DAVID LLOYD LEISURE Liverpool Knowsley - 0151 545 4900

ALL STARS PROGRAMME JANUARY - MARCH 2012

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Tuesday	18:00 - 19:00	All Star Tennis Green 2 (10yrs)	10 Years	Ind Crt 2	
Thursday	17:00 - 18:00	All Star Tennis Red 1 (8yrs & Under)	8 Years & Under	Ind Crt 1	
Friday	16:30 - 17:30	All Star Tennis Red 2 (8yrs & Under)	8 Years & Under	Ind Crt 1	
Friday	17:30 - 18:30	All Star Tennis Red Development Squad 1	8 Years & Under	Ind Crt 1	
Saturday	10:00 - 11:00	Tots & Parents (3-4yrs)	3-4 Years	Ind Crt 1	
Saturday	11:00 - 12:00	All Star Tennis Orange 3 (8-9yrs)	8-9 Years	Ind Crt 1, 2	
Saturday	13:00 - 14:00	All Star Tennis Yellow Development Squad 1	11-17 Years	Ind Crt 1, 2 & 3	
Sunday	10:00 - 11:00	All Star Tennis Green 2 (10yrs)	10 Years	Ind Crt 2, 3	
Sunday	10:00 - 11:00	All Star Tennis Red 3 (8yrs & Under)	8 Years & Under	Ind Crt 1	£
Sunday	11:00 - 12:00	All Star Tennis Red 2 (8yrs & Under)	8 Years & Under	Bad Crt 1-4	
Sunday	12:00 - 12:30	Parents Active Session	All Levels	Bad Crt 1-4	

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

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SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Tuesday	17:00 - 17:30	Swim Allstars Assessment	All Levels	Club Rm	
Tuesday	17:30 - 18:00	Swim Allstars Assessment	All Levels	Out Pool	
Tuesday	18:00 - 18:30	Swim Allstars Assessment	All Levels	Out Pool	
Thursday	16:30 - 17:00	ASA Swim Stage 4	All Levels	Ind Pool	
Thursday	17:00 - 17:30	ASA Swim Stage 1	All Levels	Ind Pool	
Thursday	17:30 - 18:00	ASA Swim Stage 3	All Levels	Ind Pool	
Saturday	09:00 - 09:30	ASA Swim Stage 1	All Levels	Ind Pool	
Saturday	09:30 - 10:00	ASA Swim Stage 2	All Levels	Ind Pool	
Saturday	10:00 - 10:30	ASA Swim Stage 3	All Levels	Ind Pool	
Saturday	10:30 - 11:00	Pre School Stage 1	All Levels	Main Pool	£
Saturday	11:00 - 11:30	ASA Swim Stage 5	All Levels	Ind Pool	
Saturday	11:30 - 12:00	Swim Squads	All Levels	Ind Pool	
Sunday	11:30 - 12:00	Pre School Stage 1	All Levels	Main Pool	£
Sunday	12:30 - 13:00	Swim Allstars Assessment	All Levels	Main 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 JANUARY - MARCH 2012

DL Kids

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	18:15 - 19:15	DL Kids Athletics	All Levels	Ind Crt 4	
Monday	18:15 - 19:15	Mini Active	3-4 Years	Location 1	
Monday	18:15 - 19:15	Supervised Gym	All Levels	Gym Desk	
Tuesday	18:00 - 19:00	Start Up 1	All Levels	Gym	
Tuesday	18:15 - 18:45	Get Active	All Levels	Location 1	
Tuesday	18:15 - 19:15	Imagine...(3-4yrs)	3-4 Years	Location 2	
Wednesday	18:00 - 18:45	FIT Cycle	11+ years	Spin Area	
Wednesday	18:15 - 19:00	DL Kids Rounders	All Levels	Ind Crt 4	
Wednesday	18:15 - 19:00	Mini Dance	All Levels	Location 1	
Thursday	17:15 - 17:45	Imagine	All Levels	Ind Crt 4	
Thursday	17:15 - 17:45	Multi Sports	All Levels	Location 1	
Thursday	18:00 - 18:45	FIT Circuits	11+ years	Gym Area 1	
Thursday	18:00 - 19:00	Lets Create	All Levels	High 5 Rm	
Thursday	18:00 - 19:00	Make & Create	All Levels	Location 1	
Friday	17:15 - 17:45	Mini Active	3-4 Years	Ind Crt 4	
Friday	17:15 - 17:45	Multi Sports	All Levels	Location 1	
Friday	18:00 - 19:00	DL Kids Movie Time	All Levels	Club Rm, High 5 Rm	
Saturday	10:30 - 11:15	DL Kids Rounders	All Levels	Location 1	
Saturday	10:30 - 11:15	Tots Football	All Levels	Ind Crt 3	
Saturday	10:30 - 11:30	Start Up 2	All Levels	Gym	
Saturday	11:30 - 12:15	DL Kids Athletics	All Levels	Location 1	
Saturday	11:30 - 12:15	Mini Active	All Levels	Ind Crt 4	
Saturday	11:30 - 12:30	DL Kids Street Dance	All Levels	Func Rm	
Saturday	11:30 - 12:30	Start Up 3 (14+yrs)	14 Years +	Gym	
Saturday	11:30 - 12:30	Supervised Gym	All Levels	Gym Desk	
Saturday	12:30 - 13:15	FIT Zumba	11+ years	Studio 1	
Saturday	12:30 - 13:15	Kids Splash	All Levels	Ind Pool	
Sunday	10:30 - 11:15	Mini Active	All Levels	Ind Crt 4	
Sunday	10:30 - 11:15	Multi Sports	All Levels	Location 1	
Sunday	11:30 - 12:15	Get Active	All Levels	Location 1	
Sunday	11:30 - 12:15	Imagine	All Levels	Ind Crt 4	
Sunday	11:30 - 12:30	Family Welcome	All Levels	Club Rm	
Sunday	12:30 - 13:15	Kids Splash	All Levels	Ind Pool	

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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CL Class
CO Course

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