DAVID LLOYD NEWCASTLE - 0191 284 1275

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 All Stars Red 2	Court C	8 and under	£
Monday	16.15-17.15	Tennis All Stars Orange Development Squad 2	Court A & B	8-9 yrs	£
Monday	17.15-18.15	Tennis All Stars Green 3	Court A & B	10 yrs	£
Tuesday	16.15-17.00	Tennis All Stars Red Development Squad 1	Court C	8 and under	£
Tuesday	16.15-17.15	Tennis All Stars Orange 2	Court A & B	8-9 yrs	£
Tuesday	17.15-18.15	Tennis All Stars Green 3	Court A & B	10 yrs	£
Wednesday	15.30-16.15	Tennis Tots	Court C	3-5 yrs	£ P
Wednesday	16.15-17.00	Tennis All Stars Red 3	Court C	8 and under	£
Wednesday	16.15-17.15	Tennis All Stars Orange 3	Court A & B	8-9 yrs	£
Thursday	16.15-17.15	Tennis All Stars Green 3	Court C & B	10 yrs	£
Thursday	17.15-18.15	Tennis All Stars Yellow Development Squad 2	Court C & B	11-17 yrs	£
Friday	15.30-16.15	Tennis Tots and Parents	Court C	3-4 yrs	£ P
Friday	16.00-17.00	Tennis All Stars Orange 1	Court A & B	8-9 yrs	£
Friday	16.15-17.00	Tennis All Stars Red 1	Court C	8 and under	£
Friday	17.00-18.00	Tennis All Stars Yellow 2	Court B & C	11-17 yrs	£
Friday	18.00-19.00	Tennis All Stars Yellow 1	Court A & B & C	11-17 yrs	£
Saturday	09.30-10.30	Tennis All Stars Orange 1	Court A & B	8-9 yrs	£
Saturday	09.45-10.30	Tennis All Stars Red 1	Court C	8 and under	£
Saturday	10.30-11.30	Tennis All Stars Green 2	Court B & C	10 yrs	£
Saturday	11.30-12.30	Tennis All Stars Green Development Squad 2	Court B & C	10 yrs	£
Saturday	16.00-17.00	Badminton All Stars Development Squad	Court C	8 and under	£
Saturday	17.00-18.00	Badminton All Stars Coaching and Matchplay	Court C	All	£
Sunday	09.30-10.30	Tennis All Stars Orange 1	Court A & B	8-9 yrs	£
Sunday	09.45-10.30	Tennis All Stars Red 2	Court C	8 and under	£
Sunday	10.30-11.30	Tennis All Stars Yellow 3	Court C & B	11-17 yrs	£

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	11.00-11.30	Parent and baby	Swimming Pool	Contact Reception	£ P
Monday	11.30-12.00	Parent and child	Swimming Pool	Contact Reception	£ P
Monday	16.00-16.30	ASA Stage 1	Swimming Pool	Contact Reception	£ P
Monday	16.00-16.30	ASA Stage 2	Swimming Pool	Contact Reception	£ P
Monday	16.30-17.00	ASA Stage 3	Swimming Pool	Contact Reception	£ P
Monday	16.30-17.00	ASA Stage 1	Swimming Pool	Contact Reception	£ P
Monday	17.00-17.30	ASA Stage 4	Swimming Pool	Contact Reception	£ P
Monday	17.00-17.30	ASA Stage 3	Swimming Pool	Contact Reception	£ P
Monday	17.30-18.00	ASA Stage 5	Swimming Pool	Contact Reception	£ P
Monday	17.30-18.00	ASA Stage 4	Swimming Pool	Contact Reception	£ P
Tuesday	16.00-16.30	ASA Stage 1	Swimming Pool	Contact Reception	£ P
Tuesday	16.00-16.30	ASA Stage 2	Swimming Pool	Contact Reception	£ P
Tuesday	16.30-17.00	ASA Stage 3	Swimming Pool	Contact Reception	£ P
Tuesday	16.30-17.00	ASA Stage 4	Swimming Pool	Contact Reception	£ P
Tuesday	17.00-17.30	ASA Stage 5	Swimming Pool	Contact Reception	£ P
Tuesday	17.30-18.00	ASA Stage 5	Swimming Pool	Contact Reception	£ P
Tuesday	17.30-18.15	ASA Stage 6	Swimming Pool	Contact Reception	£ P
Tuesday	18.15-19.15	Swim Club	Swimming Pool	Contact Reception	£ P
Wednesday	16.00-16.30	ASA Stage 1	Swimming Pool	Contact Reception	£ P
Wednesday	16.30-17.00	ASA Stage 2	Swimming Pool	Contact Reception	£ P
Wednesday	17.00-17.30	ASA Stage 3	Swimming Pool	Contact Reception	£ P
Wednesday	17.30-18.15	Swim Club	Swimming Pool	Contact Reception	£ P
Thursday	16.00-16.30	ASA Stage 1	Swimming Pool	Contact Reception	£ P
Thursday	16.00-16.30	ASA Stage 2	Swimming Pool	Contact Reception	£ P
Thursday	16.30-17.00	ASA Stage 3	Swimming Pool	Contact Reception	£ P
Thursday	16.30-17.00	ASA Stage 4	Swimming Pool	Contact Reception	£ P
Thursday	17.00-17.30	ASA Stage 4	Swimming Pool	Contact Reception	£ P
Thursday	17.00-17.30	ASA Stage 3	Swimming Pool	Contact Reception	£ P
Thursday	17.30-18.00	ASA Stage 5	Swimming Pool	Contact Reception	£ P
Thursday	17.30-18.15	ASA Stage 7	Swimming Pool	Contact Reception	£ P
Thursday	18.15-19.15	Swim Club	Swimming Pool	Contact Reception	£ P
Friday	16.00-16.30	ASA Stage 1	Swimming Pool	Contact Reception	£ P
Friday	16.30-17.00	ASA Stage 2	Swimming Pool	Contact Reception	£ P
Friday	17.00-17.30	ASA Stage 4	Swimming Pool	Contact Reception	£ P
Friday	17.30-18.00	ASA Stage 5	Swimming Pool	Contact Reception	£ P
Friday	18.00-18.45	Rookie Lifeguard - ASA Stage 8	Swimming Pool	Contact Reception	£ P
Saturday	09.15-10.00	ASA Stage 7	Swimming Pool	Contact Reception	£ P
Saturday	10.00-10.30	ASA Stage 6	Swimming Pool	Contact Reception	£ P
Saturday	10.30-11.00	ASA Stage 1	Swimming Pool	Contact Reception	£ P
Saturday	11.00-11.30	ASA Stage 2	Swimming Pool	Contact Reception	£ P
Saturday	11.30-12.00	ASA Stage 4	Swimming Pool	Contact Reception	£ P
Sunday	09.30-10.00	ASA Stage 6	Swimming Pool	Contact Reception	£ P
Sunday	10.00-10.30	ASA Stage 1	Swimming Pool	Contact Reception	£ P
Sunday	10.30-11.00	ASA Stage 2	Swimming Pool	Contact Reception	£ P
Sunday	11.00-11.30	ASA Stage 3	Swimming Pool	Contact Reception	£ P
Sunday	11.30-12.00	ASA Stage 5	Swimming Pool	Contact Reception	£ P

