

Daily Activity Planner

toddle^{about}

Loving life with little ones

Your Lockdown Guide to find what's on
ONLINE for families with bumps - 5s

MONDAY

PARENTS & TOTS

Kesgrave Library

01473 626103. www.suffolklibraries.co.uk.

- Wordplay sessions: 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 11 May.

MUSIC & SIGNING

Boogie Babes Newmarket

07769 883506. www.boogiebabes.biz.

- Free Boogie Babes Live: 10:00 - 10:45.

Ages: 1 - 5 yrs. **Cost:** Free (drop in). **Dates:** 11 May.

Boogie Mites South Oxfordshire

www.facebook.com/groups/BMLiveWithLizzie/.

- Boogie Mites Live Online with Lizzie: 9:30 - 10:15.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 11 May.

Hartbeeps (West Suffolk)

07866 487761. www.hartbeeps.com.

- Hartbeeps @ Home: 9:00 - 10:00.

Ages: 0 - 5 yrs. **Cost:** £5 per session (booking essential).

Dates: 11 May.

Jo Jingles Ipswich

07732 544548. www.jojingles.com.

- Jo Jingles Ipswich Live Summer Half Term 1: 10:00 - 10:40.

Ages: 6 mths - 6 yrs. **Cost:** £3.50 per session (booking essential). **Dates:** 11 May.

Music Bugs Northampton

07811 771480. www.musicbugs.co.uk.

- Music Bugs Online session: 10:00 - 10:40.

Ages: 0 - 5 yrs. **Cost:** £3.50 per session (booking essential).

Dates: 11 May.

Rhythm Time Warwickshire

07469 186042. rhythmtime.net.

- Online toddler class: 12:00 - 12:30.

Ages: 1 - 2 yrs.

- Online baby class: 13:00 - 13:30.

Fun, developmental music classes from your home

Ages: 1 yrs.

- Online Pre school class: 14:00 - 14:30.

Ages: 3 - 4 yrs.

Cost: £5.50 per session (booking essential).

Dates: 11 May.

Sing & Sign Baby Signing South Northants

07906 055591. www.singandsign.co.uk.

- Stage 1: 9:00 - 10:00.

Ages: 5 mths - 1 yrs 1 mths.

- Stage 2: 9:00 - 10:00.

Ages: 1 yrs 2 mths - 3 yrs.

Cost: £4 per session (booking essential).

Dates: 11 May.

Southwold Library

01502 722519. www.suffolklibraries.co.uk.

- Baby Bounce & Tot Rock Online: 10:30 - 11:00.

Ages: 0 - 99 yrs. **Cost:** Free (drop in). **Dates:** 11 May.

TinyTalk Waveney & Mid-Suffolk

07419 322204. www.tinytalk.co.uk.

- Toddler Signing E-Class: 10:30 - 11:30.

TinyTalk Toddler Talking classes

Ages: 1 yrs 6 mths - 4 yrs.

- Baby Signing E-Class: 11:45 - 12:45.

Baby Signing E-Classes

Ages: 0 - 1 yrs 6 mths.

Cost: £4 per session (booking essential).

Dates: 11 May.

SENSORY & DEVELOPMENT

Baby Sensory Salisbury, Romsey & Totton

07984051713. www.babysensory.com.

- Baby Sensory @ Home: 11:00 - 12:00.

Ages: 0 - 1 yrs 1 mths. **Cost:** £4 per session (*booking essential*). **Dates:** 11 May - 14 May.

Kidslingo Fran Fleming

07787226406. www.kidslingo.co.uk.

- Tots Frenchtastic Class: 9:30 - 10:00.

Ages: 6 mths - 4 yrs.

- Infant French Club: 13:00 - 13:30.

Infant French Club, Monday 1pm.

Ages: 3 - 7 yrs.

- Junior French Club: 14:00 - 14:30.

Junior French Club Mondays 2.30pm

Ages: 8 - 11 yrs.

Cost: £5 per session (*booking essential*).

Dates: 11 May.

Phonics With Robot Reg

Virtual Phonics Sessions, Online, Online, Online, Online. 07957 688101. robotreg.co.uk.

- Virtual Phonics Sessions for Kids: 10:00 - 11:00.

Ages: 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

Dates: 11 May.

Toddler Sense Milton Keynes

Your Living Room, Online, Online, Online, Online.

07972798017. www.toddlersense.com.

- Toddler Sense @home: 10:30 - 11:30.

Ages: 1 yrs 1 mths - 5 yrs. **Cost:** £4 per session (*booking essential*). **Dates:** 11 May.

DANCE & DRAMA

Amanda's Action Club

Online, Online, Online, Online. 07946707695. www.amandasactionclub.co.uk.

- Amanda's Action Club (online): 10:30 - 11:00.

Active fun, fitness and music classes for preschoolers.

Ages: 6 mths - 4 yrs 6 mths. **Cost:** £1 per session (*booking essential*). **Dates:** 11 May - 15 May.

Bespoke Ballroom

Online, Online, Online, Online, Online. 01604 621004. www.sooyoga.com.

- Online Latin and Ballroom Technique Classes for Kids: 16:00 - 16:45 & 16:45 - 17:30.

