DAVID LLOYD LEISURE Nottingham West Bridgford - 0115 982 5555

ALL STARS PROGRAMME JANUARY - MARCH 2012

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Tuesday	09:00 - 10:00	All Stars Tennis Red 2	8 Years & Under	Ind Crt 3	
Tuesday	14:00 - 15:00	All Stars Tennis Red 1	8 Years & Under	Ind Crt 1, 2,3 & 4	
Wednesday	10:30 - 11:30	Total Tennis Junior Events (Internal)	All Levels	Ind Crt 7, 8	£
Thursday	16:00 - 17:00	All Star Tennis Red 3 (8yrs & Under)	8 Years & Under	Ind Crt 2	£
Thursday	16:00 - 17:00	Tots & Parents (3-4yrs)	3-4 Years	Ind Crt 1	£
Thursday	17:00 - 18:00	All Star Tennis Green 1 (10yrs)	10 Years	Ind Crt 2	
Thursday	17:00 - 18:00	All Star Tennis Yellow 3 (11-17yrs)	11-17 Years	Ind Crt 3, 4	
Thursday	17:00 - 19:00	All Star Tennis Orange Development Squad 1	8-9 Years	Ind Crt 1	
Saturday	09:00 - 10:00	All Star Tennis Orange 2 (8-9yrs)	8-9 Years	Ind Crt 3	
Saturday	09:00 - 10:00	All Star Tennis Red 2 (8yrs & Under)	8 Years & Under	Ind Crt 2	
Saturday	09:00 - 10:00	Tots & Parents (3-4yrs)	3-4 Years	Ind Crt 1	£
Saturday	10:00 - 11:30	All Star Tennis Yellow Development Squad 2	11-17 Years	Ind Crt 1, 2,3 & 4	£
Saturday	11:00 - 12:00	All Star Tennis Yellow 3 (11-17yrs)	11-17 Years	Ind Crt 7	
Saturday	14:00 - 15:30	Junior Badminton	3-18 Years	Bad Crt 1, 2 & 3	
Sunday	09:30 - 10:30	All Star Tennis Green 1 (10yrs)	10 Years	Ind Crt 1, 2,3 & 4	
Sunday	10:00 - 12:00	All Star Tennis Yellow Development Squad 1	11-17 Years	Ind Crt 5, 6	
Sunday	10:30 - 11:30	All Star Tennis Green 1 (10yrs)	10 Years	Ind Crt 1, 2,3 & 4	
Sunday	11:30 - 12:30	Junior Events & Tournaments (External)	All Levels	Ind Crt 1, 2,3 & 4	

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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DL KIDS PROGRAMME JANUARY - MARCH 2012

DL Kids

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	17:30 - 18:15	Supervised Gym	All Levels		
Monday	17:30 - 18:15	Tots Football	3-4 Years	Bad Crt 1	
Monday	17:30 - 18:30	DL Kids Football	5-7 Years	Bad Crt 9 - Part C	
Monday	18:30 - 19:30	DL Kids Football	8-11 Years		
Monday	18:30 - 19:30	DL Kids Football	12-13 Years	Bad Crt 9	
Tuesday	17:00 - 17:45	Family Welcome	All Levels		
Tuesday	17:30 - 18:15	DL Kids Badminton Beginners	Beginner	Bad Crt 7	
Tuesday	17:30 - 18:15	Mini Active	3-4 Years		
Tuesday	17:30 - 18:15	Supervised Gym	All Levels		
Wednesday	16:00 - 17:00	Make & Create	All Levels	Party Rm	
Wednesday	17:00 - 17:30	FIT Zumba	11+ years		
Wednesday	17:00 - 18:00	DL Kids Rugby (5-7) & (8-11)	5-11 Years	Bad Crt 9 - Part A	
Wednesday	17:30 - 18:15	Supervised Gym	All Levels		
Thursday	13:00 - 14:00	Mini Active	All Levels		
Thursday	17:30 - 18:25	Get Active	5-7 Years	Bad Crt 9	
Friday	17:15 - 19:15	DL Kids Club Night	All Levels		
Friday	17:30 - 18:30	Supervised Gym	All Levels	Lower Gym	
Saturday	09:00 - 09:55	Get Active	5-7 Years	Bad Crt 9	
Saturday	10:00 - 10:55	DL Kids Dance	8-11 Years	Studio 2	
Saturday	10:00 - 10:55	Mini Dance	3-4 Years	Party Rm	
Saturday	10:00 - 11:00	Multi Sports	All Levels		
Saturday	10:00 - 11:00	Multi Sports (5-7) & (8-11)	5-11 Years	Bad Crt 9	
Saturday	11:00 - 11:55	DL Kids Dance	5-7 Years		
Saturday	11:00 - 11:55	Mini Active	All Levels		
Saturday	11:00 - 12:00	Get Active (5-7) & (8-11)	5-11 Years	Bad Crt 9	
Saturday	11:30 - 12:30	Supervised Gym (8-11) & (12-13)	8-11 Years	Gym	
Saturday	12:00 - 14:00	Birthday Parties	All Levels	Bad Crt 5, 6,7 & 9, Table Tennis	
Saturday	14:00 - 16:00	Birthday Parties	All Levels	Bad Crt 5, 6,7 & 9, Table Tennis	
Saturday	14:00 - 16:00	DL Kids Club Night	All Levels	Party Rm	
Saturday	16:00 - 17:00	Family Splash	All Levels		
Saturday	16:00 - 18:00	Birthday Parties	All Levels	Bad Crt 5, 6,7 & 9, Table Tennis	
Sunday	09:30 - 10:30	Mini Active	All Levels		
Sunday	09:30 - 10:30	Multi Sports (5-7) & (8-11)	5-11 Years		
Sunday	10:30 - 11:30	Make & Create	All Levels	Party Rm	
Sunday	12:00 - 13:00	Family Splash	All Levels		
Sunday	12:00 - 14:00	Birthday Parties	All Levels	Bad Crt 5, 6,7 & 9, Studio 1, Table Tennis	
Sunday	13:00 - 13:30	Family Welcome	All Levels	Ind Crt 1	
Sunday	14:00 - 16:00	Birthday Parties	All Levels	Bad Crt 5, 6,7 & 9, Table Tennis	
Sunday	16:00 - 18:00	Birthday Parties	All Levels	Bad Crt 5, 6,7 & 9, Table Tennis	

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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