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	09.30-11.30	Club Crèche	Crèche	DL Kids Studio	(Under 3's) & (3-4's)	* £
Monday	13.30-14.15	Mini Dance	Play	DL Kids Studio	(3–4's)	
Monday	14.15-15.00	Club Room Play	Misc	DL Kids Studio		
Monday	16.00-16.45	Football	Coaching	Outside/Studio1	Contact Reception	
Monday	16.00-16.45	Let's Create	Play	DL Kids Studio	(3–4's)	
Monday	16.45-17.30	Start Up Circuits	Fitness	Studio 2	(8-11 & 12-13's)	
Tuesday	09.30-11.30	Club Crèche	Crèche	DL Kids Studio	(Under 3's) & (3-4's)	*£
Tuesday	13.00-13.45	Let's Create	Play	DL Kids Studio	(3–4's)	
Tuesday	16.00-16.45	Mini Active	Play	DL Kids Studio	(3–4's)	
Tuesday	16.00-16.45	Dance	Coaching	Studio 2	Contact Reception	
Tuesday	16.45-17.30	Dance	Coaching	Studio 2	Contact Reception	
Tuesday	16.30-17.30	Karate	Coaching	Studio 1	Contact Reception	
Wednesday	09.30-11.30	Club Crèche	Crèche	DL Kids Studio	(Under 3's) & (3-4's)	* £
Wednesday	13.00-13.45	Parent and Tots Free Play	Misc	DL Kids Studio		P
Wednesday	16.15-17.00	Tots Football	Coaching	Studio 1/Outside	Contact Reception	
Wednesday	16.15-17.00	Get Active	Active	Studio 2	(5-7's)	
Wednesday	16.30-17.15	Supervised Gym	Fitness	Gym	(12-13's)	
Wednesday	17.00-17.45	Tots Football	Coaching	Studio 1/Outside	Contact Reception	
Thursday	09.30-11.30	Club Crèche	Crèche	DL Kids Studio	(Under 3's) & (3-4's)	* £
Thursday	16.00-16.45	Make and Create	Active	DL Kids Studio	(5-7's)	
Thursday	16.00-16.45	Tots Football	Coaching	Studio 1/Outside	Contact Reception	
Thursday	16.45-17.30	Family Cycle	Fitness	Studio 2	Family	
Friday	09.30-11.30	Club Crèche	Crèche	DL Kids Studio	(Under 3's) & (3-4's)	* £
Friday	16.15-17.00	Mini Active	Play	DL Kids Studio	(3–4's)	
Friday	16.15-17.00	Multi Sports	Active	Studio 1	(5-7's)	
Friday	16.30-17.15	Supervised Gym	Fitness	Gym	(12-13's)	
Friday	17.00-18.00	Karate	Coaching	Studio 1	Beginner	*
Friday	18.00-19.00	Karate	Coaching	Studio 1	Advanced	*
Saturday	09.30-11.30	Club Crèche	Crèche	DL Kids Studio	(Under 3's) & (3-4's)	* £
Saturday	09.00-09.45	Get Active	Active	Studio 2	(5-7's)	
Saturday	09.45-10.30	Multi Sports	Active	Studio 2	(8-11's)	
Saturday	13.00-13.45	Mini Active	Play	DL Kids Studio	(3–4's)	
Saturday	13.00-13.45	Aqua Splash	Active	Pool	(5-7 & 8-11)	
Saturday	14.00-16.00	DL Kids Movie Time	Misc	DL Kids Studio		
Sunday	10.30-11.15	Family Cycle	Fitness	Studio 2	Family	
Sunday	11.30-1.30	Birthday Parties	Misc	DL Kids Studio		
Sunday	13.00-13.45	Family Splash	Water	Pool	All Age Groups	
Sunday	15.00-17.00	Birthday Parties	Misc	DL Kids Studio		
Sunday	17.00-18.00	Supervised Gym	Fitness	Gym	(12-13'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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