

SWIMMING

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	1300-1330	Pre School Stage 1	leisure pool	Contact Reception	£
Monday	1330-1400	Pre School Stage 1	leisure pool	Contact Reception	£
Monday	1400-1430	Pre School Stage 1	leisure pool	Contact Reception	£
Monday	1530-1600	ASA Stage 2	main pool	All Age Groups	£
Monday	1530-1600	ASA Stage 2	leisure pool	All Age Groups	£
Monday	1600-1630	ASA Stage 2	main pool	All Age Groups	£
Monday	1600-1630	ASA Stage 3	leisure pool	All Age Groups	£
Monday	1630-1700	ASA Stage 2	main pool	All Age Groups	£
Monday	1630-1700	ASA Stage 4	leisure pool	All Age Groups	£
Monday	1700-1730	ASA Stage 5	main pool	All Age Groups	£
Monday	1730-1800	ASA Stage 6	main pool	All Age Groups	£
Monday	1800-1830	Swim Club	main pool	All Age Groups	£
Tuesday	1000-1300	Parent and baby	leisure pool	Contact Reception	£
Tuesday	1030-1100	Parent and baby	leisure pool	Contact Reception	£
Tuesday	1100-1130	Parent and child	leisure pool	Contact Reception	£
Tuesday	1130-1200	Pre School Stage 1	leisure pool	Contact Reception	£
Tuesday	1300-1330	Pre School Stage 1	leisure pool	Contact Reception	£
Tuesday	1330-1400	Pre School Stage 1	leisure pool	Contact Reception	£
Tuesday	1400-1430	Pre School Stage 1	leisure pool	Contact Reception	£
Tuesday	1600-1630	ASA Stage 2	main pool	All Age Groups	£
Tuesday	1600-1630	ASA Stage 2	leisure pool	All Age Groups	£
Tuesday	1630-1700	ASA Stage 2	main pool	All Age Groups	£
Tuesday	1630-1700	ASA Stage 2	leisure pool	All Age Groups	£
Tuesday	1700-1730	ASA Stage 2	leisure pool	All Age Groups	£
Tuesday	1700-1730	ASA Stage 4	main pool	All Age Groups	£
Tuesday	1730-1800	ASA Stage 2	leisure pool	All Age Groups	£
Tuesday	1730-1800	ASA Stage 6	main pool	All Age Groups	£
Tuesday	1800-1830	ASA Stage 2	leisure pool	All Age Groups	£
Tuesday	1800-1830	ASA Stage 7	main pool	All Age Groups	£
Tuesday	1830-1900	ASA Stage 5	main pool	All Age Groups	£
Wednesday	1000-1030	Parent and baby	leisure pool	Contact Reception	£
Wednesday	1030-1100	Parent and child	leisure pool	Contact Reception	£
Wednesday	1100-1130	Parent and child	leisure pool	Contact Reception	£
Wednesday	1130-1200	Pre School Stage 1	leisure pool	Contact Reception	£
Wednesday	1300-1330	Pre School Stage 1	leisure pool	Contact Reception	£
Wednesday	1330-1400	Pre School Stage 1	leisure pool	Contact Reception	£
Wednesday	1400-1430	Pre School Stage 1	leisure pool	Contact Reception	£
Wednesday	1530-1600	ASA Stage 2	main pool	All Age Groups	£
Wednesday	1530-1600	ASA Stage 2	leisure pool	All Age Groups	£
Wednesday	1600-1630	ASA Stage 2	leisure pool	All Age Groups	£
Wednesday	1600-1630	ASA Stage 3	main pool	All Age Groups	£
Wednesday	1630-1700	ASA Stage 2	leisure pool	All Age Groups	£
Wednesday	1630-1700	ASA Stage 4	main pool	All Age Groups	£
Wednesday	1700-1730	ASA Stage 2	leisure pool	All Age Groups	£
Wednesday	1700-1730	ASA Stage 5	main pool	All Age Groups	£
Wednesday	1730-1800	Swim Squads	main pool	All Age Groups	£
Wednesday	1800-1830	Swim Club	main pool	All Age Groups	£
Thursday	1330-1400	Pre School Stage 1	leisure pool	Contact Reception	£
Thursday	1400-1430	Pre School Stage 1	leisure pool	Contact Reception	£
Thursday	1530-1600	ASA Stage 2	leisure pool	All Age Groups	£
Thursday	1600-1630	ASA Stage 2	main pool	All Age Groups	£
Thursday	1600-1630	ASA Stage 2	leisure 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.

