DAVID LLOYD IPSWICH - 01473 717600

ALL STARS PROGRAMME JANUARY - MARCH 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	10.00 - 11.00	Tennis Tots and Parents	Badminton Courts	3-4 yrs	£
Monday	16.30 - 17.30	Tennis All Stars Orange 2	Court 4, 5	8-9 yrs	£
Monday	17.30 - 18.30	Tennis All Stars Green 2	Court 4, 5	10 yrs	£
Tuesday	16.30 - 17.30	Tennis All Stars Red Development Squad 1	Badminton Courts	8 and under	£
Tuesday	17.30 - 18.30	Tennis All Stars Red 1	Badminton Courts	8 and under	£
Tuesday	17.30 - 18.30	Tennis All Stars Orange 3	Court 4, 5	8-9 yrs	£
Wednesday	10.00 - 11.00	Tennis Tots and Parents	Badminton Courts	3-4 yrs	£
Wednesday	16.30 - 17.30	Tennis All Stars Orange 3	Court 1, 2	8-9 yrs	£
Wednesday	17.30 - 18.30	Tennis All Stars Yellow 2	Court 1, 2	11-17 yrs	£
Wednesday	18.30 - 19.30	Tennis All Stars Yellow 1	Court 1, 2	11-17 yrs	£
Thursday	16.30 - 17.30	Tennis All Stars Red 3	Badminton Courts	8 and under	£
Thursday	16.30 - 17.30	Tennis All Stars Red 2	Badminton Courts	8 and under	£
Thursday	17.30 - 18.30	Tennis All Stars Red 2	Badminton Courts	8 and under	£
Thursday	17.30 - 18.30	Tennis All Stars Red 1	Badminton Courts	8 and under	£
Thursday	16.30 - 17.30	Tennis All Stars Orange 3	Court 1, 2	8-9 yrs	£
Thursday	17.30 - 18.30	Tennis All Stars Yellow 3	Court 1, 2	11-17 yrs	£
Thursday	18.30 - 19.30	Tennis All Stars Yellow 1	Court 1, 2	11-17 yrs	£
Friday	16.30 - 17.30	Tennis All Stars Red 2	Badminton Courts	8 and under	£
Friday	17.30 - 18.30	Tennis All Stars Red 1	Badminton Courts	8 and under	£
Friday	17.30 - 18.30	Tennis All Stars Orange 2	Court 4, 5	8-9 yrs	£
Friday	18.30 - 19.30	Tennis All Stars Green 2	Court 4, 5	10 yrs	£
Friday	18.30 - 19.30	Tennis All Stars Yellow 2	Court 2, 3	11-17 yrs	£
Saturday	09.00 - 10.00	Tennis Tots	Court 1	3-5 yrs	£
Saturday	09.00 - 10.00	Tennis All Stars Red 3	Court 1	8 and under	£
Saturday	10.00 - 11.00	Tennis Tots	Court 1	3-5 yrs	£
Saturday	10.00 - 11.00	Tennis All Stars Red 2	Court 1	8 and under	£
Saturday	10.00 - 11.00	Tennis All Stars Orange 2	Court 4, 5	8-9 yrs	£
Saturday	11.00 - 12.00	Tennis All Stars Red 2	Court 1	8 and under	£
Saturday	11.00 - 12.00	Tennis All Stars Red 1	Court 1	8 and under	£
Saturday	11.00 - 12.00	Tennis All Stars Yellow 3	Court 4, 5	11-17 yrs	£
Sunday	17.30 - 18.30	Tennis All Stars Yellow 3	Court 4, 5, 6	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	10.00-10.30	Parent and child	Indoor pool	2-3 years	P / £
Monday	10.30-11.00	Parent and baby	Indoor pool	6 months - 2 years	P / £
Monday	11.00-11.30	ASA Stage 1	Indoor pool	3 years +	£
Monday	11.30-12.00	ASA Stage 2	Indoor pool	3 years +	£
Monday	16.00-16.30	ASA Stage 1	Indoor pool	All Age Groups	£
Monday	16.00-16.30	ASA Stage 2	Indoor pool	All Age Groups	£
Monday	16.30-17.00	ASA Stage 2	Indoor pool	All Age Groups	£
Monday	16.30-17.00	ASA Stage 3	Indoor pool	All Age Groups	£
Monday	17.00-17.30	ASA Stage 3	Indoor pool	All Age Groups	£
Monday	17.00-17.30	ASA Stage 4	Indoor pool	All Age Groups	£
Monday	17.30-18.00	ASA Stage 5	Indoor pool	All Age Groups	£
Monday	17.30-18.00	ASA Stage 6	Indoor pool	All Age Groups	£
Monday	18.00-18.30	ASA Stage 7	Indoor pool	All Age Groups	£
Monday	18.00-19.00	Swim Squads	Indoor pool	All Age Groups	£
Tuesday	16.00-16.30	ASA Stage 1	Indoor pool	All Age Groups	£
Tuesday	16.00-16.30	ASA Stage 2	Indoor pool	All Age Groups	£
Tuesday	16.30-17.00	ASA Stage 3	Indoor pool	All Age Groups	£
Tuesday	17.00-17.30	ASA Stage 4	Indoor pool	All Age Groups	£
Tuesday	17.30-18.00	ASA Stage 5	Indoor pool	All Age Groups	£
Tuesday	17.30-18.00	ASA Stage 6	Indoor pool	All Age Groups	£
Tuesday	18.00-18.30	ASA Stage 7	Indoor pool	All Age Groups	£
Thursday	16.00-16.30	ASA Stage 3	Indoor pool	All Age Groups	£
Thursday	16.30-17.00	ASA Stage 4	Indoor pool	All Age Groups	£
Thursday	17.00-17.30	ASA Stage 5	Indoor pool	All Age Groups	£
Friday	10.30-11.00	Parent and baby	Indoor pool	All Age Groups	P / £
Friday	11.00-11.30	Parent and child	Indoor pool	All Age Groups	P / £
Friday	11.30-12.00	ASA Stage 1	Indoor pool	All Age Groups	£
Saturday	09.00-09.30	ASA Stage 1	Indoor pool	All Age Groups	£
Saturday	09.00-09.30	ASA Stage 2	Indoor pool	All Age Groups	£
Saturday	09.30-10.00	ASA Stage 2	Indoor pool	All Age Groups	£
Saturday	09.30-10.00	ASA Stage 3	Indoor pool	All Age Groups	£
Saturday	10.00-10.30	ASA Stage 4	Indoor pool	All Age Groups	£
Saturday	10.30-11.00	ASA Stage 5	Indoor pool	All Age Groups	£
Saturday	11.00-11.30	ASA Stage 6	Indoor pool	All Age Groups	£
Saturday	11.00-11.30	ASA Stage 7	Indoor pool	All Age Groups	£

