DAVID LLOYD LEISURE Manchester Cheadle - 0161 491 7401

ALL STARS PROGRAMME JULY - AUGUST 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Tuesday	10:00 - 15:00	All Star Tennis Yellow Development Squad 2	11-18 Years	Ind Crt 8, 9	£
Wednesday	10:00 - 15:00	All Star Tennis Yellow Development Squad 2	11-18 Years	Bad Crt 3, 4, Ind Crts 8 & 9	£
Wednesday	13:00 - 16:00	All Star Tennis Orange 3 (8-9yrs)	8-9 Years	Ind Crt 1, 2,3 & 4	
Thursday	10:00 - 15:00	All Star Tennis Yellow Development Squad 2	11-18 Years	Bad Crt 3, 4, Ind Crts 8 & 9	£
Thursday	13:00 - 16:00	All Star Tennis Yellow 1 (11-17yrs)	11-18 Years	Ind Crt 1, 2,3 & 4	
Thursday	16:00 - 17:30	All Star Tennis Yellow Development Squad 2	11-18 Years	Bad Crt 1-4, Ind Crts 6,7,8 & 9	£

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
Wednesday	16:30 - 17:00	ASA Swim Stage 2	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	18:30 - 19:30	Supervised Gym	All Levels	Gym Desk	
Tuesday	08:30 - 17:30	Holiday Active - Full Day	All Levels	High 5 Meeting Point	
Tuesday	16:30 - 17:30	Multi Sports	All Levels	Bad Crt 1	
Tuesday	17:30 - 18:30	Make & Create	All Levels	High 5 Rm	
Tuesday	18:30 - 19:30	DL Kids Badminton Intermediates	Intermediate	Bad Crt 1	
Wednesday	08:30 - 17:30	Holiday Active - Full Day	All Levels	High 5 Meeting Point	
Wednesday	16:00 - 16:30	Family Welcome	All Levels	Bad Crt 3	
Wednesday	16:30 - 17:00	Family Welcome	All Levels	Ind Crt 9	
Wednesday	16:30 - 17:15	Yoga Bugs Intermediates	Intermediate	Mind & Body Studio	
Wednesday	17:30 - 18:30	Make & Create	All Levels	High 5 Rm	
Wednesday	18:30 - 19:30	Supervised Gym	All Levels	Gym Desk	
Thursday	08:30 - 17:30	Holiday Active - Full Day	All Levels	High 5 Meeting Point	
Thursday	16:30 - 17:30	Multi Sports	All Levels	Bad Crt 1	
Thursday	17:30 - 18:30	Make & Create	All Levels	High 5 Rm	
Thursday	18:30 - 19:30	DL Kids Badminton Intermediates	Intermediate	Bad Crt 4	
Friday	08:30 - 17:30	Holiday Active - Full Day	All Levels	High 5 Meeting Point	
Friday	10:00 - 15:00	Holiday Active - Short Day	All Levels		
Friday	16:00 - 16:30	DL Kids Dance Beginners	Beginner	Studio	
Friday	16:30 - 17:15	DL Kids Dance Intermediates	Intermediate	Studio	
Friday	16:30 - 17:30	Get Active	All Levels	High 5 Rm	
Saturday	10:00 - 11:00	Get Active	All Levels	High 5 Rm	
Saturday	10:00 - 11:00	Multi Sports	All Levels	Bad Crt 3	
Saturday	11:00 - 11:45	DL Kids Dance Beginners	Beginner	Studio	
Saturday	11:00 - 12:00	Make & Create	All Levels	High 5 Rm	
Saturday	12:00 - 12:45	DL Kids Street Dance	All Levels	High 5 Rm	
Saturday	14:00 - 15:00	Family Splash	All Levels		
Sunday	10:30 - 11:30	Get Active	All Levels	High 5 Rm	
Sunday	11:30 - 12:30	Make & Create	All Levels	High 5 Rm	
Sunday	14:00 - 15:00	Family Splash	All Levels		
Sunday	17:00 - 18:00	Family Circuits (14+yrs)	14 Years +	Studio 1	

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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