DAVID LLOYD LEISURE Gidea Park - 01708 463250

ALL STARS PROGRAMME JANUARY - MARCH 2012

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	16:00 - 16:30	Tots (3-5yrs)	3-5 Years	Ind Crt 4	
Monday	16:30 - 17:30	All Star Tennis Red 3 (8yrs & Under)	8 Years & Under	Ind Crt 4	
Tuesday	17:30 - 18:30	All Star Tennis Yellow 2 (11-17yrs)	11-17 Years	Ind Crt 3, 4	
Wednesday	16:00 - 16:30	Tots (3-5yrs)	3-5 Years	Ind Crt 4	
Wednesday	16:30 - 17:30	All Star Tennis Red 3 (8yrs & Under)	8 Years & Under	Ind Crt 4	
Wednesday	17:30 - 18:30	All Star Tennis Orange 1 (8-9yrs)	8-9 Years	Ind Crt 3	
Wednesday	17:30 - 18:30	All Star Tennis Red 1 (8yrs & Under)	8 Years & Under	Ind Crt 1	
Wednesday	17:30 - 18:30	All Star Tennis Red 2 (8yrs & Under)	8 Years & Under	Ind Crt 2	
Wednesday	18:30 - 19:30	FIT Fast Track	11+ years	Ind Crt 3	
Thursday	17:30 - 18:30	All Star Tennis Green 1 (10yrs)	10 Years	Ind Crt 3, 4	
Thursday	17:30 - 18:30	All Star Tennis Yellow 1 (11-17yrs)	11-17 Years	Ind Crt 1, 2	
Thursday	18:30 - 19:30	Junior Cardio Tennis	11-18 Years	Ind Crt 1	
Friday	16:00 - 16:30	Tots (3-5yrs)	3-5 Years	Ind Crt 4	
Friday	16:30 - 17:30	All Star Tennis Orange 2 (8-9yrs)	8-9 Years	Ind Crt 1, 2	
Friday	17:30 - 18:30	All Star Tennis Yellow 3 (11-17yrs)	11-17 Years	Ind Crt 5, 6	
Friday	19:30 - 20:30	FIT Club Night (11-14)	11+ years	Ind Crt 6, 7	
Saturday	08:00 - 14:00	Junior Events & Tournaments (External)	All Levels	Ind Crt 1, 2	
Saturday	09:30 - 10:30	All Star Tennis Orange 3 (8-9yrs)	8-9 Years	Ind Crt 7	
Saturday	09:30 - 10:30	All Star Tennis Red 1 (8yrs & Under)	8 Years & Under	Ind Crt 6	
Sunday	08:00 - 15:00	Junior Events & Tournaments (External)	All Levels	Ind Crt 1, 2,3 & 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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ALL STARS PROGRAMME JANUARY - MARCH 2012

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SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Tuesday	16:30 - 17:00	ASA Swim Stage 3	All Levels	Main Pool	£
Tuesday	18:00 - 18:30	ASA Swim Stage 7	All Levels	Pool	
Wednesday	17:30 - 18:00	Swim Allstars Assessment	All Levels	Ind Pool	
Thursday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Ind Pool	
Thursday	17:00 - 17:30	ASA Swim Stage 4	All Levels	Main Pool	
Thursday	17:00 - 17:30	ASA Swim Stage 6	All Levels	Ind Pool	
Friday	10:30 - 11:00	Swim Stroke Clinic	All Levels	Ind Pool	
Friday	11:00 - 11:30	Adult & Child	All Levels	Ind Pool	
Friday	18:00 - 19:00	FIT Swim - Stage 8	11+ years	Ind Pool	
Saturday	10:00 - 10:30	ASA Swim Stage 6	All Levels	Main Pool	
Saturday	10:30 - 11:00	ASA Swim Stage 5	All Levels	Ind Pool	
Saturday	11:00 - 11:30	ASA Swim Stage 3	All Levels	Ind Pool	
Saturday	11:30 - 12:00	ASA Swim Stage 2	All Levels	Ind Pool	
Saturday	15:00 - 15:30	ASA Swim Stage 1	All Levels	Ind Pool	
Sunday	09:30 - 10:00	ASA Swim Stage 2	All Levels	Main 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 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 JANUARY - MARCH 2012

