DAVID LLOYD LEISURE Port Solent - 023 92222 700

ALL STARS PROGRAMME JULY - AUGUST 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	10:40 - 11:00	Parent & Baby	All Levels	Pool	
Thursday	10:00 - 10:20	Parent & Baby	All Levels	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	09:45 - 10:30	Mini Active	All Levels	Sq Crt 1	
Monday	17:15 - 18:00	Supervised Gym	All Levels	Gym	
Monday	17:15 - 18:15	Get Active	All Levels	Studio 2	
Monday	18:00 - 19:00	Start Up 1 (14+yrs)	14 Years +	Gym	
Monday	18:30 - 19:15	Kids Splash	All Levels	Pool	
Tuesday	10:00 - 11:00	Parent & Baby Coffee Morning	All Levels	Club Rm	
Tuesday	18:15 - 19:00	Supervised Gym	All Levels	Gym	
Wednesday	09:45 - 10:30	Mini Active	All Levels	Sq Crt 1	
Wednesday	16:30 - 17:30	DL Kids Squash	All Levels	Sq Crt 1	
Wednesday	17:00 - 18:00	DL Kids Dance	All Levels	Studio 1	
Wednesday	17:00 - 18:00	Multi Sports	All Levels	Studio 2	
Wednesday	17:15 - 18:00	Supervised Gym	All Levels	Gym	
Thursday	10:30 - 11:30	Parent & Baby Coffee Morning	All Levels	Club Rm	
Thursday	17:00 - 19:00	DL Kids Movie Time	All Levels	Fun Rm	
Thursday	17:15 - 18:00	Supervised Gym	All Levels	Gym	
Friday	09:45 - 10:30	Mini Active	All Levels	Sq Crt 1	
Friday	16:00 - 17:00	Get Active	All Levels	Studio 1	
Friday	17:00 - 18:00	Multi Sports	All Levels	Studio 2	
Friday	17:00 - 18:00	Start Up 2 (14+yrs)	14 Years +	Gym 1	
Friday	17:15 - 18:00	Supervised Gym	All Levels	Gym	
Friday	18:00 - 19:00	DL Kids Kickboxing	All Levels	Studio 1	
Saturday	09:30 - 10:30	Make & Create	All Levels	Fun Rm	
Saturday	10:00 - 10:30	Family Welcome	All Levels	Club Rm	
Saturday	10:30 - 11:30	DL Kids Kickboxing	All Levels	Studio 1	
Saturday	10:30 - 11:30	Multi Sports	All Levels	Studio 2	
Saturday	11:30 - 12:15	Supervised Gym	All Levels	Gym	
Saturday	11:35 - 12:35	Get Active	All Levels	Studio 2	
Saturday	14:00 - 15:30	Family Splash	All Levels	Pool	
Sunday	10:30 - 11:30	Get Active	All Levels	Studio 2	
Sunday	11:00 - 12:30	Family Splash	All Levels	Pool	
Sunday	11:30 - 12:30	Multi Sports	All Levels	Studio 2	
Sunday	17:00 - 17:45	Supervised Gym	All Levels	Gym	

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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CL Class
CO Course

LIFE. Be fit for it
DAVIDLLOYD.CO.UK