DAVID LLOYD GIDEA PARK - 01708 463 250

ALL STARS PROGRAMME JANUARY - MARCH 2010

RACQUETS

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	1600-1630	Tennis Tots	Court 1	3-5 yrs	£
Monday	1630-1730	Tennis All Stars Red 3	Court 1	8 and under	£ *
Monday	1730-1830	Tennis All Stars Red 2	Court 1	8 and under	£
Monday	1730-1830	Tennis All Stars Red Performance Team	Court 2	8 and under	PP
Tuesday	1630-1730	Tennis All Stars Orange 3	Court 1	8-9 yrs	£ *
Tuesday	1730-1830	Tennis All Stars Orange Performance Team	Court 1	8-9 yrs	PP
Tuesday	1830-2030	Tennis All Stars Yellow Performance Team	Court 1 / 2	11-17 yrs	*
Wednesday	1600-1630	Tennis Tots	Court 1	3-5 yrs	£
Wednesday	1630-1730	Tennis All Stars Red 3	Court 1	8 and under	£ *
Wednesday	1630-1730	Tennis All Stars Red 2	Court 2	8 and under	£ *
Wednesday	1730-1830	Tennis All Stars Red Performance Team	Court 1	8 and under	PP
Wednesday	1800-1900	Tennis - Family Welcome		All	*
Thursday	1630-1730	Tennis All Stars Orange 3	Court 1	8-9 yrs	£ *
Thursday	1630-1730	Tennis All Stars Orange 2	Court 2	8-9 yrs	£ *
Thursday	1730-1830	Tennis All Stars Green 3	Court 1	10 yrs	£
Thursday	1830-1930	Junior Cardio Tennis	Court 1 / 2	11-17 yrs	*
Friday	1600-1630	Tennis Tots	Court 1	3-5 yrs	£
Friday	1630-1730	Tennis All Stars Orange Performance Team	Court 1	8-9 yrs	*
Friday	1630-1730	Tennis All Stars Green 1	Court 2	10 yrs	*
Friday	1730-1830	Tennis All Stars Yellow Performance Team	Court 5	11-17 yrs	*
Saturday	0900-0930	Tennis Tots	Court 1	3-5 yrs	£
Saturday	0930-1030	Tennis All Stars Red 3	Court 1	8 and under	£ *
Saturday	0930-1030	Tennis All Stars Orange 3	Court 2	8-9 yrs	£ *
Saturday	1030-1130	Tennis All Stars Green 3	Court 1	10 yrs	£ *
Saturday	1130-1230	Junior Cardio Tennis	Court 1 / 2	11-17 yrs	*
Saturday	1400-1500	Tennis All Stars Yellow Performance Team	Court 1	11-17 yrs	£ *
Sunday	1000-1100	Tennis - Family Welcome		All	