Ages: 5 - 16 yrs. **Cost:** £1.50 per session (*booking essential*).

Dates: 11 May.

Boogie Beat South Oxfordshire

Online, Online, Online, Online, Online. 07787 121628. www.boogiebeat.co.uk.

Times: 9:30 - 10:15 & 11:15 - 12:00. **Ages:** 6 mths - 5 yrs.

Cost: £5.50 per session (*booking essential*). **Dates:** 11 May.

Diddi Dance North Essex & South Suffolk

diddi dance Online Class, Online, Online, Online, Online.

07722 605395. www.diddidance.com.

- diddi dance Online Class: 10:00 - 10:45.

Ages: 1 yrs 6 mths. **Cost:** £6 per session (*booking essential*).

Dates: 11 May.

diddi dance Oxford & Surrounding

<https://booking.diddidance.com/Class/Details/18194>,

Online, Online, Online, Online. 07922668740. www.diddidance.com.

- diddi dance in da home!: 10:00 - 10:45.

Online diddi dance classes

Ages: 1 - 7 yrs. **Cost:** £3 per session (*booking essential*).

Dates: 11 May.

Tot Bop

Online, Online - Available to watch at any time, Online,

Online, Online. 01525 237474 / 07775 582791. totbop.co.uk.

- Tot Bop Dance Classes (Online): 9:00 - 9:45.

Tot Bop Dance classes for 1-9 year olds now available ONLINE

Ages: 1 - 9 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 11 May.

PHYSICAL FUN

Tumble Tots (UK) Ltd

Tumble Tots (UK) Ltd, 49G Pipers Road, Park Farm, Redditch, B98 OHU. 0121 585 7003. www.tumbletots.com.

- Tumble Tots LIVE on Facebook: 10:00 - 11:00.

Ages: 6 mths - 7 yrs. **Cost:** Free (*drop in*). **Dates:** 11 May.

HEALTH & WELLNESS

Lisa Valentine Yoga

Online, Online, Online, Online, Online. 07957 215495.

lisavalentinyoga.co.uk.

- Mums n Bubs/Wrigglers: 12:30 - 13:30.

Cost: £9 per session (*booking essential*). **Dates:** 11 May.

Mini First Aid Suffolk

Mini First Aid From Home, Online, Online, Online, Online.

07706 068980. www.suffolk.minifirstaid.co.uk.

- Online Mini First Aid Course: 7:00 - 9:00.

Ages: 18 - 99 yrs. **Cost:** £20 per session (*booking essential*).

Dates: 11 May.

Suffolk Woman's Wellness Centre

Online, Online, Online, Online, Online. 01473 730035. www.swwcuk.com.

- Online Classes: 19:00 - 20:00.

Join us for an online workout

Ages: 0 - 99 yrs. **Cost:** £5 per session (*drop in*). **Dates:** 11 May.

YogaWalks and Bowen Therapy

Online, Online, Online, Online, Online. 07950 573719.

yogawalks.co.uk.

- Live online Yoga with Lizzy in your home: 19:00 - 20:00.

Ages: 0 - 99 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 11 May.

PREGNANCY

Alice Elizabeth Reflexology

Flat 55, Cheverell House, Pritchards Road, London, E29BN.
www.alice-elizabeth.net.

- **Baby Reflexology:** 14:00 - 14:45.

Ages: 1 - 10 mths. **Cost:** £12 per session (*booking essential*).

Dates: 11 May.

GroYoga

Online, Online, Online, Online, Online. 07871 205357. www.groyoga.co.uk.

- **Yoga for Pregnancy:** 19:00 - 20:00.

Cost: £5 per session (*drop in*). **Dates:** 11 May.

TUESDAY

PARENTS & TOTS

EPIC Dad Community Interest Company

EPIC Dad Chat Online, Online, Online, Online, Online. 07717 744608. www.epicdad.co.uk.

- **EPIC Dad Chat:** 19:00 - 20:00.

Ages: 0 - 99 yrs. **Cost:** Free (*booking essential*). **Dates:** 12 May.

Sunflowers Groups

Online, Online, Online, Online, Online.

- **Sunflowers Groups (The Comfort Trust):** 11:00 - 11:30.

Cost: Free (*booking essential*). **Dates:** 12 May.

The Maple Tree Children's Centre

Online, Online, Online, Online, Online. 01865 236700. fb.com.

- **Interactive Storytime and Singing Session:** 11:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 12 May.

The Spring Charity

Online, Online, Online, Online, Online. 01604245767. www.springcharity.co.uk.

- **Just Karen's Stay IN and Play Group:** 10:00 - 10:30.

Cost: Free (*booking essential*). **Dates:** 12 May.

MUSIC & SIGNING

Hartbeeps (West Suffolk)

Hartbeeps @ Home, Online, Online, Online, Online. 07866 487761. www.hartbeeps.com.

- **Hartbeeps @ Home:** 9:00 - 10:00.

Ages: 0 - 5 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 12 May.

Jo Jingles Ipswich

Online, Online, Online, Online, Online. 07732 544548. www.jojingles.com.

- **Jo Jingles Ipswich Live Summer Half Term 1:** 10:00 - 10:40.

Ages: 6 mths - 6 yrs. **Cost:** £3.50 per session (*booking essential*). **Dates:** 12 May.

