



A WORLD OF ADVENTURE  
UNDER ONE ROOF



## YOUR MINI ADVENTURE GUIDE - AT A GLANCE

A world of fun, learning, and adventure for toddlers, children, and teens of all ages. Whether they're getting creative with arts and crafts, zooming around on scooters, picking up a racket for the first time, or starting their fitness journey— we've got it all covered.

ACTIVITIES	0 - 2	3 - 5	6 - 7	8 - 11	12 - 13	14+
Parent & Child Football	✓					
Tots Playtime	✓					
Baby Club	✓					
Messy Play	✓					
Baby & Me Playtime	✓					
Games Night	✓	✓	✓			
Let's Play		✓				
Let's Make Art		✓				
Let's Ride		✓				
Let's Make LEGO®		✓				
Let's Play Sports		✓				
Scooter Squad		✓	✓	✓		
Sports Squad			✓	✓		
Action Squad			✓	✓		
Design Squad			✓	✓		
LEGO® Squad			✓	✓		
REBELS Group Exercise Classes				✓	✓	✓
Supervised Gym (aged 10+)				✓	✓	✓
Independent Gym (after start-up session)						✓
Independent Tennis						✓
Independent Swim (after completed Shark Test)					✓	✓



## PAID (£) ACTIVITIES

0 - 2

3 - 5

6 - 7

8 - 11

12 - 13

14+

Crèche



Parties



Holiday Club



Parent &amp; Baby Swim



Swim Stars



Rookie Lifeguard



Swim Team



Tennis Stars



## BOOK ON THE APP TODAY



### **Parent & Baby Swim (0 - 2 years)**

Gently introduce them to the water in a fun, safe, and supportive environment – perfect for making memories together.



### **Baby & Me Playtime (0 - 1 years)**

Explore different sounds, smells and textures in a relaxed environment, with music, singing and messy play, plus free play.

### **Parent & Child Football (18 months – 3 years)**

An introduction to football for toddlers. Spend quality time together while they learn key skills such as balancing, kicking and running, through interactive games and stories.



## **BABIES**

### **AGES 0 - 2**

#### **Tots Playtime (0 - 2 years)**

This mix of activity, dance, singing, messy play and free time helps toddlers burn off energy and develop their communication and social skills.

#### **Baby Club (0 - 3 years)**

Little ones can wriggle, roll and giggle together in a soft play space designed just for them - while you take a breath, chat, and connect with other parents who get exactly what life with a baby is like.

#### **Messy Play (0 - 2 years)**

A messy play adventure for you and your baby. Together, we'll help your baby try different sensory experiences, textures, colours and smells.



Attend these sessions with your baby



“

The Crèche is run by fully trained staff, so you know your baby is in safe hands

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# CRÈCHE

## AGES 0 - 5 | £

**Welcome to the Club Crèche – where little ones thrive and grown-ups get a well-earned break.**

Our Crèche is a safe, caring, and exciting space packed with fun activities designed to support your child’s development at their own pace.

We focus on what they can do and help them build confidence with every moment.

While they’re happily playing, learning and making new friends, you get to enjoy a bit of me-time - whether that’s a workout, a swim, a game of tennis or a relaxing visit to the spa.

It’s a win-win for everyone.

The Crèche is super popular, so don’t forget to book ahead. You can reserve a one-hour session per child, per day - up to nine days in advance.



## ACTIVITIES

AGES 3 - 5

DL Kids

**Whatever their age and interests, we've got a huge selection of activities that we know your child will love.**

### Let's Play

This class will take kids on a journey of sporting imagination; there will be lots of games which will encourage skill development, introducing the kids to different sports. It will help pre-schoolers grow their coordination, social skills and physical development.

### Let's Make Art

Creative adventures such as painting, sticking, drawing and colouring will spark kid's imaginations as they have fun exploring different textures and colours. Weekly activities have been designed to help develop fine motor skills, concentration and self-esteem.



### Scooter Squad

Our Scooter Squad gets toddlers playing scooter games, mastering new tricks and learning how to stay safe.





