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April - June 2021

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WELCOME



TO THE NEW YEAR EDITION 2020!

It's good to be back (again)!

With the easing of lockdown restrictions, life is starting to get back to some semblance of normal. Woohoo!

All being well, the day this magazine is released will be a day to celebrate - Monday 12th April will see many businesses and shops re-open after months of lockdown, and this will include hundreds of baby and toddler classes re-starting their face-to-face sessions again.

Want to know what's on? Check out our [Daily Activity Planner](#).

It's a momentous time, and we hope this come-back issue of Toddle About helps to put you in touch with your local baby and toddler world as it wakes up from hibernation.

And don't forget - the **Toddle About website** is also an amazing resource to help you to discover what's on near you!

Check it out now at www.toddleabout.co.uk

Simply pop in your postcode, and you will be shown all the different things on offer for little ones near you.

You can then refine your search in many ways - by the age of your child, day of the week, or time of day for example. Or you can just type in what you are looking for, such as 'Music' or 'toys', and see what comes back!

Courtesy of lockdown, you also have the option to [discover the online activities that are now running](#).

We hope you find it useful!

Loving life with little ones,

Tim and Ruth OWNER/EDITORS

PS. Don't forget to subscribe to the Toddle About magazine for just £1 every 3 months & get your first issue free! Subscribe at [toddle.club/subscribe](#)

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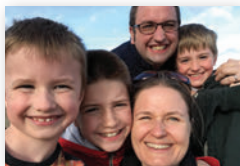
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MEET THE TEAM



Tim & Ruth - Chief Editors



Alec - Chief Techie



Lorraine - Advertising & Customer Support

9,000 copies of Toddle About are distributed every quarter around South Warwickshire, including Warwick, Leamington, Kenilworth, Rugby, Southam, Stratford-upon-Avon and surrounding areas.

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Toddle About, Unit 3, Yorks Farm Business Centre, Watling Street, Towcester, Northamptonshire, NN12 8EU. Call us on 01926 266076.

Follow us for daily updates!





Take Your Child on an Adventure

Drama Tots classes are back and they can't wait to see your smiley faces again. Drama Tots runs award-winning, imaginative play classes for 18m-5yr olds. They ignite a spark in young imaginations and take the children on a new themed adventure each week using roleplay, music and movement - plus a variety of props, puppets and instruments. But most importantly, they smile, laugh and have fun!

Find your local class at
www.dramatots.co.uk **P.37**



French Classes Online and In-Person

French classes with Amber's Language, Music & Play are about the child AND the parent. They build up children's confidence in French with carefully crafted songs and activities and help parents with tips to use through the week.

'Satisfyingly different from any other class my toddler has attended' Lottie, Mum to Chloë

Available online and in-person: Amber will soon be offering short courses which you can attend with your baby right from birth!

To book, visit
www.childrensfrenchclasses.co.uk or email
amber@childrensfrenchclasses.co.uk. **P.15**



Sensory Baby Spa Experience

My Baby Spa is an award winning spa for 0-12 month olds. Run by lockdown mummy with a background in teaching, Danielle aims to use her child development experience to create a full sensory, calming and memorable baby spa experience for adult and baby. You'll get use of baby jacuzzis with massaging whisper jets and midwives slopes so baby is safe in water, a baby bonding massage with Kokoso oil, mini mani-pedi and a photo shoot - all for £20 (Coventry/Leamington).

www.mybabyspa.co.uk. 10% off with code TODDLE10 **P.44**

New Rhythm Time Young Baby Classes, Alveston, Tiddington and Leamington

Take your lockdown baby to these super new classes starting in April. Rhythm Time classes combine multi-sensory musical activities, baby exercises and elements of massage, all specially designed to help your baby's development. Each class is half an hour, with time at the end for socialising with the other parents.

To book a place please email Rachel on rachelrttime@gmail.com or visit rhythmttime.net/rt242. **P.46**



Swim Works is Back and Better



Swim Works in Leamington and Rugby have kept their COVID-safe practices with their safe flow around the centres, strict cleaning routines and social distancing in and out of the pool. But what makes Swim Works so special are the purpose-built pools that boast the latest UV sanitation and continuous airflow systems as standard. They have strengthened their team with some new teachers that cannot wait to meet you!

Discover the new additions to the Swim Works baby and toddler programme at www.swimworks.co.uk. P.19

Bite SIZED NEWS

Krystle Jayne's Dance Classes are BACK

Krystle Jayne's Dance Academy is super excited to be dancing again! Their ballet and street dance classes in Claverdon, Studley & Wootton Wawen start back from 12th April. Suitable for children aged 2 ½ - 4 years, there is no joining fee for the summer term, saving £10. After a free trial it's just £4 per class. In other news, Krystle's Warwickshire students passed their RAD (Royal Academy of Dance) exams in March 2020. They had 100% pass rate and 4 of their students passed with Distinction, which is the highest mark awarded.



www.krystlejayedanceacademy.co.uk. P.41

Online French, Italian and Spanish Classes for Kids!



If you're unable to attend one of BilinguaSing's face-to-face classes, why not try their online programme for ages 0-7 years? With daily French, Italian and Spanish classes online for babies, toddlers and primary school children, there is something for the whole family. Classes are live so you can either follow the daily schedule or watch on catch up in your own time. It's a great way to learn a new language with your little one! *Let's go! ¡Vamos! On y va! Andiamo!*

www.toddle.club/bilinguasing-online. FREE online trial class. P.43

Bounce Back after Lockdown

As lockdown restrictions begin to lift, what could be more fun for your children than enjoying time with their friends and family on a bouncy castle?! Southam and Harbury Bouncy Castles are now hiring to private gardens and can provide extended hires for discounted prices – for example, Monday to Friday for a small bouncy castle is just £199 (terms and conditions apply and subject to availability). All units are cleaned and sanitised before use.