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	09.30-10.30	Trampolining	Coaching	Badminton Courts	(Under 3's) & (3-4's)	P
Monday	16.15-17.00	Mini Active	Play	Studio 2	(Under 3's) & (3-4's)	
Monday	16.15-17.00	Start Up	Fitness	Family Gym	(8-11 & 12-13's)	
Monday	17.00-18.00	Multi Sports	Active	Studio 2	(5-7 & 8-11)	*
Monday	18.00-19.00	Nintendo Wii	Misc	Wii Zone	(5-7 & 8-11)	*
Tuesday	09.30-10.30	Imagine	Play	Badminton Courts	(Under 3's) & (3-4's)	*
Tuesday	16.15-17.00	Mini Dance	Play	Studio 2	(Under 3's) & (3-4's)	
Tuesday	17.10-18.15	Get Active	Active	Studio 2	(5-7 & 8-11)	*
Tuesday	18.15-19.20	Box Fit	Fitness	Studio 2	(8-11 & 12-13's)	*
Wednesday	09.30-10.30	Let's Create	Play	Badminton Courts	(Under 3's) & (3-4's)	*
Wednesday	16.15-17.00	Trampolining	Coaching	Badminton Courts	Contact Reception	
Wednesday	17.00-18.00	Trampolining	Coaching	Badminton Courts	Contact Reception	*
Wednesday	17.00-18.00	Karate	Coaching	Badminton Courts	Contact Reception	*
Wednesday	17.00-18.00	Tri Golf	Coaching	Badminton Courts	Contact Reception	*
Wednesday	18.00-19.00	Trampolining	Coaching	Badminton Courts	(8-11 & 12-13's)	*
Thursday	09.30-10.30	Mini Active	Play	Badminton Courts	(Under 3's) & (3-4's)	*
Thursday	16.15-17.00	Tri Golf	Coaching	Studio 2	Contact Reception	
Thursday	17.00-18.00	Multi Sports	Active	Bubble	(5-7 & 8-11)	*
Thursday	18.00-19.05	Hockey	Coaching	Bubble	(8-11 & 12-13's)	*
Friday	09.30-10.30	Mini Dance	Play	Badminton Courts	(Under 3's) & (3-4's)	*
Friday	17.00-18.30	Nintendo Wii	Misc	Wii Zone	(5-7 & 8-11)	*
Friday	17.30-18.30	Supervised Gym	Fitness	Family Gym	(8-11 & 12-13's)	*
Friday	18.30-19.35	Badminton	Coaching	Badminton Courts	(5-7 & 8-11)	*
Saturday	09.30-10.30	Trampolining	Coaching	Badminton Courts	(Under 3's) & (3-4's)	P
Saturday	09.30-10.30	Supervised Gym	Fitness	Family Gym	(8-11 & 12-13's)	*
Saturday	10.30-11.35	Trampolining	Coaching	Badminton Courts	(5-7's)	*
Saturday	10.30-11.35	Box Fit	Fitness	Studio 2	(8-11 & 12-13's)	*
Saturday	11.35-12.35	Trampolining	Coaching	Badminton Courts	(8-11 & 12-13's)	*
Saturday	12.00-14.00	Family Splash	Water	Indoor Pool	All Age Groups	
Saturday	12.15-13.00	Family Welcome	Misc	Board Room		P
Saturday	17.00-18.00	Nintendo Wii	Misc	Wii Zone	(5-7 & 8-11)	
Saturday	17.30-18.15	Start Up	Fitness	Family Gym	(8-11 & 12-13's)	
Saturday	All day	Birthday Parties	Misc	Party Room	All Age Groups	
Sunday	09.30-10.35	Get Active	Active	Badminton Courts	(5-7's)	*
Sunday	09.30-10.35	Supervised Gym	Fitness	Family Gym	(8-11 & 12-13's)	*
Sunday	10.35-11.35	Let's Create	Play	Studio 2	(Under 3's) & (3-4's)	*
Sunday	10.35-11.35	Multi Sports	Active	Badminton Courts	(5-7 & 8-11)	*
Sunday	14.00-16.00	Family Splash	Water	Indoor Pool	All Age Groups	
Sunday	17.30-18.15	Start Up	Fitness	Family Gym	(8-11 & 12-13's)	
Sunday	All day	Birthday Parties	Misc	Party Room	All Age Groups	

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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