DL Kids

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	16:30 - 17:15	Mini Active	3-4 Years	Meeting Point - Creche	
Monday	17:30 - 18:15	Supervised Gym - 11yrs +	11+ years	Gym	
Monday	17:30 - 18:30	Make & Create	All Levels	Meeting Point -- Creche	
Monday	17:30 - 18:30	Start Up Circuits	8-11 Years	Meeting Point----Creche	
Tuesday	16:30 - 17:30	DL Kids Football	All Levels	Ind Crt 2	
Tuesday	17:30 - 18:15	Mini Active	3-4 Years	Meeting Point - Creche	
Tuesday	17:30 - 18:30	Lets Create	All Levels	Meeting Point----Creche	
Tuesday	17:30 - 18:30	Make & Create	All Levels	Meeting Point -- Creche	
Tuesday	18:30 - 19:30	DL Kids Table Tennis	All Levels	Meeting Point --- Creche	
Wednesday	17:30 - 18:15	Lets Create	3-4 Years	Meeting Point --- Creche	
Wednesday	17:30 - 18:30	Multi Sports	All Levels	Meeting Point -- Creche	
Wednesday	18:00 - 18:30	Family Welcome	All Levels	Meeting Rm	
Thursday	17:30 - 18:30	DL Kids Badminton	All Levels	Ind Crt 7	
Thursday	17:30 - 18:30	Lets Create	3-4 Years	Meeting Point -- Creche	
Thursday	18:30 - 19:30	Make & Create	All Levels	Meeting Point --- Creche	
Friday	09:30 - 10:15	Mini Active	3-4 Years	Meeting Point --- Creche	
Friday	10:30 - 11:15	Lets Create	3-4 Years	Meeting Point --- Creche	
Friday	16:30 - 17:15	Lets Create	3-4 Years	Meeting Point - Creche	
Friday	17:30 - 18:15	Supervised Gym - 11yrs +	11+ years	Gym	
Friday	17:30 - 19:30	DL Kids Movie Time	All Levels	Meeting Point --- Creche	
Friday	18:30 - 19:30	DL Kids Badminton	All Levels	Meeting Point -- Creche	
Saturday	09:15 - 10:00	Mini Active	3-4 Years	Meeting Point - Creche	
Saturday	09:15 - 10:15	Get Active	All Levels	Meeting Point -- Creche	
Saturday	09:30 - 10:15	Supervised Gym - 11yrs +	11+ years	Gym 1	
Saturday	10:15 - 11:00	Lets Create	3-4 Years	Meeting Point - Creche	
Saturday	10:15 - 11:15	Get Active	8-11 Years	Meeting Point----Creche	
Saturday	10:15 - 11:15	Make & Create	All Levels	Meeting Point -- Creche	
Saturday	11:30 - 12:30	Club Room Play	All Levels	Meeting Point - Creche	
Saturday	14:00 - 15:00	DL Kids Football	All Levels	Ind Crt 7	
Saturday	15:00 - 16:00	DL Kids Football	All Levels	Ind Crt 7	
Sunday	09:15 - 10:00	Mini Active	3-4 Years	Meeting Point - Creche	
Sunday	09:15 - 10:15	Get Active	All Levels	Meeting Point -- Creche	
Sunday	10:15 - 11:00	Lets Create	3-4 Years	Meeting Point----Creche	
Sunday	10:30 - 11:30	Make & Create	All Levels	Meeting Point -- Creche	
Sunday	10:30 - 11:30	Multi Sports	8-11 Years	Meeting Point --- Creche	
Sunday	12:00 - 12:45	Supervised Gym - 11yrs +	11+ years	Gym	
Sunday	13:00 - 15:00	Family Splash	All Levels	Ind Pool	

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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