

TEEN GYM

For 11 – 16 year olds

Our teen fitness sessions for 11 – 16 year olds provide an introduction to fitness in a safe and supervised environment.

All users must first have an induction to learn how to use the equipment safely.
Parental/Guardian consent is required.

Session Times

Pavilions In The Park*

Tuesdays	3.30pm – 4.30pm
	4.30pm – 5.30pm
Saturdays	2.00pm – 4.00pm

Broadbridge Heath Leisure Centre

Mondays	3.30pm – 5.00pm
Wednesdays	3.30pm – 5.00pm
Fridays	3.30pm – 5.00pm
Saturdays	2.15pm – 4.15pm
Sundays	2.15pm – 4.15pm

DC LEISURE

Fitness Industry Association
Operator of the Year 2008/9



kinetika
fitness



Horsham
District
Council

DC Leisure Management Ltd working in partnership with Horsham District Council.

*Booking is essential at Pavilions In The Park, please call 01403 219200 to book.

TEEN ACTIVITIES SESSIONS

Keep active and enjoy a range of activity sessions at **Broadbridge Heath Leisure Centre** and **The Pavilions In The Park**. All sessions are available on a pay as you go basis and there is no need to book, just turn up and enjoy.

Broadbridge Heath Leisure Centre

Funky Beatz

Learn the basics of street dance and strut your stuff to the latest music as you build up routines for the dance floor.

Mondays 5.00pm – 6.00pm

11 – 16 years

Judo

Try this modern Japanese martial art. Suitable for all levels.

Tuesdays 6.30pm – 7.30pm

10 – 16 years

Call 01403 211311

The Pavilions In The Park

Jumpstyle Street Dance for Boys

A boys only street dance session to master the basics and learn some fantastic routines!

Tuesdays 4.00-4.45pm

6-13 years

Contemporary Dance

A session to strengthen your knowledge of this genre and improve your moves.

Tuesdays 4.50-5.40pm

12-16 years

Yoga

A great class that teaches all the basic yoga moves and helps to build core strength, balance and co-ordination.

Thursdays 4.00pm – 4.45pm

12 – 16 years

Trampoline

A great session to chill out with your friends and learn some new moves.

Fridays 6.00-7.00pm

10-15 years

Introductory offer – add aqua disco to your ticket for just £1

Aqua Disco

Ride the flume, race the rapids and have a splashing time in the leisure pool with floats and toys. Then chill out with your mates to all the latest chart hits.

7.00pm – 8.00pm 8 – 11 years

8.00pm – 9.00pm 12 – 15 years

Call 01403 219200