DAVID LLOYD MAIDSTONE - 01622 607600

ALL STARS PROGRAMME JANUARY - MARCH 2010

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	10.30-11.00	Pre School Stage 1	Pool		£
Monday	11.00-11.30	Parent and child	Pool		£
Monday	16.00-16.30	ASA Stage 2	Pool		£
Monday	16.30-17.00	ASA Stage 3	Pool		£
Monday	17.00-17.30	ASA Stage 2	Pool		£
Monday	17.30-18.00	ASA Stage 6	Pool		£
Wednesday	16.00-16.30	ASA Stage 4	Pool		£
Wednesday	16.30-17.00	ASA Stage 3	Pool		£
Thursday	16.30-17.00	ASA Stage 4	Pool		£
Thursday	17.00-17.30	ASA Stage 5	Pool		£
Friday	16.00-16.30	ASA Stage 1	Pool		£
Friday	16.30-17.00	Pre School Stage 1	Pool		£
Friday	17.00-17.30	ASA Stage 4	Pool		£
Friday	17.30-18.00	ASA Stage 6	Pool		£
Saturday	10.00-10.30	ASA Stage 6	Pool		£
Saturday	10.30-11.00	ASA Stage 5	Pool		£
Saturday	11.00-11.30	ASA Stage 4	Pool		£
Saturday	11.30-12.00	ASA Stage 3	Pool		£
Saturday	14.00-14.30	Pre School Stage 1	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	09.30-10.30	Club Crèche	Crèche	Creche		£
Monday	10.00-12.00	Family Splash	Water	Pool	All Age Groups	P
Monday	15.00-18.00	Family Splash	Water	Pool	All Age Groups	P
Monday	16.00-16.45	Multi Sports	Active	Studio 1	(5-7 & 8-11)	
Tuesday	15.00-18.00	Family Splash	Water	Pool	All Age Groups	P
Tuesday	17.00-17.45	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Wednesday	09.30-11.30	Club Crèche	Crèche	Creche		£
Wednesday	10.00-12.00	Family Splash	Water	Pool	All Age Groups	P
Wednesday	15.00-18.00	Family Splash	Water	Pool	All Age Groups	P
Wednesday	16.00-16.45	Football	Coaching	Studio 1	Contact Reception	
Wednesday	16.45.17.45	Karate	Coaching	Studio 1	Contact Reception	£
Thursday	15.00-18.00	Family Splash	Water	Pool	All Age Groups	P
Thursday	17.00-17.45	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Friday	09.30-11.30	Club Crèche	Crèche	Creche		£
Friday	10.00-12.00	Family Splash	Water	Pool	All Age Groups	P
Friday	15.00-18.00	Family Splash	Water	Pool	All Age Groups	P
Friday	16.00-16.45	Multi Sports	Active	Studio 1	(5-7 & 8-11)	
Saturday	09.30-11.30	Club Crèche	Crèche	Creche		£
Saturday	10.00-16.00	Family Splash	Water	Pool	All Age Groups	P
Sunday	10.00-16.00	Family Splash	Water	Pool	All Age Groups	P
Sunday	13.00-15.00	Birthday Parties	Misc	Studio 1		£ P

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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LIFE. Be fit for it
DAVIDLLOYD.CO.UK