DAVID LLOYD LEISURE Hull - 01482 625 200

ALL STARS PROGRAMME JANUARY - MARCH 2012

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	16:15 - 17:00	Tots & Parents (3-4yrs)	3-4 Years	Bad Crt 1-4	£
Monday	17:00 - 17:45	All Star Tennis Red 2 (8yrs & Under)	8 Years & Under	Bad Crt 1-4	£
Monday	17:00 - 18:00	All Star Tennis Red Development Squad 1	8 Years & Under	Ind Crt 4, 5	£
Monday	17:00 - 18:30	All Star Tennis Green Development Squad 1	10 Years	Ind Crt 6, 7	£
Monday	17:00 - 18:30	All Star Tennis Orange Development Squad 1	8-9 Years	Ind Crt 1, 2	£
Tuesday	17:00 - 18:00	All Star Tennis Orange 1 (8-9yrs)	8-9 Years	Ind Crt 4, 5	£
Tuesday	17:00 - 18:00	All Star Tennis Yellow 3 (11-17yrs)	11-17 Years	Ind Crt 1, 2 & 3	£
Tuesday	18:00 - 19:00	Junior Cardio Tennis	11-18 Years	Ind Crt 1	£
Wednesday	18:00 - 19:00	FIT Fast Track	11+ years	Ind Crt 4	
Friday	17:00 - 18:00	All Star Tennis Red Development Squad 1	8 Years & Under	Ind Crt 4	£
Friday	17:00 - 18:00	Badminton All Stars Red Development Squad	8 Years & Under	Bad Crt 1-4	£
Friday	17:00 - 18:30	All Star Tennis Green Development Squad 1	10 Years	Ind Crt 6, 7	£
Friday	17:00 - 18:30	All Star Tennis Orange Development Squad 1	8-9 Years	Ind Crt 1, 2 & 3	£
Friday	18:00 - 19:00	Badminton All Stars Orange Development Squad	8-9 Years	Bad Crt 1-4	£
Saturday	09:00 - 09:45	All Star Tennis Red 2 (8yrs & Under)	8 Years & Under	Bad Crt 1-4	£
Saturday	09:00 - 09:45	Tots & Parents (3-4yrs)	3-4 Years	Ind Crt 4	£
Saturday	10:00 - 11:00	All Star Tennis Green 3 (10yrs)	10 Years	Ind Crt 3	£
Saturday	10:00 - 11:00	All Star Tennis Orange 1 (8-9yrs)	8-9 Years	Ind Crt 1, 2	£
Saturday	11:00 - 12:00	All Star Tennis Yellow 3 (11-17yrs)	11-17 Years	Ind Crt 1, 2 & 3	£
Sunday	10:30 - 11:15	All Star Tennis Red 2 (8yrs & Under)	8 Years & Under	Bad Crt 1-4	£
Sunday	11:30 - 12:30	All Star Tennis Orange 1 (8-9yrs)	8-9 Years	Ind Crt 1, 2	£
Sunday	11:30 - 12:30	All Star Tennis Yellow 3 (11-17yrs)	11-17 Years	Ind Crt 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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ALL STARS PROGRAMME JANUARY - MARCH 2012