For a no obligation quote and info on special offers, contact info@southambouncycastle.co.uk. £10 discount for nurseries and schools on orders over £100. www.southambouncycastle.co.uk. P.40





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(Anna, mum of two)

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SCSD Dancer
Photo courtesy of Andy McCarty

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HAPPY BIRTHDAY TO YOU!



Birthday SHOUTOUT

BIG BIRTHDAY SHOUTOUT

Thank you to everyone who entered our Big Birthday Shoutout!

We would like to wish a very **HAPPY BIRTHDAY** to all the children here, who will be celebrating their birthday in the next 3 months. We hope you all have a fabulous, fun-filled day.

Special Congratulations go to Huxley Jack Salhotra, who has won a fabulous [Bikloon Vintage Metal Balance Bike](#), courtesy of Janod.

Happy Birthday Huxley!

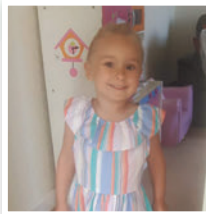


Winner

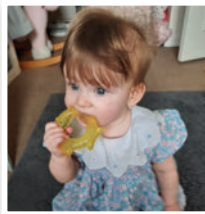
Huxley Jack Salhotra from Rushden, turning 2 years old on Apr 10th



Alfie McMullan, turning 5



Ava Violet Smith, turning 4



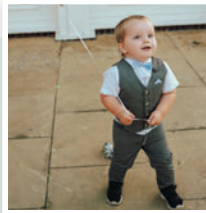
Beatrice Dottie Brown, turning 1



Carmela Pearl Clark, turning 2



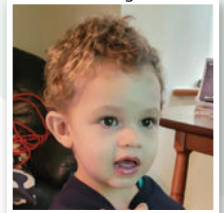
Dotty Chinery, turning 5



Elliot Wright, turning 3



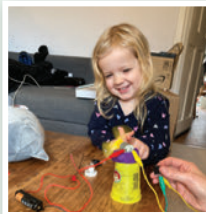
Freddie Ali, turning 5



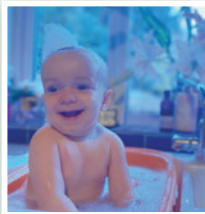
George, turning 3



Gray Lewis, turning 2



Hayley Asker, turning 3



Henry Archer, turning 1



Isaac, turning 2

HAPPY BIRTHDAY TO YOU!



Birthday SHOUTOUT



Layrai , turning 3 years old



Louis Seabourne , turning 4
years old



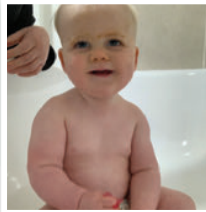
Michael Holden, turning 1



Oscar Ellard, turning 1



Oscar Froom, turning 2



Rafferty George Dixon ,
turning 1



Scarlett-Sionna , turning 5



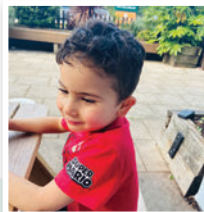
Sophie Dawes, turning 2



Ted Ellard, turning 4



Winston, turning 3 years old



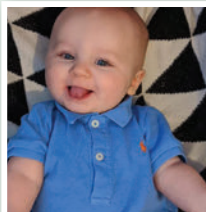
Zain Meah, turning 5



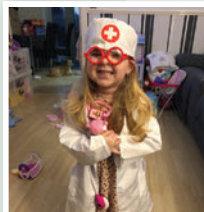
George Gittins, turning 3



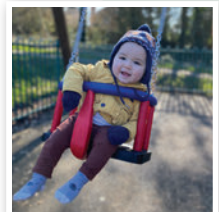
William and Sam, turning 2



Raurie Stone, turning 1



Riley, turning 3



Ruben Fagg, turning 1

TODDLE MODELS

WIN A

FAMILY DAY OUT

Enter your name into our **TODDLE MODELS** competition to win a Family Ticket to Cotswold Wildlife Park & Gardens AND we will print your little one's picture in the next Toddle About Magazine!

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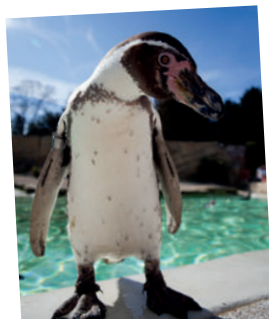
Over 12 million visitors have enjoyed the Cotswold Wildlife Park & Gardens since its official opening in March 1970.

The Park is now home to a fascinating and varied collection of mammals, birds, reptiles and invertebrates from all over the world.

With over 260 different species, it is one of the largest and most diverse collections in the UK and it makes for a wonderful family day out.



ENTER NOW: www.toddle.fun/toddlemodels



HOW TO ENTER:

Simply send us a picture of your child and we will pop their picture in the next magazine (space permitting)!

We will also put your name in a hat to **win a Family Ticket to Cotswold Wildlife Park & Gardens.**

Submit your photo by Sunday 30th May 2021.

*T&C's apply - all online at www.toddle.fun/toddlemodels.
The winner will be chosen at random by Toddle About.*



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HOW TO TEACH YOUR CHILD TO HANDLE STRESS

By Lianna Champ



The past year has been a stressful time for all of us, especially for young and new families who have been cut off from their usual support network.

Many parents are suffering from tremendous strain and worry at the moment, so it is vital that we remember that our children learn their coping mechanisms from their parents and other adults around them. If you fly off the handle when you are struggling to cope, the chances are that your child will too.

The way we teach children how to cope with major change in childhood sets a pattern for the rest of their lives. Therefore, as parents, we must find ways to manage our own stress.

