

Get active & give your family a FLYING START

Call the Communities Team on 01582 400 272 to join



For Mums & Dads – from pregnancy to 5 years

To pre book an activity you must attend the venue in advance to receive the discount associated to the voucher (Active Luton Centre sessions only). Pre booking via phone or internet will result in the full price being charged.

Activity	Instructor	Venue	Time	Contact
Monday				
Legs, Bums & Bring Your Tots	Jenny Crisp	Lea Manor Recreation Centre, Northwell Drive, Luton LU3 3TL	09.30-10.30	01582 599888
Legs, Bums & Bring Your Tots*	Chantelle Walker	Hart Hill Adventure Playground, Falks Hill (off Tower Rd), Luton LU2 0FN	09:45-10:45	01582 400272
Stay & Play	Hart Hill Staff	Hart Hill Adventure Playground, Falks Hill (off Tower Rd), Luton LU2 0FN	11:00-13:00	01582 400272
Aquanatal*	NHS Midwife	Inspire: Luton Sports Village, Butterfield Green Road, Luton LU2 8DD	14:45-15:45	01582 393230
Tuesday				
Fit to Push (buggy fitness)	Jane Dixon	Stockwood Park Athletics Centre, Farley Hill, Luton LU1 4BH	10:00-11:00	01582 722930
Dance Explorers	Jenny Crisp	Flying Start South Childrens Centre, Bailey St, Luton LU1 3DU	13:30-14:30 Term-Time	01582 400272
Wednesday				
Legs, Bums & Bring Your Tots*	Sarah Hughes	Chaul End Community Centre, 515 Dunstable Road, Luton, LU4 8QN	09:15-10:15 Term-Time	01582 400272
1st Kicks Football (18mths - 3yrs)	1st Kicks Coach	Lea Manor Recreation Centre, Northwell Drive, Luton LU3 3TL	09:45-10:30 Term-Time	01582 400272
1st Kicks Football (3yrs - 5yrs)	1st Kicks Coach	Lea Manor Recreation Centre, Northwell Drive, Luton LU3 3TL	10:45-11:30 Term-Time	01582 400272
Thursday				
Dance Explorers	Sarah Hughes	Hart Hill Adventure Playground, Falks Hill (off Tower Rd), Luton LU2 0FN	09:45-10:30 Term-Time	01582 400272
ME TIME Family Aquatots*	Jenny Crisp	Lea Manor Recreation Centre, Northwell Drive, Luton LU3 3TL	14:30-15:15	01582 599888
Friday				
Legs, Bums & Bring Your Tots*	Jenny Crisp	Hockwell Ring Community Centre, Mayne Ave, Luton LU4 9LB	09:30-10:30	01582 400272
Mum & Baby Yoga*	Chantelle Walker	Hart Hill Adventure Playground, Falks Hill (off Tower Rd), Luton LU2 0FN	09:45-10:45	01582 400272
Fit to Push (buggy fitness)	Jane Dixon	Stockwood Park Athletics Centre, Farley Hill, Luton LU1 4BH	10:00-11:00	01582 722930
Dance Explorers	Jenny Crisp	Blenheim Crescent Baptist Church, Luton, LU3 1HB	11:45-12:30 Term-Time	01582 400272
Saturday				
Super Striker Tots Football	Sports Coach	River Bank Primary School, Bath Road, Luton LU3 1ES	10:35-11:15 Term-Time	01582 400272

For a full list of Leisure Swims & Family Swim Sessions please visit www.activeluton.co.uk/swimming-timetables.

* Please note these are women and/or women and children only classes

(Timetable correct at time of going to print)

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Examples of activities you can take part in:



There are lots more sessions you can take part in visit:
www.activeluton.co.uk/me-time-family-flying-start

Leisure Swim & Family Swim sessions are available **Active Luton centres** please visit:
www.activeluton.co.uk/swimming-timetables

Inspire: Luton Sports Village
Butterfield Green Road, Luton LU2 8DD
Tel: 01582 393230

Lea Manor Recreation Centre
Northwell Drive, Luton LU3 3TL
Tel: 01582 599888

Lewsey Sports Park & Pool
Pastures Way, Luton LU4 0PF
Tel: 01582 604244

Hightown Community Sports & Arts Centre
Concorde Street, Luton LU2 0JD
Tel: 01582 419548

Stockwood Park Athletics Centre
Farley Hill, Luton LU1 4BH
Tel: 01582 722930



NHS
Luton Clinical Commissioning Group

Luton



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www.activeluton.co.uk