# DAVID LLOYD PORT SOLENT - 02392 222700

**ALL STARS PROGRAMME JANUARY - MARCH 2010**

## SWIMMING

| DAY | TIME | ACTIVITY | LOCATION | AGE / LEVEL | KEY |
|---|---|---|---|---|---|
| Monday | 1020-1040 | Pre School Stage 1 | Pool | All Age Groups | £ |
| Monday | 1040-1100 | Parent and baby | Pool | All Age Groups | £ |
| Monday | 1100-1120 | Parent and child | Pool | All Age Groups | £ |
| Monday | 1640-1710 | ASA Stage 2 | Pool | All Age Groups | £ |
| Monday | 1710-1740 | ASA Stage 4 | Pool | All Age Groups | £ |
| Monday | 1740-1825 | ASA Stage 6 | Pool | All Age Groups | £ |
| Tuesday | 1600-1630 | ASA Stage 2 | Pool | All Age Groups | £ |
| Tuesday | 1630-1700 | ASA Stage 3 | Pool | All Age Groups | £ |
| Tuesday | 1700-1730 | ASA Stage 4 | Pool | All Age Groups | £ |
| Tuesday | 1730-1815 | ASA Stage 5 | Pool | All Age Groups | £ |
| Tuesday | 1830-1930 | Water Polo - ASA Stage 8 | Pool | All Age Groups | £ |
| Wednesday | 1020-1040 | Parent and child | Pool | All Age Groups | £ |
| Wednesday | 1040-1100 | Parent and baby | Pool | All Age Groups | £ |
| Wednesday | 1600-1630 | ASA Stage 1 | Pool | All Age Groups | £ |
| Wednesday | 1615-1645 | ASA Stage 2 | Pool | All Age Groups | £ |
| Wednesday | 1630-1700 | ASA Stage 3 | Pool | All Age Groups | £ |
| Wednesday | 1645-1715 | ASA Stage 4 | Pool | All Age Groups | £ |
| Wednesday | 1700-1730 | ASA Stage 5 | Pool | All Age Groups | £ |
| Wednesday | 1715-1815 | Rookie Lifeguard - ASA Stage 8 | Pool | All Age Groups | £ |
| Wednesday | 1815-1915 | Rookie Lifeguard - ASA Stage 9 | Pool | All Age Groups | £ |
| Thursday | 1000-1020 | Parent and child | Pool | All Age Groups | £ |
| Thursday | 1700-1730 | ASA Stage 2 | Pool | All Age Groups | £ |
| Thursday | 1730-1800 | ASA Stage 3 | Pool | All Age Groups | £ |
| Thursday | 1800-1830 | ASA Stage 4 | Pool | All Age Groups | £ |
| Thursday | 1830-1900 | ASA Stage 5 | Pool | All Age Groups | £ |
| Friday | 1600-1620 | ASA Stage 1 | Pool | All Age Groups | £ |
| Friday | 1620-1650 | ASA Stage 2 | Pool | All Age Groups | £ |
| Friday | 1620-1650 | ASA Stage 3 | Pool | All Age Groups | £ |
| Friday | 1650-1720 | ASA Stage 1 | Pool | All Age Groups | £ |
| Friday | 1650-1720 | ASA Stage 5 | Pool | All Age Groups | £ |
| Friday | 1720-1750 | ASA Stage 4 | Pool | All Age Groups | £ |
| Friday | 1720-1820 | ASA Stage 7 | Pool | All Age Groups | £ |
| Friday | 1750-1820 | ASA Stage 6 | Pool | All Age Groups | £ |
| Friday | 1830-1930 | Swim Squads | Pool | All Age Groups | £ |
| Saturday | 0930-1000 | ASA Stage 1 | Pool | All Age Groups | £ |
| Saturday | 1000-1100 | Rookie Lifeguard - ASA Stage 8 | Pool | All Age Groups | £ |
| Saturday | 1100-1130 | ASA Stage 4 | Pool | All Age Groups | £ |
| Saturday | 1100-1130 | ASA Stage 1 | Pool | All Age Groups | £ |
| Saturday | 1130-1200 | ASA Stage 3 | Pool | All Age Groups | £ |
| Saturday | 1130-1200 | ASA Stage 2 | Pool | All Age Groups | £ |
| Saturday | 1200-1230 | ASA Stage 3 | Pool | All Age Groups | £ |
| Saturday | 1200-1230 | ASA Stage 5 | Pool | All Age Groups | £ |
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## 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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# DAVID LLOYD PORT SOLENT - 02392 222700

