



Lewes Leisure Centre Junior Activities

Gymnastics Course at Lewes Leisure Centre	
Saturday	
9am - 10am	5 years+ Beginners
10am - 11am	5 years+ Intermediate
10.30am - 11.30am	5 years+ Intermediate Mini Squad
11am - 12pm	5 years+ Advanced
12pm - 1pm	Squad (Invitation Only)

Little Ninjas Martial Arts at Lewes Leisure Centre	
Thursday	
From 5pm	4 years+

Ocean Adventure Soft Play at Lewes Leisure Centre	
For ages: under 8 years Check session times at www.waveleisure.co.uk	

Pre-School Gymnastics Course at Lewes Leisure Centre	
Tuesday	
10.30am - 11.15am	22 mths - 3 years
11.30am - 12.15pm	3 - 5 years

Roller Disco - drop in session at Lewes Leisure Centre	
Saturday	
4pm - 5.30pm	All ages - all abilities
5.45pm - 7.15pm	All ages - advanced

Run the Gauntlet at Lewes Leisure Centre	
Saturday	
3pm - 5pm	Under 16 years*
Sunday	
3pm - 5pm	Under 16 years*

Skate School at Lewes Leisure Centre	
Saturday (every other Saturday)	
2.45pm - 3.45pm	5 years+

Swim Fun Zone at Ringmer Swimming Pool	
Saturday	
2pm - 3.30pm	All ages
Sunday	
11am - 1pm	All ages

Swim School
Swimming lessons at Lewes Leisure Centre
For full details visit www.waveleisure.co.uk

T-45 Group Exercise at Lewes Leisure Centre	
Tuesday	
3.45pm - 4.30pm	11 - 16 years

T-45 Gym Fitness at Lewes Leisure Centre	
Tuesday	
3.45pm - 4.30pm	11 - 16 years

Trampoline Course at Lewes Leisure Centre	
Wednesday	
5.15pm - 6.15pm	5 - 8 years
6.15pm - 7.45pm	Squad (Invitation Only)
Thursday	
5.15pm - 6.15pm	5 - 8 years
6.15pm - 7.45pm	Squad (Invitation Only)

For further information please call
01273 48600
or email info@waveleisure.co.uk

www.waveleisure.co.uk

*Children must be competent swimmers to use the inflatable