DAVID LLOYD TEESSIDE - 01642 632100

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	Crt 1	3-5 yrs	£
Monday	17.00 - 18.00	Tennis All Stars Red 2	Crt 1	8 and under	£
Monday	17.00 - 18.00	Tennis All Stars Red Performance Team	Crt 2	8 and under	£
Monday	17.00 - 18.00	Tennis All Stars Green Performance Team	Crt 3	10 yrs	£
Monday	18.00 - 19.00	Tennis All Stars Orange 2	Crt1	8-9 yrs	£
Monday	18.00 - 19.00	Tennis All Stars Yellow Development Squad 1	Crt 2 & 3	11-17yrs	£
Tuesday	16.15 - 17.00	Tennis Tots	Crt 1	3-5 yrs	£
Tuesday	16.15 - 17.00	Tennis All Stars Red 2	Crt 2	8 and under	£
Tuesday	17.00 - 18.00	Tennis All Stars Orange 2	Crt 2 & 3	8-9 yrs	£
Tuesday	18.00 - 19.00	Tennis All Stars Yellow Development Squad 1	Crt 5 & 6	11-17yrs	£
Wednesday	16.15 - 17.00	Tennis Tots	Crt 1	3-5 yrs	£
Wednesday	16.15 - 17.00	Tennis All Stars Red 2	Crt 2	8 and under	£
Wednesday	17.00 - 18.00	Tennis All Stars Red 1	Crt 1	8 and under	£
Wednesday	17.00 - 18.00	Tennis All Stars Green Performance Team	Crt 5	10 yrs	£
Wednesday	17.00 - 18.00	Tennis All Stars Orange 2	Crt 2 & 3	8-9 yrs	£
Wednesday	18.00 - 19.00	Tennis All Stars Yellow Development Squad 1	Crt 1 & 2	11-17yrs	£
Wednesday	18.00 - 19.00	Tennis All Stars Yellow Performance Team	Crt 5 & 6	11-17 yrs	£
Thursday	16.15 - 17.00	Tennis Tots	Crt 1	3-5 yrs	£
Thursday	17.00 - 18.00	Tennis All Stars Red 1	Crt 1	8 and under	£
Thursday	17.00 - 18.00	Tennis All Stars Orange 3	Crt 1	8-9 yrs	£
Thursday	17.00 - 18.00	Tennis All Stars Yellow Development Squad 2	Crt 5	11-17 yrs	£
Thursday	18.00 - 19.00	Tennis All Stars Green 1	Crt 1 & 2	10 yrs	£
Thursday	18.00 - 19.00	Tennis All Stars Yellow Development Squad 1	Crt 5 & 6	11-17yrs	£
Friday	16.15 - 17.00	Tennis Tots	Crt 1	3-5 yrs	£
Friday	17.00 - 18.00	Tennis All Stars Red 2	Crt 1	8 and under	£
Friday	18.00 - 19.00	Tennis All Stars Orange 1	Crt 1	8-9 yrs	£
Friday	18.00 - 19.00	Tennis All Stars Yellow Development Squad 2	Crt 2 & 3	11-17 yrs	£
Saturday	10.00 - 11.00	Tennis All Stars Red 2	Crt 1	8 and under	£
Saturday	11.00 - 12.00	Tennis All Stars Green Development Squad 2	Crt 3 & 4	10 yrs	£
Saturday	12.00 - 13.00	Tennis - Family Welcome	Crt 5	All	£
Saturday	13.30 - 15.00	Tennis All Stars Yellow Performance Team	Crt 5 & 6	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.

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ALL STARS PROGRAMME JANUARY - MARCH 2010