Monkey Music Aylesbury & High

Wycombe

Online, Online, Online, Online, HP13 7BY. 01494 819138. www.monkeymusic.co.uk.

- **Heigh Ho:** 9:45 - 10:15.

Award winning music classes for babies and toddlers

Ages: 1 - 2 yrs.

- **Jiggety Jig:** 10:25 - 10:55.

Ages: 2 - 3 yrs.

- **Rock n Roll:** 11:05 - 11:35.

Ages: 3 mths - 1 yrs.

Cost: £5 per session (*booking essential*).

Dates: 12 May.

Raise Your Voice

Online, Online, Oxford, Online. 07540113340. www.ryvchoir.co.uk.

- **Raise Your Voice online:** 20:00 - 21:00.

Ages: Pregnancy - 18 yrs. **Cost:** £6 per session (*booking essential*). **Dates:** 12 May.

Southwold Library

Online, Online, Online, Online, Online. 01502 722519. www.suffolklibraries.co.uk.

- **Baby Bounce & Tot Rock Online:** 10:30 - 11:00.

Ages: 0 - 99 yrs. **Cost:** Free (*drop in*). **Dates:** 12 May.

St Augustine's Church

Online, Online, Online, Online, Online. 01473 723960. staugustinesipswich.org.uk.

- **Music and Rhyme:** 10:00 - 10:45.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 12 May.

TinyTalk Waveney & Mid-Suffolk

E-Class, Online, Online, Online, Online. 07419 322204. www.tinytalk.co.uk.

- **Toddler Signing E-Class:** 10:15 - 11:15.

TinyTalk Toddler Talking classes

Ages: 1 yrs 6 mths - 4 yrs.

- **Baby Signing E-Class:** 11:30 - 12:30.

Baby Signing E-Classes

Ages: 0 - 1 yrs 6 mths.

Cost: £4 per session (*booking essential*).

Dates: 12 May.

SENSORY & DEVELOPMENT

Kidslingo Fran Fleming

Online, Kensington Close, Towcester, Northampton, NN12 6JL. 07787226406. www.kidslingo.co.uk.

- **Tots Frenchtastic Class:** 11:00 - 11:30.

Ages: 6 mths - 4 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 12 May.

Phonics With Robot Reg

Virtual Phonics Sessions, Online, Online, Online, Online. 07957 688101. robotreg.co.uk.

- **Virtual Phonics Sessions for Kids:** 10:00 - 11:00.

Ages: 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

Dates: 12 May.

Toddler Sense Milton Keynes

Your Living Room, Online, Online, Online, Online. 07972798017. www.toddlersense.com.

• Toddler Sense @home: 10:30 - 11:30.

Ages: 1 yrs 1 mths - 5 yrs. **Cost:** £4 per session (*booking essential*). **Dates:** 12 May.

DANCE & DRAMA

Bespoke Ballroom

Online, Online, Online, Online, Online. 01604 621004. www.sooyoga.com.

• Online Tots Ballet and Ballroom Classes: 9:30 - 10:00.

Ages: 2 - 5 yrs. **Cost:** £1.75 per session (*booking essential*).

Dates: 12 May.

Diddi Dance North Essex & South Suffolk

diddi dance Online Class, Online, Online, Online, Online. 07722 605395. www.diddidance.com.

• diddi dance Online Class: 10:00 - 10:45.

Ages: 1 yrs 6 mths. **Cost:** £6 per session (*booking essential*).

Dates: 12 May.

Tappy Toes

Tappy Toes Online, Award Winning Dance Classes, In the comfort of your own home!, Dance along with your little ones..., Online. 01279 718216. www.tappytoes.com.

• Tappy Toes Online: 10:00 - 10:30.

Award Winning Dance and Movement Classes for the Under 5's

Ages: 1 - 5 yrs. **Cost:** £4.50 per session (*drop in*). **Dates:** 12 May.

PHYSICAL FUN

Tumble Tots (UK) Ltd

Tumble Tots (UK) Ltd, 49G Pipers Road, Park Farm, Redditch, B98 OHU. 0121 585 7003. www.tumbletots.com.

• Tumble Tots LIVE on Facebook: 10:00 - 11:00.

Ages: 6 mths - 7 yrs. **Cost:** Free (*drop in*). **Dates:** 12 May.

HEALTH & WELLNESS

WEDNESDAY

PARENTS & TOTS

Kesgrave Library

Online, Online, Online, Online, Online. 01473 626103. www.suffolklibraries.co.uk.

• Wordplay sessions: 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 13 May.

MUSIC & SIGNING

Boogie Babes Newmarket

Boogie Babes Live, Online, Online, Online, Online. 07769

Lisa Valentine Yoga

Online, Online, Online, Online, Online. 07957 215495. lisavalentineyoga.co.uk.

• Mums n Bubs/Wrigglers

Times: 10:45 - 11:45. **Cost:** £9 per session (*booking essential*).

Times: 10:45 - 11:35. **Cost:** £6.25 per session (*booking essential*).

Dates: 12 May.

• Pre-Natal Yoga Flow (Middleton Cheney)

Times: 18:15 - 19:05. **Ages:** Pregnancy. **Cost:** £4.50 per session (*booking essential*). **Dates:** 12 May - 14 May.

