DAVID LLOYD LEISURE Finchley - 020 8492 2250

ALL STARS PROGRAMME JULY - AUGUST 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Thursday	18:00 - 19:00	Tennis Junior Events (Internal)		Out Crt 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	10:00 - 15:00	Holiday Intensive - Beginner	Beginner	Out Crt 5	
Tuesday	10:00 - 15:00	Holiday Intensive - Beginner	Beginner	Out Crt 5	
Wednesday	10:00 - 15:00	Holiday Intensive - Beginner	Beginner	Out Crt 5	
Thursday	10:00 - 15:00	Holiday Intensive - Beginner	Beginner	Out Crt 5	
Friday	10:00 - 15:00	Holiday Intensive - Beginner	Beginner	Out Crt 5	

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	16:15 - 17:10	Make & Create	5-7 Years	Club Rm	
Monday	17:00 - 18:00	Start Up (14+yrs)	14 Years +	Gym Area 1	
Tuesday	16:15 - 17:15	Make & Create	5-7 Years	Club Rm	
Tuesday	17:15 - 18:00	Supervised Gym	All Levels	Gym Area 1	
Wednesday	16:15 - 16:45	Make & Create	5-7 Years	Club Rm	
Wednesday	16:45 - 17:15	Get Active	All Levels	Studio 2	
Thursday	16:15 - 17:10	Make & Create	5-7 Years	Club Rm	
Thursday	16:45 - 17:15	Family Welcome	All Levels		
Thursday	17:15 - 18:00	Supervised Gym	All Levels	Gym Area 1	
Friday	16:15 - 16:45	Get Active	All Levels	Studio 2	
Friday	16:45 - 17:15	Make & Create	5-7 Years	Club Rm	
Saturday	09:45 - 10:15	Family Welcome	All Levels		
Saturday	10:00 - 10:30	Make & Create	5-7 Years	Club Rm	
Saturday	10:30 - 11:00	Mini Active	All Levels		
Saturday	12:00 - 13:00	Family Splash	All Levels	Main Pool	
Saturday	12:30 - 13:15	Supervised Gym	All Levels	Gym Area 1	
Saturday	13:30 - 14:30	Start Up (14+yrs)	14 Years +	Gym Area 1	
Sunday	10:30 - 11:00	Make & Create	5-7 Years	Club Rm	
Sunday	11:30 - 12:30	DL Kids Kwik Cricket Beginners	Beginner		
Sunday	12:00 - 13:00	Family Splash	All Levels	Main Pool	
Sunday	12:30 - 13:15	Supervised Gym	All Levels	Gym Area 1	

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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