# DAVID LLOYD Renfrew - 0141 842 1400

**ALL STARS PROGRAMME JANUARY - MARCH 2010**

## RACQUETS

| DAY | TIME | ACTIVITY | LOCATION | AGE / LEVEL | KEY |
|---|---|---|---|---|---|
| Monday | 17.00 - 18.30 | Tennis All Stars Yellow Development Squad 1 | Court 7 & 8 | 11-17yrs | £ |
| Friday | 16.30 - 17.30 | Tennis All Stars Yellow Development Squad 2 | Court 7 & 8 | 11-17 yrs | £ |
| Friday | 17.30 - 18.30 | Tennis All Stars Orange Development Squad 1 | Court 7 & 8 | 8-9 yrs | £ |
| Saturday | 08.45 - 09.30 | Tennis Tots | Court 1 | 3-5 yrs | £ |
| Saturday | 08.45 - 09.30 | Tennis All Stars Red 3 | Court 1 | 8 and under | £ |
| Saturday | 09.30 - 10.15 | Tennis All Stars Red 3 | Court 1 | 8 and under | £ |
| Saturday | 09.30 - 10.15 | Tennis All Stars Red 2 | Court 1 | 8 and under | £ |
| Saturday | 09.30 - 10.30 | Tennis All Stars Red 1 | Court 2 | 8 and under | £ |
| Saturday | 09.30 - 10.30 | Tennis All Stars Orange 3 | Court 3 | 8-9 yrs | £ |
| Saturday | 09.30 - 10.30 | Tennis All Stars Orange 2 | Court 4 | 8-9 yrs | £ |
| Saturday | 09.30 - 10.30 | Tennis All Stars Orange 1 | Court 4 | 8-9 yrs | £ |
| Saturday | 10.45 - 11.30 | Tennis All Stars Red 3 | Court 1 | 8 and under | £ |
| Saturday | 10.45 - 11.30 | Tennis All Stars Red 2 | Court 1 | 8 and under | £ |
| Saturday | 10.45 - 11.45 | Tennis All Stars Red 1 | Court 2 | 8 and under | £ |
| Saturday | 10.45 - 11.45 | Tennis All Stars Orange 3 | Court 3 | 8-9 yrs | £ |
| Saturday | 10.45 - 11.45 | Tennis All Stars Orange 2 | Court 4 | 8-9 yrs | £ |
| Saturday | 10.45 - 11.45 | Tennis All Stars Orange 1 | Court 4 | 8-9 yrs | £ |
| Saturday | 12.00 - 13.00 | Tennis Tots | Court 1 | 3-5 yrs | £ |
| Saturday | 12.00 - 13.00 | Tennis All Stars Green 1 | Court 2 | 10 yrs | £ |
| Saturday | 12.00 - 13.00 | Tennis All Stars Green Development Squad 1 | Court 3 | 10 yrs | £ |
| Sunday | 09.15 - 10.00 | Tennis All Stars Red 3 | Court 7 | 8 and under | £ |
| Sunday | 10.00 - 10.45 | Tennis All Stars Red 2 | Court 7 & 8 | 8 and under | £ |
| Sunday | 11.00 - 12.00 | Tennis All Stars Red 1 | Court 7 | 8 and under | £ |
| Sunday | 12.00 - 13.00 | Tennis All Stars Orange 3 | Court 7 | 8-9 yrs | £ |
| Sunday | 13.00 - 14.00 | Tennis All Stars Yellow Development Squad 2 | Court 7 & 8 | 11-17 yrs | £ |
| Sunday | 14.00 - 15.00 | Tennis All Stars Yellow Performance Team | Court 7 & 8 | 11-17 yrs | £ |
