	Athletics	Coaching	DL Kids Area	All	
Wednesday	1800-1900	Supervised Gym	Fitness	Gym Desk	(8-11 & 12-13's)	
Wednesday	1800-1930	DL Kids Club Night	Misc	DL Kids Area		
Thursday	1700-1745	Tots Cheerleading	Coaching	DL Kids Area	Contact Reception	
Thursday	1700-1800	Hockey	Coaching	DL Kids Area	All	
Thursday	1700-1800	Aqua Splash	Active	DL Kids Area	(5-7 & 8-11)	
Thursday	1700-1800	Supervised Gym	Fitness	Gym Desk	(8-11 & 12-13's)	
Thursday	1800-1900	Football	Coaching	DL Kids Area	Improver	
Thursday	1800-1900	Tri Golf	Coaching	DL Kids Area	Beginner	
Thursday	1800-1900	Dance	Coaching	DL Kids Area	All	
Thursday	1900-2000	Supervised Gym	Fitness	Gym Desk	(8-11 & 12-13's)	
Friday	1700-1800	Karate	Coaching	DL Kids Area	All	
Friday	1700-1800	Tag Rugby	Coaching	DL Kids Area	All	
Friday	1700-1800	Supervised Gym	Fitness	Gym Desk	(8-11 & 12-13's)	
Friday	1800-1900	Football	Coaching	DL Kids Area	Beginner	
Friday	1800-1900	Cricket/Kwik Cricket	Coaching	DL Kids Area	Improver	
Friday	1800-1900	Dance	Coaching	DL Kids Area	All	
Saturday	0930-1030	Football	Coaching	DL Kids Area	Improver	
Saturday	0930-1030	Supervised Gym	Fitness	Gym Desk	(8-11 & 12-13's)	
Saturday	1030-1130	Multi Sports	Active	DL Kids Area	(5-7 & 8-11)	
Saturday	1030-1130	Dance	Coaching	DL Kids Area	All	
Saturday	1130-1230	Supervised Gym	Fitness	Gym Desk	(8-11 & 12-13's)	
Sunday	1100-1200	Netball	Coaching	DL Kids Area	All	
Sunday	1600-1700	Supervised Gym	Fitness	Gym Desk	(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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