DAVID LLOYD LEISURE Ipswich - 01473 717600

ALL STARS PROGRAMME JANUARY - MARCH 2012

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Sunday	17:30 - 18:30	FIT Club Night (11-14)	11+ years	Ind Crt 4	

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 - 10:30	DL Kids Trampolining Beginners	Beginner	Bad Crt 3 - Part A	
Monday	10:45 - 11:45	Parent & Baby Coffee Morning	All Levels	Restaurant	
Monday	16:30 - 17:15	FIT Circuits	11+ years	Studio 1	
Monday	16:30 - 17:15	Make & Create	All Levels	Kids Zone	
Monday	16:30 - 17:15	Start Up	All Levels	Family Gym	
Monday	17:00 - 18:00	DL Kids Tri Golf	All Levels	Studio 2	
Monday	17:15 - 18:00	Nintendo Wii	All Levels	Restaurant	
Monday	18:00 - 19:00	Multi Sports	All Levels	Restaurant	
Monday	18:30 - 19:30	Family Welcome	All Levels	Meeting Rm	
Tuesday	10:30 - 11:30	Mini Active	All Levels	Kids Zone	
Tuesday	17:10 - 18:10	Make & Create	All Levels	Kids Zone	
Tuesday	17:15 - 18:00	FIT Cycle	11+ years	Cycle Studio	
Tuesday	18:15 - 19:15	DL Kids Street Dance	All Levels	Studio 2	
Wednesday	09:30 - 10:30	Parent & Baby Coffee Morning	All Levels	Restaurant	
Wednesday	16:30 - 17:15	Supervised Gym Vipr	11-13 yrs	Studio 1	
Wednesday	17:00 - 18:00	DL Kids Trampolining Beginners	Beginner	Bad Crt 3 - Part A	
Wednesday	17:00 - 18:00	Get Active	All Levels	Restaurant	
Wednesday	18:00 - 19:00	DL Kids Trampolining	All Levels	Bad Crt 4	
Thursday	10:30 - 11:30	Lets Create	All Levels	Kids Zone	
Thursday	13:00 - 14:00	Parent & Tots Free Play	All Levels	Kids Zone	
Thursday	17:00 - 17:45	FIT Boot Camp	11+ years	Studio 1	
Thursday	17:00 - 18:00	DL Kids Tri Golf	All Levels	Studio 2	
Thursday	18:00 - 19:00	DL Kids Yoga	All Levels	Kids Zone	
Friday	10:30 - 11:30	DL Kids Mini Movie Time	All Levels		
Friday	11:30 - 12:30	Parent & Tots Free Play	All Levels	Kids Zone	
Friday	17:30 - 18:30	Supervised Gym	8-11 Years	Family Gym	
Friday	17:30 - 19:30	DL Kids Club Night	All Levels	Kids Zone	
Saturday	09:00 - 10:00	DL Kids Trampolining Beginners	Beginner	Bad Crt 4	
Saturday	10:05 - 11:05	DL Kids Trampolining	All Levels	Bad Crt 4	
Saturday	10:05 - 11:05	Mini Active	All Levels	Kids Zone	
Saturday	10:05 - 11:05	Supervised Gym	8-11 Years	Family Gym	
Saturday	11:10 - 12:10	Start Up Circuits	All Levels	Family Gym	
Saturday	12:00 - 13:00	Family Welcome	All Levels	Meeting Rm	
Saturday	17:30 - 18:15	Start Up	All Levels	Family Gym	
Sunday	09:30 - 10:30	Nintendo Wii	All Levels	Restaurant	
Sunday	10:35 - 11:35	Mini Active	All Levels	Kids Zone	
Sunday	10:35 - 11:35	Multi Sports	All Levels	Bub Multi Crt 4	
Sunday	10:35 - 11:35	Supervised Gym	8-11 Years	Family Gym	
Sunday	17:30 - 18:15	Start Up	All Levels	Family Gym	

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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