Look After Yourself First

Step back and assess your own needs and fears so you can work through them and be on a stronger footing to guide the children. Whether it's locking the bathroom door and having a bubble bath with your earphones in, taking a walk or even doing a calming breathing technique, we have a duty to our children to give them stability and security when things change. This starts with looking after yourself.

Then Help the Children

Schools might be open again, but things are far from 'back to normal'. Face masks, social distancing, and enforced periods of isolation are still very much on the cards for the weeks and months ahead. It's still a very unsettling time for our children.

Explain What is Happening

Children tend to worry more if they aren't told about what's happening around them. Ask about what they know, have seen or heard so you can help to allay any fears they may have and give them honest facts when you are talking about the pandemic, its effects and why we



have to change our ways of living. Use vocabulary that they understand and always be honest. Regardless of their age, they know that things are different.

Keep a Routine

Children of any age like routine – it helps them to feel secure. They need to know the boundaries and they also need to know that they can talk to you when they are missing their friends, their activities and hobbies.

This is also an opportunity to teach them the importance of taking responsibility for their physical and mental health – your routines will include regular hand washing, exercise, fresh air, healthy eating and a regular bedtime with a good bedtime story.

Life is a journey of steps so let your children know that they must take these steps each day. Taking responsibility for their actions will give them a sense of achievement. You are also teaching your children good future parenting skills by respecting them, explaining things to them and giving them your time and your patience.

Helping Them to Learn

There are lots of websites for effective online learning for children of all ages. You could enrol in something yourself and set an example too whilst learning a new skill.

Remember to structure in plenty of playtime too, whether outside or family games around the table. Children absorb so much when they are happy and out in the present moment. They also have short attention spans, therefore different activities with rest times in between keeps their antennae twitching.

Be as Social as Possible

Social Distancing makes things awkward, but connectivity is so important. If you can't you're your friends and family, make sure you stay connected in other ways. Keeping in touch with family and friends is so easy now with FaceTime, Zoom and other platforms.



Plan in calls so children have something to look forward to rather than doing everything on a whim. Children love anticipation and 'putting things in the diary' will give them this, whether it is a FaceTime call with a grandparent or friend or even an online class. Structure doesn't have to be boring and if children see you do something that you may not feel like doing, with a smile on your face, you are also teaching them the importance of self-discipline and duty.

In Conclusion

Children pick up and react to any stresses within the home, so keeping an eye on your own reactions to what is happening around you is crucial.

Many families have reflected on how the pandemic and lockdowns have brought their family closer together. This current period can be used as a good opportunity to strengthen relationships as you work and play together on a daily basis. Your child will gain confidence if you keep a solid foundation with lots of love.

About the Author

Lianna Champ has over 40 years' experience in grief and trauma counselling and is author of practical guide, [How to Grieve Like A Champ](#)



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Pia Howe - Toddle About Suffolk Franchisee



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VIP CLUB READER REVIEW:

Leapfrog Speak and Learn Puppy

Written by Hayley Illing.



Suitable for little ones 12 months+, the Speak & Learn Puppy™ is an interactive toy that engages with little ones learning to talk by repeating what they say, having conversations, and creating short stories with the child.

My 13-month-old daughter absolutely loves this puppy. From the moment she first saw her, Bailey has been a hit!

The fur on this puppy is super soft and lovely to touch, and definitely passes the hug-ability test. So far it's standing up to day to day use too - ours has been carried about by the ears, dropped numerous times, dribbled on, and had the light-up collar button pressed about a million times but it is still in perfect working order.

The 3 different learning levels are a great feature. We are currently using level one which plays some simple games such as repeat the sounds and counting games. I

love that it also touches on phonics at such an early age by asking the child to repeat the sound a letter makes, and then gives them a word that begins with that letter.

The recording function means that the puppy can repeat back your child's speech to them. My daughter finds this really engaging, as does my 5 year old son who loves to record himself saying funny things and hearing Bailey repeat them in her squeaky voice! Bailey will also sing songs and wiggle her ears along to the music.

Overall I now love this toy as much as my daughter and would happily recommend it.

Buy from **Argos and Smyths Toys**: £36.99

Hayley was given the Leapfrog Speak and Learn Puppy as a freebie for writing the review.

Subscribe to Toddle About and you can do the same! **More info at www.toddle.fun/vip**

Review has been edited - read the full review at www.toddle.club/bailey

Rachel Barker
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Boys or girls luxury button up, woven pyjamas in organic cotton depending on the sex of the winner. Busy bee print for boys in dark aqua or lemon grove for girls in dark pink mix. Worth £40.



SCRUNCH BUCKET

Roll it fold it scrunch it - this 1.5 litre Silicone Scrunch-bucket is perfect for the beach, the bath or the garden. It squashes into the smallest of places and pops into shape.. Worth £8.99



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Win a Super Car Driving Experience

Treat Dad to a Father's Day he won't forget



To celebrate Father's Day this year, we are giving one lucky winner the chance to win a **Super Car Driving Experience (2 car) worth £99**.

During this unforgettable driving experience you will get to choose two supercars from a list that includes: A **Lamborghini Gallardo, Ferrari California, Nissan GTR, Aston Martin V8 Vantage, Porsche GT3, Audi R8 and the BMW i8** - so the only difficult bit about this day will be trying to narrow down this impressive list to just two!

Once the safety brief is complete and you're comfortable, it's time to hit the track for three adrenaline pumping miles where not only will you witness the superb handling of each vehicle, but you can pit them against each other and decide which is superior!

With tracks in **London, Lincolnshire and Essex**, this is something everyone can enjoy...

This track day can be taken as a driving experience or as a passenger ride.

Enter at: www.toddle.fun/supercar

Competition closes midnight on **Sun 30th May 2021**.

