DAVID LLOYD READING - 01189 662904

ALL STARS PROGRAMME JANUARY - MARCH 2010

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Wednesday	16.00-16.30	ASA Stage 5	POOL	Contact Reception	£
Wednesday	16.00-16.30	ASA Stage 3	POOL	Contact Reception	£
Wednesday	16.30-17.00	ASA Stage 1	POOL	Contact Reception	£
Wednesday	17.00-17.45	ASA Stage 7	POOL	Contact Reception	£
Wednesday	17.00-17.45	ASA Stage 6	POOL	Contact Reception	£
Saturday	09.00-09.30	ASA Stage 5	POOL	Contact Reception	£
Saturday	09.00-09.30	ASA Stage 3	POOL	Contact Reception	£
Saturday	09.30-10.00	ASA Stage 1	POOL	Contact Reception	£
Saturday	10.00-10.45	ASA Stage 7	POOL	Contact Reception	£
Saturday	10.00-10.45	ASA Stage 6	POOL	Contact Reception	£

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
Saturday	14.00-15.00	Mini Active	Play	S1	(3–4's)	
Saturday	15.00-16.00	Get Active	Active	S1	(5-7's)	
Sunday	13.00-14.00	Start Up 1	Fitness	GYM FLOOR	(14-15's)	
Sunday	14.00-15.00	Start Up 2	Fitness	GYM FLOOR	(14-15's)	
Sunday	15.00-16.00	Start Up 3	Fitness	GYM FLOOR	(14-15'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.

KEY

£ Additional Fees for this class
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* Child activities that coincide with adult classes

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