DAVID LLOYD DUNDEE - 01382 537 500

ALL STARS PROGRAMME JANUARY - MARCH 2010

ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	1320 - 1405	Tennis Tots	Badminton courts	3-5 yrs	£
Monday	1630 - 1730	Tennis All Stars Orange Development Squad 1	Court 1	8-9 yrs	£
Monday	1730 - 1830	Tennis All Stars Red 2	Court 4	8 and under	£*
Tuesday	1545 - 1630	Tennis All Stars Red 3	Court 4	8 and under	£
Wednesday	1545 - 1630	Tennis All Stars Red 1	Court 4	8 and under	£
Wednesday	1630 - 1730	Tennis All Stars Red 3	Court 4	8 and under	£
Wednesday	1730 - 1830	Tennis All Stars Orange 3	Court 4	8-9 yrs	£
Thursday	1315 - 1405	Tennis Tots	Badminton Courts	3-5 yrs	£
Thursday	1730 - 1830	Tennis All Stars Yellow 3	Courts 5 & 6	11-17 yrs	£
Friday	1630 - 1730	Tennis All Stars Yellow 1	Courts 5 & 6	11-17 yrs	£
Friday	1730 - 1830	Tennis All Stars Green 1	Courts 5 & 6	10 yrs	£
Saturday	0900 - 1000	Tennis All Stars Red 3	Badminton Courts	8 and under	£
Saturday	0900 - 1000	Tennis All Stars Red 2	Badminton Courts	8 and under	£
Saturday	0930 - 1000	Tennis Tots	Court 3	3-5 yrs	£
Saturday	1000 - 1045	Tennis All Stars Orange 3	Court 4	8-9 yrs	£ *
Saturday	1000 - 1100	Tennis All Stars Green 2	Courts 2 & 3	10 yrs	£ *
Saturday	1045 - 1130	Tennis All Stars Orange 2	Court 4	8-9 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
Tuesday	1500-1530	Pre School Stage 1	Main/Baby	(3+)	£
Tuesday	1530-1600	ASA Stage 1	Main	All Age Groups	£
Tuesday	1600-1630	ASA Stage 2	Main	All Age Groups	£
Tuesday	1630-1700	ASA Stage 3	Main	All Age Groups	£
Tuesday	1700-1730	ASA Stage 4	Main	All Age Groups	£
Tuesday	1730-1800	ASA Stage 5	Main	All Age Groups	£
Tuesday	1800-1830	ASA Stage 6	Main	All Age Groups	£
Thursday	1530-1600	Pre School Stage 1	Baby/Main	(3+)	£
Thursday	1600-1630	ASA Stage 1	Main	All Age Groups	£
Thursday	1630-1700	ASA Stage 2	Main	All Age Groups	£
Thursday	1700-1730	ASA Stage 3	Main	All Age Groups	£
Thursday	1730-1800	ASA Stage 4	Main	All Age Groups	£
Thursday	1800-1830	ASA Stage 5	Main	All Age Groups	£
Thursday	1830-1900	ASA Stage 6	Main	All Age Groups	£
Saturday	0930-1000	Pre School Stage 1	Baby/Main	(3+)	£
Saturday	0930-1000	ASA Stage 1	Main	All Age Groups	£
Saturday	1000-1030	ASA Stage 2	Main	All Age Groups	£
Saturday	1000-1030	ASA Stage 3	Main	All Age Groups	£
Saturday	1030-1100	ASA Stage 4	Main	All Age Groups	£
Saturday	1030-1100	ASA Stage 5	Main	All Age Groups	£
Saturday	1100-1130	ASA Stage 1	Main	All Age Groups	£
Saturday	1100-1130	ASA Stage 2	Main	All Age Groups	£
Saturday	1130-1200	ASA Stage 3	Main	All Age Groups	£
Saturday	1130-1200	ASA Stage 4	Main	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.

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DL KIDS PROGRAMME JANUARY - MARCH 2010

DL Kids

DAY	TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
Monday	1530-1600	Mini Active	Play	Badminton Courts	(3–4's)	
Monday	1600-1700	Multi Sports	Active	Badminton Courts	(5-7's)	
Monday	1800-1900	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Tuesday	1315-1400	Tot Gymnastics	Play	Badminton Courts	(3–4's)	£
Tuesday	1530-1630	Tots Football	Coaching	Badminton Courts	Contact Reception	£
Tuesday	1600-1630	Tots Basketball	Coaching	Badminton Courts	Contact Reception	£
Tuesday	1630-1700	Multi Sports	Active	Badminton Courts	(5-7's)	
Tuesday	1830-1930	Family Welcome	Misc	Club Room		
Wednesday	1500-1600	Mini Active	Play	Badminton Courts	(3–4's)	
Wednesday	1600-1700	Tap	Coaching	Studio	Contact Reception	£
Wednesday	1600-1630	Tots Rugby	Coaching	Badminton Courts	Contact Reception	£
Wednesday	1630-1700	Tots Football	Coaching	Badminton Courts	Contact Reception	£
Wednesday	1700-1800	Football	Coaching	Badminton Courts	Contact Reception	£
Wednesday	1800-1900	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Wednesday	1900-2000	Cricket/Kwik Cricket	Coaching	Badminton Courts	Contact Reception	£
Thursday	1000-1045	Pre School Gymnastics	Coaching	Badminton Courts	Contact Reception	£
Thursday	1315-1400	Pre School Gymnastics	Coaching	Badminton Courts	Contact Reception	£
Thursday	1530-1600	Mini Active	Play	Badminton Courts	(3–4's)	
Thursday	1600-1630	Tots Basketball	Coaching	Badminton Courts	Contact Reception	£
Thursday	1630-1700	Tots Football	Coaching	Badminton Courts	Contact Reception	£
Thursday	1700-1730	Basketball	Coaching	Badminton Courts	Contact Reception	£
Thursday	1730-1800	Football	Coaching	Badminton Courts	Contact Reception	£
Thursday	1800-1900	Badminton	Coaching	Badminton Courts	Contact Reception	£*
Friday	1000-1045	Pre School Gymnastics	Coaching	Badminton Courts	Contact Reception	£
Friday	1045-1130	Pre School Gymnastics	Coaching	Badminton Courts	Contact Reception	£*
Friday	1545-1630	Street Dance	Fitness	Studio		
Friday	1600-1700	Gymnastics	Coaching	Badminton Courts	Contact Reception	£
Friday	1630-1700	Street Dance	Fitness	Studio	Family	£
Friday	1700-1800	Start Up Circuits	Fitness	Badminton Courts	(8-11 & 12-13's)	
Friday	1800-1900	Rounders	Coaching	Badminton Courts	Contact Reception	£
Friday	1900-2000	Football	Coaching	Badminton Courts	Contact Reception	£
Saturday	1000-1100	Football	Coaching	Badminton Courts	Contact Reception	£
Saturday	1100-1200	Multi Sports	Active	Badminton Courts	(5-7's)	
Saturday	1200-1300	Family Welcome	Misc	Badminton Courts		
Saturday	1400-1500	Kids Splash	Water	Pool		
Sunday	1100-1200	Multi Sports	Active	Badminton Courts	(5-7's)	
Sunday	1200-1300	Uni Hoc	Coaching	Badminton Courts	Contact Reception	£

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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