Times: 18:30 - 19:30. **Ages:** Pregnancy. **Cost:** £9 per session (*booking essential*). **Dates:** 12 May.

Mini First Aid Suffolk

Mini First Aid From Home, Online, Online, Online, Online. 07706 068980. www.suffolk.minifirstaid.co.uk.

• Online Mini First Aid Course: 7:00 - 9:00.

Ages: 18 - 99 yrs. **Cost:** £20 per session (*booking essential*).

Dates: 12 May.

Suffolk Woman's Wellness Centre

Online, Online, Online, Online, Online. 01473 730035. www.swwcuk.com.

• Online Classes: 19:00 - 20:00.

Join us for an online workout

Ages: 0 - 99 yrs. **Cost:** £5 per session (*drop in*). **Dates:** 12 May.

YogaWalks and Bowen Therapy

Online, Online, Online, Online, Online. 07950 573719. yogawalks.co.uk.

• Live online Yoga with Lizzy in your home: 8:00 - 8:20.

Ages: 0 - 99 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 12 May.

PREGNANCY

GroYoga

Online, Online, Online, Online, Online. 07871 205357. www.groyoga.co.uk.

• Post Natal Yoga (with baby): 10:00 - 11:00.

Ages: 1 yrs. **Cost:** £5 per session (*drop in*). **Dates:** 12 May.

883506. www.boogiebabes.biz.

• Free Boogie Babes Live: 14:00 - 14:45.

Ages: 1 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 13 May.

Hartbeeps (West Suffolk)

Hartbeeps @ Home, Online, Online, Online, Online. 07866 487761. www.hartbeeps.com.

• Hartbeeps @ Home: 9:00 - 10:00.

Ages: 0 - 5 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 13 May.

Jo Jingles Ipswich

Online, Online, Online, Online, Online. 07732 544548. www.

jojingles.com.

- Jo Jingles Ipswich Live Summer Half Term 1: 10:00 - 10:40.

Ages: 6 mths - 6 yrs. **Cost:** £3.50 per session (*booking essential*). **Dates:** 13 May.

Monkey Music Aylesbury & High Wycombe

Online, Online, Online, Online, Online, HP13 7BY. 01494 819138. www.monkeymusic.co.uk.

- **Heigh Ho:** 9:45 - 10:15.

Award winning music classes for babies and toddlers

Ages: 1 - 2 yrs.

- **Jiggety Jig:** 10:25 - 10:55.

Ages: 2 - 3 yrs.

- **Rock n Roll:** 11:05 - 11:35.

Ages: 3 mths - 1 yrs.

Cost: £5 per session (*booking essential*).

Dates: 13 May.

Monkey Music Bicester, Kidlington and Witney

Online, Online, Online, Online, Online. 01865 428420. www.monkeymusic.co.uk.

- **Monkey Music: Jiggety-Jig:** 9:40 - 10:10.

Online live streamed music session for children ages 2 and 3

Ages: 2 - 4 yrs.

- **Monkey Music: Heigh-Ho:** 10:20 - 10:50.

Heigh-Ho online sessions for toddlers aged 1-2 years

Ages: 1 - 2 yrs.

- **Monkey Music Rock 'n' Roll:** 11:00 - 11:30.

Rock 'n' Roll online sessions for babies age 3-12 months

Ages: 3 mths - 1 yrs.

Cost: £5 per session (*booking essential*).

Dates: 13 May.

Music Bugs Northampton

Online, Online, Online, Online. 07811 771480. www.musicbugs.co.uk.

- **Music Bugs Online session:** 11:00 - 11:40.

Ages: 0 - 5 yrs. **Cost:** £3.50 per session (*booking essential*).

Dates: 13 May.

Southwold Library

Online, Online, Online, Online, Online. 01502 722519. www.suffolklibraries.co.uk.

- **Baby Bounce & Tot Rock Online:** 10:30 - 11:00.

Ages: 0 - 99 yrs. **Cost:** Free (*drop in*). **Dates:** 13 May.

TinyTalk Waveney & Mid-Suffolk

E-Class, Online, Online, Online, Online. 07419 322204. www.tinytalk.co.uk.

- **Toddler Signing E-Class:** 10:00 - 11:00.

TinyTalk Toddler Talking classes

Ages: 1 yrs 6 mths - 4 yrs.

- **Baby Signing E-Class:** 11:15 - 12:15 & 13:30 - 14:30.

Baby Signing E-Classes

Ages: 0 - 1 yrs 6 mths.

Cost: £4 per session (*booking essential*).

Dates: 13 May.

SENSORY & DEVELOPMENT

Kidslingo Fran Fleming

Online, Kensington Close, Towcester, Northampton, NN12

6JL. 07787226406. www.kidslingo.co.uk.

- **Tots Frenchtastic Class:** 13:00 - 13:30.

Ages: 6 mths - 4 yrs.

- **Infant French Club:** 15:00 - 15:30.

Infant French Club, Monday 1pm.

Ages: 3 - 7 yrs.

- **Frenchtastic On-line Class for Pre-schoolers (18mths - 4 years):** 11:00 - 11:30.