## ACTIVITIES

### AGES 3 - 5

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#### Let's Ride

Taking their first steps towards riding a bike. Little riders build balance, coordination and learn how to bike safely, using Micro Scooter Balance Bikes. With action-packed games and plenty of fun.

#### Let's Make LEGO®

Following the LEGO® play programme, each week children will use LEGO® DUPLO® to complete different build challenges. These will encourage children to use their imagination, develop creativity, support problem-solving and communication in fun and interactive ways. There will also be lots of time for free building and games with friends.

#### Let's Play Sports

A fun and active session designed especially for little movers. Through playful games and activities, children will explore running, jumping, throwing, and teamwork in a supportive environment. It's the perfect way to build confidence, coordination, and a love for being active - all while having lots of fun with friends.





## ACTIVITIES

AGES 6 – 10

**DL**Kids

### Action Squad

This class is all about unforgettable fitness fun. There are lots of team games, sports challenges, blasts of fitness and pumping music. It aims to develop skills that can be used in a wide range of sports and helps to further social skills and team work.

### Sports Squad

A class for sporty kids and those wanting to try something new. Each week kids will explore a different sport by learning the rules, doing drills and taking part in games. We even throw in a weekly sporty fact you can use to impress friends. Designed to help build positive self-esteem, increase feelings of physical and mental well-being and improve fitness levels.

### Scooter Squad

Our Scooter Squad gets kids playing scooter games, mastering new tricks and learning how to stay safe.



Tailored classes for  
6 – 10 year olds.





## ACTIVITIES

### AGES 6 - 10

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#### Games Night

Friday night is Games Night. After a busy week at school, join us for a relaxed evening where the kids get to choose from board games, quizzes, gaming, sports, crafts and lots more. A chance for the children to decompress and the adults to enjoy the Club.

#### LEGO® Squad

Following the LEGO® play programme to help kids develop skills like creativity, problem-solving and communication in fun and interactive ways as they bring their creations to life. Each week children will take part in a different build challenge along with with free building and games.

#### LEGO® Robotics

We've taken LEGO® Squad to the next build with the introduction of LEGO® Education SPIKE™ Essential. Through coding, our builders will investigate STEAM concepts while contributing to literacy, maths, and social-emotional development.



#### Design Squad

Create, build, and play. Activities which fire up the imagination encouraging children to experiment, explore new ideas and grow their confidence through funky on trend activities.





## HOLIDAY CLUB

AGES 3 - 10 | £



### Holiday Sports Club

Fun-filled days of games, challenges, and teamwork. From football to basketball and everything in between, there's something for every young sports star to enjoy. Running from 9am to 12.55pm in the school holidays. 2 hour sessions also available.

### Holiday Workshops

Exciting and creative workshops designed to inspire, educate, and entertain. Den Building, Graffiti Art, Superheroes, Sports and Science and so much more. A perfect complement to the morning sports sessions.

### Holiday Tennis Club

Led by LTA accredited instructors. They'll be serving, volleying and rallying for a whole day in the school holidays. Whether your child is stepping onto the court for the first time or already dreaming of tennis stardom. Give them the opportunity to grow their tennis skills, and foster a love for the game that can last a lifetime.



“

More fun than you can  
shake a hockey stick at

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## PARTIES

AGES 3 - 10 | £

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**There's an amazing selection of themed birthday parties ready for your child to choose from.**

They'll get a fun-filled food making experience, a party host, party bags and invitations, and lots of fun and games. Simply turn up with the cake, your friends and family and the special birthday child.

And the icing on the cake? We'll sort it all. The invitation, the games, the theming, and of course, the tidying up.

So you can relax and enjoy their special day.





## SWIM STARS

AGES 3 MONTHS - 16 YEARS | £

**Swim Stars is built for every age and stage - from that first splash to mastering strokes. Whether your child is brand new to the water or already racing down the lane, our expert coaches help them build skill and confidence at their own pace.**

Little ones start with songs and floats to help them feel at home in the pool. As they grow, so do their skills - from stronger strokes to better breathing and form. Whatever their level, Swim Stars helps them enjoy the water, feel confident in it - and have a great time getting there.

