DAVID LLOYD - BRIGHTON - 01273 666401

JUNIOR PROGRAMME JULY - AUGUST 2009

DL Kids

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
10.00-10.30	Imagine	Play	Kids Zone	(Under 3's) & (3-4's)	P
10.30-11.30	Multi Sports	Active	Studio 2	(5-7 & 8-11)	*
11.30-12.30	Yoga/Yoga Bugs	Coaching	Studio 2	Contact Reception	£ *
12.30-13.30	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	*
16.00-16.30	Parent and child	Swimming	Pool		£ P
16.00-16.30	Let's Create	Play	Kids Zone	(Under 3's) & (3-4's)	P
16.30-17.30	Kids Splash	Water	Pool	All Age Groups	
16.45-17.15	ASA Stage 5	Swimming	Pool		£
16.45-17.15	ASA Stage 6	Swimming	Pool		£
16.45-17.15	ASA Stage 7	Swimming	Pool		£
17.30-18.00	Family Welcome	Misc	Kids Zone		P

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
10.00-10.45	Let's Create	Play	Kids Zone	(Under 3's) & (3-4's)	P
10.45-11.30	Multi Sports	Active	Studio 2	(5-7's)	
11.30-12.15	Get Active	Active	Studio 2	(8-11 & 12-13)	
16.00-17.00	Kids Splash	Water	Pool	All Age Groups	
16.30-17.00	ASA Stage 1	Swimming	Pool		£
16.30-17.00	ASA Stage 2	Swimming	Pool		£
17.00-17.30	ASA Stage 3	Swimming	Pool		£
17.00-17.30	ASA Stage 4	Swimming	Pool		£

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
10.00-10.30	Mini Dance	Play	Studio 2	(Under 3's) & (3-4's)	P
10.30-11.30	Make and Create	Active	Kids Zone	(5-7's)	*
11.30-12.15	Get Active	Active	Studio 2	(8-11's)	
15.00-16.00	Kids Splash	Water	Pool	All Age Groups	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
10.00-10.30	Mini Active	Play	Studio 2	(Under 3's) & (3-4's)	P
10.30-11.30	Make and Create	Active	Kids Zone	(5-7 & 8-11)	*
11.30-12.30	Kids Splash	Water	Pool	All Age Groups	*
12.30-13.15	Box Fit	Fitness	Studio 2	(8-11 & 12-13's)	

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
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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
10.00-10.45	Let's Create	Play	Kids Zone	(Under 3's) & (3-4's)	P *
10.45-11.30	Multi Sports	Active	Studio 2	(5-7 & 8-11)	
11.30-12.30	Supervised Gym	Fitness	Gym	(8-11 & 12-13's)	*
11.30-12.30	Family Splash	Water	Pool	All Age Groups	*

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
09.00-10.30	DL Kids Movie Time	Misc	Kids Zone		*
10.30-11.30	Make and Create	Active	Kids Zone	(5-7 & 8-11)	*
11.30-12.30	Kids Splash	Water	Pool	All Age Groups	*
13.30-15.30	Dance	Coaching	Studio 1	Contact Reception	£

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	AGE / LEVEL	KEY
10.00-11.00	Kids Splash	Water	Pool	All Age Groups	*
11.00-12.00	Multi Sports	Active	Studio 2	(5-7 & 8-11)	*

DL KIDS ACTIVITY CATEGORIES

Club Coaching (Coaching)
Club Crèche (Crèche)
Club Play (Play)
Club Active (Active)
Club Fitness (Fitness)
Club Water Activities (Water)
Club Tennis (Tennis)
Club Swimming (Swimming)
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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