

Autumn Timetable

September - December

| Day | Class | Age | Where | Time |
|----------------------------------|----------------------------------|------------|----------------------|--------------------|
| <i>Just another magic Monday</i> | Crèche £ | 12 wks - 5 | Kids Activity Room | 0930-1230 |
| | Mini Active | 3-4 | Kids Activity Room | 1600-1700 |
| | PRAMA Active | 5-11 | PRAMA Studio | 1600-1700 |
| | Shooting Starz Football £ | 4-5 | Court 5 | 16-00-1700 |
| | Kids Yoga | 5-8 | Mind & Body | 1630-1730 |
| | Shooting Starz Football £ | 6-7 | Court 5 | 1700-1800 |
| | Let's Create | 3-4 | Kids Activity Room | 1730-1830 |
| | Make & Create | 5-11 | Kids Activity Lounge | 1730-1830 |
| | Kids Yoga | 9-13 | Mind & Body | 1730-1830 |
| | PRAMA FIT | 10-15 | PRAMA Studio | 1730-1830 |
| <i>enjoy your tuesday</i> | Crèche £ | 12 wks - 5 | Kids Activity Room | 0930-1230 |
| | Shooting Starz Football £ | 2-3 | Court 5 | 1400-1420 |
| | Shooting Starz Football £ | 3-4 | Court 5 | 1450-1530 |
| | Shooting Starz Football £ | 8-9 | Court 5 | 1600-1700 |
| | Mini Dance | 3-4 | Kids Activity Room | 1630-1715 |
| | PRAMA Active | 5-11 | PRAMA Studio | 1630-1730 |
| | Shooting Starz Football £ | 10-11 | Court 5 | 1700-1800 |
| | Imagine / Create | 3-4 | Kids Activity Room | 1730-1830 |
| | Multi Sports | 5-11 | PRAMA Studio | 1730-1830 |
| | PRAMA Family Active | 5+ | PRAMA Studio | 18:40-19:25 |
| <i>Hello Wednesday</i> | Crèche £ | 12 wks - 5 | Kids Activity Room | 0930-1230 |
| | HummingBirds £ | 18m-2 | Kids Activity Room | 1400-1430 |
| | HummingBirds £ | 3-5 | Kids Activity Room | 1530-1600 |
| | Mini Active | 3-4 | Kids Activity Room | 1630-1730 |
| | Make & Create | 5-11 | Kids Creative Lounge | 1630-1730 |
| | Non-contact Boxing £ | 6-12 | PRAMA Studio | 1700-1800 |
| | POP Choir £ | 5-13 | Mind and Body | 1700-1800 |
| | Mini Movie Night | 3-4 | Kids Activity Room | 1730-1900 |
| | Movie Night | 5-11 | Kids Activity Room | 1730-1900 |
| | HAVE A THRILLING THURSDAY | Crèche £ | 12 wks - 5 | Kids Activity Room |
| Let's Meet and Play | | 12 wks - 5 | Kids Activity Room | 1230-1330 |
| Mini Active | | 3-4 | Kids Activity Room | 1630-1730 |
| Multi Sports | | 5-11 | PRAMA Studio | 1630-1730 |
| Let's create / Play | | 3-4 | Kids Activity Room | 1730-1830 |
| PRAMA Active | | 5-11 | PRAMA Studio | 1730-1830 |
| PRAMA Family Active | | 5+ | PRAMA Studio | 18:35-19:25 |



Non-contact boxing – Please email Ali at alijamal1@hotmail.co.uk if you interested in booking.

Football with Shooting Stars – Commencing the week beginning 10th September. Please book and find out more from reception or email the family manager.


Hummingbirds – The 18m-2yr session requires the parent to stay with the child. Please book and pay with reception. Pay as you go and block bookings available

Pop Choir – Please book and pay at reception. Pay as you got and block bookings available

Let's meet and Play – An opportunity for parents to come and socialise with each other and get to know the crèche team.

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|  | Crèche £ | 12 wks - 5 | Kids Activity Room | 0930-1230 |
| | Let's Create | 3-4 | Kids Activity Room | 1615-1700 |
| | PRAMA FIT | 10-15 | PRAMA Studio | 1700-1745 |
| | Football | 5-11 | Outside | 1700-1800 |
| | Mini Active | 3-4 | Kids Activity Room | 1700-1800 |
| | PRAMA Family Active | 10-15 | PRAMA Studio | 1800-1845 |
| | Club Night | 5-11 | Kids Activity Room | 1800-2000 |
| | Mini Club Night | 3-4 | Kids Activity Room | 1800-1900 |
|  | Crèche £ | 12 wks - 5 | Kids Activity Room | 0930-1230 |
| | Mini Active | 3-4 | PRAMA Studio | 0930-1030 |
| | Make & Create | 5-11 | Kids Activity Lounge | 0930-1030 |
| | Let's Create / Imagine | 3-4 | Kids Activity Lounge | 1030-1130 |
| | Get Active | 5-7 | Mind and Body | 1030-1130 |
| | PRAMA FIT | 8-13 | PRAMA Studio | 1030-1130 |
| | Club Play | 3-4 | Soft Play Area | 1130-1230 |
| | DL Kids Football | 5-11 | Outside or PRAMA | 1130-1230 |
| | PRAMA Family Active | 5+ | PRAMA Studio | 1240-1325 |
| | Battlebox PLAY Family | 8+ | Battlebox | 1245-1330 |
| | Synrgy Family | 8+ | Gym Floor | 1340-1425 |
|  | Crèche £ | 12 wks - 5 | Kids Activity Room | 0930-1230 |
| | Tot's Football | 3-4 | Mind and Body | 0930-1030 |
| | PRAMA Active | 5-11 | PRAMA Active | 0930-1030 |
| | Let's Create / Play | 3-4 | Kids Lounge | 1030-1130 |
| | Get Active | 5-11 | Mind and Body | 1030-1130 |
| | Mini Active | 3-4 | PRAMA Studio | 1130-1230 |
| | Make & Create | 5-11 | Kids Lounge | 1130-1230 |
| | Battlebox Play Family | 8+ | Battlebox | 1145-1230 |
| | PRAMA Family Active | 5+ | PRAMA Studio | 1240-1325 |
| | Synrgy Family | 8+ | Gym Floor | 1440-1525 |



For any enquiries regarding crèche, DL Kids, courses or Holiday Camp please contact;

Rose Sanders – Family Manager at familymanager.actonpark@davidlloyd.co.uk

Billy Thornhill – DL Kids Coordinator at dlkids.actonpark@davidlloyd.co.uk