

**Let's Create** - Our little members love to be creative and these sessions give them the opportunity to explore, get messy and create masterpieces.

**Mini Active** - Getting active is important for children of all ages and in this session children will be introduced to activity through fun games and structured play. Children will love our themed sessions which are different each week and follow our unique programme created by DLL experts.

**Imagine.....**An active storytelling session where children will be taken off to another world to explore through their imaginations and role play. Sessions include are a mixture of active and passive activities.

**Mini Dance** - Children love to dance and sing and that's exactly what they will do at every mini dance session. Explore dance and movement through funky routines, action songs and of course lots of singing.

**Get Active** - It's time to Get Active and have lots of fun with your DL Kids coaches. Structured games will maximise enjoyment, and encourage junior to stay fit and healthy. Each session will count towards children's daily physical activity needs in a fun environment.

**Multi Sports** - These sessions are sports based and give the children the opportunity to try out a different sport each week, the sports themes are constantly refreshed to keep the sessions fun and interesting, remember the sessions count towards achieving the daily activity targets recommended to keep kids fit and healthy.

**Make and Create** - Children love to create, make and get messy with arts & craft activities! Our sessions follow different themes each week and children can create, make and take home!

**DL Kids Club Night** - DL Kids club night is the perfect place to chill out, make friends, enjoy a wide range of structured activities such as board games, arts and crafts and Nintendo wii.

**Let's Play - Parents & Tots** - The perfect session for active little ones, the session will include activities such as softplay, mini sports and parachute games. Parents/Guardians are responsible for their children in this session.

**Let's Play Outside** - Playing outside is great! Children will take part in their favourite Get Active & Multi Sport sessions in the great outdoors.

**DL Kids Workshop** - Workshops with the WOW factor are a favourite here at DL Kids. Pirates and Princesses, Den Building, Superheroes and t-shirt designing to name just a few. A must for all junior members!

**Mother and Baby Circuits** - The best way to workout, get back into shape and meet new mums! For mothers post six weeks with pre-crawling babies, this session has been especially designed to strengthen and tone using cardio work, resistance bands and body weight.

**Supervised Gym** - This fun fitness session is run by one of our qualified fitness professionals in our superb gym and aerobic studio. Your children will learn the basics of fitness and cardio vascular training on a variety of equipment.

**Mini Football** - It's time to spend some quality time together in our parents and child soccer session! Our coach will take you through a number of football based drills and activities that you can then practice with your child.

**Pre and Postnatal** - Class for parents taken by our pre and post natal specialists. Correct technique for strengthening and conditioning the body leading upto and after pregnancy are core to these classes. Babies are welcome in buggy if pre crawling and willing to watch!

## **FIT (Fitness into Teens) 11+**

The Link between DL kids and Adult classes. These classes are specifically for the ages 11 -15yrs encouraging involvement in all areas of the club free of charge (except swimming).

**Activities in the Lounge** – Arts and Craft activities, toys and games in the lounge with DL kids instructors. Parent must stay in the café area whilst the activities are under way.

**DL kids Bowl** - Come along and challenge our DL Kids coaches at our fantastic bowling session – who will win?

**Club Crèche** – A fun, stimulating and safe environment for children to learn through play and activities.

**Start up** – Sessions that help 14 – 15 yr old complete their three stage gym induction. Covering health and safety, correct technique and use of different equipment.

**Football 5-11yrs** – Skills and drills, game play and fun developing the fundamentals of controlling, passing and dribbling a ball.

**Foundation Ballet** – Developing basic ballet technique. Using Ribbons, scarves and pom-poms. Engaging imagination whilst developing confidence.

**Street Dance** – Fun and energetic. Teaching children basic techniques of break dancing, popin' and lockin'

**Tots Ballet** – Fun and creative using props and ballet techniques to introduce your child to dance.

**Judo** - Judo is a martial art that became an Olympic sport in 1964. It's a fun way for boys and girls of all ages to develop confidence, self esteem and fitness, self discipline and respect for others. To enrol call Ray Stevens on 07956 676452.

**Taekwondo** – The Wild Tiger Martial Arts Academy taken by Master Kim teaches the 5 spirits of TaekWondo; Respect, Honesty, Humility, Perseverance and Self-control.  
To enquire email: [wildtigmartialarts.co.uk](mailto:wildtigmartialarts.co.uk) or contact Master Kim on 07837776483

**Parent and tots Tennis** - Fantastic opportunity for your little one to sample our superb tennis programme. Our LTA licensed tennis professional will take your child through lots of running, jumping and throwing games, develop hand eye coordination, and tennis strokes using smaller racquets and big sponge balls and balloons.

**Mini Rugby** - A structured, energetic and fun session for lively boys and girls. We will help develop core motor skills through play and specific rugby activities.

**Gymnastics** - Our classes provide a pathway of development from tots through to juniors. We Adhere to The British Gymnastics Proficiency Award Scheme. Children will work through the badge scheme with our qualified coach who will teach the different disciplines needed to be a gymnastics super star.

**Cheerleading** – Learn the Basics cheerleading techniques of stunting, dancing and rhythmic expression.

**Stage Coach** - Stagecoach provides quality training in drama, dance and singing. It is open to boys and girls aged 4–18 years, of all abilities. Students from 6–18 years old enjoy three hours every week, stretching them mentally and physically. Students work in small groups of up to 15 with specialist teachers. Children from 4–6 years are welcome to enrol in our 90-minute Early Stages classes. To enrol call Principal Claire Guy on 0208942 3502.

