DAVID LLOYD ENFIELD - 0208 3645858

ALL STARS PROGRAMME JANUARY - MARCH 2010

RACQUETS

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	16:15-17:00	Tennis Tots	court 1	3-5 yrs	£
Monday	17:00-18:00	Tennis All Stars Red 2	court 1	8 and under	£
Monday	17:00-18:00	Tennis All Stars Red 1	court 2	8 and under	£
Tuesday	13:15-14:00	Tennis Tots	court 1	3-5 yrs	£
Tuesday	16:00-17:00	Tennis All Stars Orange 3	court 1	8-9 yrs	£
Tuesday	17:00-18:00	Tennis All Stars Red Performance Team	court 1	8 and under	£
Tuesday	17:00-18:00	Tennis All Stars Orange Performance Team	court 2	8-9 yrs	£
Tuesday	17:00-18:00	Tennis All Stars Green Performance Team	court 3	10 yrs	£
Tuesday	18:00-19:00	Tennis All Stars Yellow Performance Team	courts 1,2&3	11-17 yrs	£
Wednesday	16:00-17:00	Tennis All Stars Orange Performance Team	court 1	8-9 yrs	£
Wednesday	16:00-17:00	Tennis All Stars Red 1	court 3	8 and under	£
Wednesday	17:00-18:00	Tennis All Stars Green Performance Team	court 1	10 yrs	£
Wednesday	17:00-18:00	Tennis All Stars Yellow 3	court 3	11-17 yrs	£
Thursday	16:00-17:00	Tennis All Stars Red 3	court 1	8 and under	£
Thursday	16:00-17:00	Tennis All Stars Orange 3	court 2	8-9 yrs	£
Thursday	17:00-18:00	Tennis All Stars Orange Performance Team	court 1	8-9 yrs	£
Friday	16:00-17:00	Tennis All Stars Red Performance Team	court 1	8 and under	£
Friday	17:00-18:00	Tennis All Stars Yellow Performance Team	court 1	11-17 yrs	£
Saturday	09:15-10:00	Tennis Tots	court 1	3-5 yrs	£
Saturday	10:00-11:00	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	10:00-11:00	Tennis All Stars Red 1	court 3	8 and under	£
Saturday	11:00-12:00	Tennis All Stars Red 1	court 1	8 and under	£
Saturday	11:00-12:00	Tennis All Stars Orange 3	court 2	8-9 yrs	£
Saturday	12:00-13:00	Tennis All Stars Green 2	court 1	10 yrs	£
Saturday	12:00-13:00	Tennis All Stars Yellow 3	court 2	11-17 yrs	£
Saturday	13:00-14:00	Tennis All Stars Yellow 1	court 1	11-17 yrs	£
Saturday	14:00-16:00	Tennis All Stars Yellow Performance Team	court 1	11-17 yrs	£
Sunday	10:15-11:00	Tennis Tots	court 1	3-5 yrs	£
Sunday	11:00-12:00	Tennis All Stars Red 2	court 1	8 and under	£
Sunday	12:00-13:00	Tennis All Stars Red 1	court 1	8 and under	£
Sunday	13:00-14:00	Tennis All Stars Orange 3	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	Indoor Pool		£
Monday	16.30-17.00	ASA Stage 2	Indoor Pool		£
Monday	17.00-17.30	ASA Stage 3	Indoor Pool		£
Monday	17.30-18.00	ASA Stage 4	Indoor Pool		£
Monday	18.00-18.30	ASA Stage 5	Indoor Pool		£
Monday	18.00-18.30	ASA Stage 6	Indoor Pool		£
Tuesday	16.00-16.30	ASA Stage 1	Indoor Pool		£
Tuesday	16.30-17.00	ASA Stage 2	Indoor Pool		£
Tuesday	17.00-17.30	ASA Stage 3	Indoor Pool		£
Tuesday	17.30-18.00	ASA Stage 4	Indoor Pool		£
Tuesday	18.00-18.30	ASA Stage 5	Indoor Pool		£
Tuesday	18.00-18.30	ASA Stage 6	Indoor Pool		£
Wednesday	16.00-16.30	ASA Stage 1	Indoor Pool		£
Wednesday	16.30-17.00	ASA Stage 2	Indoor Pool		£
Wednesday	17.00-17.30	ASA Stage 3	Indoor Pool		£
Wednesday	17.30-18.00	ASA Stage 4	Indoor Pool		£
Wednesday	18.00-18.30	ASA Stage 5	Indoor Pool		£
Wednesday	18.00-18.30	ASA Stage 6	Indoor Pool		£
Thursday	13.30-13.50	Parent and child	Indoor Pool	Contact Reception	£
Thursday	13.50-14.10	Parent and child	Indoor Pool	Contact Reception	£
Thursday	14.10-14.30	Parent and child	Indoor Pool	Contact Reception	£
Thursday	16.00-16.30	ASA Stage 1	Indoor Pool		£
Thursday	16.30-17.00	ASA Stage 2	Indoor Pool		£
Thursday	17.00-17.30	ASA Stage 3	Indoor Pool		£
Thursday	17.30-18.00	ASA Stage 4	Indoor Pool		£
Thursday	18.00-18.30	ASA Stage 5	Indoor Pool		£
Thursday	18.00-18.30	ASA Stage 6	Indoor Pool		£
Friday	16.00-16.30	ASA Stage 1	Indoor Pool		£
Friday	16.30-17.00	ASA Stage 2	Indoor Pool		£
Friday	17.00-17.30	ASA Stage 3	Indoor Pool		£
Friday	17.30-18.00	ASA Stage 3	Indoor Pool		£
Friday	18.00-18.30	ASA Stage 4	Indoor Pool		£
Friday	18.30-19.00	ASA Stage 5	Indoor Pool		£
Friday	18.30-19.00	ASA Stage 6	Indoor Pool		£

