DAVID LLOYD LEISURE Worthing - 01903 276700

ALL STARS PROGRAMME JULY - AUGUST 2010

David Lloyd ALLSTARS
EXCLUSIVE JUNIOR COACHING PROGRAMME

SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Tuesday	10:00 - 10:30	Adult & Child	All Levels	Training 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
PP	Pay Pro
PR	Pay Reception
CL	Class
CO	Course

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DL KIDS PROGRAMME JULY - AUGUST 2010

DL Kids

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	09:35 - 10:20	Get Active	All Levels	Bad Crt 1-4	
Monday	16:30 - 17:15	Start Up (14+yrs)	14 Years +	Gym Area 1	
Monday	16:45 - 17:30	Supervised Gym	All Levels	Gym Area 1	
Tuesday	09:00 - 09:30	Mini Active	All Levels	Bad Crt 1, 2	
Tuesday	09:35 - 10:30	Multi Sports	5-7 Years	Bad Crt 1-4	
Tuesday	10:35 - 11:30	Multi Sports	8-11 Years	Bad Crt 1-4	
Tuesday	16:00 - 16:45	DL Kids Dance Beginners	Beginner	Kids Zone	
Tuesday	16:45 - 17:30	DL Kids Dance Advanced	Advanced	Kids Zone	
Tuesday	16:45 - 17:30	Supervised Gym	All Levels	Gym Area 1	
Wednesday	09:00 - 09:30	Imagine	All Levels	Bad Crt 1, 2	
Wednesday	16:45 - 17:30	DL Kids Football	5-7 Years	Bad Crt 1-4	
Wednesday	16:45 - 17:30	Supervised Gym	All Levels	Gym Area 1	
Wednesday	17:30 - 18:25	DL Kids Football	8-11 Years	Bad Crt 1-4	
Wednesday	18:30 - 19:30	DL Kids Football Advanced	Advanced	Bad Crt 1-4	
Thursday	16:45 - 17:30	Supervised Gym	All Levels	Gym Area 1	
Friday	09:30 - 10:25	Make & Create	5-7 Years	Club Rm	
Friday	10:30 - 11:25	Make & Create	8-11 Years	Club Rm	
Friday	13:00 - 13:30	Mini Active	All Levels	Kids Zone	
Friday	13:30 - 14:00	Lets Create	All Levels	Kids Zone	
Friday	16:00 - 16:55	DL Kids Dance Beginners	Beginner	Studio 2	
Friday	16:45 - 17:30	Supervised Gym	All Levels	Gym Area 1	
Friday	17:00 - 17:55	DL Kids Dance Advanced	Advanced	Studio 2	
Saturday	08:59 - 09:29	Mini Active	All Levels	Bad Crt 1, 2	
Saturday	09:30 - 10:25	DL Kids Cheerleading Advanced	Advanced	Bad Crt 1, 2	
Saturday	09:30 - 10:25	DL Kids Dance Beginners	Beginner	Studio 2	
Saturday	10:30 - 11:25	DL Kids Cheerleading Beginners	Beginner	Bad Crt 1	
Saturday	10:30 - 11:25	DL Kids Dance Advanced	Advanced	Studio 2	
Saturday	11:30 - 12:25	DL Kids Karate Beginners	Beginner	Bad Crt 1, 2	
Saturday	12:30 - 13:25	DL Kids Karate Advanced	Advanced	Bad Crt 1, 2	
Saturday	13:30 - 14:15	DL Kids Basketball	8-11 Years	Bad Crt 1-4	
Saturday	14:00 - 14:45	Supervised Gym	All Levels	Gym Area 1	
Saturday	14:15 - 15:00	DL Kids Basketball Advanced	Advanced	Bad Crt 1-4	
Sunday	12:30 - 14:00	DL Kids Dance	All Levels	Kids Zone	

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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