DAVID LLOYD LEISURE Kidbrooke - 0208 331 3900/01

ALL STARS PROGRAMME JULY - AUGUST 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Wednesday	16:00 - 16:45	All Stars Tennis Red 2	8 Years & Under	Out Crt 1, 2	
Wednesday	16:45 - 17:30	All Stars Tennis Red 1	8 Years & Under	Out Crt 1, 2	
Wednesday	17:30 - 18:30	All Stars Tennis Yellow 3	11-18 Years	Out Crt 1, 2	
Thursday	13:00 - 13:45	All Stars Tennis Red 3	8 Years & Under	Out Crt 1, 2	
Thursday	13:45 - 14:30	All Stars Tennis Red 3	8 Years & Under	Out Crt 1, 2	
Thursday	14:30 - 15:30	All Stars Tennis Green 2	10 Years	Out Crt 1, 2	

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

LIFE. Be fit for it
DAVIDLLOYD.CO.UK

DAVID LLOYD LEISURE - Kidbrooke - 0208 331 3900/01

DL KIDS PROGRAMME JULY - AUGUST 2010

DL Kids

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	17:00 - 17:45	Start Up (14+yrs)	14 Years +	Gym	
Monday	17:45 - 18:45	Supervised Gym	12-13 Years	Gym	
Tuesday	10:35 - 11:30	Mini Active	3-4 Years	Studio 2	
Tuesday	11:35 - 12:30	Mini Dance	All Levels	Studio 2	
Tuesday	17:45 - 18:45	Supervised Gym	12-13 Years	Gym	
Wednesday	09:30 - 10:25	Mini Active	3-4 Years	Studio 2	
Wednesday	10:30 - 11:30	Lets Create	3-4 Years	Studio 2	
Wednesday	17:45 - 18:30	Start Up (14+yrs)	14 Years +	Gym	
Wednesday	17:45 - 18:45	Supervised Gym	12-13 Years	Gym	
Thursday	09:30 - 10:25	Mini Active	3-4 Years	Studio 2	
Thursday	10:30 - 11:25	Imagine...(3-4yrs)	3-4 Years	Studio 2	
Thursday	17:45 - 18:45	Supervised Gym	12-13 Years	Gym	
Friday	09:25 - 10:25	Mini Active	3-4 Years	Studio 2	
Friday	16:00 - 16:55	Yoga Bugs	All Levels	Studio 2	
Friday	16:30 - 17:30	DL Kids Football	5-7 Years		
Friday	16:30 - 17:30	DL Kids Football	8-11 Years		
Friday	17:00 - 19:00	DL Kids Movie Time	All Levels	Kids Zone	
Saturday	09:15 - 10:00	Mini Active	3-4 Years	Creche	
Saturday	09:30 - 10:15	Start Up (14+yrs)	14 Years +	Gym	
Saturday	10:00 - 10:45	Mini Active	3-4 Years	Creche	
Saturday	10:00 - 11:30	Get Active	5-7 Years	Studio 2 - Part A	
Saturday	10:00 - 11:30	Get Active	8-11 Years	Studio 2 - Part B	
Saturday	10:15 - 11:15	Supervised Gym	12-13 Years	Gym	
Saturday	10:45 - 11:45	Mini Active	3-4 Years	Creche	
Saturday	11:35 - 13:05	Make & Create	5-7 Years	Studio 2 - Part A	
Saturday	11:35 - 13:05	Make & Create	8-11 Years	Studio 2 - Part B	
Sunday	10:00 - 10:45	Start Up (14+yrs)	14 Years +	Gym	
Sunday	10:00 - 11:00	Mini Active	3-4 Years	Creche	
Sunday	10:00 - 11:30	Get Active	5-7 Years	Studio 2 - Part A	
Sunday	10:00 - 11:30	Get Active	8-11 Years	Studio 2 - Part B	
Sunday	10:45 - 11:45	Supervised Gym	12-13 Years	Gym	
Sunday	11:35 - 13:05	Make & Create	5-7 Years	Studio 2 - Part A	
Sunday	11:35 - 13:05	Make & Create	8-11 Years	Studio 2 - Part B	

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 fee for this class
* Adult class coincides with children's activity
PP Pay Pro
PR Pay Reception
CL Class
CO Course

LIFE. Be fit for it
DAVIDLLOYD.CO.UK