DAVID LLOYD - CHEADLE - 0161 491 7400

JUNIOR PROGRAMME JULY - AUGUST 2009

DL Kids

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
1000-1030.	ASA Stage 2	Swimming	Pool		£
1030-1100.	Parent and child	Swimming	Pool		£
1100-1130.	Parent and child	Swimming	Pool		£
1130-1200.	ASA Stage 1	Swimming	Pol		£
1600-1630.	ASA Stage 1	Swimming	Pool		£
1600-1645.	Tennis All Stars Red 3	Racquets	Badminton Court	8 and under	£
1630-1700.	ASA Stage 2	Swimming	Pool		£
1630-1730.	Tennis All Stars Green 1	Racquets	Tennis Courts	10 yrs	£
1630-1730.	Karate	Coaching	Mind&Body Studio	Beginner	£
1630-1730.	Tennis All Stars Orange 3	Racquets	Tennis Courts	8-9 yrs	£
1630-1730.	Tennis All Stars Orange 2	Racquets	Tennis Courts	8-9 yrs	£
1630-1730.	Tennis All Stars Orange 1	Racquets	Tennis Courts	8-9 yrs	£
1645-1730.	Tennis All Stars Red 2	Racquets	Badminton Court	8 and under	£
1700-1730.	ASA Stage 3	Swimming	Pool		£
1730-1800.	ASA Stage 4	Swimming	Pool		£
1730-1830.	Tennis All Stars Red 1	Racquets		8 and under	£
1730-1830.	Karate	Coaching	Mind&Body Studio	Improver	£
1800-1830.	ASA Stage 5	Swimming	Pool		£
1830-1930.	ASA Stage 7	Swimming	Pool		£
1830-1930.	Start Up Circuits	Fitness	Badminton Court	(12-13 & 14-15's)	
1900-1930.	Rookie Lifeguard - ASA Stage 8	Swimming	Pool		£

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
1030-1100.	Parent and child	Swimming	Pool		£
1100-1130.	Parent and child	Swimming	Pool		£
1600-1630.	ASA Stage 1	Swimming	Pool		£
1600-1645.	Tennis All Stars Red 3	Racquets	Badminton Court	8 and under	£
1600-1630.	Tennis - Family Welcome	Racquets	Badminton Court	All	£
1630-1715.	Yoga/Yoga Bugs	Coaching	Mind&Body Studio	Beginner	£
1630-1700.	ASA Stage 2	Swimming	Pool		£
1645-1730.	Tennis - Family Welcome	Racquets	Tennis Court	All	
1645-1730.	Tennis All Stars Red 2	Racquets		8 and under	£
1700-1730.	ASA Stage 3	Swimming	Pool		£
1730-1800.	ASA Stage 4	Swimming	Pool		£
1730-1830.	Make and Create	Active	DL Kids Room	(5-7 & 8-11)	
1730-1830.	Tennis All Stars Red 1	Racquets		8 and under	£
1800-1830.	ASA Stage 5	Swimming	Pool		£
1830-1900.	ASA Stage 7	Swimming	Pool		£
1830-1930.	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
1900-1930.	Rookie Lifeguard - ASA Stage 8	Swimming	Pool		£

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
1600-1630.	ASA Stage 1	Swimming	Pool		£
1600-1630.	Imagine	Play	Mind&Body Studio	(3–4's)	
1630-1700.	ASA Stage 2	Swimming	Pool		£
1630-1730.	Multi Sports	Active	Badminton Court	(5-7 & 8-11)	
1700-1730.	ASA Stage 3	Swimming	Pool		£
1730-1800.	ASA Stage 4	Swimming	Pool		£
1730-1830.	Make and Create	Active	DL Kids Room	(5-7 & 8-11)	
1800-1830.	ASA Stage 5	Swimming	Pool		£
1830-1900.	ASA Stage 7	Swimming	Pool		£
1830-1930.	Badminton	Coaching	Badminton Court	Improver	
1915-2000.	Swim Club	Swimming	Pool		£

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
1330-1400.	Parent and child	Swimming	Pool		£
1400-1430.	Parent and child	Swimming	Pool		£
1600-1630.	ASA Stage 1	Swimming	Pool		£
1600-1645.	Tennis All Stars Red 3	Racquets	Badminton Court	8 and under	£
1630-1700.	ASA Stage 2	Swimming	Pool		£
1630-1730.	Multi Sports	Active	Badminton Court	(5-7 & 8-11)	
1700-1730.	ASA Stage 3	Swimming	Pool		£
1730-1800.	ASA Stage 4	Swimming	Pool		£
1730-1830.	Make and Create	Active	DL Kids Room	(5-7 & 8-11)	
1800-1830.	ASA Stage 5	Swimming	Pool		£
1830-1900.	ASA Stage 7	Swimming	Pool		£
1830-1930.	Badminton	Coaching	Badminton Court	Improver	
1900-1930.	Rookie Lifeguard - ASA Stage 8	Swimming	Pool		£
1930-2000.	Rookie Lifeguard - ASA Stage 8	Swimming	Pool		£

