DAVID LLOYD Southampton - 02380747160

ALL STARS PROGRAMME JANUARY - MARCH 2010

RACQUETS

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	1330-1415	Tennis Tots and Parents	Tennis Court 6	3-4 yrs	£
Monday	1730-1830	Tennis All Stars Orange 3	Tennis Court 6	8-9 yrs	£
Monday	1730-1830	Tennis All Stars Green 1	Tennis Courts 7 & 8	10 yrs	£
Monday	1830-1930	Tennis All Stars Yellow 3	Tennis Courts 6 - 8	11-17 yrs	£
Monday	1930-2030	Tennis All Stars Yellow 2	Tennis Courts 6 - 8	11-17 yrs	£
Tuesday	1000-1045	Tennis Tots	Tennis Court 9	3-5 yrs	£
Tuesday	1630-1715	Tennis All Stars Red 3	Tennis Court 6	8 and under	£
Tuesday	1630-1715	Tennis All Stars Red 2	Tennis Court 7	8 and under	£
Tuesday	1630-1730	Tennis All Stars Red 1	Tennis Court 7	8 and under	£
Tuesday	1730-1830	Tennis All Stars Orange 1	Tennis Courts 6- 8	8-9 yrs	£
Tuesday	1830-1930	Tennis All Stars Yellow 2	Tennis Courts 6 - 8	11-17 yrs	£
Wednesday	1615-1700	Tennis Tots	Tennis Court 6	3-5 yrs	£
Wednesday	1730-1815	Tennis All Stars Red 3	Tennis Court 6	8 and under	£
Wednesday	1730-1830	Tennis All Stars Red 1	Tennis Court 7	8 and under	£
Wednesday	1830-1930	Tennis All Stars Green 3	Tennis Courts 6 & 7	10 yrs	£
Thursday	1630-1715	Tennis All Stars Red 2	Tennis Court 6	8 and under	£
Thursday	1730-1815	Tennis All Stars Red 2	Tennis Court 6	8 and under	£
Thursday	1730-1830	Tennis All Stars Orange 3	Tennis Courts 7 & 8	8-9 yrs	£
Thursday	1830-1930	Tennis All Stars Yellow Development Squad 2	Tennis Courts 7 & 8	11-17 yrs	£
Thursday	1930-2030	Tennis All Stars Yellow Development Squad 2	Tennis Courts 6 - 8	11-17 yrs	£
Saturday	0900-0945	Tennis Tots	Tennis Court 6	3-5 yrs	£
Saturday	0900-1000	Tennis All Stars Red 1	Tennis Court 9	8 and under	£
Saturday	0900-1000	Tennis All Stars Orange 2	Tennis Courts 10 & 11	8-9 yrs	£
Saturday	0900-1000	Tennis All Stars Green 1	Tennis Courts 7 & 8	10 yrs	£
Saturday	1000-1045	Tennis All Stars Red 3	Tennis Court 6	8 and under	£
Saturday	1000-1045	Tennis All Stars Red 2	Tennis Court 9	8 and under	£
Saturday	1000-1100	Tennis All Stars Orange 3	Tennis Courts 10 & 11	8-9 yrs	£
Saturday	1000-1100	Tennis All Stars Yellow Development Squad 2	Tennis Courts 7 & 8	11-17 yrs	£
Saturday	1100-1145	Tennis All Stars Red 2	Tennis Court 6	8 and under	£
Saturday	1100-1200	Tennis All Stars Green 3	Tennis Courts 7 & 8	10 yrs	£
Saturday	1100-1200	Tennis All Stars Yellow 2	Tennis Courts 9 - 11	11-17 yrs	£
Sunday	1000-1045	Tennis All Stars Red 3	Tennis Court 6	8 and under	£
Sunday	1000-1045	Tennis All Stars Red 2	Tennis Court 6	8 and under	£
Sunday	1000-1100	Tennis All Stars Orange 2	Tennis Courts 7 & 8	8-9 yrs	£
Sunday	1100-1200	Tennis All Stars Red 1	Tennis Court 6	8 and under	£
Sunday	1100-1200	Tennis All Stars Orange 3	Tennis Courts 7 & 8	8-9 yrs	£
Sunday	1100-1200	Tennis All Stars Yellow 3	Tennis Courts 9 & 10	11-17 yrs	£

