# DAVID LLOYD LEISURE Enfield - 0208 364 5858

**ALL STARS PROGRAMME JULY - AUGUST 2010**

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

## RACQUETS

| DAY | TIME | ACTIVITY | AGE / LEVEL | LOCATION | KEY |
|---|---|---|---|---|---|
| Monday | 17:00 - 18:00 | All Stars Tennis Red Performance Team | 8 Years & Under | Ind Crt 2 | |
| Tuesday | 18:00 - 19:00 | All Stars Tennis Yellow Development Squad 1 | 11-18 Years | | |
| Thursday | 17:00 - 18:00 | Junior Badminton | 3-18 Years | Bad Crt 1, 2 & 3 | |
| Thursday | 18:00 - 19:00 | Junior Badminton | 3-18 Years | Bad Crt 1, 2 & 3 | |

## 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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# DAVID LLOYD LEISURE - Enfield - 0208 364 5858

## DL KIDS PROGRAMME JULY - AUGUST 2010

DL Kids

| DAY | TIME | ACTIVITY | AGE / LEVEL | LOCATION | KEY |
|---|---|---|---|---|---|
| Monday | 16:30 - 17:15 | Get Active | 5-7 Years | Sports H | |
| Monday | 17:00 - 18:00 | Start Up Cycle | All Levels | Cycle Studio | |
| Tuesday | 16:30 - 17:30 | Lets Create | 3-4 Years | Func Rm | |
| Tuesday | 16:30 - 17:30 | Make & Create | 5-7 Years | Func Rm 2 | |
| Tuesday | 16:30 - 17:30 | Make & Create | All Levels | Func Rm 3 | |
| Wednesday | 16:30 - 17:15 | Mini Dance | All Levels | Mind & Body Studio | |
| Wednesday | 16:30 - 17:30 | DL Kids Dance | 5-7 Years | Mind & Body Studio | |
| Wednesday | 16:30 - 17:30 | DL Kids Football | All Levels | Sports H | |
| Wednesday | 17:30 - 18:30 | DL Kids Football | 8-11 Years | Sports H | |
| Wednesday | 17:30 - 18:30 | DL Kids Street Dance | 8-11 Years | Dance Studio | |
| Thursday | 16:30 - 17:30 | Get Active | All Levels | Sports H | |
| Thursday | 18:00 - 19:00 | Box Fit | 12-13 Years | Studio 1 | |
| Friday | 16:30 - 17:30 | Get Active | 5-7 Years | Bad Crt 1 | |
| Saturday | 09:30 - 10:30 | Get Active | All Levels | Sports H | |
| Saturday | 09:30 - 10:30 | Lets Create | All Levels | Func Rm | |
| Saturday | 09:30 - 10:30 | Make & Create | All Levels | Func Rm 1 | |
| Saturday | 10:30 - 11:25 | Multi Sports | 8-11 Years | Sports H | |
| Saturday | 10:30 - 11:30 | Make & Create | 5-7 Years | Func Rm 2 | |
| Saturday | 10:30 - 11:30 | Mini Active | 3-4 Years | Sports H | |
| Saturday | 12:00 - 13:00 | Family Welcome | All Levels | Func Rm | |
| Saturday | 13:00 - 13:55 | DL Kids Street Dance | 12-13 Years | Dance Studio | |
| Sunday | 10:00 - 11:00 | Imagine...(3-4yrs) | 3-4 Years | Func Rm, Sports H | |
| Sunday | 10:00 - 11:00 | Multi Sports | 8-11 Years | Bad Crt 3, 4 | |
| Sunday | 13:00 - 14:00 | Supervised Gym | All Levels | Gym | |

## 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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