

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

Steyping Leisure Centre

Mondays – Thursdays

3.30pm – 4.15pm

4.15pm – 5.00pm

DC LEISURE

Fitness Industry Association
Operator of the Year 2008/9



kinetika™
fitness

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

STEYPING
Leisure
CENTRE

JUNIOR ACTIVITY SESSIONS

Table Tennis

Enjoy learning about this fun game with structured sessions to improve your serve, returns and rallies.

Fridays 6.30pm – 7.30pm
7 – 15 years

Trampolining

Reach for the skies with our trampolining courses. Tuck, Straddle and Pike your way to badges and certificates from the British Gymnastics Awards Scheme. Please contact us for more information on times and prices.

Saturday mornings
3 – 14 years

You Can Do It Trampolining

A specialist session for disabled children and their siblings. Focuses on developing motor skills in a fun environment.

Wednesdays 5.00pm – 6.00pm
5 – 12 years

Roller Disco

A family based session for all abilities. Skate hire available or bring your own.

5.30pm – 6.30pm Family Disco
6.45pm – 8.00pm All Ages

Lessons are also available, please enquire for details. Sessions are subject to change during school holiday periods please check with us for details or visit www.gysodisco.co.uk

Pool Sessions

Aqua Disco

Enjoy a splashing time in our pool with music swimming and your favourite songs played by our disco DJ.

Fridays 6.00pm – 7.00pm
8 – 12 years

Inflatable

A fun session with our giant inflatable obstacle course.

Saturdays 3.35pm – 4.50pm

Family Floats

A fun filled family pool session with floats, toys, balls and games.

Sundays 9.30am – 1.00pm

Floats

A fun filled pool session with floats, toys, balls and games.

Saturdays 2.05pm – 3.25pm
Sundays 3.00pm – 5.00pm

Toddler Splash

A fun session for parents and under 5's with balls and toys. Term time only. Toys will still be available in school holidays but the session will be open to all ages.

Thursdays 10.00am – 11.00am

Water Walkerz

Ever fancied walking on water? Well now you can. Imagine a giant inflatable hamster ball on water! Sessions run during school holiday periods, please see swim timetable for details

