DAVID LLOYD NEWHAVEN HARBOUR - 0131 554 5000

ALL STARS PROGRAMME JANUARY - MARCH 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	16.00-17.00	Tennis All Stars Red 1	Court 1	8 and under	£
Monday	17.00-18.00	Tennis All Stars Orange 1	Court 1	8-9 yrs	£
Tuesday	15.30-16.00	Tennis Tots and Parents	Court 1	3-4 yrs	£ (P)
Tuesday	16.00-17.00	Tennis All Stars Red Development Squad 1	Court 1	8 and under	£
Wednesday	17.00-18.00	Tennis All Stars Green 3	Court 1	10 yrs	£
Thursday	16.00-16.30	Tennis Tots and Parents	Court 1	3-4 yrs	£ (P)
Thursday	16.00-16.45	Tennis All Stars Red 3	Court 2	8 and under	£
Thursday	16.30-17.00	Tennis Tots	Court 1	3-5 yrs	£ (P)
Thursday	16.30-18.00	Tennis All Stars Yellow Development Squad 1	Court 4	11-17yrs	£
Thursday	17.00-18.00	Tennis All Stars Red 2	Court 1	8 and under	£
Thursday	17.00-18.00	Tennis All Stars Orange 3	Courts 2-3	8-9 yrs	£
Thursday	18.00-19.00	Tennis All Stars Orange 2	Court 1	8-9 yrs	£
Thursday	18.00-19.00	Tennis All Stars Yellow 2	Courts 2-3	11-17 yrs	£
Thursday	18.00-19.00	Tennis All Stars Yellow 3	Courts 4	11-17 yrs	£
Friday	17.00-19.00	Tennis All Stars Yellow Development Squad 2	Courts 1-2	11-17 yrs	£
Saturday	09.30-10.00	Tennis Tots and Parents	Court 1	3-4 yrs	£ (P)
Saturday	10.00-10.45	Tennis All Stars Red 3	Court 1	8 and under	£
Saturday	10.00-11.00	Tennis All Stars Red 2	Court 2	8 and under	£
Saturday	11.00-12.00	Tennis All Stars Orange 2	Court 1	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
Monday	16.00-16.30	ASA Stage 1	Main Pool	Contact Reception	£
Monday	16.00-16.30	ASA Stage 2	Main Pool	Contact Reception	£
Monday	16.30-17.00	ASA Stage 3	Main Pool	Contact Reception	£
Monday	16.30-17.00	ASA Stage 4	Main Pool	Contact Reception	£
Monday	17.00-17.30	ASA Stage 5	Main Pool	Contact Reception	£
Monday	17.00-17.30	ASA Stage 6	Main Pool	Contact Reception	£
Monday	17.00-17.30	ASA Stage 7	Main Pool	Contact Reception	£
Monday	17.30-18.00	Rookie Lifeguard - ASA Stage 8	Main Pool	Contact Reception	£
Monday	17.30-18.00	Rookie Lifeguard - ASA Stage 9	Main Pool	Contact Reception	£
Monday	17.30-18.00	Rookie Lifeguard - ASA Stage 10	Main Pool	Contact Reception	£
Tuesday	20.15-21.15	Swim Club	Main Pool	Contact Reception	£
Thursday	10:00-10:30	Parent and baby	Main Pool	Contact Reception	£ (P)
Thursday	10.30-11.00	Parent and child	Main Pool	Contact Reception	£ (P)
Friday	16.00-16.30	ASA Stage 1	Main Pool	Contact Reception	£
Friday	16.00-16.30	ASA Stage 2	Main Pool	Contact Reception	£
Friday	16.30-17.00	ASA Stage 3	Main Pool	Contact Reception	£
Friday	16.30-17.00	ASA Stage 4	Main Pool	Contact Reception	£
Friday	17.00-17.30	ASA Stage 5	Main Pool	Contact Reception	£
Friday	17.00-17.30	ASA Stage 6	Main Pool	Contact Reception	£
Friday	17.00-17.30	ASA Stage 7	Main Pool	Contact Reception	£
Friday	17.30-18.00	Rookie Lifeguard - ASA Stage 8	Main Pool	Contact Reception	£
Friday	17.30-18.00	Rookie Lifeguard - ASA Stage 9	Main Pool	Contact Reception	£
Friday	17.30-18.00	Rookie Lifeguard - ASA Stage 10	Main Pool	Contact Reception	£
Saturday	10.00-10.30	ASA Stage 1	Main Pool	Contact Reception	£
Saturday	10.00-10.30	ASA Stage 2	Main Pool	Contact Reception	£
Saturday	10.30-11.00	ASA Stage 3	Main Pool	Contact Reception	£
Saturday	10.30-11.00	ASA Stage 4	Main Pool	Contact Reception	£
Saturday	11.00-11.30	ASA Stage 5	Main Pool	Contact Reception	£
Saturday	11.00-11.30	ASA Stage 6	Main Pool	Contact Reception	£
Saturday	11.00-11.30	ASA Stage 7	Main Pool	Contact Reception	£
Saturday	11.30-12.00	Rookie Lifeguard - ASA Stage 8	Main Pool	Contact Reception	£
Saturday	11.30-12.00	Rookie Lifeguard - ASA Stage 9	Main Pool	Contact Reception	£
Saturday	11.30-12.00	Rookie Lifeguard - ASA Stage 10	Main Pool	Contact Reception	£

