# DAVID LLOYD KENSINGTON - 0207 341 6401

**ALL STARS PROGRAMME JANUARY - MARCH 2010**

## SWIMMING

| DAY | TIME | ACTIVITY | LOCATION | AGE / LEVEL | KEY |
|---|---|---|---|---|---|
| Monday | 16.00-16.30 | ASA Stage 2 | Swimming pool | | |
| Monday | 16.30-17.00 | ASA Stage 3 | Swimming pool | | |
| Monday | 17.00-17.30 | ASA Stage 4 | Swimming pool | | |
| Tuesday | 09.30-10.00 | Parent and child | Swimming pool | 18m-3y | |
| Tuesday | 10.00-10.30 | Parent and child | Swimming pool | 4m-18m | |
| Tuesday | 16.00-16.30 | ASA Stage 2 | Swimming pool | | |
| Tuesday | 16.30-17.00 | ASA Stage 6 | Swimming pool | | |
| Tuesday | 17.00-17.30 | ASA Stage 4 | Swimming pool | | |
| Tuesday | 17.30-18.00 | ASA Stage 5 | Swimming pool | | |
| Wednesday | 09.30-10.00 | Parent and child | Swimming pool | 4m-18m | |
| Wednesday | 10.00-10.30 | Parent and child | Swimming pool | 18m-3y | |
| Wednesday | 16.00-16.30 | ASA Stage 3 | Swimming pool | | |
| Wednesday | 16.00-16.30 | ASA Stage 4 | Swimming pool | | |
| Wednesday | 16.30-17.00 | ASA Stage 5 | Swimming pool | | |
| Wednesday | 17.00-17.30 | ASA Stage 6 | Swimming pool | | |
| Wednesday | 17.30-18.00 | ASA Stage 7 | Swimming pool | | |
| Thursday | 16.00-16.30 | ASA Stage 2 | Swimming pool | | |
| Thursday | 16.30-17.00 | ASA Stage 4 | Swimming pool | | |
| Thursday | 17.00-18.00 | Swim Squads | Swimming pool | | |
| Saturday | 10.00-10.30 | ASA Stage 2 | Swimming pool | | |
| Saturday | 10.30-11.00 | ASA Stage 3 | Swimming pool | | |
| Saturday | 11.00-11.30 | ASA Stage 4 | Swimming pool | | |
| Saturday | 11.30-12.00 | ASA Stage 5 | Swimming 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 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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# DAVID LLOYD KENSINGTON - 0207 341 6401

**DL KIDS PROGRAMME JANUARY - MARCH 2010**

DL Kids

| DAY | TIME | ACTIVITY | CATEGORY | LOCATION | AGE / LEVEL | KEY |
|---|---|---|---|---|---|---|
| Monday | 16.00-16.30 | Mini Active | Play | Play Den | (Under 3's) & (3-4's) | |
| Monday | 16.15-17.00 | Get Active | Active | Mind & Body | (5-7's) | |
| Monday | 16.30-17.15 | Ballet | Coaching | Energy Zone | Contact Reception | £ |
| Monday | 17.15-18.00 | Multi Sports | Active | Mind & Body | (8-11's) | |
| Monday | 17.15-18.00 | Ballet | Coaching | Energy Zone | Contact reception | £ |
| Monday | 17.15-18.00 | Supervised Gym | Fitness | 1st Floor Gym | (12-13 & 14-15's) | |
| Tuesday | 16.00-17.00 | Tae Kwon Do | Coaching | B3 Studio | Contact Reception | £ |
| Tuesday | 16.15-17.00 | Get Active | Active | Mind & Body | (5-7's) | |
| Tuesday | 17.00-18.00 | Tae Kwon Do | Coaching | B3 Studio | Contact Reception | £ |
| Tuesday | 17.15-18.00 | Multi Sports | Active | B3 Studio | (8-11's) | |
| Wednesday | 16.15-17.00 | Get Active | Active | Energy Zone | (5-7's) | |
| Wednesday | 16.30-17.00 | Ballet | Coaching | Mind & Body | Contact Reception | £ |
| Wednesday | 17.00-17.30 | Ballet | Coaching | Energy Zone | Contact Reception | £ |
| Wednesday | 17.15-18.00 | Multi Sports | Active | Mind & Body | (8-11's) | |
| Wednesday | 17.15-18.00 | Supervised Gym | Fitness | !st Floor Gym | (12-13 & 14-15's) | |
| Thursday | 10.30-11.00 | Mini Active | Play | Play Den | (Under 3's) & (3-4's) | |
| Friday | 10.30-11.00 | Mini Active | Play | Play Den | (Under 3's) & (3-4's) | |
| Sunday | 10.30-11.30 | Tae Kwon Do | Coaching | B3 Studio | Contact Reception | £ |
| Sunday | 11.30-12.30 | Tae Kwon Do | Coaching | B3 Studio | Contact Reception | £ |

## 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**

£ Additional Fees for this class
P Classes require parental supervision at all times
* Child activities that coincide with adult classes

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