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 Southampton - 02380747160

ALL STARS PROGRAMME JANUARY - MARCH 2010

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	1000-1030	Pre School Stage 1	Main Pool		£
Monday	1030-1100	Pre School Stage 1	Main Pool		
Monday	1830-1930	Rookie Lifeguard - ASA Stage 10	Main Pool		£
Tuesday	1600-1630	ASA Stage 1	Main Pool		£
Tuesday	1630-1700	ASA Stage 2	Main Pool		£
Tuesday	1700-1730	ASA Stage 3	Main Pool		£
Tuesday	1730-1800	ASA Stage 5	Main Pool		£
Wednesday	1700-1730	ASA Stage 2	Main Pool		£
Thursday	1600-1630	ASA Stage 2	Main Pool		£
Thursday	1630-1700	ASA Stage 3	Main Pool		£
Thursday	1700-1730	ASA Stage 4	Main Pool		£
Thursday	1730-1800	ASA Stage 5	Main Pool		£
Thursday	1730-1800	ASA Stage 2	Main Pool		£
Thursday	1800-1830	ASA Stage 4	Main Pool		£
Thursday	1830-1930	Swim Squads	Main Pool		£
Friday	1000-1030	Pre School Stage 1	Main Pool		£
Friday	1030-1100	Parent and child	Main Pool		£
Friday	1100-1130	Pre School Stage 1	Main Pool		£
Friday	1600-1630	ASA Stage 1	Main Pool		£
Friday	1600-1630	ASA Stage 2	Main Pool		£
Friday	1630-1700	ASA Stage 3	Main Pool		£
Friday	1700-1730	ASA Stage 4	Main Pool		£
Friday	1730-1800	ASA Stage 5	Main Pool		£
Friday	1800-1830	ASA Stage 6	Main Pool		£
Saturday	0900-0930	ASA Stage 1	Main Pool		£
Saturday	0930-1000	ASA Stage 2	Main Pool		£
Saturday	1000-1030	Pre School Stage 1	Main Pool		£
Saturday	1000-1030	ASA Stage 3	Main Pool		£
Saturday	1030-1100	Parent and child	Main Pool		£
Saturday	1030-1100	ASA Stage 4	Main Pool		£
Saturday	1100-1130	ASA Stage 5	Main Pool		£
Saturday	1140-1210	ASA Stage 6	Main Pool		£
Sunday	1000-1030	ASA Stage 1	Main Pool		£
Sunday	1030-1100	ASA Stage 2	Main Pool		£
Sunday	1100-1130	ASA Stage 3	Main Pool		£
Sunday	1130-1200	ASA Stage 5	Main 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 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 Southampton - 0238074 7160

DL KIDS PROGRAMME JANUARY - MARCH 2010

DL Kids

DAY	TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
Monday	1100-1145	Let's Create	Play	Club Room	(3–4's)	P
Monday	1700-1800	Family Welcome	Misc	Club Room		
Monday	1730-1830	Kids Splash	Water	Main Pool	All Age Groups	
Tuesday	1345-1430	Mini Dance	Play	Studio 2	(3–4's)	
Tuesday	1800-1845	Family Circuits	Fitness	Studio 2	(8-11 & 12-13's)	P
Wednesday	1700-1745	Get Active	Active	Studio 2	(5-7's)	
Wednesday	1700-1800	Family Splash	Water	Main Pool	All Age Groups	
Wednesday	1800-1900	Multi Sports	Active	Badminton Courts	(5-7's)	*
Wednesday	1800-1900	Multi Sports	Active	Badminton Courts	(8-11's)	*
Wednesday	1830-1930	Start Up	Fitness	Gym	(14-15's)	
Thursday	1700-1745	Club Room Play	Misc	Club Room		P, *
Thursday	1800-1900	Kids Splash	Water	Main Pool		*
Thursday	1800-1830	Start Up Cycle	Fitness	Gym	(12-13 & 14-15's)	
Thursday	1830-1900	Start Up Circuits	Fitness	Gym	(12-13 & 14-15's)	
Friday	1630-1730	Dance	Coaching	Studio 2	Beginner	
Friday	1700-1800	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	*
Friday	1700-1900	DL Kids Club Night	Misc	Club Room		*
Friday	1730-1830	Dance	Coaching	Studio 2	Advanced	
Friday	1730-1900	Football	Coaching	Badminton Courts	All	
Saturday	1000-1100	Get Active	Active	Badminton Courts	(5-7 & 8-11)	*
Saturday	1100-1200	Kids Splash	Water	Main Pool	All Age Groups	*
Saturday	1200-1300	Start Up	Fitness	Gym	(14-15's)	
Saturday	1300-1400	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Saturday	1500-1600	Family Splash	Water	Main Pool	All Age Groups	P
Sunday	1000-1100	Make and Create	Active	Club Room	(5-7 & 8-11)	*
Sunday	1100-1200	Get Active	Active	Badminton Courts	(5-7 & 8-11)	*
Sunday	1115-1200	Mini Active	Play	Studio 2	(3–4's)	P
Sunday	1430-1630	Birthday Parties	Misc	Studio 2		P
Sunday	1600-1700	Supervised Gym	Fitness	Gym	(12-13 & 14-15's)	
Sunday	1600-1700	Family Splash	Water	Main Pool	All Age Groups	P

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