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	10.00 - 10.30	Parent and baby	Indoor Pool	Contact Reception	£
Monday	16.00 - 16.30	ASA Stage 1	Indoor Pool	Contact Reception	£
Monday	16.00 - 16.30	ASA Stage 2	Indoor Pool	Contact Reception	£
Monday	16.30 - 17.00	ASA Stage 3	Indoor Pool	Contact Reception	£
Monday	17.00 - 17.30	ASA Stage 4	Indoor Pool	Contact Reception	£
Monday	17.30 - 18.00	ASA Stage 5	Indoor Pool	Contact Reception	£
Monday	18.00 - 18.30	ASA Stage 6	Indoor Pool	Contact Reception	£
Wednesday	16.00 - 16.30	Parent and child	Indoor Pool	Contact Reception	£
Wednesday	16.30 - 17.00	ASA Stage 2	Indoor Pool	Contact Reception	£
Wednesday	17.00 - 17.30	ASA Stage 1	Indoor Pool	Contact Reception	£
Wednesday	17.00 - 17.30	ASA Stage 3	Indoor Pool	Contact Reception	£
Wednesday	17.30 - 18.00	ASA Stage 4	Indoor Pool	Contact Reception	£
Saturday	09.00 - 09.30	ASA Stage 1	Indoor Pool	Contact Reception	£
Saturday	09.30 - 10.00	ASA Stage 4	Indoor Pool	Contact Reception	£
Saturday	10.00 - 10.30	Parent and child	Indoor Pool	Contact Reception	£
Saturday	10.00 - 10.30	ASA Stage 5	Indoor Pool	Contact Reception	£
Saturday	10.45 - 11.15	Parent and baby	Indoor Pool	Contact Reception	£
Saturday	10.45 - 11.15	ASA Stage 6	Indoor Pool	Contact Reception	£
Saturday	10.45 - 11.15	ASA Stage 7	Indoor Pool	Contact Reception	£
Saturday	11.15 - 11.45	ASA Stage 1	Indoor Pool	Contact Reception	£
Saturday	11.15 - 11.45	ASA Stage 2	Indoor Pool	Contact Reception	£
Saturday	11.45 - 12.15	ASA Stage 3	Indoor Pool	Contact Reception	£
Saturday	12.15 - 12.45	ASA Stage 2	Indoor 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
Monday	13.30 - 14.30	Mini Active	Play	Soft Play	(3–4's)	
Monday	16.45 - 17.15	Tots Football	Coaching	Tennis Court 7	Contact Reception	
Monday	17.30 - 18.30	Football	Coaching	Tennis Court 7	Beginner	*
Monday	18.00 - 19.00	Family Welcome	Misc	Clubroom		
Monday	18.30 - 19.30	Supervised Gym	Fitness	Lower Gym	(12-13's)	*
Tuesday	13.30 - 14.30	Mini Active	Play	Soft Play	(3–4's)	
Tuesday	16.30 - 17.00	Mini Dance	Play	Studio 2	(3–4's)	
Tuesday	17.00 - 18.00	Get Active	Active	Tennis Court 7	(5-7 & 8-11)	*
Tuesday	18.00 - 19.00	Kids Splash	Water	Indoor Pool		*
Tuesday	18.00 - 19.00	Start Up Circuits	Fitness	Lower Gym	(8-11 & 12-13's)	*
Wednesday	13.30 - 14.30	Mini Dance	Play	Soft Play	(3–4's)	
Wednesday	17.00 - 17.30	Mini Active	Play	Studio 2	(3–4's)	
Wednesday	17.30 - 18.30	Multi Sports	Active	Tennis Court 7	(5-7 & 8-11)	*
Wednesday	18.30 - 19.30	Get Active	Active	Tennis Court 7	(5-7 & 8-11)	*
Wednesday	18.30 - 19.30	Supervised Gym	Fitness	Lower Gym	(12-13's)	*
Thursday	13.30 - 14.30	Let's Create	Play	Soft Play	(3–4's)	
Thursday	16.45 - 17.15	Imagine	Play	Studio 2	(3–4's)	
Thursday	17.30 - 18.30	Multi Sports	Active	Tennis Court 7	(5-7 & 8-11)	*
Thursday	18.30 - 19.30	Aqua Splash	Active	Indoor Pool	(5-7 & 8-11)	*
Thursday	18.30 - 19.30	Supervised Gym	Fitness	Lower Gym	(12-13's)	*
Friday	13.30 - 14.30	Mini Dance	Play	Soft Play	(3–4's)	
Friday	16.30 - 17.00	Let's Create	Play	Studio 2	(3–4's)	
Friday	17.00 - 18.00	Make and Create	Active	Studio 2	(5-7 & 8-11)	
Friday	18.00 - 19.00	Get Active	Active	Studio 2	(5-7 & 8-11)	*
Friday	18.00 - 19.00	Supervised Gym	Fitness	Lower Gym	(12-13's)	*
Saturday	10.00 - 11.00	Football	Coaching	Tennis Court 7	Contact Reception	
Saturday	11.00 - 12.00	Football	Coaching	Tennis Court 7	Contact Reception	
Saturday	12.00 - 13.00	Supervised Gym	Fitness	Lower Gym	(12-13's)	
Saturday	12.00 - 14.00	Birthday Parties	Misc			£
Saturday	14.00 - 15.00	Dance	Coaching	studio 2	Beginner	
Saturday	15.00 - 16.00	Dance	Coaching	Studio 2	Contact Reception	
Saturday	15.00 - 17.00	Birthday Parties	Misc			£
Sunday	10.00 - 10.30	Mini Active	Play	Tennis Court 7	(3–4's)	
Sunday	10.30 - 12.00	Get Active	Active	Tennis Court 7	(5-7 & 8-11)	*
Sunday	11.15 - 11.45	Family Cycle	Fitness	Studio 3	Family	
Sunday	12.00 - 13.00	Supervised Gym	Fitness	Lower Gym	(12-13's)	*
Sunday	12.00 - 14.00	Birthday Parties	Misc			£
Sunday	15.00 - 17.00	Birthday Parties	Misc			£

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.

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