

BORN LES MILLS **TO MOVE**

NEW



PRE-SCHOOL

Do you want to be a Born to Move instructor?

If, like us at LED, you want to join in the mission to create a fitter planet and are passionate about helping young people establish healthy patterns and realise the importance of keeping active throughout life, then this is your chance... Come and find out about the Les Mills Born to Move programme and be part of something great!

SCHOOL



Find out what it is all about...

Honiton Leisure Centre - Tuesday 21 June
Axminster Leisure Centre - Wednesday 22 June
at 4pm - 5.30pm

For more information contact:

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TEENS



www.ledleisure.co.uk



BORN TO MOVE LES MILLS

NEW

What is Born to Move?

Born to Move is a series of movement-based classes that motivate children from 2 yrs – 16 yrs to fall in love with physical activity. There are classes for different age groups which use action and dance to build fundamental physical skills, confidence and self esteem.

PRE-SCHOOL



2-5 YEARS

SCHOOL



6-12 YEARS

TEENS



13-16 YEARS

Why Get Involved?

We want you to have fun and at the same time, build a passion for getting active and creating a fitter you..

Free Trial!

Honiton Leisure Centre
Tuesday 21 June

Axminster Leisure Centre
Wednesday 22 June

Sessions run at:

4pm - 4.30pm

2 - 5 yrs

4.30pm - 5pm

6 - 12 yrs

5.00pm - 5.30pm

13 - 16 yrs



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