DAVID LLOYD NARBOROUGH - 0116 2727810

ALL STARS PROGRAMME JANUARY - MARCH 2010

RACQUETS

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	16:30-17:15	Tennis All Stars Red 3	Court 1	8 and under	£
Monday	16:30:17:30	Tennis All Stars Green 3	Court 2 & 3	10 yrs	£
Monday	17.15-18.00	Tennis All Stars Orange 3	Court 1	8-9 yrs	£
Monday	17:30-18:30	Tennis All Stars Green 3	Court 2 & 3	10 yrs	Free Trial
Tuesday	16:15-17:00	Tennis All Stars Red 1	Court 5 & 6	8 and under	Free Trial
Tuesday	17:30-18:30	Tennis - Family Welcome	Cinema	All	
Wednesday	16:00-17:00	Tennis All Stars Orange Performance Team	Courts 2 & 3	8-9 yrs	£
Wednesday	17:00-18:00	Tennis All Stars Red Performance Team	Court 1	8 and under	£
Wednesday	17:00-18:00	Tennis All Stars Green Performance Team	Courts 2 & 3	10 yrs	£
Wednesday	17:30-19:00	Squash All Stars Coaching and Matchplay	Courts 1,2 & 3	All	£
Thursday	16:30-17:15	Tennis All Stars Red 3	Court 1	8 and under	£
Thursday	16:30-17:15	Tennis All Stars Red 3	Courts 2 & 3	8 and under	Free Trial
Thursday	17.15-18.00	Tennis All Stars Orange 3	Court 1	8-9 yrs	£
Thursday	17:15-18:00	Tennis All Stars Green 3	Court 2 & 3	10 yrs	Free Trial
Friday	14:00-14:30	Tennis Tots	Court 1	3-5yrs	£
Friday	16:30-17:15	Tennis All Stars Red 3	Court 1	8 and under	£
Friday	16:30-17:15	Tennis All Stars Orange 2	Court 2	8-9 yrs	£
Friday	16:30-17:30	Tennis All Stars Green 2	Court 3	10 yrs	£
Friday	17:30-18:30	Tennis All Stars Green Performance Team	Court 1	10 yrs	£
Friday	17:30-18:30	Tennis All Stars Yellow 3	Court 2	11-17 yrs	£
Saturday	09:00-09:45	Tennis All Stars Red 2	Court 1	8 and under	£
Saturday	09:00-10:00	Tennis All Stars Green 2	Court 2 & 3	10 yrs	£
Saturday	10:00-10:45	Tennis All Stars Orange 2	Court 1	8-9 yrs	£
Saturday	10:00-11:00	Tennis All Stars Yellow 1	Court 2 & 3	11-17 yrs	£
Saturday	10:30-12:00	Squash All Stars Coaching and Matchplay	Court 1,2 & 3	All	£
Saturday	11:30-12:30	Tennis All Stars Yellow Performance Team	Court 3	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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ALL STARS PROGRAMME JANUARY - MARCH 2010

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	09:30-10:00	Parent and child	Main/Baby pool	Contact Reception	£
Monday	10:00-10:20	Pre School Stage 1	Main/Baby pool	Contact Reception	£
Monday	16:00-16:30	Parent and child	Main/Baby pool	Contact Reception	£
Monday	16:00-16:30	ASA Stage 1	Main Pool	All Age Groups	£
Monday	16:30-17:00	ASA Stage 2	Main Pool	All Age Groups	£
Monday	16:30-16:50	Pre School Stage 1	Main/Baby pool	Contact Reception	£
Monday	16:50-17:10	Pre School Stage 1	Main/Baby pool	Contact Reception	£
Monday	17:00-17:30	ASA Stage 3	Main Pool	All Age Groups	£
Monday	17:30-18:00	ASA Stage 4	Main Pool	All Age Groups	£
Monday	17:30-18:30	Rookie Lifeguard - ASA Stage 8	Meeting Room/Main Pool	All Age Groups	£
Monday	18:00-18:30	ASA Stage 6	Main Pool	All Age Groups	£
Tuesday	16:00-16:30	ASA Stage 3	Main Pool	All Age Groups	£
Tuesday	16:30-17:00	ASA Stage 5	Main pool	All Age Groups	£
Tuesday	17:00-17:30	ASA Stage 6	Main Pool	All Age Groups	£
Tuesday	17:30-18:00	Synchronised Swim - ASA Stage 8	Main Pool	All Age Groups	£
Wednesday	17:00-18:00	Rookie Lifeguard - ASA Stage 8	Meeting Room/Main Pool	All Age Groups	£
Thursday	16:00-16:30	Pre School Stage 1	Main Pool	All Age Groups	£
Thursday	16:30-17:00	ASA Stage 2	Main Pool	All Age Groups	£
Thursday	17:00-17:30	ASA Stage 3	Main Pool	All Age Groups	£
Thursday	17:30-18:00	ASA Stage 4	Main Pool	All Age Groups	£
Thursday	18:00-18:30	ASA Stage 5	Main Pool	All Age Groups	£
Saturday	09:00-09:30	Pre School Stage 1	Main Pool	All Age Groups	£
Saturday	09:30-10:00	ASA Stage 2	Main Pool	All Age Groups	£
Saturday	10:00-10:30	ASA Stage 3	Main Pool	All Age Groups	£
Saturday	10:30-11:00	ASA Stage 4	Main Pool	All Age Groups	£
Saturday	11:00-11:30	ASA Stage 5	Main Pool	All Age Groups	£
Saturday	11:30-12:00	ASA Stage 6	Main Pool	All Age Groups	£
Saturday	12:00-12:30	Swim Squads	Main Pool	All Age Groups	£
Sunday	09:00-09:30	ASA Stage 5	Main Pool	All Age Groups	£
Sunday	09:30-10:00	ASA Stage 4	Main Pool	All Age Groups	£
sunday	10:00-10:30	ASA Stage 3	Main Pool	All Age Groups	£
sunday	10:30-11:00	Pre School Stage 1	Main Pool	All Age Groups	£
Sunday	11:00-11:30	ASA Stage 1	Main Pool	All Age Groups	£
Sunday	11:30-12:00	Pre School Stage 1	Main Pool	All Age Groups	£