Wednesday 11am Fun online French class for tots 18m-4yrs

Ages: 1 yrs 6 mths - 4 yrs.

Cost: £5 per session (*booking essential*).

Dates: 13 May.

Phonics With Robot Reg

Virtual Phonics Sessions, Online, Online, Online, Online. 07957 688101. robotreg.co.uk.

- **Virtual Phonics Sessions for Kids:** 10:00 - 11:00.

Ages: 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

Dates: 13 May.

Toddler Sense Milton Keynes

Your Living Room, Online, Online, Online, Online. 07972798017. www.toddlersense.com.

- **Toddler Sense @home:** 10:00 - 11:00 & 11:15 - 12:15.

Ages: 1 yrs 1 mths - 5 yrs. **Cost:** £4 per session (*booking essential*). **Dates:** 13 May.

DANCE & DRAMA

Bespoke Ballroom

Online, Online, Online, Online, Online. 01604 621004. www.sooyoga.com.

- **Online Latin and Ballroom Technique Classes for Kids:** 16:00 - 16:45 & 16:45 - 17:30.

Ages: 5 - 16 yrs. **Cost:** £1.50 per session (*booking essential*).

Dates: 13 May.

Boogie Beat South Oxfordshire

Online, Online, Online, Online, Online. 07787 121628. www.boogiebeat.co.uk.

Times: 9:45 - 10:30. **Ages:** 6 mths - 5 yrs. **Cost:** £5.50 per session (*booking essential*). **Dates:** 13 May.

Didi Dance North Essex & South Suffolk

dididi dance Online Class, Online, Online, Online, Online. 07722 605395. www.diddidance.com.

- **dididi dance Online Class:** 10:00 - 10:45.

Ages: 1 yrs 6 mths. **Cost:** £6 per session (*booking essential*).

Dates: 13 May.

PHYSICAL FUN

Tumble Tots (UK) Ltd

Tumble Tots (UK) Ltd, 49G Pipers Road, Park Farm, Redditch, B98 OHU. 0121 585 7003. www.tumbletots.com.

- **Tumble Tots LIVE on Facebook:** 10:00 - 11:00.

Ages: 6 mths - 7 yrs. **Cost:** Free (*drop in*). **Dates:** 13 May.

HEALTH & WELLNESS

Mini First Aid Suffolk

Mini First Aid From Home, Online, Online, Online, Online. 07706 068980. www.suffolk.minifirstaid.co.uk.

- Online Mini First Aid Course: 7:00 - 9:00.

Ages: 18 - 99 yrs. **Cost:** £20 per session (*booking essential*).
Dates: 13 May.

Suffolk Woman's Wellness Centre

Online, Online, Online, Online, Online. 01473 730035. www.swwcuk.com.

- Online Classes: 19:30 - 20:30.

Join us for an online workout

Ages: 0 - 99 yrs. **Cost:** £5 per session (*drop in*). **Dates:** 13 May.

YogaWalks and Bowen Therapy

Online, Online, Online, Online, Online. 07950 573719.
yogawalks.co.uk.

- Live online Yoga with Lizzy in your home: 8:00 - 8:50.

Ages: 0 - 99 yrs. **Cost:** £5 per session (*booking essential*).
Dates: 13 May.

PREGNANCY

Bump2Baby Reality

Online, Online, Online, Online, Online. 07960 323 874. www.bump2babyreality.co.uk.

- Virtual Coffee Morning: 11:00 - 12:00.

Ages: Pregnancy - 1 yrs. **Cost:** Free (*booking essential*).
Dates: 13 May.

THURSDAY

THURSDAY

PARENTS & TOTS

The Maple Tree Children's Centre

Online, Online, Online, Online, Online. 01865 236700.
fb.com.

- Interactive Storytime and Singing Session: 11:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 14 May.

MUSIC & SIGNING

Boogie Mites South Oxfordshire

www.facebook.com/groups/BMLiveWithLizzie/, Online,
Online, Online, Online. 07876 030129. www.facebook.com.

- Boogie Mites Live Online with Lizzie: 9:30 - 10:15.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 14 May.

Hartbeeps (West Suffolk)

Hartbeeps @ Home, Online, Online, Online, Online. 07866
487761. www.hartbeeps.com.

- Hartbeeps @ Home: 9:00 - 10:00.

Ages: 0 - 5 yrs. **Cost:** £5 per session (*booking essential*).
Dates: 14 May.

Jo Jingles Ipswich

Online, Online, Online, Online, Online. 07732 544548. www.jojingles.com.

- Jo Jingles Ipswich Live Summer Half Term 1: 10:00 - 10:40.

Ages: 6 mths - 6 yrs. **Cost:** £3.50 per session (*booking essential*). **Dates:** 14 May.

June Chatterbox Tunes

Online, Online, Online, Online, Online. 07851 353396. www.facebook.com.

- Online Chatterbox Signs and Rhymes Class: 10:30 - 11:00.

Ages: 2 mths - 2 yrs 6 mths. **Cost:** £2 per session (*drop in*).
Dates: 14 May.

Little Signers Club Suffolk

Online Little Signers Club classes, Online, Online, Online,
Online. 07720 349424. www.littlesignersclub.co.uk.