This competition is sponsored by Experience Days:
www.experiencedays.co.uk



T&C's apply - all online at www.toddle.fun/supercar

Follow us for
daily updates!





BANANA SUSHI



Banana Sushi is a fun way to get kids involved in making their own healthy snack. Simply peel a banana, add your favourite toppings and then cut into bite sized pieces!

PREP TIME: 5 minutes

INGREDIENTS:

- Bananas
- Chocolate or Peanut Butter
- Toppings of your choice:
Rice Krispies, Chia Seeds
Shredded Coconut
Sprinkles.



INSTRUCTIONS:

1. Peel the bananas and place them on a plate or board.
2. For the sprinkles and Chai Seed Sushi, melt the chocolate and pour it on top of the bananas. Add the sprinkles or chia seeds on top and place in the fridge until set.
3. For the Coconut or Rice Krispie Sushi, spread the nut butter onto the top of the banana and then roll them in the shredded coconut or Rice Krispies.
4. Serve straight away.

Recipe courtesy of Ciara from @myfussy eater.com Check out www.myfussy eater.com or Instagram @myfussy eater

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CRAFT ACTIVITY: PASTA STAMPS

Every child likes to play with stamps and this is a great craft to make with everyday materials. Making pasta stamps is a creative way for children to experiment, develop their motor skills and learn and talk about printmaking. *Two activities for the price of one!*

METHOD:

1. With your child choose the size of the stamps you want to make and take the appropriate glass size.
2. Draw around the glass onto the cardboard.
3. Carefully cut out the circle. This is the stamp baseplate.
4. With the cardboard offcuts cut two squares and glue them onto the cardboard circle to make a handle.
5. Choose some pasta pieces and glue them onto the baseplate. Make any shapes and designs you like. Your stamps are ready!

MATERIALS:

- Glass or similar to make a circle
- Pasta (any type)
- Liquid glue (strong)
- Cardboard
- Scissors
- Pen
- Playdough



You can also use rice or beans to make patterns. And instead of playdough, try paints on paper to create colour prints!

Craft courtesy of **Bobiland Arts & Crafts**: YouTube channel: [bobiland arts and crafts](https://www.youtube.com/channel/UCb0ilandsandcrafts), Facebook /[bobilandartsandcrafts](https://www.facebook.com/bobilandartsandcrafts), Instagram @[bobiland_arts_crafts](https://www.instagram.com/bobiland_arts_crafts). For homemade edible playdough visit: youtu.be/RQhgsealpxY

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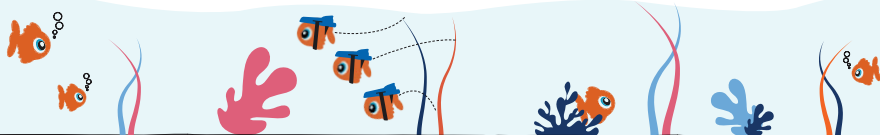


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PARENTING AFTER AN AUTISM SPECTRUM DISORDER DIAGNOSIS

By Shelley F. Knight



As a parent, when we sense that something is different about our child, this can be just the start of a long journey towards seeking clarity and a diagnosis. When a child is diagnosed with a condition such as an autism spectrum disorder (ASD), some feel relief, whilst others experience complete shock. Parents can feel overwhelmed, stressed, and even grieve as we realise the life we once knew is lost.

Whatever your personal experience, a diagnosis can actually be a time for positive changes for the way forward.

• UNCONDITIONAL LOVE

If I have learned one thing with my own son and his plethora of diagnoses, no diagnosis defines your child, it is simply a medical explanation. Whilst the life you knew and trusted may change, your child is still the same awesome person they always were. With a diagnosis, we can start to help them be even more themselves by learning what their strengths and abilities are and support them in using these qualities for their highest potential. As your child grows up,

learning about their diagnosis and its strengths can help them to achieve a greater understanding of who they are.

• TAKE YOUR TIME

When our son was diagnosed with autism after an eight-year battle with schools and agencies, I went on a full-on mission to get everything in place with immediate effect. Not only was it exhausting as a parent, but also overwhelming for my child.

Slow down and allow the diagnosis news to naturally unfold so that you are aware of your physical, mental, and emotional health.

Do not suppress thoughts or emotions, as they will inevitably resurface in the future. A diagnosis can trigger a grief response, so allow emotions of anger, guilt, denial, or relief to come to the surface. This process is entirely natural and leads to healing, acceptance and a clearer future.

• THE POWER OF NOW

In life we have a tendency to focus on the unchangeable past rather than our current reality. I know I dived into the past in an attempt to process feelings of guilt, believing I was somehow to blame for my child's condition. I have witnessed other parents blaming themselves for not noticing their child's symptoms sooner. None of these thoughts are helpful and if we keep living in the past, we are not present in the now, which is right where our child needs us to be.

• YOU ARE NOT ALONE

When we first received our son's diagnosis, we told very few people - partly due to his request not to share the information, but also because you can feel so alone being a parent with a child with additional needs. For months I carried on alone, trying to balance work and family life with a glimmer of normalcy. The truth is we are never truly alone, but we can tend to isolate ourselves or push people away. A brief search online showed me just how many professional support groups and resources are readily available to us.

• AN IMPERFECT BALANCE

Perfectly imperfect is a great way to live - no striving for perfection, just trying your best each day. A diagnosis is just one part of our life, so it is important that we strive to create balance. It would be so easy to

be swept away in an array of autism workshops, health appointments, and calls and emails to the school and support agencies, but you are more than this. You are a parent, child, friend, work colleague, and more roles too. Take time to think how to spend time in all areas of your life, like you would have done pre-diagnosis.

• HELP OTHERS TO HELP YOU

One of the difficulties that we can face in life after diagnosis is the lack of understanding from others. Even our closest friends and family members can cause us to form barriers as they do not understand what it's like having a child with an ASD diagnosis, or know about the condition. As you learn more about your child's condition, share your knowledge.