**DL KIDS PROGRAMME JANUARY - MARCH 2010**

DL Kids

| DAY | TIME | ACTIVITY | CATEGORY | LOCATION | AGE / LEVEL | KEY |
|---|---|---|---|---|---|---|
| Monday | 0945-1030 | Mini Active | Play | Fun Room | (Under 3's) & (3-4's) | * |
| Monday | 1715-1800 | Supervised Gym | Fitness | Gym | (12-13 & 14-15's) | |
| Monday | 1715-1815 | Get Active | Active | Studio 2 | (5-7 & 8-11) | * |
| Monday | 1800-1900 | Start Up 1 | Fitness | Gym | (14-15's) | |
| Monday | 1830-1915 | Kids Splash | Water | Pool | All Age Groups | * |
| Tuesday | 1700-1800 | Start Up 2 | Fitness | Gym | (14-15's) | * |
| Tuesday | 1815-1900 | Supervised Gym | Fitness | Gym | (12-13 & 14-15's) | * |
| Wednesday | 0945-1030 | Mini Active | Play | Fun Room | (Under 3's) & (3-4's) | * |
| Wednesday | 1630-1730 | Squash | Coaching | Squash Court | All | |
| Wednesday | 1700-1800 | Multi Sports | Active | Studio 2 | (5-7 & 8-11) | * |
| Wednesday | 1700-1800 | Dance | Coaching | Studio 1 | All | * |
| Wednesday | 1715-1800 | Supervised Gym | Fitness | Gym | (12-13 & 14-15's) | * |
| Thursday | 0945-1030 | Let's Create | Play | Fun Room | (Under 3's) & (3-4's) | |
| Thursday | 1700-1900 | DL Kids Movie Time | Misc | Fun Room | | * |
| Thursday | 1715-1800 | Supervised Gym | Fitness | Gym | (12-13 & 14-15's) | |
| Friday | 0945-1030 | Mini Active | Play | Fun Room | (Under 3's) & (3-4's) | * |
| Friday | 1600-1700 | Get Active | Active | Studio 1 | (5-7 & 8-11) | |
| Friday | 1700-1800 | Street Dance | Fitness | Studio 2 | (8-11 & 12-13's) | * |
| Friday | 1700-1800 | Start Up 3 | Fitness | Gym | (14-15's) | * |
| Friday | 1715-1800 | Supervised Gym | Fitness | Gym | (12-13 & 14-15's) | * |
| Friday | 1800-1900 | Kick Boxing | Coaching | Studio 1 | All | |
| Saturday | 0930-1030 | Make and Create | Active | Fun Room | (5-7 & 8-11) | * |
| Saturday | 1000-1030 | Family Welcome | Misc | Fun Room | | |
| Saturday | 1030-1130 | Kick Boxing | Coaching | Studio 1 | All | |
| Saturday | 1030-1130 | Multi Sports | Active | Studio 2 | (5-7 & 8-11) | |
| Saturday | 1035-1105 | Family Cycle | Fitness | Gym | Family | |
| Saturday | 1130-1215 | Supervised Gym | Fitness | Gym | (12-13 & 14-15's) | |
| Saturday | 1135-1235 | Get Active | Active | Studio 2 | (5-7 & 8-11) | * |
| Saturday | 1135-1235 | Squash | Coaching | Squash Court | Beginner | * |
| Saturday | 1235-1335 | Squash | Coaching | Squash Court | Advanced | * |
| Saturday | 1400-1500 | Karate | Coaching | Studio 1 | All | |
| Saturday | 1400-1530 | Family Splash | Water | Pool | All Age Groups | |
| Saturday | 1530-1730 | Birthday Parties | Misc | Various | | |
| Sunday | 1030-1130 | Get Active | Active | Studio 2 | (5-7 & 8-11) | * |
| Sunday | 1030-1100 | Family Cycle | Fitness | Gym | Family | * |
| Sunday | 1100-1230 | Family Splash | Water | Pool | All Age Groups | |
| Sunday | 1130-1230 | Multi Sports | Active | Studio 2 | (5-7 & 8-11) | |
| Sunday | 1400-1530 | Table Tennis | Coaching | Squash Court | Contact Reception | |
| Sunday | 1530-1730 | Birthday Parties | Misc | Various | | |
| Sunday | 1700-1745 | Supervised Gym | Fitness | Gym | (12-13 & 14-15's) | * |
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## 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**

£ 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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