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	09:30-12:00	Creche		Creche	12wks - 6yrs	£
Monday	16:30-17:30	Street Dance		Studio 1	6-7/8-11/12-13yrs	
Monday	17:30-18:30	Mini Active		Badminton Courts 3 & 4	3-4yrs	
Monday	17:30-18:30	Multi Sports		Badminton Courts 1 & 2	5-7yrs	
Monday	17:30-18:30	Multi Sports		Badminton Courts 1 & 2	8-11/12-13yrs	
Tuesday	09:30-12:00	Creche		Creche	12wks - 6yrs	£
Tuesday	18:00-19:00	Multi Sports		Badminton Courts 3 & 4	5-7yrs	
Tuesday	18:00-19:00	Start up Circuits		Family Gym	8-11/12-13 yrs	
Wednesday	09:30-12:00	Creche		Creche	12wks - 6yrs	£
Wednesday	17:00-17:30	Start up Cycle		Studio 2	8-11/12-13yrs	
Wednesday	17:30-18:30	Lets Create		Cinema	3-4yrs	
Wednesday	17:30-18:30	Multi Sports		Badminton Courts 1 & 2	5-7yrs	
Wednesday	17:30-18:30	Boxing Fit		Badminton Courts 3 & 4	8-11/12-13yrs	
Thursday	09:30-12:00	Creche		Creche	12wks - 6yrs	£
Thursday	16:30-18:30	Lemon Jelly, Drama and Music Theatre		Studio 2	6-7/8-11/12-13yrs	£ Paid 6 week course
Thursday	17:30-18:30	Mini Dance		Cinema	3-4yrs	
Thursday	17:30-18:30	Uni Hoc		Badminton Courts 3 & 4	5-7/8-11/12-13yrs	
Friday	09:30-12:00	Creche		Creche	12wks - 6yrs	£
Friday	10:00-10:45	Baby Massage, Meet and Greet		Blue Room	0-6months	£ P
Friday	10:00-10:45	Family Music and Movement		Badminton Courts 3 & 4	18months-5yrs	£ P
Friday	11:00-12:30	Baby Massage		Blue Room	0-6months	£ P
Friday	17:30-19:30	DL Kids Club Night		Cinema	All groups	
Friday	18:30-20:00	Taekwon-Do		Studio 1	6-7/8-11/12-13yrs	£
Saturday	09:00-10:00	Lets Create		Cinema	3-4yrs	
Saturday	09:00-10:00	Make & Create		Cinema	5-7yrs	
Saturday	09:30-12:00	Creche		Creche	12weeks-6yrs	£
Saturday	10:00-11:00	Mini Active		Badminton Courts 3 & 4	3-4yrs	
Saturday	10:00-11:00	Make & Create		Cinema	5-7yrs	
Saturday	10:00-11:00	Multi Sports		Badminton Courts 1 & 2	8-11/12-13yrs	£
Saturday	10:00-11:00	Street Jazz		Studio 2	6-7/8-11/12-13yrs	
Saturday	11:00-12:00	Mini Dance		Cinema	3-4yrs	
Saturday	11:00-12:00	Get Active		Badminton Courts 3 & 4	5-7yrs	£
Saturday	11:00-12:00	Street Jazz		Studio 2	6-7/8-11/12-13yrs	
Saturday	12:00-12:45	Bouncy Castle Fun/Inflatable Splash		Badminton Courts 3 & 4	All Age Groups	
Sunday	09:30-12:00	Creche		Creche	12wks - 6yrs	£
Sunday	10:00-11:00	Lets Create		Cinema	3-4yrs	
Sunday	10:00-11:00	Multi Sports		Badminton Courts	5-7yrs	
Sunday	10:00-11:00	Start up Circuits		Family Gym	8-11/12-13yrs	
Sunday	11:00-12:00	Mini Dance		Cinema	3-4yrs	
Sunday	11:00-12:00	Get Active		Badminton Courts 3 & 4	5-7yrs	
Sunday	11:00-12:00	Multi Sports		Badminton Courts 1 & 2	8-11/12-13yrs	
Sunday	12:00-12:45	Bouncy Castle Fun/Inflatable Splash		Badminton Courts 3 & 4	All Age Groups	

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

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