DAVID LLOYD- KENSINGTON - 020 7341 6400

JUNIOR PROGRAMME JULY - AUGUST 2009

DL Kids

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
09.30 - 12.30	Asquith Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£
16.00 - 16.30	Mini Active	Play	Play Den	(Under 3's) & (3-4's)	
16.00 - 16.30	ASA Stage 2	Swimming	Pool		£
16.00 - 16.30	Ballet	Coaching	Energy Zone	Beginner	£
16.15 - 17.00	Get Active	Active	Mind and Body	(5-7's)	
16.30 - 17.00	ASA Stage 4	Swimming	Pool		£
16.30 - 17.15	Ballet	Coaching	Energy Zone	Improver	£
17.00 - 17.30	ASA Stage 5	Swimming	Pool		£
17.15 - 18.00	Ballet	Coaching	Energy Zone	Advanced	£
17.15 - 18.00	Multi Sports	Active	Mind and Body	(8-11's)	
17.15 - 18.00	Start Up	Fitness	1st Floor Gym	(12-13 & 14-15's)	
17.30 - 18.00	ASA Stage 6	Swimming	Pool		£

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
09.30 - 12.30	Asquith Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£
09.30 - 10.00	Parent and child	Swimming	Pool		£
10.00 - 10.30	Parent and child	Swimming	Pool		£
13.30 - 16.30	Asquith Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£
15.30 - 16.00	ASA Stage 2	Swimming	Pool		£
16.00 - 16.30	ASA Stage 3	Swimming	Pool		£
16.00 - 16.30	ASA Stage 4	Swimming	Pool		£
16.00 - 16.30	Ballet	Coaching	Energy Zone	Beginner	£
16.15 - 17.00	Get Active	Active	Mind and Body	(5-7's)	
16.30 - 17.00	ASA Stage 5	Swimming	Pool		£
16.30 - 17.15	Ballet	Coaching	Energy Zone	Improver	£
17.00 - 17.30	ASA Stage 6	Swimming	Pool		£
17.15 - 18.00	Multi Sports	Active	Mind and Body	(8-11's)	
17.15 - 18.00	Start Up	Fitness	1st Floor Gym	(12-13 & 14-15's)	
17.15 - 18.00	Ballet	Coaching	Energy Zone	Advanced	£
17.30 - 18.00	ASA Stage 7	Swimming	Pool		£

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
09.30 - 12.30	Asquith Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£
09.30 - 10.00	Parent and child	Swimming	Pool		£
10.00 - 10.30	Parent and child	Swimming	Pool		£
16.00 - 16.30	ASA Stage 2	Swimming	Pool		£
16.15 - 17.00	Get Active	Active	Mind and Body	(5-7's)	
16.30 - 17.00	ASA Stage 3	Swimming	Pool		£
17.00 - 17.30	ASA Stage 4	Swimming	Pool		£
17.00 - 18.00	Tae Kwon Do	Coaching	Activities Zone	All	£
17.15 - 18.00	Multi Sports	Active	Mind and Body	(8-11's)	
17.30 - 18.00	ASA Stage 5	Swimming	Pool		£

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
09.30 - 12.30	Asquith Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£
10.00 - 10.30	Family Welcome	Misc	Reception		
10.30 - 11.00	Mini Active	Play	Play Den	(Under 3's) & (3-4's)	
16.00 - 16.30	ASA Stage 2	Swimming	Pool		£
16.30 - 17.00	ASA Stage 4	Swimming	Pool		£
17.00 - 18.00	Swim Squads	Swimming	Pool		£

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.

LIFE. Be fit for it
DAVIDLLOYD.CO.UK

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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
09.30 - 12.30	Asquith Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£
10.30 - 11.00	Mini Active	Play	Play Den	(Under 3's) & (3-4's)	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
10.00 - 12.00	Asquith Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£
10.00 - 10.30	ASA Stage 2	Swimming	Pool		£
10.30 - 11.00	ASA Stage 3	Swimming	Pool		£
11.00 - 11.30	ASA Stage 4	Swimming	Pool		£
15.00 - 16.00	Family Splash	Water	Pool		£

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
11.00 - 12.00	Tae Kwon Do	Coaching	Activities Zone	All	£

DL KIDS ACTIVITY CATEGORIES

Club Coaching (Coaching)
Club Crèche (Crèche)
Club Play (Play)
Club Active (Active)
Club Fitness (Fitness)
Club Water Activities (Water)
Club Tennis (Tennis)
Club Swimming (Swimming)
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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