DAVID LLOYD LEEDS - 0113203400

ALL STARS PROGRAMME JANUARY - MARCH 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	16.00-17.00	Tennis All Stars Orange 2	courts 8/9	8-9 yrs	£
Monday	17.30-19.00	Tennis All Stars Yellow 1	courts 4/5	11-17 yrs	£
Monday	19.00-20.30	Tennis All Stars Yellow Development Squad 2	courts 4/5	11-17 yrs	£
Tuesday	16.00-17.00	Tennis All Stars Red 2	1/2 court 9	8 and under	£
Tuesday	16.00-17.00	Tennis All Stars Red 1	1/2 court 9	8 and under	£
Tuesday	16.00-17.00	Tennis All Stars Orange 2	courts 7/8	8-9 yrs	£
Tuesday	16.10-16.55	Tennis Tots	2 bad courts	3-5 yrs	£
Tuesday	16.10-16.55	Tennis All Stars Red 2	2 bad courts	8 and under	£
Tuesday	17.00-18.00	Tennis All Stars Orange Development Squad 2	courts 8/9	8-9 yrs	£
Tuesday	17.00-18.30	Tennis All Stars Orange Development Squad 1	courts 6/7	8-9 yrs	£
Tuesday	18.00-19.30	Tennis All Stars Green Development Squad 2	courts 8/9	10 yrs	£
Wednesday	16.00-16.55	Tennis All Stars Red 1	2 bad courts	8 and under	£
Wednesday	16.10-17.00	Tennis All Stars Red 3	2 bad courts	8 and under	£
Wednesday	17.00-18.00	Tennis All Stars Orange 3	courts 6/7	8-9 yrs	£
Wednesday	17.00-18.00	Tennis All Stars Green 3	courts 8/9	10 yrs	£
Thursday	16.00-16.55	Tennis All Stars Red 1	2 bad courts	8 and under	£
Thursday	16.10-17.00	Tennis All Stars Red 3	2 bad courts	8 and under	£
Thursday	16.30-17.30	Tennis - Family Welcome	court 1	All	£
Thursday	17.00-18.00	Tennis All Stars Red Development Squad 2	all bad courts	8 and under	£
Friday	16.00-17.00	Tennis All Stars Orange Development Squad 2	courts 6/7	8-9 yrs	£
Friday	17.00-18.00	Tennis All Stars Orange 1	courts 6/7	8-9 yrs	£
Friday	18.00-19.30	Tennis All Stars Yellow Development Squad 1	courts 6/7	11-17yrs	£
Friday	18.00-20.00	Tennis All Stars Yellow Performance Team	court 8	11-17 yrs	£
Saturday	09.00-09.45	Tennis Tots	2 bad courts	3-5 yrs	£
Saturday	09.00-09.45	Tennis All Stars Red 3	2 bad courts	8 and under	£
Saturday	09.00-10.00	Tennis All Stars Orange 3	courts 6/7	8-9 yrs	£
Saturday	09.00-10.00	Tennis All Stars Orange 1	courts 8/9	8-9 yrs	£
Saturday	10.00-11.00	Tennis All Stars Orange 2	bubble	8-9 yrs	£
Saturday	10.00-11.00	Tennis All Stars Red 2	all bad courts	8 and under	£
Saturday	10.00-11.00	Tennis All Stars Orange Development Squad 2	courts 8/9	8-9 yrs	£
Saturday	11.00-12.00	Tennis All Stars Orange Development Squad 1	bubble	8-9 yrs	£
Saturday	11.00-12.00	Tennis All Stars Green Development Squad 2	courts 8/9	10 yrs	£
Saturday	12.00-14.00	Tennis All Stars Yellow Performance Team	court 6/7/8/9 + Bad	11-17 yrs	£
Saturday	16.00-18.00	Tennis All Stars Yellow Performance Team	court 6	11-17 yrs	£
Sunday	09.00-9.45	Tennis Tots	2 bad courts	3-5 yrs	£
Sunday	09.00-9.45	Tennis All Stars Red 3	2 bad courts	8 and under	£
Sunday	10.00-11.00	Tennis All Stars Red 1	2 bad courts	8 and under	£
Sunday	10.00-11.00	Tennis All Stars Red Development Squad 2	2 bad courts	8 and under	£
Sunday	11.00-12.00	Tennis All Stars Orange 1	courts 6/7	8-9 yrs	£
Sunday	11.00-12.00	Tennis All Stars Green 2	courts 8/9	10 yrs	£
Sunday	12.00-13.00	Tennis All Stars Green 1	courts 8/9	10 yrs	£
Sunday	16.00-17.30	Tennis All Stars Yellow 2	courts 8/9	11-17 yrs	£
Sunday	17.30-19.00	Tennis All Stars Yellow Development Squad 2	courts 8/9	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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SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	16.00-16.30	ASA Stage 1	pool		£
Monday	16.00-16.30	ASA Stage 3	pool		£
Monday	16.30-17.00	ASA Stage 2	pool		£
Monday	16.30-17.00	ASA Stage 5	pool		£
Monday	17.00-17.30	ASA Stage 6	pool		£
Monday	17.00-17.30	ASA Stage 7	pool		£
Monday	17.30-18.00	ASA Stage 7	pool		£
Monday	17.30-18.00	ASA Stage 3	pool		£
Tuesday	16.00-16.30	ASA Stage 1	pool		£
Tuesday	16.30-17.00	ASA Stage 2	pool		£
Tuesday	17.00-17.30	ASA Stage 4	pool		£
Wednesday	16.00-16.30	ASA Stage 1	pool		£
Wednesday	16.00-16.30	ASA Stage 1	pool		£
Wednesday	16.30-17.00	ASA Stage 1	pool		£
Wednesday	16.30-17.00	ASA Stage 4	pool		£
Wednesday	17.00-17.30	ASA Stage 6	pool		£
Wednesday	17.00-17.30	ASA Stage 5	pool		£
Wednesday	17.30-18.00	ASA Stage 2	pool		£
Thursday	16.00-16.30	ASA Stage 1	pool		£
Thursday	16.00-16.30	ASA Stage 1	pool		£
Thursday	16.30.17.00	ASA Stage 2	pool		£
Thursday	16.30-17.00	ASA Stage 4	pool		£
Thursday	17.00-17.30	ASA Stage 6	pool		£
Thursday	17.00-17.30	ASA Stage 2	pool		£
Friday	09.30-10.00	Parent and baby	pool		£,P
Friday	10.00-10.30	Parent and child	pool		£, P
Friday	10.30-11.00	Parent and child	pool		£, P
Friday	16.00-16.30	ASA Stage 1	pool		£
Friday	16.00-16.30	ASA Stage 1	pool		£
Friday	16.30-17.00	ASA Stage 3	pool		£
Friday	16.30-17.00	ASA Stage 5	pool		£
Friday	17.00-17.30	ASA Stage 7	pool		£
Friday	17.00-17.30	ASA Stage 2	pool		£
Friday	17.30-18.00	ASA Stage 4	pool		£
Friday	18.00-18.30	ASA Stage 5	pool		£
Saturday	09.00-09.30	ASA Stage 1	pool		£
Saturday	09.00-09.30	ASA Stage 3	pool		£
Saturday	09.30-10.00	Swim Squads	pool		£
Saturday	09.30-10.00	ASA Stage 4	pool		£
Saturday	10.00-10.30	ASA Stage 4	pool		£
Saturday	10.00-10.30	ASA Stage 4	pool		£
Saturday	10.30-11.00	ASA Stage 5	pool		£
Saturday	10.30-11.00	Swim Squads	pool		£
Saturday	11.00-11.30	ASA Stage 1	pool		£
Saturday	11.00-11.30	ASA Stage 1	pool		£
Saturday	11.30-12.00	ASA Stage 2	pool		£
Saturday	11.30-12.00	ASA Stage 6	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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DL KIDS PROGRAMME JANUARY - MARCH 2010

