DAVID LLOYD Sidcup - 0208 309 4900

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 Tots	Court 5	3-5 yrs	£
Monday	17.00-18.00	Tennis All Stars Orange 3	Court 5	8-9 yrs	£
Monday	17.00-18.00	Tennis All Stars Green 1	Courts 3,4	10 yrs	£
Tuesday	16.15-17.00	Tennis Tots	Court 5	3-5 yrs	£
Tuesday	16.15-17.00	Tennis All Stars Red 3	Courts 3,4	8 and under	£
Tuesday	17.00-18.00	Tennis All Stars Orange 1	Courts 3,4	8-9 yrs	£
Wednesday	17.00-18.00	Tennis All Stars Green 2	Courts 3,4	10 yrs	£
Thursday	16.00-17.00	Tennis All Stars Orange 3	Courts 3,4	8-9 yrs	£
Thursday	16.00-16.45	Tennis Tots	Court 5	3-5 yrs	£
Thursday	16.45-17.30	Tennis All Stars Red 2	Court 5	8 and under	£
Thursday	17.00-18.00	Tennis All Stars Orange 1	Courts 3,4	8-9 yrs	£
Friday	16.30-17.15	Tennis All Stars Red 2	Court 5	8 and under	£
Friday	17.00-18.00	Tennis All Stars Green 1	Courts 3,4	10 yrs	£
Saturday	11.00-12.00	Tennis All Stars Orange 2	Court 5	8-9 yrs	£
Saturday	12.15-13.00	Tennis Tots	Sports Hall	3-5 yrs	£
Saturday	13.00-13.45	Tennis All Stars Red 1	Sports Hall	8 and under	£

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.

DAVID LLOYD Sidcup- 0208 309 4900

ALL STARS PROGRAMME JANUARY - MARCH 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	0930-1000	Parent and baby	Pool	4-18 months	£
Monday	1000-1030	Parent and child	Pool	18 months - 3 yrs	£
Monday	1600-1630	ASA Stage 1	Pool	4 yrs plus	£
Monday	1630-1700	ASA Stage 3	Pool	4 yrs plus	£
Monday	1700-1730	ASA Stage 5	Pool	4 yrs plus	£
Tuesday	1000-1030	Parent and baby	Pool	4-18 months	£
Tuesday	1030-1100	Parent and child	Pool	18 months - 3 yrs	£
Tuesday	1100-1130	Pre School Stage 1	Pool	3-4 yrs	£
Tuesday	1600-1630	ASA Stage 1	Pool	4 yrs plus	£
Tuesday	1630-1700	ASA Stage 3	Pool	4 yrs plus	£
Tuesday	1700-1730	ASA Stage 5	Pool	4 yrs plus	£
Wednesday	1300-1330	Pre School Stage 1	Pool	3-4 yrs	£
Wednesday	1330-1400	Parent and child	Pool	18 months - 3 yrs	£
Wednesday	1600-1630	ASA Stage 1	Pool	4 yrs plus	£
Wednesday	1600-1630	ASA Stage 1	Pool	4 yrs plus	£
Wednesday	1630-1700	ASA Stage 2	Pool	4 yrs plus	£
Wednesday	1630-1700	ASA Stage 2	Pool	4 yrs plus	£
Wednesday	1700-1730	ASA Stage 4	Pool	4 yrs plus	£
Wednesday	1730-1800	ASA Stage 5	Pool	4 yrs plus	£
Thursday	1600-1630	ASA Stage 2	Pool	4 yrs plus	£
Thursday	1630-1700	ASA Stage 4	Pool	4 yrs plus	£
Thursday	1700-1730	ASA Stage 5	Pool	4 yrs plus	£
Thursday	1730-1800	ASA Stage 7	Pool	4 yrs plus	£
Friday	1030-1100	Pre School Stage 1	Pool	3-4 yrs	£
Friday	1600-1630	ASA Stage 1	Pool	4 yrs plus	£
Friday	1630-1700	ASA Stage 3	Pool	4 yrs plus	£
Friday	1700-1730	ASA Stage 6	Pool	4 yrs plus	£
Friday	1730-1800	ASA Stage 7	Pool	4 yrs plus	£
Saturday	0900-0930	ASA Stage 1	Pool	4 yrs plus	£
Saturday	0900-0930	ASA Stage 1	Pool	4 yrs plus	£
Saturday	0930-1000	Swim Squads	Pool	4 yrs plus	£
Saturday	0930-1000	ASA Stage 7	Pool	4 yrs plus	£
Saturday	1000-1030	Parent and child	Pool	18 months - 3 yrs	£
Saturday	1000-1030	ASA Stage 3	Pool	4 yrs plus	£
Saturday	1030-1100	ASA Stage 5	Pool	4 yrs plus	£
Saturday	1030-1100	ASA Stage 2	Pool	4 yrs plus	£
Saturday	1100-1130	ASA Stage 2	Pool	4 yrs plus	£
Saturday	1100-1130	ASA Stage 1	Pool	4 yrs plus	£
Sunday	0900-0930	ASA Stage 4	Pool	4 yrs plus	£
Sunday	0930-1000	ASA Stage 6	Pool	4 yrs plus	£
Sunday	1000-1030	Swim Squads	Pool	4 yrs plus	£
Sunday	1030-1100	ASA Stage 2	Pool	4 yrs plus	£