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	16:00 - 16:30	Swimming Lesson 1-2-1	All Levels	Pool	£
Monday	16:30 - 17:00	ASA Swim Stage 5	All Levels	Pool	£
Monday	17:00 - 17:30	ASA Swim Stage 2	All Levels	Pool	£
Monday	17:30 - 18:00	ASA Swim Stage 7	All Levels	Pool	£
Monday	18:00 - 18:30	ASA Swim Stage 5	All Levels	Pool	£
Tuesday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Pool	£
Tuesday	17:00 - 17:30	ASA Swim Stage 5	All Levels	Pool	£
Tuesday	17:30 - 18:00	ASA Swim Stage 2	All Levels	Pool	£
Wednesday	09:30 - 10:00	Swimming Lesson 1-2-1	All Levels	Pool	£
Wednesday	10:00 - 11:00	Swimming Lesson 1-2-1	All Levels	Pool	£
Wednesday	11:00 - 11:30	Swimming Lesson 1-2-1	All Levels	Pool	£
Thursday	16:00 - 16:30	Swimming Lesson 1-2-1	All Levels	Pool	£
Thursday	16:30 - 17:00	ASA Swim Stage 1	All Levels	Pool	£
Thursday	17:00 - 17:30	Swimming Lesson 1-2-1	All Levels	Pool	£
Friday	16:30 - 17:00	ASA Swim Stage 5	All Levels	Pool	£
Friday	17:00 - 17:30	Swimming Lesson 1-2-1	All Levels	Pool	£
Friday	17:30 - 18:00	Swimming Lesson 1-2-1	All Levels	Pool	£
Saturday	09:00 - 09:30	ASA Swim Stage 1	All Levels	Pool	£
Saturday	09:00 - 09:30	Swimming Lesson 1-2-1	All Levels	Pool	£
Saturday	09:30 - 10:00	ASA Swim Stage 4	All Levels	Pool	£
Saturday	10:00 - 10:30	ASA Swim Stage 2	All Levels	Ind Pool	£
Saturday	10:00 - 10:30	ASA Swim Stage 5	All Levels	Pool	£
Saturday	10:30 - 11:00	ASA Swim Stage 1	All Levels		£
Saturday	10:30 - 11:00	ASA Swim Stage 3	All Levels	Ind Pool	£
Saturday	10:30 - 11:00	ASA Swim Stage 6	All Levels	Pool	£
Saturday	11:00 - 11:30	ASA Swim Stage 6	All Levels	Ind Pool	£
Saturday	11:15 - 12:00	FIT Swim - Stage 8	11+ years	Pool	£
Saturday	11:30 - 12:00	Swimming Lesson 1-2-1	All Levels	Ind Pool	£
Saturday	12:00 - 12:30	Swimming Lesson 1-2-1	All Levels	Ind Pool	£
Saturday	12:30 - 12:45	Swim Allstars Assessment	All Levels	Ind Pool	
Saturday	12:30 - 13:00	Swimming Lesson 1-2-1	All Levels	Pool	£
Saturday	12:45 - 13:00	Swim Allstars Assessment	All Levels	Ind Pool	
Sunday	10:00 - 10:30	ASA Swim Stage 2	All Levels	Pool	£
Sunday	10:30 - 11:00	Parent & Child Swimming	All Levels	Pool	£
Sunday	11:00 - 11:30	ASA Swim Stage 1	All Levels	Pool	£
Sunday	11:30 - 11:45	Swimming Lesson 1-2-1	All Levels	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	18:00 - 18:45	FIT Zumba	11+ years	Studio 2	
Monday	18:00 - 19:00	DL Kids Dance (5-7yrs)	5-7 Years	DL Kids Rm - Part B	£
Monday	18:00 - 19:00	DL Kids Football	All Levels	Ind Crt 3, Out Crt 3	£
Tuesday	17:00 - 18:00	Multi Sports	All Levels	Ind Crt 7	
Tuesday	17:15 - 18:00	Mini Active	All Levels	DL Kids Rm - Part C	
Tuesday	18:00 - 20:00	DL Kids Movie Time	All Levels	DL Kids Rm	
Wednesday	17:00 - 18:00	Multi Sports	All Levels	Ind Crt 3	
Wednesday	18:00 - 18:45	Supervised Gym ☐Skills, Agility, Quickness	11-13 yrs	Gym Area 1	
Wednesday	18:00 - 19:00	Aqua Splash	8-11 Years	Ind Pool	
Wednesday	18:00 - 19:00	Aqua Splash	5-7 Years	Main Pool	
Thursday	18:00 - 19:00	Supervised Gym Vipr	11-13 yrs	Ind Crt 6	
Friday	09:30 - 10:15	Mini Dance	3-4 Years	DL Kids Rm - Part A	
Friday	17:00 - 18:00	Aqua Splash	8-11 Years	Ind Pool	
Friday	17:00 - 18:00	Aqua Splash	5-7 Years	Main Pool	
Friday	18:00 - 20:00	DL Kids Club Night	All Levels	DL Kids Rm	£
Saturday	09:00 - 09:45	Mini Dance	3-4 Years	DL Kids Rm - Part A	
Saturday	09:00 - 09:45	Multi Sports	All Levels	Ind Crt 3	
Saturday	09:45 - 10:45	DL Kids Table Tennis	8-11 Years	Sq Crt 3	
Saturday	09:45 - 10:45	Make & Create	All Levels	Kids Zone	
Saturday	10:00 - 10:45	Lets Create	3-4 Years	DL Kids Rm - Part A	
Saturday	10:00 - 10:45	Supervised Gym ☐Skills, Agility, Quickness	11-13 yrs	Studio 2	
Saturday	10:45 - 11:45	Get Active	All Levels	Ind Crt 7	
Saturday	11:45 - 12:30	Club Room Play	All Levels	Club Rm	
Saturday	12:30 - 13:00	Family Welcome	All Levels	Func Rm	
Sunday	10:00 - 10:30	Multi Sports	All Levels	Ind Crt 3	
Sunday	10:00 - 10:45	Mini Dance	3-4 Years	DL Kids Rm - Part A	
Sunday	10:30 - 11:15	FIT Circuits	11+ years	Studio 2	
Sunday	10:30 - 11:30	Get Active	All Levels	Ind Crt 7	
Sunday	16:00 - 17:00	Start Up 3 (14+yrs)	14 Years +	Gym Area 1	

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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