The programme follows the structure and approach of the Swim England Learn to Swim programme, the number one national swim teaching syllabus for all ages. Kids are taught through a fun games-led approach, and encouraged and rewarded with certificates and badges as they progress and move forwards.



Turning kids into competent, confident and safe swimmers who can use breaststroke, backstroke, butterfly and front crawl.



## SWIM TEAM

AGES 8 - 16 | £

**If your child adores spending time in the pool, our Swim Team could be ideal.**

If they have mastered Swim Stars and reached the end of the programme, joining the Swim Team is the perfect next step.

Besides improving stamina and skills, it gives them the chance to enter friendly competitions at your club and against other David Lloyd Clubs nearby. The Swim Team involves hour-long sessions each week where they can perfect their swimming abilities alongside friends and learn to work as a team, culminating in regular competitions.

Membership means your child is one of the club's best swimmers and is eligible for our team kit, including hoodies, swim hat, team bag and water bottle.

### Rookie Lifeguard (8 - 12 years)

Rookie Lifeguard offers the first opportunity to explore water safety, gradually gaining independence and confidence while learning vital life skills. The programme will inspire kids, whilst helping them keep themselves, their friends and their family safe in the water.



### Shark Test (10 - 11 years)

Once your child has completed a Shark Test they can use the pool on their own during family swim times. They will be asked to complete drills in the pool.



## TENNIS STARS

AGES 3 - 18 | £

**Tennis Stars is a fun-filled, progressive and structured tennis programme for young children; with development, fun, and fitness at the heart of everything.**

Starting off on mini courts, with mini nets and sponge balls, children will move through the levels as their game and skills develop.

The structure is based on coaching and competition in 4 stages: Blue, Red, Orange and Green with players progressing through a number of levels at each colour stage.

Each stage is designed using appropriate court sizes and equipment, so players can learn the game in a way that suits their physical size, emotional maturity and technical and tactical skill. With over 40 years of experience, our professional coaches deliver each lesson with variations in age and ability in mind, to keep the programme relevant and exciting to every player.



Endorsed by *Judy Murray*







## REBELS

**AGES 8 - 14**

**Family-friendly versions of our much-loved Signature series of fitness classes. They're designed for parents and children aged 8-14 to work out together – and have plenty of fun doing so. So, which class is right for you and your youngster?**

### REBELS BLAZE

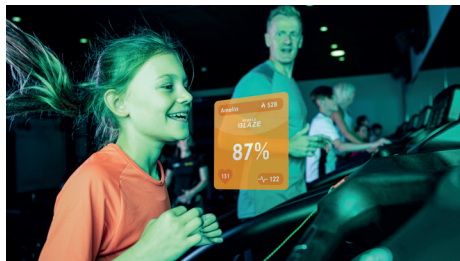
Incorporating lighter dumbbells and bags to ensure kids feel challenged but are still able to complete the circuits. Our specially-selected playlists will give you plenty of motivation, and at 35 minutes from start to finish, each class proves that you don't need to dedicate hours of your day to working out to feel the full benefit.

### REBELS IGN1TE & SPIRIT

Kick, punch and jump your way through the first half of the session with IGN1TE. Then re-energise your SPIRIT, fusing yoga, Pilates, and meditation to leave you feeling calm and energised.

### REBELS BATTLEBOX

There's nothing quite like working out in the great outdoors. Work as a team using speed, agility and balance in an action-packed workout. Have fun and get stronger, side-by-side.





## FITNESS

### AGES 8 - 15

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**We know that kids can easily be intimidated by the gym, so we've introduced special sessions to familiarise them and let them exercise safely.**

#### **Start Up (10 - 15 years)**

A two-stage induction for 10 - 15 year olds, after which they can use the gym under adult supervision. Inducted members aged 14 - 15 can also use the gym by themselves until 7pm (8pm at weekends).



#### **Supervised Gym (10 - 13 years)**

Junior members who have completed Start Up can attend 45 - 60 minute supervised sessions, as long as they wear their green band and follow their assigned workout programme. We also run specific times when parents can exercise with inducted children.

BOOK ON THE APP TODAY

*David Lloyd*  
— CLUBS —

[www.davidlloyd.co.uk](http://www.davidlloyd.co.uk)