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.

LIFE. Be fit for it
DAVIDLLOYD.CO.UK

DAVID LLOYD Sidcup - 0208 309 4900

DL KIDS PROGRAMME JANUARY - MARCH 2010

DL Kids

DAY	TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
Monday	10.30-11.45	Let's Create	Play	Sports Hall	(under 3's)	P
Monday	17.00-18.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Monday	17.00-18.00	Aqua Splash	Active	Indoor Pool	(5-7 & 8-11)	
Monday	17.05-17.50	Pre School Gymnastics	Coaching	Studio 2	Contact Reception	£
Monday	18.00-19.00	Family Splash	Water	Indoor Pool	All Age Groups	P
Tuesday	10.00-10.45	Mini Active	Play	Sports Hall	(3–4's)	*
Tuesday	16.15-17.00	Badminton	Coaching	Sports Hall	Beginner	
Tuesday	17.00-18.00	Family Welcome	Misc	Club Room		
Tuesday	17.05-18.05	Badminton	Coaching	Sports Hall	Improver	
Tuesday	18.30-19.30	Badminton	Coaching	Sports Hall	Advanced	
Wednesday	16.15-17.00	Multi Sports	Active	Sports Hall	(5-7 & 8-11)	
Wednesday	17.15-18.00	Aqua Splash	Active	Indoor Pool	(5-7 & 8-11)	
Wednesday	18.00-19.00	Family Splash	Water	Indoor Pool	All Age Groups	P
Thursday	10.30-11.45	Let's Create	Play	Sports Hall	(under 3's)	P
Thursday	13.30-14.15	Tots Ballet	Coaching	Studio 1	Contact Reception	£
Thursday	17.35-18.35	Uni Hoc	Coaching	Sports Hall	All	
Friday	16.00-19.00	Dance	Coaching	Studios 1 & 2		£
Friday	16.15-17.15	Badminton	Coaching	Sports Hall	Beginner	
Friday	17.30-18.30	Football	Coaching	Sports Hall	Contact Reception	
Friday	18.30-19.30	Basketball	Coaching	Sports Hall	Improver	*
Saturday	09.00-09.50	Sports Wall	Misc	Sports Hall		*
Saturday	09.55-10.55	Get Active	Active	Sports Hall	(5-7's)	*
Saturday	09.55-10.55	Get Active	Active	School Field	(8-11 & 12-13)	
Saturday	10.00-11.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	*
Saturday	10.00-11.00	Family Welcome	Misc	Club Room		
Saturday	11.00-12.00	Multi Sports	Active	Sports Hall	(5-7's)	*
Saturday	11.00-12.00	Multi Sports	Active	School Field	(8-11 & 12-13)	*
Saturday	12.00-14.00	Family Splash	Water	Indoor Pool	All Age Groups	P
Sunday	10.00-11.00	Get Active	Active	Sports Hall	(5-7's)	*
Sunday	10.00-11.00	Get Active	Active	School Field	(8-11 & 12-13)	*
Sunday	11.00-12.00	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	*
Sunday	11.00-12.00	Multi Sports	Active	Sports Hall	(5-7's)	*
Sunday	11.00-12.00	Multi Sports	Active	School Field	(8-11 & 12-13)	*

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

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.

LIFE. Be fit for it
DAVIDLLOYD.CO.UK