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	16.30-17.00	Gymnastics	Coaching	Badminton Courts	Contact Reception	
Monday	17.00-17.30	Gymnastics	Coaching	Badminton Courts	Contact Reception	
Monday	17.30-18.30	Gymnastics	Coaching	Badminton Courts	Contact Reception	
Monday	17.30-18.30	Trampolining	Coaching	Badminton Courts	Contact Reception	
Monday	18.30-19.30	Trampolining	Coaching	Badminton Courts	Contact Reception	*
Monday	19.45-20.45	Start Up	Fitness	Gym	(12-13 & 14-15's)	
Tuesday	17.00-18.00	Athletics	Coaching	Badminton Courts	Contact Reception	
Tuesday	18.00-19.00	Multi Sports	Active	Badminton Courts	(8-11's)	*
Tuesday	18.00-19.00	Family Welcome	Misc	Family Area		
Tuesday	19.00-20.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	*
Wednesday	15.30-16.15	Mini Active	Play	Kids Studio	(3–4's)	
Wednesday	17.00-17.30	Basketball	Coaching	Badminton Courts	Contact Reception	
Wednesday	17.00-18.00	Ballet	Coaching	Kids Studio	Contact Reception	
Wednesday	17.30-18.30	Basketball	Coaching	Badminton Courts	Contact Reception	*
Wednesday	18.15-19.15	Ballet	Coaching	Kids Studio	Contact Reception	
Wednesday	18.30-19.30	Badminton	Coaching	Badminton Courts	Contact Reception	*
Thursday	15.30-16.00	Dance	Coaching	Kids Studio	Contact Reception	
Thursday	16.00-17.00	Street Dance	Fitness	Kids Studio	(8-11 & 12-13's)	
Thursday	16.00-17.00	Trampolining	Coaching	Badminton Courts	Contact Reception	
Thursday	17.00-18.00	Trampolining	Coaching	Badminton Courts	Contact Reception	
Thursday	17.00-17.30	Football	Coaching	Badminton Courts	Contact Reception	
Thursday	17.30-18.00	Football	Coaching	Badminton Courts	Contact Reception	*
Thursday	18.00-19.00	Football	Coaching	Badminton Courts	Contact Reception	*
Thursday	18.00-19.00	Trampolining	Coaching	Badminton Courts	Contact Reception	*
Friday	14.00-15.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Friday	15.15-16.00	Start Up Cycle	Fitness	Gym	(12-13 & 14-15's)	
Saturday	12.30-13.15	Mini Dance	Play	Kids Studio	(under 3's)	(P)
Saturday	13.30-14.30	Gymnastics	Coaching	Kids Studio	Contact Reception	*
Saturday	15.00-16.00	Family Splash	Water	Main Pool	All Age Groups	
Sunday	14.00-15.00	Family Splash	Water	Main Pool	All Age Groups	

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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