DAVID LLOYD LEISURE - Southampton - 02380 747160

DL KIDS PROGRAMME JULY - AUGUST 2010

DL Kids

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	15:00 - 16:00	Family Splash	All Levels		
Tuesday	10:30 - 11:30	Get Active	5-7 Years		
Tuesday	11:00 - 12:00	Supervised Gym (14+yrs)	14 Years +	Gym 2	
Tuesday	13:00 - 14:00	Family Splash	All Levels		
Tuesday	13:45 - 14:30	Mini Dance	3-4 Years	Studio 2	
Tuesday	18:00 - 18:45	Family Circuits	8-11 Years	Studio 2	
Wednesday	15:00 - 16:00	Kids Splash	All Levels		
Thursday	10:30 - 11:30	Get Active	5-7 Years		
Thursday	11:00 - 12:00	Family Splash	All Levels		
Thursday	11:00 - 12:00	Supervised Gym	12-13 Years	Gym	
Thursday	11:00 - 12:00	Supervised Gym (14+yrs)	14 Years +	Gym 1	
Thursday	18:00 - 18:45	Start Up Circuits	12-13 Years	Gym 1	
Friday	10:30 - 11:30	Get Active	5-7 Years		
Friday	11:00 - 12:00	Supervised Gym	12-13 Years	Gym 2	
Friday	11:00 - 12:00	Supervised Gym (14+yrs)	14 Years +	Gym 1	
Friday	13:00 - 14:00	Family Splash	All Levels		
Friday	17:00 - 18:00	Supervised Gym	12-13 Years	Gym	
Friday	17:00 - 18:00	Supervised Gym (14+yrs)	14 Years +	Gym	
Saturday	10:00 - 11:00	Get Active	All Levels	Bad Crt 1-4	
Saturday	11:00 - 12:00	Kids Splash	All Levels	Ind Pool	
Saturday	15:00 - 16:00	Family Splash	All Levels	Ind Pool	
Saturday	15:00 - 16:00	Supervised Gym	All Levels	Gym	
Sunday	10:00 - 11:00	Make & Create	All Levels	Club Rm	
Sunday	11:00 - 12:00	Get Active	All Levels	Bad Crt 1-4	
Sunday	11:15 - 12:00	Mini Active	All Levels	Studio 2	
Sunday	16:00 - 17:00	Family Splash	All Levels	Ind Pool	
Sunday	16:00 - 17:00	Supervised Gym	All Levels	Gym	

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
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