• RALLY UP THE TROOPS

Back in my days as a student nurse I had a wonderful lecturer who used to tell us to encourage patient's family members to 'rally up the troops' during times of need. As parents we tend to worry that we are burdening others, but parenting can be exhausting and burnout is a real issue, so start asking for help. If you do not feel comfortable with others looking after your child, allow them to look after you. Suggest preparing meals, help with household chores or errands, or committing to a weekly walk with you. It is during challenging times that our friends and family can often feel helpless, so you may be surprised by how much they love having a purpose and role to play.

• SELF-CARE

When did you last take time out for just you? Life can pass us by in a collection of working life, parenting, day to day chores, and rarely with time to fully engage in what it is you want from life. As parents, we often sacrifice our own wants and needs to focus exclusively on our children, but our own health is imperative too. Schedule in at least ten minutes each day just for you. F

Despite all your best efforts, there will be good days and less favourable days. You will think that you have nailed that tool you learned at the recent workshop only

to be confronted with a meltdown. Focus on the positive, even if some days you need to search harder and longer to find them, they will be there. If you notice that you are feeling sad, hopeless, or overwhelmed for six weeks or more, seek advice from your usual healthcare professional.

• CHOOSE YOUR BATTLES

The presentations of autism are so diverse, with behaviours varying from silent withdrawal to ear-piercing confrontations, they can make family life highly unpredictable and stressful. These presentations do not always respond to your typical parenting strategies, so we become frustrated, and often add fuel to the fire, exacerbating the situation.

If you do not know how to act in the moment, detach yourself from the situation and, if safe to do so, walk away for a few minutes. When we are fully in a situation, we cannot always see the best way forward.

Again, if you feel such scenarios are impacting on your own health, research local specialist help, that may be able to suggest different effective behaviour strategies. You could try the nursery or school key workers, Autism Concern, or Information Advice and Support Service for Special Educational Needs and Disability in Northamptonshire (IASS).



*Shelley F. Knight is a nurse turned author and podcast host who provides an eclectic blend of clinical, holistic and spiritual expertise in her specialist subjects of Positive Changes, Spirituality, and Grief. She is author of **Positive Changes: A Self-Kick Book** and host of the award-winning mental health show, **Positive Changes: A Self-Kick Podcast**. Shelley's second book, **Good Grief: The A to Z Approach of Modern Day Grief Healing** is available to pre-order from John Hunt Publishing ready for 24th September 2021.*

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www.chewiecat.co.uk



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www.snuz.co.uk

READER PRODUCT REVIEW

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FLEXARS MATERNITY LEGGINGS, RRP. £59.99

I received the Flexars leggings for review when I was 26 weeks pregnant with my second child. The leggings feel incredibly well-made with good quality material; they were wrapped beautifully too so would be a lovely gift for pregnant friends. I find them comfortable, smart and warm. One particular feature of the leggings I love is the phone pocket on the thigh; I've never been a fan of pockets in leggings but this one seems to be in the perfect place as it is accessible and unobtrusive. Flexars come in a wide range of colours and sizes and I'm very tempted to get myself another pair just for something to wear while these are in the wash!

Written by VIP Club Member Amy Armstrong. Buy from www.flexars.com
(Review has been edited - see full review at <http://toddle.club/flexars-review>).



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GO4GOALS

Email Jason: jason@go4goals.co.uk.
www.go4goals.co.uk

Krystle Jayne Dance Academy

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krystlejayedance@gmail.com
www.krystlejayedanceacademy.co.uk

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YOUR REVIEWS OF THE LATEST CHILDREN'S BOOKS

JOIN THE BIGGEST
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To celebrate World Book Day this year, we asked our **VIP Club Members** to review some of the latest children's books to hit the market. Read the full reviews and many more at www.toddle.fun/reviews



THE KING WITH DIRTY FEET

BY SALLY POMME CLAYTON

Reviewer: Mandy Ali

What an excellent book, the pictures are amazing and really help to tell the story.

My five year old loves it so much we had to read it three consecutive nights, high praise indeed! It really got us thinking about the invention of things and what we did before. I've never thought about when and how people started wearing shoes.



PINK!

BY LYNNE RICKARDS

Reviewer: Louise Holman

Pink is a lovely book about a little penguin who suddenly changes so that he no longer looks like a 'normal' penguin. He struggles to adapt to his new appearance and goes on an adventure to find similarities until he begins to realise that being different is a good thing. This was a lovely way to discuss similarities and differences in appearance with my two small children and that we should embrace differences.



THE ADVENTURES OF CAPTAIN BOBO

BY R.D. DIKSTRA & KAY HUTCHISON

Reviewer: Agnieszka Krawczyk

We really enjoyed this book. It is about elephant, called Tufty and he was a bit lost but he did like to eat bananas. My daughter was convinced that elephants do not eat bananas and thought it was a bit silly. We had a really good discussion about what elephants can and cannot eat and talked more about this unique animal. We would recommend this book to anyone.



NEWT IN A SUIT

BY ANDREW WEALE

Reviewer: Tara Morris

The Bright and colourful front cover caught my three-year-old's attention. It's a lovely, bright counting book with plenty to get your little one's attention and includes plenty of conversation starters about colours, the animals and clothes. Counting is the main learning objective of the book, it has the words and numbers printed to help with counting to 10. Don't forget to look out for the Newt as you go!



PROFESSOR VON SCHMELL AND HIS FART POWERED BIKE

BY LEON HOWLETT

Reviewer: Catia Rodrigues

What a delightful rhyming book this is! It tells the story of a professor that keeps inventing weird things, one of them being a Fart Powered Bike which is then used to win a race against other professors including one with a Burp Car. My son (8) and daughter (3) love nothing more than fart/burp jokes, so this book cracked them up. The big and colourful illustrations also kept them interested.