- Online 12 weeks Baby Signing Basics: 12:00 - 12:40.

Ages: 3 mths - 3 yrs. **Cost:** £8.25 per session (*booking essential*). **Dates:** 14 May.

Raise Your Voice

Online, Online, Oxford, Online. 07540113340. www.ryvchoir.co.uk.

- Raise Your Voice online: 14:00 - 15:00.

Ages: Pregnancy - 18 yrs. **Cost:** £6 per session (*booking essential*). **Dates:** 14 May.

Southwold Library

Online, Online, Online, Online, Online. 01502 722519. www.suffolklibraries.co.uk.

- Baby Bounce & Tot Rock Online: 10:30 - 11:00.

Ages: 0 - 99 yrs. **Cost:** Free (*drop in*). **Dates:** 14 May.

TinyTalk Waveney & Mid-Suffolk

E-Class, Online, Online, Online, Online. 07419 322204. www.tinytalk.co.uk.

- Toddler Signing E-Class: 10:30 - 11:30.

TinyTalk Toddler Talking classes

Ages: 1 yrs 6 mths - 4 yrs.

- Baby Signing E-Class: 11:45 - 12:45.

Baby Signing E-Classes

Ages: 0 - 1 yrs 6 mths.

Cost: £4 per session (*booking essential*).

Dates: 14 May.

SENSORY & DEVELOPMENT

Dandy Development

Online, Online, Online, Online, Online. 07890 241301. www.dandydevelopment.co.uk.

- Online baby sign course (4m- approx 3 years): 10:30 - 11:00.

Baby sign course for all 4m - approx 3 years

Ages: 4 mths - 3 yrs. **Cost:** £1 per session (*booking essential*).

Dates: 14 May.

LullaBaby Newport

Maesglas Sports and Social Club (The Muffler), Maesglas Avenue, Newport, NP20 3BT. 07507070394. LullaBaby.co.uk.

• **Step 1:** 12:00 - 13:00.

Ages: 0 - 5 mths. **Cost:** £4 per session (*booking essential*).

Dates: 14 May.

Phonics With Robot Reg

Virtual Phonics Sessions, Online, Online, Online, Online. 07957 688101. robotreg.co.uk.

• **Virtual Phonics Sessions for Kids:** 10:00 - 11:00.

Ages: 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

Dates: 14 May.

DANCE & DRAMA

Diddi Dance North Essex & South Suffolk

diddi dance Online Class, Online, Online, Online, Online. 07722 605395. www.diddidance.com.

• **diddi dance Online Class:** 10:00 - 10:45.

Ages: 1 yrs 6 mths. **Cost:** £6 per session (*booking essential*).

Dates: 14 May.

Tappy Toes

Tappy Toes Online, Award Winning Dance Classes, In the comfort of your own home!, Dance along with your little ones..., Online. 01279 718216. www.tappytoes.com.

• **Tappy Toes Online:** 10:00 - 10:30.

Award Winning Dance and Movement Classes for the Under 5's

Ages: 1 - 5 yrs. **Cost:** £4.50 per session (*drop in*). **Dates:** 14 May.

PHYSICAL FUN

Tumble Tots (UK) Ltd

Tumble Tots (UK) Ltd, 49G Pipers Road, Park Farm, Redditch, B98 OHU. 0121 585 7003. www.tumbletots.com.

• **Tumble Tots LIVE on Facebook:** 10:00 - 11:00.

Ages: 6 mths - 7 yrs. **Cost:** Free (*drop in*). **Dates:** 14 May.

HEALTH & WELLNESS

Lisa Valentine Yoga

Online, Online, Online, Online, Online. 07957 215495.

lisavalentineyoga.co.uk.

• **Mums n Bubs/Wrigglers:** 23:15 - 0:15.

• **Pre-Natal Yoga Flow (Middleton Cheney):** 18:00 - 19:00.

Ages: Pregnancy.

Cost: £9 per session (*booking essential*).

Dates: 14 May.

Mini First Aid Suffolk

Mini First Aid From Home, Online, Online, Online, Online. 07706 068980. www.suffolk.minifirstaid.co.uk.

• **Online Mini First Aid Course:** 7:00 - 9:00.

Ages: 18 - 99 yrs. **Cost:** £20 per session (*booking essential*).

Dates: 14 May.

Suffolk Woman's Wellness Centre

Online, Online, Online, Online, Online. 01473 730035. www.swwcuk.com.

• **Online Classes:** 20:00 - 21:00.

Join us for an online workout

Ages: 0 - 99 yrs. **Cost:** £5 per session (*drop in*). **Dates:** 14 May.

YogaWalks and Bowen Therapy

Online, Online, Online, Online, Online. 07950 573719. yogawalks.co.uk.

• **Live online Yoga with Lizzy in your home:** 19:00 - 20:00.

Ages: 0 - 99 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 14 May.

PREGNANCY

The Daisy Foundation : Towcester, Brackley, Buckingham & Milton Keynes

Online, Online, Online, Online, Online. 07581 559856. thedaisyfoundation.com.

• **Daisy Baby Cruisers (Toddler Yoga):** 10:00 - 10:45.

Daisy Baby Cruisers (Toddler Yoga)

Ages: 10 mths - 1 yrs 6 mths. **Cost:** £35 per session (*booking essential*).

