DAVID LLOYD LEISURE - Brighton - 0127 366 6401

DL KIDS PROGRAMME JULY - AUGUST 2010

DL Kids

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	15:45 - 16:15	Lets Create	3-4 Years	Kids Zone	
Monday	17:00 - 17:45	DL Kids Gymnastics	All Levels	Studio 1	
Monday	17:30 - 18:15	Family Welcome	All Levels	Restaurant	
Monday	18:00 - 19:00	Start Up (14+yrs)	14 Years +	Gym	
Tuesday	16:00 - 16:30	Mini Dance	3-4 Years	Studio 1	
Tuesday	16:30 - 17:15	Make & Create	5-7 Years	Kids Zone	
Tuesday	17:15 - 18:00	Supervised Gym	8-11 Years	Sports Office	
Tuesday	17:30 - 18:30	Kids Splash	All Levels	Pool	
Wednesday	16:00 - 16:30	Lets Create	3-4 Years	Kids Zone	
Wednesday	16:30 - 17:15	Get Active	5-7 Years	Studio 1	
Wednesday	17:15 - 18:00	Box Fit	8-11 Years	Studio 2	
Wednesday	17:15 - 18:00	Family Circuits	8-11 Years	Studio 2	
Wednesday	18:00 - 18:30	Family Welcome	All Levels	Restaurant	
Thursday	16:30 - 17:15	Make & Create	5-7 Years	Kids Zone	
Thursday	17:30 - 18:30	Kids Splash	All Levels	Pool	
Friday	16:00 - 16:30	Mini Dance	3-4 Years	Studio 1	
Friday	16:30 - 17:15	Make & Create	5-7 Years	Kids Zone	
Saturday	10:00 - 10:45	Supervised Gym	8-11 Years	Sports Office	
Saturday	10:30 - 11:30	Make & Create	All Levels	Kids Zone	
Saturday	11:30 - 12:30	Family Splash	All Levels	Pool	
Sunday	10:00 - 10:45	Supervised Gym	8-11 Years	Sports Office	
Sunday	11:00 - 12:00	Make & Create	5-7 Years	Kids Zone	
Sunday	12:00 - 12:45	Get Active	5-7 Years	Studio 1	

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