| Sunday | 15.00 - 17.00 | | Court 7 & 8 | 11-17 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 | 16.15 - 16.45 | ASA Stage 2 | Pool | Contact Reception | £ |
| Monday | 16.45 - 17.15 | ASA Stage 3 | Pool | Contact Reception | £ |
| Monday | 17.15 - 17.45 | ASA Stage 4 | Pool | Contact Reception | £ |
| Tuesday | 18.45 - 19.30 | Swim Club | Pool | Contact Reception | £ |
| Wednesday | 16.15 - 16.45 | ASA Stage 3 | Pool | Contact Reception | £ |
| Wednesday | 16.45 - 17.30 | ASA Stage 5 | Pool | Contact Reception | £ |
| Thursday | 16.15 - 17.30 | ASA Stage 7 | Pool | Contact Reception | £ |
| Saturday | 09.00 - 09.30 | ASA Stage 2 | Pool | Contact Reception | £ |
| Saturday | 09.00 - 09.45 | ASA Stage 6 | Pool | Contact Reception | £ |
| Saturday | 09.00 - 09.45 | ASA Stage 3 | Pool | Contact Reception | £ |
| Saturday | 09.30 - 10.00 | ASA Stage 3 | Pool | Contact Reception | £ |
| Saturday | 09.45 - 10.30 | ASA Stage 5 | Pool | Contact Reception | £ |
| Saturday | 10.00 - 10.45 | ASA Stage 1 | Pool | Contact Reception | £ |
| Saturday | 10.00 - 10.30 | ASA Stage 4 | Pool | Contact Reception | £ |
| Saturday | 10.45 - 11.15 | ASA Stage 1 | Pool | Contact Reception | £ |
| Saturday | 10.45 - 11.15 | ASA Stage 2 | Pool | Contact Reception | £ |
| Saturday | 10.45 - 11.30 | ASA Stage 6 | Pool | Contact Reception | £ |
| Saturday | 10.45 - 11.30 | ASA Stage 7 | Pool | Contact Reception | £ |
| Saturday | 11.15 - 11.45 | ASA Stage 2 | Pool | Contact Reception | £ |
| Saturday | 11.15 - 11.45 | ASA Stage 4 | Pool | Contact Reception | £ |
| Sunday | 09.15 - 09.45 | ASA Stage 4 | Pool | Contact Reception | £ |
| Sunday | 09.15 - 09.45 | ASA Stage 3 | Pool | Contact Reception | £ |
| Sunday | 09.45 - 10.15 | ASA Stage 1 | Pool | Contact Reception | £ |
| Sunday | 09.45 - 10.15 | ASA Stage 4 | Pool | Contact Reception | £ |
| Sunday | 10.15 - 11.00 | ASA Stage 5 | Pool | Contact Reception | £ |
| Sunday | 10.15 - 11.00 | ASA Stage 6 | Pool | Contact Reception | £ |
| Sunday | 11.00 - 11.30 | ASA Stage 1 | Pool | Contact Reception | £ |
| Sunday | 11.00 - 11.30 | ASA Stage 3 | Pool | Contact Reception | £ |
| Sunday | 11.30 - 12.00 | ASA Stage 2 | Pool | Contact Reception | £ |
| Sunday | 11.30 - 12.00 | ASA Stage 2 | Pool | Contact Reception | £ |
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## 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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# DAVID LLOYD Renfrew - 0141 842 1400