• **Daisy Baby Wrigglers (Baby Yoga):** 11:00 - 12:00.

Daisy Baby Wrigglers (Baby Yoga)

Ages: 5 - 10 mths.

• **Daisy Baby Tinies (Baby Massage):** 12:15 - 13:15.

Daisy Baby Tinies (Baby Massage)

Ages: 0 - 5 mths.

Cost: £46 per session (*booking essential*).

Dates: 14 May.

FRIDAY

PARENTS & TOTS

EPIC Dad Community Interest Company

EPIC Dad Chat Online, Online, Online, Online, Online. 07717 744608. www.epicdad.co.uk.

• **EPIC Dad Chat:** 13:00 - 14:00.

Ages: 0 - 99 yrs. **Cost:** Free (*booking essential*). **Dates:** 15 May.

Kesgrave Library

Online, Online, Online, Online, Online. 01473 626103. www.suffolklibraries.co.uk.

• **Wordplay sessions:** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 15 May.

Wild Tots & Wild Babies

Online in your back garden!, Online, Online, Online, Online. www.suffolkwildlifetrust.org.

• **Wild Learning with Lauren!:** 10:00 - 10:05.

Ages: 1 yrs 6 mths - 11 yrs. **Cost:** Free (*booking essential*).

Dates: 15 May.

MUSIC & SIGNING

Boogie Babes Newmarket

Boogie Babes Live, Online, Online, Online, Online. 07769 883506. www.boogiebabes.biz.

- Free Boogie Babes Live: 10:00 - 10:45.

Ages: 1 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 15 May.

Hartbeeps (West Suffolk)

Hartbeeps @ Home, Online, Online, Online, Online. 07866 487761. www.hartbeeps.com.

- Hartbeeps @ Home: 9:00 - 10:00.

Ages: 0 - 5 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 15 May.

Monkey Music Aylesbury & High Wycombe

Online, Online, Online, Online, Online. HP13 7BY. 01494 819138. www.monkeymusic.co.uk.

- Heigh Ho: 9:45 - 10:15.

Award winning music classes for babies and toddlers

Ages: 1 - 2 yrs.

- Jiggety Jig: 10:25 - 10:55.

Ages: 2 - 3 yrs.

- Rock n Roll: 11:05 - 11:35.

Ages: 3 mths - 1 yrs.

Cost: £5 per session (*booking essential*).

Dates: 15 May.

Monkey Music Bicester, Kidlington and Witney

Online, Online, Online, Online, Online. 01865 428420. www.monkeymusic.co.uk.

- Monkey Music: Heigh-Ho: 10:00 - 10:30.

Heigh-Ho online sessions for toddlers aged 1 - 2 years

Ages: 1 - 2 yrs.

- Monkey Music: Jiggety-Jig: 10:40 - 11:10.

Online live streamed music session for children ages 2 and 3

Ages: 2 - 4 yrs.

- Monkey Music Rock 'n' Roll: 11:20 - 11:50.

Rock 'n' Roll online sessions for babies age 3-12 months

Ages: 3 mths - 1 yrs.

Cost: £5 per session (*booking essential*).

Dates: 15 May.

Rhythm and Rhyme

Online, Online, Online, Online, Online. 07795484494. www.rhythmndrhyme.co.uk.

- Rhythm and Rhyme Online classes: 11:00 - 11:45.

Ages: 5 mths - 5 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 15 May.

Southwold Library

Online, Online, Online, Online, Online. 01502 722519. www.suffolklibraries.co.uk.

- Baby Bounce & Tot Rock Online: 10:30 - 11:00.

Ages: 0 - 99 yrs. **Cost:** Free (*drop in*). **Dates:** 15 May.

The Signing Company

Online, Online, Online, Online, Online. 07730 535325. nikki.thesigningcompany.co.uk.

- Signing Babies (ONLINE): 10:00 - 10:40.

Sign Language for babies

Ages: 5 mths - 2 yrs 6 mths.

- Signing Toddlers (Online): 11:00 - 11:40.

Signing for Toddlers using BSL

Ages: 1 yrs 6 mths - 3 yrs.

Cost: £5 per session (*booking essential*).

Dates: 15 May.

SENSORY & DEVELOPMENT

Phonics With Robot Reg

Virtual Phonics Sessions, Online, Online, Online, Online. 07957 688101. robotreg.co.uk.

- Virtual Phonics Sessions for Kids: 10:00 - 11:00.

Ages: 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

Dates: 15 May.

DANCE & DRAMA

Bespoke Ballroom

Online, Online, Online, Online, Online. 01604 621004. www.sooyoga.com.

- Online Tots Ballet and Ballroom Classes: 9:30 - 10:00.

Ages: 2 - 5 yrs. **Cost:** £1.75 per session (*booking essential*).

Dates: 15 May.

Boogie Beat South Oxfordshire

Online, Online, Online, Online, Online. 07787 121628. www.boogiebeat.co.uk.

Times: 9:30 - 10:15. **Ages:** 6 mths - 5 yrs. **Cost:** £5.50 per session (*booking essential*).

Dates: 15 May.