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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 BROOKLANDS - 01932 827900

DL KIDS PROGRAMME JANUARY - MARCH 2010

DL Kids

DAY	TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
Monday	0930-1030	Mini Active	Play	DL KIDS ROOM	(3-4's)	*
Monday	1045-1130	Let's Create	Play	DL KIDS ROOM	(under 3's)	P
Monday	1615-1645	Multi Sports	Active	Studio 1	(5-7's)	
Monday	1645-1745	Multi Sports	Active	Studio 1	(8-11's)	
Monday	1700-1745	Family Cycle	Fitness	Cycle studio	Family	P*
Monday	1700-1800	Start Up 1	Fitness	gym	(14-15's)	
Tuesday	0930-1130	Club Crèche	Crèche	DL KIDS ROOM	(Under 3's) & (3-4's)	£*
Tuesday	1700-1745	Family Circuits	Fitness	Studio 2	Family	P*
Wednesday	0930-1130	Club Crèche	Crèche	DL KIDS ROOM	(Under 3's) & (3-4's)	£*
Wednesday	0930-1030	Mini Active	Play	squash court 2	(3-4's)	*
Wednesday	1615-1700	Make and Create	Active	DL KIDS ROOM	(5-7 & 8-11)	
Wednesday	1615-1700	Self Defence	Coaching	Studio 1	Contact Reception	£
Wednesday	1700-1745	Self Defence	Coaching	Studio 1	Contact Reception	£
Wednesday	1700-1800	Start Up 2	Fitness	gym	(14-15's)	
Thursday	0930-1130	Club Crèche	Crèche	DL KIDS ROOM	(Under 3's) & (3-4's)	£*
Thursday	0930-1030	Imagine	Play	squash court 2	(3-4's)	*
Thursday	1615-1645	Karate	Coaching	Studio 1	Beginner	£
Thursday	1645-1730	Karate	Coaching	Studio 1	Improver	£
Thursday	1645-1730	Aqua Splash	Active	Leisure pool	(5-7 & 8-11)	
Thursday	1645-1730	Supervised Gym	Fitness	gym	(8-11 & 12-13's)	
Thursday	1730-1815	Karate	Coaching	Studio 2	Advanced	£
Friday	0930-1130	Club Crèche	Crèche	DL KIDS ROOM	(Under 3's) & (3-4's)	£*
Friday	0930-1030	Mini Dance	Play	squash court 2	(3-4's)	*
Friday	1600-1645	Ballet	Coaching	Studio 2	Beginner	£
Friday	1700-1745	Supervised Gym	Fitness	gym	(8-11 & 12-13's)	
Friday	1700-1745	Ballet	Coaching	Studio 2	Improver	£
Friday	1745-1830	Dance	Coaching	Studio 2	All	£
Friday	1745-1845	Start Up 3	Fitness	gym	(14-15's)	
Saturday	0930-1030	Aqua Splash	Active	Leisure pool	(5-7 & 8-11)	*
Saturday	1000-1045	Supervised Gym	Fitness	gym	(8-11's)	*
Saturday	1045-1130	Get Active	Active	DL KIDS ROOM	(5-7 & 8-11)	*
Saturday	1045-1130	Supervised Gym	Fitness	gym	(12-13 & 14-15's)	*
Saturday	1230-1430	Birthday Parties	Misc	DL KIDS ROOM		£
Saturday	1500-1700	Birthday Parties	Misc	DL KIDS ROOM		£
Sunday	0945-1045	Aqua Splash	Active	Leisure pool	(5-7 & 8-11)	*
Sunday	1000-1100	Mini Active	Play	DL KIDS ROOM	(3-4's)	*
Sunday	1000-1045	Supervised Gym	Fitness	gym	(8-11's)	*
Sunday	1045-1130	Supervised Gym	Fitness	gym	(12-13 & 14-15's)	*
Sunday	1100-1145	Get Active	Active	DL KIDS ROOM	(5-7 & 8-11)	*
Sunday	1230-1430	Birthday Parties	Misc	DL KIDS ROOM		£
Sunday	1500-1700	Birthday Parties	Misc	DL KIDS ROOM		£

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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- * Child activities that coincide with adult classes

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