DAVID LLOYD LEISURE Manchester - 0161 749 2000

ALL STARS PROGRAMME JULY - AUGUST 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	09:30 - 15:30	Total Tennis Junior Events (Internal)	All Levels	Ind Crt 1, 2 & 3	
Tuesday	09:30 - 15:30	Total Tennis Junior Events (Internal)	All Levels	Ind Crt 1, 2 & 3	
Wednesday	09:30 - 15:30	Total Tennis Junior Events (Internal)	All Levels	Ind Crt 1, 2 & 3	
Thursday	09:30 - 15:30	Total Tennis Junior Events (Internal)	All Levels	Ind Crt 1, 2 & 3	
Thursday	16:00 - 16:30	Junior Tennis Welcome	All Levels	Ind Crt 3	
Thursday	16:00 - 16:40	Tots (3-5yrs)	3-5 Years		£
Thursday	16:00 - 16:40	Tots (3-5yrs)	3-5 Years	Ind Crt 1	£
Thursday	16:15 - 17:00	All Star Tennis Red 3 (8yrs & Under)	8 Years & Under	Ind Crt 2	£
Thursday	16:40 - 17:20	All Star Tennis Red 2 (8yrs & Under)	8 Years & Under	Ind Crt 1	£
Thursday	17:00 - 18:00	All Star Tennis Orange 1 (8-9yrs)	8-9 Years	Ind Crt 2, 3	£
Thursday	17:20 - 18:00	All Star Tennis Red 1 (8yrs & Under)	8 Years & Under	Ind Crt 1	£
Thursday	18:00 - 19:00	All Star Tennis Green 1 (10yrs)	10 Years	Ind Crt 3, 4	£
Thursday	18:00 - 19:00	All Star Tennis Yellow 1 (11-17yrs)	11-18 Years	Ind Crt 1, 2	£
Friday	09:30 - 15:30	Total Tennis Junior Events (Internal)	All Levels	Ind Crt 1, 2 & 3	
Friday	14:00 - 15:00	Total Tennis Junior Events (Internal)	All Levels	Bad Crt 1-4	
Friday	16:00 - 17:00	Total Tennis Junior Events (Internal)	All Levels	Bad Crt 1-4	
Saturday	09:00 - 09:30	Junior Tennis Welcome	All Levels	Ind Crt 1	
Saturday	09:30 - 10:15	Tots (3-5yrs)	3-5 Years	Ind Crt 1	£
Saturday	10:15 - 11:00	All Star Tennis Red 3 (8yrs & Under)	8 Years & Under	Ind Crt 1	£
Saturday	11:00 - 12:00	All Star Tennis Orange 2 (8-9yrs)	8-9 Years	Ind Crt 1	£
Saturday	12:00 - 13:00	All Star Tennis Green 2 (10yrs)	10 Years	Ind Crt 5	£

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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ALL STARS PROGRAMME JULY - AUGUST 2010

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SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	17:30 - 18:00	Swim Allstars Assessment	All Levels	Ind Pool	
Thursday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Training Pool	£
Thursday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Training Pool	£
Thursday	17:00 - 17:30	ASA Swim Stage 3	All Levels	Main Pool	£
Thursday	17:30 - 18:00	ASA Swim Stage 4	All Levels	Main Pool	£
Thursday	18:00 - 18:30	ASA Swim Stage 5	All Levels	Main Pool	£
Thursday	18:30 - 19:00	ASA Swim Stage 6	All Levels	Main Pool	£
Thursday	19:00 - 20:00	Rookie Lifeguard - ASA Stage 8	All Levels		£
Friday	09:30 - 10:30	Rookie Lifeguard - ASA Stage 8	All Levels		£
Friday	10:30 - 11:00	ASA Swim Stage 1	All Levels	Training Pool	£
Friday	11:30 - 12:00	Water Polo - ASA Stage 8	All Levels		£
Saturday	09:00 - 09:30	Adult & Child	All Levels		£
Saturday	09:30 - 10:00	ASA Swim Stage 1	All Levels	Training Pool	£
Saturday	10:00 - 10:30	ASA Swim Stage 2	All Levels	Training Pool	£
Saturday	10:30 - 11:00	ASA Swim Stage 3	All Levels	Main Pool	£
Sunday	11:30 - 12:00	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 - 18:00	Supervised Gym	12-13 Years	Gym	
Tuesday	17:00 - 17:30	Family Welcome	All Levels	Sports Bar	
Tuesday	17:00 - 18:00	Lets Play Outside	All Levels	Outside	
Tuesday	17:00 - 18:00	Supervised Gym	12-13 Years	Gym	
Tuesday	18:00 - 19:00	Multi Sports	All Levels	Kids Zone	
Wednesday	17:00 - 18:00	DL Kids Club Night	All Levels	Kids Zone	
Wednesday	17:00 - 18:00	Supervised Gym	12-13 Years	Gym	
Wednesday	18:00 - 19:00	DL Kids Club Night	All Levels	Kids Zone	
Thursday	17:00 - 18:00	DL Kids Badminton	All Levels	Bad Crt 1	£
Thursday	17:00 - 18:00	Make & Create	All Levels	Kids Zone	
Thursday	17:00 - 18:00	Supervised Gym	12-13 Years	Gym	
Thursday	18:00 - 19:00	Kids Splash	All Levels	Leisure Pool	
Friday	17:00 - 18:00	Get Active	All Levels	Kids Zone	
Friday	17:00 - 18:00	Supervised Gym	12-13 Years	Gym	
Friday	18:00 - 19:00	Multi Sports	All Levels	Kids Zone	
Saturday	10:00 - 11:00	Get Active	All Levels	Bad Crt 1, 2	
Saturday	10:00 - 11:00	Mini Active	All Levels	Kids Zone	
Saturday	11:00 - 12:00	Lets Play Outside	All Levels	Outside	
Saturday	11:00 - 12:00	Mini Dance	3-4 Years	Kids Zone	
Saturday	12:00 - 13:00	Supervised Gym	12-13 Years	Gym	
Sunday	10:00 - 11:00	Get Active	All Levels	Bad Crt 1, 2	
Sunday	10:00 - 11:00	Mini Active	All Levels	Kids Zone	
Sunday	11:00 - 12:00	Kids Splash	All Levels	Leisure Pool	
Sunday	11:00 - 12:00	Lets Create	3-4 Years	Kids Zone	
Sunday	12:00 - 13:00	Lets Play Outside	All Levels	Outside	
Sunday	12:00 - 13:00	Make & Create	All Levels	Kids Zone	
Sunday	12:00 - 13:00	Supervised Gym	12-13 Years	Gym	

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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