DAVID LLOYD LEISURE Liverpool Knowsley - 0151 545 4900

ALL STARS PROGRAMME JULY - AUGUST 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Tuesday	17:30 - 18:00	Swim Allstars Assessment	All Levels	Ind Pool	
Sunday	12:30 - 13:00	Swim Allstars Assessment	All Levels	Ind 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 fee for this class
*	Adult class coincides with children's activity
PP	Pay Pro
PR	Pay Reception
CL	Class
CO	Course

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DL KIDS PROGRAMME JULY - AUGUST 2010

DL Kids

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	17:00 - 17:45	Family Splash	All Levels	Main Pool	
Monday	17:00 - 17:55	Supervised Gym	All Levels	Gym Area 1	
Tuesday	17:00 - 17:45	Lets Create	3-4 Years	Fun Rm	
Tuesday	17:00 - 18:00	Start Up Circuits	8-11 Years	Gym	
Wednesday	17:00 - 17:55	Supervised Gym	All Levels	Gym Area 1	
Wednesday	17:00 - 18:00	Multi Sports	5-7 Years	Ind Crt 3	
Thursday	17:00 - 17:55	Supervised Gym	All Levels	Gym Area 1	
Thursday	18:00 - 19:00	Mini Active	3-4 Years		
Friday	09:30 - 10:15	Parent & Tots Free Play	All Levels	Ind Pool	
Friday	17:00 - 18:00	DL Kids Movie Time	All Levels	Fun Rm	
Saturday	09:30 - 10:30	Imagine	All Levels		
Saturday	10:30 - 11:25	Supervised Gym	All Levels	Gym Area 1	
Saturday	10:30 - 11:30	Family Welcome	All Levels	Club Rm	
Saturday	10:30 - 11:30	Mini Active	3-4 Years		
Saturday	11:15 - 12:00	Family Splash	All Levels	Main Pool	
Sunday	10:00 - 11:00	Get Active	All Levels		
Sunday	10:00 - 11:00	Mini Active	3-4 Years	Ind Crt 5	
Sunday	11:00 - 11:45	Make & Create	All Levels	High 5 Rm	
Sunday	11:15 - 12:15	Lets Create	3-4 Years	Fun Rm	
Sunday	12:15 - 13:00	Family Splash	All Levels	Main Pool	
Sunday	18:00 - 19:00	DL Kids Ballroom & Latin Dance	All Levels	Studio	

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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