DAVID LLOYD Heston - 020 8573 9378

ALL STARS PROGRAMME JANUARY - MARCH 2010

RACQUETS

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	17:00-17:45	Tennis All Stars Red 2	Crt 3	8 and under	£
	17:00-17:45	Tennis All Stars Red 1	Crt 3	8 and under	£
	17:00-18:00	Tennis All Stars Orange 1	Crt 3	8-9 yrs	£
Tuesday	16:15-17:00	Tennis Tots	Crt 3	3-5 yrs	£
	17:00-18:00	Tennis All Stars Orange 2	Crt 3	8-9 yrs	£
	18:00-19:00	Tennis All Stars Green 1	Crt 3	10 yrs	£
	18:00-19:00	Tennis All Stars Yellow 1	Crt 3	11-17 yrs	£
Wednesday	16:30-17:15	Tennis Tots	Crt 4	3-5 yrs	£
	17:00-18:30	Tennis All Stars Orange Development Squad 1	Crt 3	8-9 yrs	£
	17:00-18:30	Tennis All Stars Green Development Squad 1	Crt 4	10 yrs	£
	17:15-18:00	Tennis All Stars Red 3	Crt 3	8 and under	£
	18:00-19:00	Tennis All Stars Orange 2	Crt 4	8-9 yrs	£
	18:00-19:00	Tennis All Stars Green 1	Crt 5	10 yrs	£
Thursday	16:15-17:00	Tennis Tots	Crt 3	3-5 yrs	£
	17:00-18:30	Tennis All Stars Orange Development Squad 1	Crt 3	8-9 yrs	£
	17:00-18:30	Tennis All Stars Green Development Squad 1	Crt 4	10 yrs	£
	18:00-19:00	Tennis All Stars Orange 2	Crt 3	8-9 yrs	£
Friday	16:15-17:00	Tennis All Stars Red 3	Crt 3	8 and under	£
	17:00-18:00	Tennis All Stars Green 1	Crt 3	10 yrs	£
	18:00-19:00	Tennis All Stars Yellow 1	Crt 3	11-17 yrs	£
Saturday	10:00-11:00	Tennis All Stars Orange 2	Crt 1	8-9 yrs	£
	11:05-11:50	Tennis All Stars Red 2	Crt 1	8 and under	£
	12:00-12:45	Tennis Tots	Crt 1	3-5 yrs	£
	13:00-14:00	Tennis - Family Welcome	Crt 4	All	
Sunday	09:00-09:45	Tennis All Stars Red 1	Crt 1	8 and under	£
	09:45-10:45	Tennis All Stars Orange 2	Crt 1	8-9 yrs	£
	09:45-10:45	Tennis All Stars Green 1	Crt 3	10 yrs	£
	10:45-11:30	Tennis All Stars Red 2	Crt 3	8 and under	£
	10:45-11:30	Tennis All Stars Red 3	Crt 1	8 and under	£
	11:00-12:00	Tennis All Stars Orange 3	Crt 2	8-9 yrs	£
	11:30-12:30	Tennis All Stars Yellow Performance Team	Crt 1	11-17 yrs	£
	15:00-17:00	Badminton All Stars Development Squad	Sports Hall	8 and under	£

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

ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Friday	16:15-16:45	ASA Stage 1	Main Pool	Contact Reception	£
	16:15-16:45	ASA Stage 3	Main Pool	Contact Reception	£
	16:45-17:15	ASA Stage 2	Main Pool	Contact Reception	£
	16:45-17:15	ASA Stage 5	Main Pool	Contact Reception	£
	17:15-17:45	ASA Stage 3	Main Pool	Contact Reception	£
	17:15-17:45	ASA Stage 6	Main Pool	Contact Reception	£
	17:45-18:15	ASA Stage 4	Main Pool	Contact Reception	£
	17:45-18:30	Swim Squads	Main Pool	Contact Reception	£
Saturday	09:00-09:30	Pre School Stage 1	Main Pool	Contact Reception	£
	09:00-09:30	ASA Stage 4	Main Pool	Contact Reception	£
	09:30-10:00	ASA Stage 1	Main Pool	Contact Reception	£
	09:30-10:00	ASA Stage 5	Main Pool	Contact Reception	£
	10:00-10:30	ASA Stage 2	Main Pool	Contact Reception	£
	10:00-10:30	ASA Stage 6	Main Pool	Contact Reception	£
	10:30-11:00	ASA Stage 3	Main Pool	Contact Reception	£
	10:30-11:00	ASA Stage 7	Main Pool	Contact Reception	£
	11:00-11:30	ASA Stage 4	Main Pool	Contact Reception	£
	11:00-11:45	Swim Squads	Main Pool	Contact Reception	£
	11:30-12:00	ASA Stage 3	Main Pool	Contact Reception	£
	12:00-12:30	ASA Stage 4	Main Pool	Contact Reception	£
Sunday	14:00-14:30	ASA Stage 3	Main Pool	Contact Reception	£
	14:30-15:00	ASA Stage 4	Main Pool	Contact Reception	£
	15:00-15:30	ASA Stage 5	Main Pool	Contact Reception	£
	15:30-16:00	ASA Stage 7	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	09:30-11:30	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
	17:00-17:30	Mini Active	Play	Studio 3	(3–4's)	
	17:00-18:00	Get Active	Active	Sports Hall	(5-7 & 8-11)	*
	17:30-18:00	Let's Create	Play	Studio 3	(3–4's)	
	18:00-19:00	Basketball	Coaching	Sports Hall	Improver	*
Tuesday	17:00-18:00	Dance	Coaching	Studio 3	Beginner	
	17:45-19:00	Make and Create	Active	Sports Hall	(5-7 & 8-11)	*
	18:00-19:15	Multi Sports	Active	Sports Hall	(5-7 & 8-11)	*
Wednesday	09:30-11:30	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
	17:00-17:45	Let's Create	Play	Studio 3	(3–4's)	
	17:30-18:30	Supervised Gym	Fitness	Gym	(14-15's)	
	18:00-19:00	Football	Coaching	Sports Hall	Improver	£ *
	18:00-19:00	DL Kids Club Night	Misc	Studio 3		*
Thursday	16:45-18:15	Get Active	Active	Sports Hall	(5-7 & 8-11)	*
	17:00-18:00	Make and Create	Active	Studio 3	(5-7 & 8-11)	*
	18:15-19:15	Multi Sports	Active	Sports Hall	(5-7 & 8-11)	*
	18:30-19:00	Family Welcome	Misc	Sports Hall		
Friday	09:30-11:30	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
	17:30-19:30	DL Kids Club Night	Misc	Sports Hall		
	18:00-19:00	Start Up Circuits	Fitness	Gym	(14-15's)	*
Saturday	09:30-11:30	Club Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£ *
	10:00-11:00	Get Active	Active	Sports Hall	(5-7 & 8-11)	*
	11:00-12:00	Make and Create	Active	Sports Hall	(5-7 & 8-11)	*
	11:00-12:00	Let's Create	Play	Sports Hall	(3–4's)	*
	15:00-16:00	Supervised Gym	Fitness	Gym	(14-15's)	*
Sunday	10:30-11:30	Multi Sports	Active	Sports Hall	(5-7 & 8-11)	*
	11:30-12:30	Let's Create	Play	Sports Hall	(3–4's)	*
	11:30-12:30	Make and Create	Active	Sports Hall	(5-7 & 8-11)	*
	12:00-12:30	Family Welcome	Misc	Sports Hall		*

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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