DAVID LLOYD LEISURE Teesside - 0164 263 2100

ALL STARS PROGRAMME JULY - AUGUST 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

RACQUETS

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Friday	09:00 - 15:00	Junior Events & Tournaments (External)	All Levels	Bad Crt 1-4	
Sunday	08:00 - 10:00	Tennis Junior Events (Internal)			
Sunday	15:00 - 18:00	Junior Events & Tournaments (External)	All Levels		

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

LIFE. Be fit for it
DAVIDLLOYD.CO.UK

DAVID LLOYD LEISURE - Teesside - 0164 263 2100

DL KIDS PROGRAMME JULY - AUGUST 2010

DL Kids

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	18:00 - 18:30	Family Welcome	All Levels	Club Rm	
Tuesday	13:30 - 14:15	Mini Dance	All Levels	Soft Play Area	
Tuesday	17:30 - 18:25	Kids Splash	All Levels		
Tuesday	17:30 - 18:25	Start It	12-13 Years	Lower Gym	
Thursday	17:30 - 18:25	Kids Splash	All Levels		
Friday	10:30 - 11:30	DL Kids Ballroom & Latin Dance	All Levels	Studio 2	
Friday	17:30 - 18:30	Get Active	All Levels	Studio 3	
Friday	17:30 - 18:30	Make & Create	All Levels	Kids Zone	
Friday	17:30 - 18:30	Supervised Gym	12-13 Years	Lower Gym	
Saturday	09:15 - 09:45	DL Kids Football (3-4yrs)	3-4 Years	Ind Crt 7	
Saturday	10:00 - 11:00	DL Kids Football	All Levels	Out Crt 7	
Saturday	11:00 - 12:00	DL Kids Football	All Levels	Out Crt 6	
Saturday	13:00 - 14:00	Family Gym	12-13 Years	Gym	
Saturday	14:00 - 14:45	DL Kids Dance	3-4 Years	Studio 2	
Saturday	15:00 - 16:00	DL Kids Street Dance	All Levels	Studio 2	
Sunday	11:15 - 11:45	Family Cycle	12-13 Years	Studio 3	
Sunday	13:00 - 14:00	Family Gym	12-13 Years	Gym	
Sunday	13:30 - 15:00	Family Splash	All Levels	Ind Pool	

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

LIFE. Be fit for it
DAVIDLLOYD.CO.UK