Diddi Dance North Essex & South Suffolk

diddi dance Online Class, Online, Online, Online, Online. 07722 605395. www.diddidance.com.

- diddi dance Online Class: 10:00 - 10:45.

Ages: 1 yrs 6 mths. **Cost:** £6 per session (*booking essential*).

Dates: 15 May.

PHYSICAL FUN

Tumble Tots (UK) Ltd

Tumble Tots (UK) Ltd, 49G Pipers Road, Park Farm, Redditch, B98 OHU. 0121 585 7003. www.tumbletots.com.

- Tumble Tots LIVE on Facebook: 10:00 - 11:00.

Ages: 6 mths - 7 yrs. **Cost:** Free (*drop in*). **Dates:** 15 May.

HEALTH & WELLNESS

Mini First Aid Suffolk

Mini First Aid From Home, Online, Online, Online, Online. 07706 068980. www.suffolk.minifirstaid.co.uk.

- Online Mini First Aid Course: 7:00 - 9:00.

Ages: 18 - 99 yrs. **Cost:** £20 per session (*booking essential*).

Dates: 15 May.

YogaWalks and Bowen Therapy

Online, Online, Online, Online, Online. 07950 573719. yogawalks.co.uk.

- Live online Yoga with Lizzy in your home: 8:00 - 8:50.

Ages: 0 - 99 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 15 May.

PREGNANCY

Bump2Baby Reality

Online, Online, Online, Online, Online. 07960 323 874. www.bump2babyreality.co.uk.

- Free Early Pregnancy Class (weekly): 20:00 - 22:00.

Ages: Pregnancy. **Cost:** Free (*booking essential*). **Dates:** 15 May.

SATURDAY

MUSIC & SIGNING

Musicland Oxfordshire

Risinghurst Community Centre, Kiln Lane, Oxford, OX3 8HA. 07979 813252. www.playmusicland.com.

- Scutterbugs: 9:40 - 10:00.

Ages: 2 - 5 yrs.

- Infant Singing & Rhythm: 10:15 - 10:35.

Ages: 0 - 2 yrs.

Cost: £4 per session (*booking essential*).

- Junior Singing & Rhythm

Times: 10:45 - 11:15. **Ages:** 5 - 7 yrs. **Cost:** £6 per session (*booking essential*).

Times: 10:45 - 11:05. **Ages:** 5 - 7 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 16 May.

Raise Your Voice

Online, Online, Oxford, Online. 07540113340. www.ryvchoir.co.uk.

- Raise Your Voice online: 10:30 - 11:30.

Ages: Pregnancy - 18 yrs. **Cost:** £6 per session (*booking essential*). **Dates:** 16 May.

SENSORY & DEVELOPMENT

Phonics With Robot Reg

Virtual Phonics Sessions, Online, Online, Online, Online. 07957 688101. robotreg.co.uk.

- Virtual Phonics Sessions for Kids: 10:00 - 11:00.

Ages: 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

Dates: 16 May.

CREATIVE

Mini Professors Cambridge North

Online, Online, Online, Online, Online. 07745 973392. www.miniprofessors.com.

- Mini Professors @Home: 10:00 - 10:50 & 11:15 - 12:05.

Ages: 2 - 8 yrs. **Cost:** £3.75 per session (*booking essential*).

Dates: 16 May.

PHYSICAL FUN

Rugbytots Ltd - LIVE! Online!

Rugbytots Ltd, Wolvers Home Farm, Reigate, RH2 8QG.

www.rugbytots.co.uk.

- Rugbytots LIVE Online Classes - Under 3s: 10:00 - 10:30. Games use household items like socks, tin cans & teddies

Ages: 0 - 3 yrs.

- Rugbytots LIVE Online Classes - 3 years+: 11:00 - 11:30.

Expect lots of lively interaction and improvisation

Ages: 3 - 7 yrs.

Cost: £3.50 per session (*booking essential*).

Dates: 16 May.

HEALTH & WELLNESS

Mini First Aid Suffolk

Mini First Aid From Home, Online, Online, Online, Online. 07706 068980. www.suffolk.minifirstaid.co.uk.

- Online Mini First Aid Course: 7:00 - 9:00.

Ages: 18 - 99 yrs. **Cost:** £20 per session (*booking essential*).

Dates: 16 May.

Suffolk Woman's Wellness Centre

Online, Online, Online, Online, Online. 01473 730035. www.swwuk.com.

- Online Classes: 9:00 - 10:00.

Join us for an online workout

Ages: 0 - 99 yrs. **Cost:** £5 per session (*drop in*). **Dates:** 16 May.

PREGNANCY

NowBaby Live

NowBaby Live, 92 Park Street, Camberly, GU15 3NY. 0333 121 0230. www.nowbabylive.co.uk.

- NowBaby free 'Coronavirus and Pregnancy' Antenatal Class: 14:30 - 15:15.

Ages: Pregnancy. **Cost:** Free (*booking essential*). **Dates:** 16 May.

OTHER

The Baby Show Live @ Home

The Baby Show Live @ Home, Online, Online, Online, Online. www.thebabyshow.co.uk.

Times: 9:00 - 18:00. **Ages:** Pregnancy - 4 yrs. **Cost:** Free (*booking essential*). **Dates:** 16 May.

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