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

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
1600-1630.	Dance	Coaching	Mind&Body Studio	Beginner	
1600-1630.	ASA Stage 1	Swimming	Pool		£
1600-1645.	Tennis All Stars Red 3	Racquets	Badmintom Court	8 and under	£
1630-1700.	ASA Stage 2	Swimming	Pool		£
1630-1715.	Dance	Coaching	Mind&Body Studio	Improver	
1630-1730.	Get Active	Active	DL Kids Room	(5-7 & 8-11)	
1630-1730.	Tennis All Stars Orange 3	Racquets	Tennis Court	8-9 yrs	£
1630-1730.	Tennis All Stars Orange 2	Racquets	Tennis Court	8-9 yrs	£
1630-1730.	Tennis All Stars Orange 1	Racquets	Tennis Court	8-9 yrs	£
1630-1730.	Tennis All Stars Green 1	Racquets	Tennis Court	10 yrs	£
1645-1730.	Tennis All Stars Red 2	Racquets	Badmintom Court	8 and under	£
1700-1730.	ASA Stage 3	Swimming	Pool		£
1730-1830.	ASA Stage 4	Swimming	Pool		£
1730-1830.	Dance	Coaching	DL Kids Room	Advanced	*
1730-1830.	Tennis All Stars Yellow 2	Racquets	Tennis Court	11-17 yrs	£
1730-1830.	Tennis All Stars Red 1	Racquets	Badmintom Court	8 and under	£
1800-1830	ASA Stage 5	Swimming	Pool		£
1830-1900.	ASA Stage 7	Swimming	Pool		£
1830-1930.	Start Up Circuits	Fitness			*
1900-1930	Rookie Lifeguard - ASA Stage 8	Swimming	Pool		£

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
0920-1000.	Tennis Tots	Racquets	Badminton Court	3-5 yrs	£
0930-1000.	Badminton	Coaching	Badminton Court	Beginner	
0930-1000.	ASA Stage 1	Swimming	Pool		£
1000-1030.	ASA Stage 2	Swimming	Pool		£
1000-1045.	Tennis All Stars Red 3	Racquets	Badminton Court	8 and under	£
1000-1100.	Tennis All Stars Green 1	Racquets	Tennis Court	10 yrs	£
1000-1100.	Tennis All Stars Orange 3	Racquets	Tennis Court	8-9 yrs	£
1000-1200.	Make and Create	Active	DL Kids Room	(5-7 & 8-11)	*
1030-1100.	ASA Stage 3	Swimming	Pool		£
1045-1130.	Tennis All Stars Red 2	Racquets	Badminton Court	8 and under	£
1100-1130.	ASA Stage 4	Swimming	Pool		£
1100-1145.	Dance	Coaching	Mind&Body Studio	Beginner	
1100-1200.	Tennis All Stars Orange 2	Racquets	Tennis Court	8-9 yrs	£
1130-1200.	ASA Stage 6	Swimming	Pool		£
1130-1230.	Tennis All Stars Red 1	Racquets	Badminton Court	8 and under	£
1200-1300.	Tennis All Stars Yellow 2	Racquets	Tennis Court	11-17 yrs	£
1200-1245.	Dance	Coaching	DL Kids Room	Improver	
1230-1300.	ASA Stage 1	Swimming	Pool		£
1300-1330.	ASA Stage 2	Swimming	Pool		£
1330-1400.	ASA Stage 3	Swimming	Pool		£
1330-1500.	Tennis All Stars Yellow 1	Racquets	Tennis Court	11-17 yrs	£
1400-1430.	ASA Stage 5	Swimming	Pool		£

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
0900-0930.	ASA Stage 1	Swimming	Pool		£
0920-1000.	Tennis Tots	Racquets	Badminton Court	3-5 yrs	£
0930-1000.	ASA Stage 2	Swimming	Pool		£
1000-1030.	ASA Stage 3	Swimming	Pool		£
1000-1045.	Tennis All Stars Red 3	Racquets	Badminton Court	8 and under	£
1000-1100.	Tennis All Stars Orange 3	Racquets	Tennis Court	8-9 yrs	£
1000-1100.	Tennis All Stars Green 1	Racquets	Tennis Court	10 yrs	£
1030-1100.	ASA Stage 5	Swimming	Pool		£
1030-1130.	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	*
1030-1130.	Get Active	Active	DL Kids Room	(5-7 & 8-11)	*
1045-1130.	Tennis All Stars Red 2	Racquets	Badminton Court	8 and under	£
1100-1130.	ASA Stage 7	Swimming	Pool		£
1100-1200.	Tennis All Stars Yellow 3	Racquets	Tennis Court	11-17 yrs	£
1100-1200.	Tennis All Stars Orange 1	Racquets	Tennis Court	8-9 yrs	£
1130-1200.	Rookie Lifeguard - ASA Stage 8	Swimming	Pool		£
1130-1230.	Tennis All Stars Red 1	Racquets	Badminton Court	8 and under	£
1130-1230.	Make and Create	Active	DL Kids Room	(5-7 & 8-11)	*
1230-1300.	ASA Stage 1	Swimming	Pool		£
1300-1330.	ASA Stage 2	Swimming	Pool		£
1330-1400.	ASA Stage 3	Swimming	Pool		£
1400-1430.	ASA Stage 5	Swimming	Pool		£
1400-1500.	Family Splash	Water	Pool	All Age Groups	
1700-1800.	Family Circuits	Fitness	Studio 1	(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)
Club Tennis (Tennis)
Club Swimming (Swimming)
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

£ Additional Fees for this class
P Classes require parental supervision at all times
* Child activities that coincide with adult classes

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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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