DAVID LLOYD STEVENAGE - 01438 847000

ALL STARS PROGRAMME JANUARY - MARCH 2010

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	1000-1030	Parent and baby	Pool	All Age Groups	£
Monday	1030-1100	Parent and baby	Pool	All Age Groups	£
Monday	1545-1615	Parent and child	Pool	All Age Groups	£
Monday	1615-1645	ASA Stage 1	Pool	All Age Groups	£
Monday	1645-1715	ASA Stage 2	Pool	All Age Groups	£
Monday	1715-1745	ASA Stage 4	Pool	All Age Groups	£
Monday	1745-1830	Swim Club	Pool	Contact Reception	
Tuesday	1545-1615	ASA Stage 1	Pool	All Age Groups	£
Tuesday	1615-1645	ASA Stage 1	Pool	All Age Groups	£
Tuesday	1645-1715	ASA Stage 2	Pool	All Age Groups	£
Tuesday	1715-1745	ASA Stage 4	Pool	All Age Groups	£
Thursday	1745-1830	Swim Club	Pool	Contact Reception	
Friday	1545-1615	ASA Stage 1	Pool	All Age Groups	£
Friday	1615-1645	ASA Stage 1	Pool	All Age Groups	£
Friday	1645-1715	ASA Stage 2	Pool	All Age Groups	£
Friday	1715-1745	ASA Stage 4	Pool	All Age Groups	£
Sunday	1000-1030	Parent and child	Pool	All Age Groups	£
Sunday	1030-1100	ASA Stage 2	Pool	All Age Groups	£
Sunday	1100-1130	ASA Stage 4	Pool	All Age Groups	£
Sunday	1130-1200	Parent and child	Pool	All Age Groups	£
Sunday	1200-1230	ASA Stage 3	Pool	All Age Groups	£

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.

DAVID LLOYD STEVENAGE - 01438 847000

DL KIDS PROGRAMME JANUARY - MARCH 2010

DL Kids

DAY	TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
Monday	1000-1200	Parent and Baby Coffee Morning	Misc	Clubroom		£
Monday	1600-1630	Mini Active	Play	Studio	(3–4's)	
Monday	1630-1730	Get Active	Active	Studio	(5-7's)	
Monday	1730-1800	Family Welcome	Misc	Clubroom		
Tuesday	1615-1715	Tae Kwon Do	Coaching	Studio	Contact Reception	£
Tuesday	1700-1800	Family Splash	Water	Water	All Age Groups	
Tuesday	1715-1800	Start Up Circuits	Fitness	Studio	(8-11 & 12-13's)	
Wednesday	1600-1630	Yoga/Yoga Bugs	Coaching	Studio	Contact Reception	
Wednesday	1630-1715	Yoga/Yoga Bugs	Coaching	Studio	Contact Reception	
Thursday	1700-1800	Street Dance	Fitness	Studio	(8-11 & 12-13's)	
Thursday	1700-1800	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Friday	1600-1700	Get Active	Active	Studio	(5-7's)	
Friday	1700-1800	Start Up Circuits	Fitness	Studio	(8-11 & 12-13's)	
Saturday	1000-1100	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Saturday	1100-1200	Family Splash	Water	Pool	All Age Groups	
Saturday	1330-1430	Start Up	Fitness	Gym	(14-15's)	
Sunday	1030-1130	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	
Sunday	1100-1200	Family Splash	Water	Pool	All Age Groups	
Sunday	1400-1600	Birthday Parties	Misc	Studio		£
Sunday	1500-1600	Family Splash	Water	Pool	All Age Groups	

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