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 - 17.30	Family Cycle	Fitness	Spin Studio	(12-13 & 14-15's)	
Tuesday	16.30 - 17.30	Let's Create	Play	Function Room	(3–4's)	
Tuesday	16.30 - 17.30	Make and Create	Active	Function Room	(5-7 & 8-11)	
Wednesday	16.30 - 17.15	Mini Dance	Play	Function Room	(3–4's)	
Wednesday	16.30 - 17.15	Football	Coaching	Sports Hall	Contact Reception	
Wednesday	16.30 - 17.15	Dance	Coaching	Mind & Body studio	Contact Reception	
Wednesday	17.30 - 18.30	Street Dance	Fitness	Dance Studio	(8-11's)	
Wednesday	17.30 - 18.30	Football	Coaching	Sports Hall	Contact Reception	
Thursday	18.00 - 19.00	Box Fit	Fitness	Mind & Body studio	(12-13 & 14-15's)	
Friday	16.30 - 17.30	Get Active	Active	Sports Hall	(5-7's)	
Friday	16.30 - 17.15	Imagine	Play	Function Room	(3–4's)	
Friday	16.30 - 17.30	Multi Sports	Active	Sports Hall	(8-11's)	
Saturday	09.30 - 10.30	Let's Create	Play	Function Room	(3–4's)	
Saturday	09.30 - 10.30	Get Active	Active	Sports Hall	(5-7's)	
Saturday	09.30 - 10.30	Multi Sports	Active	Sports Hall	(8-11's)	
Saturday	10.30 - 11.30	Mini Active	Play	Sports Hall	(3–4's)	
Saturday	10.30 - 11.30	Make and Create	Active	Function Room	(5-7's)	
Saturday	10.30 - 11.30	Make and Create	Active	Function Room	(8-11's)	
Saturday	12.00 - 13.00	Club Room Play	Misc	Sports Hall		
Saturday	12.30 - 13.00	Family Welcome	Misc	Function Room		
Saturday	13.00 - 14.00	Street Dance	Fitness	Mind & Body studio	(8-11 & 12-13's)	
Saturday	15.00 - 16.00	Family Circuits	Fitness	Gym	(12-13 & 14-15's)	
Sunday	10.00 -11.00	Imagine	Play	Function Room	(3–4's)	
Sunday	10.00 - 11.00	Get Active	Active	Sports Hall	(5-7's)	
Sunday	10.00 - 11.00	Multi Sports	Active	Sports Hall	(8-11's)	
Sunday	13.00 - 14.00	Supervised Gym	Fitness	Sports Hall	(12-13 & 14-15's)	
Sunday	11.00 - 12.00	Club Room Play	Misc	Sports Hall		

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 Fees for this class
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* Child activities that coincide with adult classes

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