DAVID LLOYD LEISURE Heston - 020 8573 9378

ALL STARS PROGRAMME JANUARY - MARCH 2012

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	17:00 - 19:00	All Star Tennis Orange Performance Team	8-9 Years	Out Crt A	
Monday	17:00 - 20:00	All Star Tennis Red 1 (8yrs & Under)	8 Years & Under	Ind Crt 2	
Tuesday	17:00 - 19:00	All Star Tennis Yellow 2 (11-17yrs)	11-17 Years	Ind Crt 2	£
Tuesday	17:00 - 20:00	All Star Tennis Yellow Performance Team	11-17 Years	Out Crt B	
Wednesday	17:00 - 19:00	All Star Tennis Orange Performance Team	8-9 Years	Out Crt A, B, C	
Wednesday	17:00 - 20:00	All Star Tennis Red Development Squad 1	8 Years & Under	Ind Crt 2	
Wednesday	19:00 - 21:00	All Star Tennis Yellow Performance Team	11-17 Years	Out Crt B, C	
Thursday	16:00 - 19:00	All Star Tennis Yellow Performance Team	11-17 Years	Ind Crt 3	
Thursday	18:00 - 18:55	FIT Club Night (11-14)	11+ years	Ind Crt 2	
Thursday	18:00 - 20:00	All Stars Badminton (3-18yrs)	3-18 Years	Bad Crt 1	
Friday	16:00 - 18:00	All Star Tennis Yellow 2 (11-17yrs)	11-17 Years	Ind Crt 2	£
Friday	16:30 - 18:30	All Star Tennis Red Development Squad 1	8 Years & Under	Ind Crt 3	
Friday	17:00 - 20:00	All Star Tennis Yellow Performance Team	11-17 Years	Out Crt B	
Friday	18:00 - 19:00	All Star Tennis Red 3 (8yrs & Under)	8 Years & Under	Ind Crt 2	£
Saturday	09:00 - 18:00	Junior Events & Tournaments (External)	All Levels	Out Crt A, B, C	
Saturday	10:00 - 11:00	Tots (3-5yrs)	3-5 Years	Ind Crt 2	£
Saturday	10:00 - 16:00	Junior Events & Tournaments (External)	All Levels	Out Crt D, E	
Saturday	11:00 - 12:00	All Star Tennis Red 3 (8yrs & Under)	8 Years & Under	Ind Crt 2	£
Saturday	12:00 - 14:00	Tennis Junior Events (Internal)		Ind Crt 4	
Sunday	09:00 - 12:00	Junior Events & Tournaments (External)	All Levels	Ind Crt 1	
Sunday	10:00 - 13:00	All Star Tennis Red 2 (8yrs & Under)	8 Years & Under	Ind Crt 2	£
Sunday	10:00 - 16:00	Junior Events & Tournaments (External)	All Levels	Out Crt D, E	
Sunday	13:00 - 14:00	All Star Tennis Yellow 2 (11-17yrs)	11-17 Years	Ind Crt 2	£
Sunday	14:00 - 16:00	Junior Events & Tournaments (External)	All Levels	Ind Crt 2, 3	

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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DL KIDS PROGRAMME JANUARY - MARCH 2012

DL Kids

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	09:30 - 11:30	Club Creche		Club Creche	£
Monday	17:00 - 17:45	Mini Active	3-4 Years	Studio 3	
Monday	17:00 - 17:55	FIT Circuits	11+ years	Studio 1	
Monday	17:00 - 17:55	Get Active	All Levels	Bad Crt 1, 2 & 3, Sports H	
Monday	18:00 - 18:55	DL Kids Basketball	All Levels	Bad Crt 1, 2 & 3, Sports H	
Monday	19:00 - 19:55	DL Kids Basketball	All Levels	Bad Crt 2, 3, Sports H	
Tuesday	17:00 - 17:45	Lets Create	3-4 Years	Studio 3	
Tuesday	17:00 - 17:55	DL Kids Netball	All Levels	Bad Crt 1, 2 & 3, Sports H	
Tuesday	17:00 - 17:55	Make & Create	All Levels	DL Kids - Sports H	
Tuesday	18:00 - 18:55	Multi Sports	All Levels	Bad Crt 1, 2 & 3, DL Kids - Sports H	
Wednesday	09:30 - 11:30	Club Creche		Club Creche	£
Wednesday	17:00 - 17:45	Mini Active	3-4 Years	Studio 3	
Wednesday	17:00 - 17:55	FIT Cycle	11+ years	Spin Studio	
Wednesday	17:00 - 17:55	Get Active	All Levels	Bad Crt 1, 2 & 3, Sports H	
Wednesday	18:00 - 18:55	DL Kids Football	All Levels	Bad Crt 1, 2 & 3, Sports H	
Wednesday	18:00 - 18:55	Supervised Gym	All Levels	Gym	
Wednesday	18:00 - 19:00	DL Kids Club Night	All Levels	Sq Crt 3, Studio 3	
Thursday	17:00 - 17:45	Mini Active	3-4 Years	Bad Crt 1, Sports H	
Thursday	17:00 - 17:55	DL Kids Dance	All Levels	Studio 3	
Thursday	17:00 - 17:55	Get Active	All Levels	Bad Crt 2, 3, DL Kids - Sports H	
Thursday	18:00 - 18:55	DL Kids Cricket	All Levels	Bad Crt 2, 3, Sports H	
Thursday	18:00 - 18:55	Family Welcome	All Levels	DL Kids - Sports H	
Friday	09:30 - 11:30	Club Creche		Club Creche	£
Friday	17:30 - 18:25	DL Kids Kickboxing	All Levels	Bad Crt 1, DL Kids - Sports H	
Friday	17:30 - 19:00	DL Kids Club Night	All Levels	Bad Crt 2, 3, Sports H	
Saturday	09:30 - 11:30	Club Creche		Club Creche	£
Saturday	10:00 - 10:45	Mini Active	3-4 Years	Bad Crt 1, DL Kids - Sports H	
Saturday	10:00 - 10:55	Get Active	All Levels	Bad Crt 2, 3, Sports H	
Saturday	11:00 - 11:55	Get Active	All Levels	Bad Crt 1, 2 & 3, DL Kids - Sports H	
Saturday	11:30 - 12:25	Supervised Gym	All Levels	Gym	
Saturday	12:30 - 13:25	DL Kids Basketball	All Levels	Bad Crt 1, 2 & 3, Sports H	
Saturday	13:30 - 15:00	DL Kids Event/Party	All Levels	Bad Crt 1, 2 & 3, Sports H	
Saturday	15:00 - 16:30	DL Kids Event/Party	All Levels	Bad Crt 1, 2 & 3, Sports H	
Sunday	10:30 - 11:25	Multi Sports	All Levels	Bad Crt 1, 2 & 3, Sports H	
Sunday	11:30 - 12:25	Make & Create	All Levels	DL Kids - Sports H	
Sunday	11:30 - 12:25	Supervised Gym	All Levels	Gym	
Sunday	13:30 - 15:00	DL Kids Event/Party	All Levels	Bad Crt 1, 2 & 3, Sports H	
Sunday	15:00 - 16:30	DL Kids Event/Party	All Levels	Bad Crt 1, 2 & 3, Sports H	

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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