DAVID LLOYD LEICESTER - 01162828800

ALL STARS PROGRAMME JANUARY - MARCH 2010

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	15:30-16:00	Pre School Stage 1	Pool		£
Monday	16:00-16:30	ASA Stage 1	Pool		£
Monday	16:30-17:00	ASA Stage 2	Pool		£
Monday	17:00-17:30	ASA Stage 4	Pool		£
Monday	17:30-18:00	ASA Stage 5	Pool		£
Tuesday	16:00-16:30	Pre School Stage 1	Pool		£
Tuesday	16:30-17:00	ASA Stage 1	Pool		£
Tuesday	17:00-17:30	ASA Stage 3	Pool		£
Tuesday	19:00-19:30	Swim Club	Pool		£
Friday	10:00-10:30	Pre School Stage 1	Pool		£
Friday	10:30-11:00	Parent and child	Pool		£
Saturday	10:00-10;30	Pre School Stage 1	Pool		£
Saturday	10:30-11:00	ASA Stage 2	Pool		£
Saturday	11:00-11:30	ASA Stage 5	Pool		£
Saturday	11:30-12:00	ASA Stage 3	Pool		£
Saturday	12:00-12:30	ASA Stage 6	Pool		£
Saturday	14:00-14;30	Pre School Stage 1	Pool		£
Saturday	14:30-15:00	ASA Stage 1	Pool		£
Saturday	15:00-15:30	ASA Stage 4	Pool		£
Saturday	15:30-16:00	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	09:30-11:30	Tinies Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£*
Monday	16:45-17:45	Make and Create	Active	Studio 2	(5-7's)	
Tuesday	17:00-18:00	Multi Sports	Active	Studio 2	(5-7 & 8-11)	
Tuesday	17:30-18:15	Family Cycle	Fitness	Cycle Area	Family	P*
Tuesday	18:00-19:00	Start Up	Fitness	Gym	(14-15's)	
Wednesday	09:30-11:30	Tinies Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£*
Wednesday	17:30-18:30	Get Active	Active	Studio 2	(5-7 & 8-11)	*
Wednesday	17:30-18:15	Family Cycle	Fitness	Cycle Area	Family	P*
Wednesday	18:00-19:00	Start Up	Fitness	Gym	(14-15's)	
Thursday	17:30-18:30	Dance	Coaching	Studio 2	Contact Reception	*
Friday	09:30-11:30	Tinies Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£*
Friday	16:30-17:30	Multi Sports	Active	Studio 2	(5-7 & 8-11)	
Friday	17:30-18:30	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	*
Saturday	09:00-09:45	Ballet	Coaching	Studio 1	Contact Reception	£*
Saturday	09:30-11:30	Tinies Crèche	Crèche	Creche	(Under 3's) & (3-4's)	£*
Saturday	10:00-11:00	Get Active	Active	Studio 2	(5-7 & 8-11)	*
Saturday	11:00-12:00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	*
Saturday	15:00-16:00	Family Splash	Water	Pool	All Age Groups	
Sunday	09:00-10:00	Tae Kwon Do	Coaching	Studio 2	Contact Reception	£*
Sunday	10:00-11:00	Get Active	Active	Studio 2	(5-7 & 8-11)	*
Sunday	16:00-17:00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	

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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