HARRY THE KARATE MONKEY

BY STUART SIMMONDS AND BILL GREENHEAD

Reviewer: Tracy Fagg

This book tells the story of a secret agent, a little girl called Lucy, a stuffed toy monkey and loads of baddies. It's a lovely adventure story which is beautifully illustrated and very engaging. My son Jasper is 3 years old and rarely sits still so a book must really capture his attention. This book did that straight away, he couldn't wait to see what happened next.



Beverly Morris

★★★★☆



Charlotte Clancy

★★★★★



Reviewer: Sophie Knott

★★★★☆

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Competition closes midnight on [Sun 6th June 2021](#).

For more information about Bridge Leisure Holidays, including locations of their holiday parks, accommodation and facilities, visit: www.toddle.club/bridgeleisure

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A young girl with long blonde hair, wearing a white tutu and a dark top, is captured in a joyful spin. She is barefoot on a light-colored tiled floor. The background features large windows that let in bright, warm sunlight, creating a soft, ethereal atmosphere. The title text is overlaid on the image.

THE DANGERS OF *Defeminising* OUR DAUGHTERS

There are many parents that in their desire to protect their daughters, attempt to defeminise them. The long-term effects of this on the Feminine psyche of your daughter are devastating.

In this era of non-gender norms this can seem odd to say. Isn't it best to eschew all of this in favour of a carefully calculated neutrality? The answer is no.

Children have a HIGH need for a sense of place. In fact - after food, water, and shelter - it is this most basic of needs that drives their sense of security, safety, and well-being. It is the societal ignorance of this fundamental human need that normalizes things such as separation anxiety, however, when we offer to children a default sense of place - they receive a potent security and selfhood that allows them the confidence to explore and become that which is a reflection of themselves.

Instead of seeking this security and selfhood via crowdsourcing, such as on social media - a phenomena we find occurring with greater prevalence and worsening outcomes among tweens and teens – children with a sense of place already know who they are.

Yet it all begins here. Yes, here at the precious ages of birth through to seven years old is where the groundwork is laid that determines what those adolescent years will look like. And while the celebration and acceptance of femininity in daughters is not the entire picture, it is a foundational aspect of it.

In short, it matters.

Let's get into the practical application of this shall we?

How defeminising looks day-to-day, and why it's bad:

♀ Gender neutral clothing.

When children are young it is beneficial to allow boys and girls to look very different. This is because children don't know or understand nuance and giving them adult concepts only confuses them and creates insecurity.

♀ Celebration of physical strength while ignoring or condemning emotional displays.

Physical strength isn't everything, and emotional displays aren't weakness.

♀ Avoidance of traditionally gendered toys.

Give your daughters dolls, domestic toys, pretend food tea party sets for her only. Make being female special.



♀ Homogeneity between your children of different sexes.

Let them be different.

♀ Saying yes to every request.

It is okay to say, "No baby, you can't be Batman, you can be Batgirl/Batwoman". The request is made because she doesn't know there **IS** a difference - teaching her there is a difference and that being female is enough is huge.





♀ **Modelling between mum and dad - this one is huge.**

Your daughter is determining what it is to be a girl based on the modelling of her parents and family. If mum is sad or angry all the time, she learns that being a girl means being sad or angry for instance.

♀ **Bringing societal buzzwords into the familial setting.**

Be careful of taking societal issues and making them writ large in your family. You do not solve society's ills by bringing those challenges home - you solve them by raising resilient, self-confident children who have learned the joy of being themselves.

This isn't about personality; it's about seeing her essence. Fathers, you are her first imprint of what to expect from men. Mothers, you are her first imprint of what it is to be a woman. This is why mothers must heal any loathing of masculinity, or disconnection from your own sex, or Masculine Essence.

To communicate about this as a family in a way that is sustainable requires asking hard questions of yourself concerning how you feel about the distinctions between femininity and masculinity. It also requires the celebration as a family of gender differences. Mothers, it also requires you to create spaces where you model femininity as a desired state instead of a weakness and liability.

When you utilise the built-in differences and celebrate your daughter's femininity, she will see her native self as worthy and valuable - instead of seeking value through attempting to be male.

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Now can you find them in the picture



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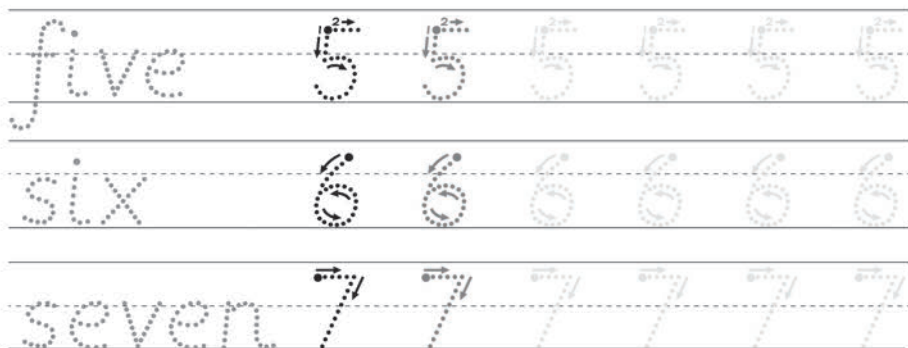
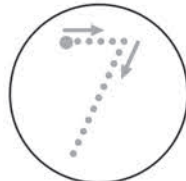
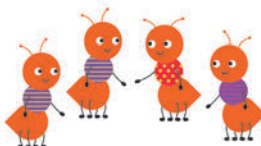


The number before is



Circle which 6 ants are the same?

