DAVID LLOYD SPEKE - 0151 494 4000

ALL STARS PROGRAMME JANUARY - MARCH 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	16.15-17.00	Tennis Tots	Indoor Court 3	3-5 yrs	£
Monday	17.00-18.00	Tennis All Stars Red 3	Indoor Court 3	8 and under	£ *
Monday	17.00-18.00	Tennis All Stars Orange 3	Indoor Court 2	8-9 yrs	£ *
Monday	17.00-18.00	Tennis All Stars Green 3	Indoor court 1	10 yrs	£ *
Tuesday	19.00-20.00	Tennis - Family Welcome	Club Room	All	P
Wednesday	16.00-17.00	Tennis All Stars Red 3	Indoor court 3	8 and under	£
Wednesday	17.00-18.00	Tennis All Stars Orange 3	Indoor court 3	8-9 yrs	£
Wednesday	17.00-18.00	Tennis All Stars Green 3	Indoor court 4	10 yrs	£
Wednesday	17.00-18.00	Tennis All Stars Red Performance Team	Indoor court 3	8 and under	£
Wednesday	17.00-18.30	Tennis All Stars Yellow Performance Team	Indoor court 1 & 2	11-17 yrs	£
Wednesday	18.00-19.00	Tennis All Stars Red Performance Team	Indoor court 3	8 and under	£ *
Wednesday	18.00-19.30	Tennis All Stars Yellow 1	Indoor court 4	11-17 yrs	£
Friday	17.30-18.30	Squash All Stars Coaching and Matchplay	All	All	
Saturday	09.15-10.00	Tennis Tots and Parents	Indoor court 3	3-4 yrs	£ *
Saturday	10.00-11.00	Tennis All Stars Orange 3	Indoor court 2	8-9 yrs	£ *
Saturday	10.00-11.00	Tennis All Stars Green 3	Indoor court 1	10 yrs	£ *
Saturday	10.00-11.00	Tennis All Stars Red 3	Indoor court 3	8 and under	£ *
Saturday	10.00-11.00	Tennis - Family Welcome	Indoor court 4	All	P
Saturday	16.00-17.30	Tennis All Stars Yellow Development Squad 1	Indoor court 1 & 2	11-17yrs	£

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	10.00-10.30	Parent and baby	Main Pool		P
Monday	16.00-16.30	ASA Stage 2	Main Pool	All Age Groups	£
Monday	16.30-17.00	ASA Stage 3	Main Pool	All Age Groups	£
Monday	17.00-17.30	ASA Stage 4	Main Pool	All Age Groups	£
Monday	17.30-18.00	ASA Stage 6	Main Pool	All Age Groups	£
Tuesday	16.00-16.30	ASA Stage 2	Main Pool	All Age Groups	£
Tuesday	16.00-17.00	Parent and baby	Main Pool		P,£
Tuesday	16.30-17.00	ASA Stage 3	Main Pool	All Age Groups	£
Tuesday	17.00-17.30	ASA Stage 4	Main Pool	All Age Groups	£
Tuesday	17.30-18.00	ASA Stage 6	Main Pool	All Age Groups	£
Wednesday	11.00-11.30	Parent and baby	Main Pool		P
Wednesday	16.00-16.30	ASA Stage 2	Main Pool	All Age Groups	£
Wednesday	16.30-17.00	ASA Stage 3	Main Pool	All Age Groups	£
Wednesday	17.00-17.30	ASA Stage 4	Main Pool	All Age Groups	£
Wednesday	17.30-18.00	ASA Stage 6	Main Pool	All Age Groups	£
Wednesday	18.00-18.30	Swim Club	Main Pool	Contact Reception	£
Wednesday	18.30-19.00	Swim Club	Main Pool	Contact Reception	£
Wednesday	19.00-19.30	Swim Club	Main Pool	Contact Reception	£
Thursday	16.00-16.30	ASA Stage 2	Main Pool	All Age Groups	£
Thursday	16.30-17.00	ASA Stage 3	Main Pool	All Age Groups	£
Thursday	17.00-17.30	ASA Stage 4	Main Pool	All Age Groups	£
Thursday	17.30-18.00	ASA Stage 6	Main Pool	All Age Groups	£
Friday	16.00-16.30	ASA Stage 2	Main Pool	All Age Groups	£
Friday	16.30-17.00	ASA Stage 3	Main Pool	All Age Groups	£
