DAVID LLOYD LEISURE Sudbury Hill - 0208 422 7777

ALL STARS PROGRAMME JULY - AUGUST 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Saturday	14:00 - 15:00	Junior Tennis Welcome	All Levels	Out Crt 5	

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 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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SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Friday	09:00 - 09:30	Holiday Intensive - Advanced	Advanced	Main Pool	£
Friday	09:30 - 15:30	Holiday Intensive - Intermediate	Intermediate	Main Pool	£
Friday	10:00 - 10:30	Holiday Intensive - Beginner	Beginner	Leisure Pool	£
Friday	10:30 - 11:00	Pre School Stage 1	All Levels	Leisure 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
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CL	Class
CO	Course

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DL KIDS PROGRAMME JULY - AUGUST 2010

DL Kids

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	16:30 - 17:15	Lets Create	3-4 Years	Club Rm	
Monday	17:15 - 17:45	Mini Active	3-4 Years	Studio 2	
Tuesday	16:15 - 17:15	DL Kids Tae Kwon Do Intermediates	Intermediate	Studio 2	
Tuesday	16:30 - 17:30	Get Active	All Levels	Studio 1	
Tuesday	17:20 - 17:50	DL Kids Squash	8-11 Years	Sq Crt 2	
Tuesday	17:30 - 18:30	DL Kids Tae Kwon Do Advanced	Advanced	Studio 2	
Tuesday	17:30 - 18:30	Kids Splash	All Levels	Ind Pool	
Wednesday	16:45 - 17:30	DL Kids Football (3-4yrs)	3-4 Years	Studio 2	
Wednesday	17:30 - 18:25	Lets Play Outside	All Levels	Rec	
Wednesday	17:45 - 18:30	Start Up Circuits	All Levels	Gym	
Thursday	16:30 - 17:30	Make & Create	All Levels	Club Rm	
Thursday	17:30 - 18:30	Multi Sports	All Levels	Studio 2	
Friday	08:30 - 09:30	Holiday Active - Short Day	All Levels	Lounge	
Friday	16:30 - 17:30	Multi Sports	All Levels	Studio 2	
Friday	17:00 - 18:00	Supervised Gym	12-13 Years	Gym	
Friday	17:30 - 18:30	Kids Splash	All Levels	Ind Pool	
Saturday	09:15 - 09:45	Make & Create	All Levels	Club Rm	
Saturday	09:30 - 10:25	DL Kids Tae Kwon Do	All Levels	Studio 2	
Saturday	10:15 - 11:15	Multi Sports	All Levels	Sq Crt 2	
Saturday	11:00 - 11:45	Family Welcome	All Levels	Meeting Rm	
Saturday	11:15 - 12:15	Kids Splash	All Levels	Training Pool	
Saturday	14:15 - 15:15	Supervised Gym	12-13 Years	Gym	
Saturday	15:00 - 15:55	Birthday Parties	All Levels	Rec	
Sunday	09:15 - 10:15	Multi Sports	All Levels	Sq Crt 2	
Sunday	10:15 - 11:00	Lets Create	3-4 Years	Meeting Rm	
Sunday	10:15 - 11:15	Make & Create	All Levels	Club Rm	
Sunday	11:15 - 12:15	Kids Splash	All Levels	Ind Pool	
Sunday	15:00 - 15:55	Birthday Parties	All Levels	Rec	

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 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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