The number after is



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Daily Activity Planner

Your local 'What's On Guide' for families with bumps - 5s in South Warwickshire.

RUGBY AREA



MONDAY

SENSORY & DEVELOPMENT

Dandy Development

Long Lawford Memorial Hall, Railway Street, Long Lawford, Rugby, CV23 9BA. 07890 241301.
www.dandydevelopment.co.uk.

- Stage 1: 9:55 - 10:30.

Ages: 4 mths - 13 mths. **Cost:** £6.80 per session (booking essential).

- Stage 2: 11:00 - 11:35.

Ages: 13 mths - 2 ½ yrs. **Cost:** £7.20 per session (booking essential).

Dates: 10 May - 24 May & 7 Jun - 28 Jun.

BOOK NOW

PHYSICAL FUN

Little Kickers Rugby

Dunchurch Village Hall, Rugby Road, Dunchurch, Rugby, CV22 6PN. 01327 705915. www.littlekickers.co.uk.

Times: 8:20 - 9:00. **Ages:** 1 ½ yrs - 2 ½ yrs.

Times: 10:15 - 11:00. **Ages:** 2 ½ yrs - 4 yrs.

Cost: £7.49 per session (booking essential).

Dates: 12 Apr - 28 Jun & 12 Apr - 19 Jul.

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE.
07950 467796. www.swimworks.co.uk.

Come and begin your special swim journey with us!

- **Little Splashers:** 9:30 - 10:00, 10:00 - 10:30 & 18:30 - 19:00. **Ages:** 16 mths - 2 ½ yrs.
- **Little Swimmers:** 10:30 - 11:00. **Ages:** 2 ½ yrs - 4 yrs.
- **Baby Splashers Beginners:** 11:00 - 11:30.

Ages: 4 - 8 mths.

- **Baby Splashers Advanced:** 11:30 - 12:00, 13:30 - 14:00 & 14:30 - 15:00. **Ages:** 8 mths - 16 mths.
- **Little Swimmers Advanced:** 12:00 - 12:30.

Ages: 3 ½ yrs - 5 yrs.

- **Level 1:** 15:30 - 16:00, 16:00 - 16:30, 16:30 - 17:00 & 17:00 - 17:30. **Ages:** 4 - 10 yrs.

- **Level 4:** 17:30 - 18:00. **Ages:** 4 - 10 yrs.

- **Level 2:** 18:00 - 18:30. **Ages:** 4 - 10 yrs.

Cost: £13 per session (booking essential).

Dates: 12 Apr - 31 May.

TUESDAY

PHYSICAL FUN

Little Kickers Rugby

Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GY. 01327 705915. www.littlekickers.co.uk.

Times: 9:20 - 10:00. **Ages:** 1 ½ yrs - 2 ½ yrs.

Times: 10:15 - 11:00. **Ages:** 2 ½ yrs - 3 ½ yrs.

Times: 11:15 - 12:00. **Ages:** 3 ½ yrs - 5 yrs.

Cost: £7.49 per session (booking essential).

Dates: 13 Apr - 29 Jun & 13 Apr - 20 Jul.

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Swim Works Rugby, High Street, Rugby, CV21 4EE.
07950 467796. www.swimworks.co.uk.

- **Little Swimmers:** 11:00 - 11:30. **Ages:** 2 ½ yrs - 4 yrs.
- **Little Splashers:** 11:30 - 12:00. **Ages:** 16 mths - 2 ½ yrs.
- **Baby Splashers Advanced:** 12:30 - 13:00.
Ages: 8 mths - 16 mths.
- **Little Swimmers Advanced:** 12:00 - 12:30.
Ages: 3 ½ yrs - 5 yrs.
- **Level 2:** 16:30 - 17:00. **Ages:** 4 - 10 yrs.
- **Level 3:** 16:00 - 16:30 & 18:00 - 18:30. **Ages:** 4 - 10 yrs.
- **Level 1:** 17:00 - 17:30, 17:30 - 18:00 & 18:30 - 19:00.
Ages: 4 - 10 yrs.

Cost: £13 per session (booking essential).

Dates: 13 Apr - 1 Jun.

WEDNESDAY

SENSORY & DEVELOPMENT

Tots Play in Rugby

Hillmorton community centre, 326 Hillmorton Road, Rugby,
CV22 5HG. 07908 367264. www.totsplay.co.uk.

- **Baby Development Course:** 12:45 - 13:35.

Ages: 0 - 6 mths. **Cost:** £9 per session (booking essential).

Dates: 14 Apr - 19 May.

Amber's Language, Music & Play

18 Lady Warwick Avenue, Bedworth, CV12 9HR.
02475010568. www.childrensfrenchclasses.co.uk.

- **Bébé et moi:** 9:30 - 10:10.

Mini French class for parents and young babies

Ages: Pregnancy - 13 mths. **Cost:** £6 per session (booking essential). **Dates:** 5 May - 19 May.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE.
07950 467796. www.swimworks.co.uk.

Come and begin your special swim journey with us!

- **Little Swimmers:** 9:30 - 10:00. **Ages:** 2 ½ yrs - 4 yrs.
- **Baby Splashers Beginners:** 10:00 - 10:30 & 10:30 - 11:00.
Ages: 4 - 8 mths.
- **Little Splashers:** 11:00 - 11:30. **Ages:** 16 mths - 2 ½ yrs.
- **Baby Splashers Advanced:** 11:30 - 12:00, 12:00 - 12:30, 13:00 - 13:30 & 13:30 - 14:00. **Ages:** 8 mths - 16 mths.
- **Baby & Pre-school Catch-up:** 12:30 - 13:00.
Ages: 0 - 4 yrs. **Cost:** Free (booking essential).
- **Family Swim:** 14:00 - 15:00. **Cost:** £8 per session (book).
- **Level 1:** 16:00 - 16:30 & 17:00 - 17:30. **Ages:** 4 - 10 yrs.
- **Level 3:** 17:30 - 18:00. **Ages:** 4 - 10 yrs.
- **Level 2:** 18:00 - 18:30. **Ages:** 4 - 10 yrs.