DL Kids

DAY	TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
Monday	16.00-18.00	Get Active	Active	badminton courts	(5-7 & 8-11)	
Tuesday	16.00-18.00	Multi Sports	Active	badminton courts	(5-7 & 8-11)	
Wednesday	16.00-16.45	Mini Active	Play	badminton courts	(3–4's)	
Wednesday	16.00-17.00	Kids Splash	Water	Pool	All Age Groups	
Wednesday	17.00-18.00	Multi Sports	Active	badminton courts	(5-7 & 8-11)	
Thursday	16.00-18.00	Get Active	Active	badminton courts	(5-7 & 8-11)	
Friday	16.00-18.00	Make and Create	Active	function room	(5-7 & 8-11)	
Saturday	10.00-10.45	Mini Active	Play	function room	(3–4's)	
Saturday	11.00 - 12.00	Kids Splash	Water	Pool	All Age Groups	
Saturday	12.00- 13.00	Get Active	Active	tennis court 9	(5-7 & 8-11)	
Sunday	10.00-10.45	Mini Dance	Play	function room	(3–4's)	
Sunday	11.00 - 12.00	Kids Splash	Water	Pool	All Age Groups	
Sunday	12.00 - 13.00	Multi Sports	Active	tennis court 9	(5-7 & 8-11)	

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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