**DL KIDS PROGRAMME JANUARY - MARCH 2010**

DL Kids

| DAY | TIME | ACTIVITY | CATEGORY | LOCATION | AGE / LEVEL | KEY |
|---|---|---|---|---|---|---|
| Monday | 16.00-18.00 | Supervised Gym | Fitness | Gym | (12-13's) | |
| Monday | 16.30-17.30 | Mini Active | Play | Studio 2 | (3–4's) | |
| Monday | 16.30-17.30 | Get Active | Active | Studio 1 | (5-7 & 8-11) | |
| Monday | 17.00-18.00 | Start Up 1 | Fitness | Gym | (12-13's) | |
| Monday | 17.30-18.30 | Badminton | Coaching | Badminton Courts | Contact Reception | £ |
| Monday | 18.30-19.30 | Badminton | Coaching | Badminton Courts | Contact Reception | £ |
| Tuesday | 10.00-11.00 | Bouncy Castle | Misc | Squash Court 4 | | P |
| Tuesday | 16.00-18.00 | Supervised Gym | Fitness | Gym | (12-13's) | |
| Tuesday | 17.00-17.45 | Bouncy Castle | Misc | Squash Court 4 | | |
| Tuesday | 17.00-17.45 | Start Up Circuits | Fitness | Studio 1 | (8-11 & 12-13's) | |
| Wednesday | 10.00-11.00 | Mini Active | Play | Tennis Court 5 | (Under 3's) & (3-4's) | P |
| Wednesday | 16.00-16.45 | Mini Active | Play | Studio 2 | (3–4's) | |
| Wednesday | 16.00-18.00 | Supervised Gym | Fitness | Gym | (12-13's) | |
| Wednesday | 17.00-17.45 | Kids Splash | Water | Pool | All Age Groups | |
| Wednesday | 17.00-17.30 | Start Up Cycle | Fitness | Spin Area | | |
| Wednesday | 17.00-18.00 | Start Up 2 | Fitness | Gym | (12-13's) | |
| Thursday | 10.00-11.00 | Coffee & Tots Playtime | Misc | Soft Play Area | | P |
| Thursday | 16.00-18.00 | Supervised Gym | Fitness | Gym | (12-13's) | |
| Thursday | 16.00-16.45 | Football | Coaching | Tennis Court 5 | Beginner | |
| Thursday | 16.45-17.45 | Football | Coaching | Tennis Court 5 | Improver | |
| Friday | 16.30-17.30 | Imagine .... | Play | Studio 2 | (3–4's) | |
| Friday | 16.30-17.30 | Multi Sports | Active | Studio 1 | (5-7 & 8-11) | |
| Friday | 17.00-18.00 | Start Up 3 | Fitness | Gym | (12-13's) | |
| Friday | 18.00-19.30 | DL Kids Club Night | Misc | Function Room | | |
| Friday | 18.00-19.00 | Cheerleading | Coaching | Studio 1 | Beginner | |
| Friday | 19.00-21.00 | Supervised Gym | Fitness | Gym | (12-13's) | |
| Saturday | 10.00 - 10.45 | Bouncy Castle | Misc | Squash Court 1 | | |
| Saturday | 11.00 - 11.45 | Let's Create | Play | Function Room | | |
| Saturday | 11.00 - 12.00 | Squash | Coaching | Squash court 1 | Contact Reception | £ |
| Saturday | 12.00 - 19.00 | Supervised Gym | Fitness | Gym | (12-13's) | |
| Saturday | 13.00 - 14.00 | Mini Active | Play | Studio 1 | (3–4's) | |
| Saturday | 13.00 - 14.00 | Get Active | Active | Studio 1 | (5-7 & 8-11) | |
| Saturday | 14.00 - 15.00 | Imagine .... | Play | Studio 1 | (3–4's) | |
| Saturday | 14.00 - 15.00 | Multi Sports | Active | Studio 1 | (5-7 & 8-11) | |
| Saturday | 14.00 - 15.00 | Judo | Coaching | Studio 2 | Beginner | £ |
| Saturday | 14.00 - 15.00 | Judo | Coaching | Studio 2 | Improver | £ |
| Sunday | 12.00 - 19.00 | Supervised Gym | Fitness | Gym | (12-13's) | |
| Sunday | 13.00 - 14.00 | Football | Coaching | Outside Court 5 & 6 | All | |
| Sunday | 14.00 - 15.00 | Kids Splash | Water | Pool | All Age Groups | |
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## 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
P Classes require parental supervision at all times
* Child activities that coincide with adult classes

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