Friday	17.00-17.30	ASA Stage 4	Main Pool	All Age Groups	£
Friday	17.30-18.00	ASA Stage 6	Main Pool	All Age Groups	£
Saturday	09.30-10.00	ASA Stage 1	Main Pool	All Age Groups	£
Saturday	10.00-10.30	ASA Stage 2	Main Pool	All Age Groups	£
Saturday	10.30-11.00	ASA Stage 3	Main Pool	All Age Groups	£
Saturday	11.00-11.30	ASA Stage 4	Main Pool	All Age Groups	£
Saturday	11.30-12.00	ASA Stage 5	Main Pool	All Age Groups	£
Saturday	12.00-12.30	ASA Stage 6	Main Pool	All Age Groups	£
Sunday	09.30-10.00	ASA Stage 1	Main Pool	All Age Groups	£
Sunday	10.00-10.30	ASA Stage 2	Main Pool	All Age Groups	£
Sunday	10.30-11.00	ASA Stage 3	Main Pool	All Age Groups	£
Sunday	11.00-11.30	ASA Stage 4	Main Pool	All Age Groups	£
Sunday	11.30-12.00	ASA Stage 5	Main Pool	All Age Groups	£
Sunday	12.00-12.30	ASA Stage 6	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	
Monday	1600-1700	Get Active	Active	MSH	(5-7 & 8-11)	
Monday	1700-1800	Tag Rugby	Coaching	MSH	All	
Monday	1700-1800	Tap Dance	Active	Squash Court	(5-7 & 8-11)	
Monday	1700-1800	Start Up	Fitness	Gym	(12-13 & 14-15's)	
Monday	1800-1900	LFC Football	Coaching	MSH	All	*
Monday	1800-1900	Make and Create	Active	Conference Room	(5-7 & 8-11)	*
Tuesday	1000-1030	Parent and Baby Coffee Morning	Misc	Club Room		P
Tuesday	1600-1700	Basketball	Coaching	MSH	All	
Tuesday	1700-1745	Mini Dance	Play	Studio	(Under 3's) & (3-4's)	
Tuesday	1700-1800	Get Active	Active	MSH	(5-7 & 8-11)	
Tuesday	1700-1800	Start Up	Fitness	Gym	(12-13 & 14-15's)	
Tuesday	1800-1900	Aqua Splash	Active	Pool	(5-7 & 8-11)	*
Tuesday	1900-2000	Family Welcome	Misc	Club Room		
Wednesday	1615-1700	Mini Active	Play	Studio	(3–4's)	
Wednesday	1700-1800	Multi Sports	Active	MSH	(5-7 & 8-11)	
Wednesday	1700-1800	Start Up	Fitness	Gym	(12-13 & 14-15's)	
Thursday	1000-1030	Parent and Baby Coffee Morning	Misc	Club Room		P
Thursday	1600-1645	Mini Active	Play	Studio	(3–4's)	
Thursday	1700-1800	Aqua Splash	Active	Pool	(5-7 & 8-11)	
Thursday	1700-1800	Start Up	Fitness	Gym	(12-13 & 14-15's)	
Thursday	1715-1800	Cheerleading	Coaching	MSH	All	*
Thursday	1800-1930	DL Kids Movie Time	Misc	Conference Room		*
Friday	1600-1700	Multi Sports	Active	MSH	(5-7 & 8-11)	
Friday	1700-1800	Football	Coaching	MSH	Advanced	*
Friday	1700-1800	Start Up	Fitness	Gym	(12-13 & 14-15's)	*
Friday	1800-1900	Football	Coaching	MSH	Improver	*
Friday	1800-1900	Make and Create	Active	Conference Room	(5-7 & 8-11)	*
Friday	1900-2000	Nintendo Wii	Misc	Club Room		
Saturday	1000-1100	Get Active	Active	MSH	(5-7 & 8-11)	*
Saturday	1100-1200	Multi Sports	Active	MSH	(5-7 & 8-11)	*
Saturday	1200-1300	Badminton	Coaching	MSH	All	*
Saturday	1200-1300	Start Up	Fitness	Gym	(12-13 & 14-15's)	
Saturday	1315-1400	Mini Dance	Play	Studio	(Under 3's) & (3-4's)	
Saturday	1400-1445	Tap	Coaching	Studio	All	
Sunday	1000-1100	Tag Rugby	Coaching	MSH	All	*
Sunday	1100-1200	Get Active	Active	MSH	(5-7 & 8-11)	*
Sunday	1200-1300	Nintendo Wii	Misc	Club Room		
Sunday	1200-1300	Start Up	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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