DAVID LLOYD LEISURE Edinburgh Newhaven Harbour - 0131 554 5000

ALL STARS PROGRAMME JULY - AUGUST 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	16:00 - 17:00	All Star Tennis Red 1 (8yrs & Under)	8 Years & Under	Ind Crt 1	£
Monday	17:00 - 18:00	All Star Tennis Orange 1 (8-9yrs)	8-9 Years	Ind Crt 1	£
Tuesday	15:30 - 16:00	Tots & Parents (3-4yrs)	3-4 Years	Ind Crt 1	£
Tuesday	16:30 - 17:30	All Star Tennis Red Development Squad 1	8 Years & Under	Ind Crt 1	£
Tuesday	17:00 - 18:00	All Star Tennis Yellow 3 (11-17yrs)	11-18 Years	Ind Crt 2	£
Wednesday	17:00 - 18:00	All Star Tennis Green 3 (10yrs)	10 Years	Ind Crt 1	£
Wednesday	17:00 - 18:00	All Star Tennis Yellow 3 (11-17yrs)	11-18 Years	Ind Crt 2	£
Thursday	16:00 - 16:30	Tots & Parents (3-4yrs)	3-4 Years	Ind Crt 1	£
Thursday	16:00 - 16:45	All Star Tennis Red 3 (8yrs & Under)	8 Years & Under	Ind Crt 2	£
Thursday	16:30 - 17:00	Tots (3-5yrs)	3-5 Years	Ind Crt 1	£
Thursday	16:30 - 18:00	All Star Tennis Yellow Development Squad 1	11-18 Years	Ind Crt 3, 4	£
Thursday	17:00 - 18:00	All Star Tennis Orange 3 (8-9yrs)	8-9 Years	Ind Crt 2	£
Thursday	17:00 - 18:00	All Star Tennis Red 2 (8yrs & Under)	8 Years & Under	Ind Crt 1	£
Thursday	18:00 - 19:00	All Star Tennis Green 1 (10yrs)	10 Years	Ind Crt 2	£
Thursday	18:00 - 19:00	All Star Tennis Orange 2 (8-9yrs)	8-9 Years	Ind Crt 1	£
Thursday	18:00 - 19:00	All Star Tennis Yellow 2 (11-17yrs)	11-18 Years	Ind Crt 3, 4	£

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 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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SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	16:00 - 16:30	ASA Swim Stage 1	All Levels		£
Monday	16:00 - 16:30	ASA Swim Stage 2	All Levels		£
Monday	16:30 - 17:00	ASA Swim Stage 3	All Levels		£
Monday	16:30 - 17:00	ASA Swim Stage 4	All Levels		£
Monday	17:00 - 17:30	ASA Swim Stage 5	All Levels		£
Monday	17:00 - 17:30	ASA Swim Stage 6	All Levels		£
Monday	17:00 - 17:30	ASA Swim Stage 7	All Levels		£
Monday	17:30 - 18:00	Rookie Lifeguard - ASA Stage 10	All Levels		£
Monday	17:30 - 18:00	Rookie Lifeguard - ASA Stage 8	All Levels		£
Monday	17:30 - 18:00	Rookie Lifeguard - ASA Stage 9	All Levels		£
Tuesday	10:00 - 10:30	Adult & Baby	All Levels		
Tuesday	10:30 - 11:00	Adult & Child	All Levels		
Thursday	10:00 - 10:30	Adult & Baby	All Levels		
Thursday	10:30 - 11:00	Adult & Child	All Levels		

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	16:30 - 17:00	DL Kids Gymnastics	All Levels	Bad Crt 3	
Monday	17:00 - 17:30	DL Kids Gymnastics	All Levels	Bad Crt 3, 4	
Monday	17:30 - 18:30	DL Kids Gymnastics	All Levels	Bad Crt 3	
Monday	17:30 - 18:30	DL Kids Trampolining	All Levels	Bad Crt 1	
Monday	18:30 - 19:30	DL Kids Trampolining	All Levels	Bad Crt 1	
Monday	19:45 - 20:45	Start Up	All Levels	Gym Area 1	
Tuesday	18:00 - 19:00	Family Welcome	All Levels	Club Rm	
Wednesday	10:00 - 11:00	Parent & Tots Free Play	All Levels	Kids Zone	
Wednesday	11:00 - 12:00	Parent & Baby Coffee Morning	All Levels	Lounge	
Wednesday	16:30 - 17:00	Mini Active	3-4 Years	Kids Zone	
Wednesday	17:00 - 17:30	DL Kids Basketball	All Levels	Bad Crt 3	
Wednesday	17:15 - 18:15	DL Kids Ballet Beginners	Beginner	Kids Zone	
Wednesday	17:30 - 18:30	DL Kids Basketball	All Levels	Bad Crt 4	
Wednesday	18:15 - 19:15	DL Kids Street Dance	All Levels	Kids Zone	
Wednesday	18:30 - 19:30	DL Kids Badminton	All Levels	Bad Crt 4	
Thursday	15:30 - 16:00	DL Kids Dance	5-7 Years	Kids Zone	
Thursday	16:00 - 16:30	DL Kids Trampolining	3-4 Years	Bad Crt 3	
Thursday	16:00 - 17:00	DL Kids Street Dance	All Levels	Kids Zone	
Thursday	16:30 - 17:00	DL Kids Trampolining	3-4 Years	Bad Crt 3	
Thursday	17:00 - 17:30	DL Kids Football	All Levels	Bad Crt 1	
Thursday	17:00 - 18:00	DL Kids Trampolining	All Levels	Bad Crt 3	
Thursday	17:30 - 18:00	DL Kids Football	All Levels	Bad Crt 1	
Thursday	18:00 - 19:00	DL Kids Football	All Levels	Bad Crt 1	
Thursday	18:00 - 19:00	DL Kids Trampolining	All Levels	Bad Crt 3	
Friday	14:00 - 15:00	Supervised Gym	All Levels	Gym Area 1	
Friday	15:15 - 16:10	Start Up Cycle	All Levels		
Saturday	14:00 - 14:55	Family Splash	All Levels	Main Pool	
Sunday	14:00 - 14:55	Family Splash	All Levels	Main Pool	
Sunday	15:30 - 16:00	Mini Active	All Levels	Kids Zone	
Sunday	16:15 - 17:15	DL Kids Street Dance	All Levels	Kids Zone	

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 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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