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	1030-1100	Parent and baby	Main Pool	All Age Groups	P
Monday	1100-1130	Pre School Stage 1	Main Pool	Contact Reception	P
Monday	1130-1200	Parent and child	Main Pool	Contact Reception	P
Tuesday	1030-1100	Parent and baby	Main Pool	All Age Groups	P
Tuesday	1100-1130	Parent and child	Main Pool	Contact Reception	P
Tuesday	1600-1630	ASA Stage 1	Main Pool	Contact Reception	£
Tuesday	1600-1630	ASA Stage 3	Main Pool	Contact Reception	£ *
Tuesday	1600-1630	ASA Stage 4	Main Pool	Contact Reception	£ *
Tuesday	1630-1700	ASA Stage 1	Main Pool	Contact Reception	£ *
Tuesday	1630-1700	ASA Stage 2	Main Pool	Contact Reception	£ *
Tuesday	1700-1730	ASA Stage 2	Main Pool	Contact Reception	£ *
Tuesday	1730-1800	ASA Stage 2	Main Pool	Contact Reception	£
Tuesday	1730-1800	ASA Stage 3	Main Pool	Contact Reception	£
Wednesday	1400-1430	Pre School Stage 1	Main Pool	Contact Reception	P
Wednesday	1600-1630	ASA Stage 1	Main Pool	Contact Reception	£
Wednesday	1630-1700	ASA Stage 2	Main Pool	Contact Reception	£ *
Thursday	1600-1630	ASA Stage 1	Main Pool	Contact Reception	£
Thursday	1630-1700	ASA Stage 1	Main Pool	Contact Reception	£ *
Thursday	1630-1700	ASA Stage 2	Main Pool	Contact Reception	£ *
Thursday	1700-1730	ASA Stage 2	Main Pool	Contact Reception	£ *
Thursday	1730-1800	ASA Stage 3	Main Pool	Contact Reception	£
Friday	1600-1630	ASA Stage 1	Main Pool	Contact Reception	£
Friday	1630-1700	ASA Stage 1	Main Pool	Contact Reception	£ *
Friday	1630-1700	ASA Stage 2	Main Pool	Contact Reception	£ *
Friday	1700-1730	ASA Stage 2	Main Pool	Contact Reception	£ *
Friday	1730-1800	ASA Stage 3	Main Pool	Contact Reception	£
Saturday	0930-1000	ASA Stage 1	Main Pool	Contact Reception	£ *
Saturday	1000-1030	ASA Stage 3	Main Pool	Contact Reception	£ *
Saturday	1000-1030	ASA Stage 4	Main Pool	Contact Reception	£ *
Saturday	1030-1100	ASA Stage 2	Main Pool	Contact Reception	£
Saturday	1030-1100	ASA Stage 3	Main Pool	Contact Reception	£
Saturday	1100-1130	ASA Stage 2	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	0915-1200	Club Crèche	Crèche	Meeting Point - Creche	(Under 3's) & (3-4's)	*
Monday	0930-1130	Mini Active	Play	Meeting Point - Creche	(3–4's)	*
Monday	1630-1730	Street Dance	Fitness	Meeting Point - Creche	(8-11's)	*
Monday	1630-1730	Let's Create	Play	Meeting Point - Creche	(3–4's)	*
Monday	1630-1730	Make and Create	Active	Meeting Point - Creche	(5-7's)	*
Monday	1630-1730	Multi Sports	Active	Meeting Point - Creche	(8-11's)	*
Monday	1700-1800	Supervised Gym	Fitness	Meeting Point - Creche	(12-13 & 14-15's)	
Tuesday	0915-1200	Club Crèche	Crèche	Meeting Point - Creche	(Under 3's) & (3-4's)	*
Tuesday	0930-1130	Let's Create	Play	Meeting Point - Creche	(3–4's)	*
Tuesday	1630-1730	Mini Active	Play	Meeting Point - Creche	(3–4's)	*
Tuesday	1630-1730	Get Active	Active	Meeting Point - Creche	(5-7's)	*
Tuesday	1630-1730	Multi Sports	Active	Meeting Point - Creche	(8-11's)	*
Tuesday	1700-1800	Supervised Gym	Fitness	Meeting Point - Creche	(12-13 & 14-15's)	
Wednesday	0915-1200	Club Crèche	Crèche	Meeting Point - Creche	(Under 3's) & (3-4's)	*
Wednesday	0930-1130	Mini Active	Play	Meeting Point - Creche	(3–4's)	*
Wednesday	1030-1130	Parent and Baby Coffee Morning	Misc	Meeting Point - Creche		*
Wednesday	1630-1730	Dance	Coaching	Meeting Point - Creche	Beginner	*
Wednesday	1630-1730	Mini Active	Play	Meeting Point - Creche	(3–4's)	*
Wednesday	1630-1730	Football	Coaching	Meeting Point - Creche	All	*
Wednesday	1730-1830	Dance	Coaching	Meeting Point - Creche	Improver	*
Wednesday	1800-1900	Family Welcome	Misc	Meeting Point - Creche		
Thursday	0915-1200	Club Crèche	Crèche	Meeting Point - Creche	(Under 3's) & (3-4's)	*
Thursday	0930-1130	Imagine	Play	Meeting Point - Creche	(3–4's)	*
Thursday	1630-1730	Mini Dance	Play	Meeting Point - Creche	(3–4's)	*
Thursday	1630-1730	Make and Create	Active	Meeting Point - Creche	(5-7's)	*
Thursday	1630-1730	Badminton	Coaching	Meeting Point - Creche	All	*
Thursday	1700-1800	Supervised Gym	Fitness	Meeting Point - Creche	(12-13 & 14-15's)	
Friday	0915-1200	Club Crèche	Crèche	Meeting Point - Creche	(Under 3's) & (3-4's)	*
Friday	0930-1130	Let's Create	Play	Meeting Point - Creche	(3–4's)	*
Friday	1630-1830	DL Kids Movie Time	Misc	Meeting Point - Creche		*
Saturday	0930-1030	Mini Active	Play	Meeting Point - Creche	(3–4's)	*
Saturday	0930-1030	Badminton	Coaching	Meeting Point - Creche	All	*
Saturday	0930-1030	Football	Coaching	Meeting Point - Creche	All	*
Saturday	1030-1130	Make and Create	Active	Meeting Point - Creche		*
Sunday	0930-1015	Multi Sports	Active	Meeting Point - Creche		*
Sunday	0930-1015	Mini Active	Play	Meeting Point - Creche	(3–4's)	*
Sunday	1015-1030	Relax Kids	Coaching	Meeting Point - Creche	All	*
Sunday	1030-1130	Make and Create	Active	Meeting Point - Creche		*
Sunday	1200-1300	Family Splash	Water	Meeting Point - Creche	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.

KEY

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