Cost: £13 per session (booking essential).

Dates: 14 Apr - 2 Jun.

BOOK NOW

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing

THURSDAY

SENSORY & DEVELOPMENT

Baby Cherish Infant Massage

Brandon Woods, Craven Avenue, Coventry, CV3 2JJ.
www.babycherish.co.uk.

• **Tree Babies - Outdoor Course:** 10:00 - 11:30.
Ages: 1 mths - 1 yrs. **Cost:** £8 per session (*booking essential*).
Dates: 22 Apr - 20 May, 10 Jun - 8 Jul & 15 Jul.

Dandy Development

Cawston Community Hall, Scholars Drive, Cawston, Rugby,
CV22 7GU. 07890 241301. www.dandydevelopment.co.uk.

• **Stage 1:** 9:55 - 10:25. **Ages:** 4 mths - 13 mths.
Cost: £6.80 per session (*booking essential*).
• **Stage 2:** 11:00 - 11:35. **Ages:** 13 mths - 2 ½ yrs.
Cost: £7.20 per session (*booking essential*).
Dates: 13 May - 27 May & 10 Jun - 1 Jul.

BOOK NOW

Tots Play in Rugby

Kilsby Village Hall, Rugby Road, Kilsby, Rugby, CV23 8XX.
07908 367264. www.totsplay.co.uk.

• **Discovery Tots:** 11:30 - 12:10.
Ages: 2 - 9 mths. **Cost:** £6 per session (*booking essential*).
Dates: 15 Apr - 20 May.

Tots Play in Rugby

Brownsover Community Centre, Bow Fell, Brownsover,
Rugby, CV21 1jf. 07908 367264. www.totsplay.co.uk.

• **Discovery Tots:** 12:00 - 12:40 & 13:10 - 14:00.
Ages: 2 - 9 mths. **Cost:** £6 per session (*booking essential*).
Dates: 15 Apr - 20 May.

DANCE & DRAMA

Drama Tots Rugby and Lutterworth

Dunchurch Sportsfield and Village Hall, Rugby Road,
Dunchurch, CV22 6PN. 07815961449. www.dramatots.co.uk.

• **Rising Stars:** 9:45 - 10:25. **Ages:** 1 ½ yrs - 3 yrs.
• **All Stars:** 10:40 - 11:25. **Ages:** 2 - 5 yrs.
Cost: £6.50 per session (*booking essential*).
Dates: 22 Apr - 1 Jul.

Sarah Cooke School Of Dance Ltd

Dunchurch Methodist Church Hall, Cawston Lane,
Dunchurch, Rugby, CV22 6QF. 07751 470318.

• **Pre-school Dance:** 14:45 - 15:25.
Ages: 2 - 4 yrs. **Cost:** £4 per session (*booking essential*).
Dates: 22 Apr - 27 May & 10 Jun - 15 Jul.

PHYSICAL FUN

Little Kickers Rugby

Rugby High School, Longrood Road, Rugby, CV22 7RE.
01327 705915. www.littlekickers.co.uk.

Times: 16:30 - 17:15. **Ages:** 3 ½ yrs - 5 yrs.
Times: 17:25 - 18:25. **Ages:** 5 - 7 yrs.
Cost: £7.49 per session (*booking essential*).
Dates: 15 Apr - 1 Jul & 15 Apr - 15 Jul.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE.
07950 467796. www.swimworks.co.uk.

Come and begin your special swim journey with us!

• **Baby Splashers Advanced:** 9:30 - 10:00, 11:00 - 11:30, 11:30 - 12:00 & 12:00 - 12:30. **Ages:** 8 mths - 16 mths.
• **Little Splashers:** 10:00 - 10:30. **Ages:** 16 mths - 2 ½ yrs.
• **Little Swimmers:** 10:30 - 11:00. **Ages:** 2 ½ yrs - 4 yrs.
• **Newborn Splashers:** 12:30 - 13:00, 13:30 - 14:00 & 14:30 - 15:00. **Ages:** 1 - 4 mths.
• **Baby Splashers Beginners:** 14:00 - 14:30 & 15:00 - 15:30. **Ages:** 4 - 8 mths.
• **Level 1:** 16:00 - 16:30 & 17:30 - 18:00. **Ages:** 4 - 10 yrs.
• **Level 3:** 17:00 - 17:30 & 18:00 - 18:30. **Ages:** 4 - 10 yrs.
Cost: £11 per session (*booking essential*).
Cost: £13 per session (*booking essential*).
Dates: 15 Apr - 3 Jun.

FRIDAY

DANCE & DRAMA

Drama Tots Rugby and Lutterworth

Wycliffe Rooms, George Street, Lutterworth, LE17 4ED.
07815 961449. www.dramatots.co.uk.

• **Bright Stars:** 13:00 - 13:45. **Ages:** 2 ½ yrs - 5 yrs.
• **Rising Stars:** 14:05 - 14:45. **Ages:** 1 ½ yrs - 3 yrs.
Cost: £6.50 per session (*booking essential*).
Dates: 23 Apr - 2 Jul.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE.
07950 467796. www.swimworks.co.uk.

Come and begin your special swim journey with us!


• **Little Splashers:** 9:30 - 10:00, 10:30 - 11:00, 12:30 - 13:00 & 14:30 - 15:00. **Ages:** 16 mths - 2 ½ yrs.
• **Little Swimmers:** 10:00 - 10:30. **Ages:** 2 ½ yrs - 4 yrs.
• **Baby Splashers Beginners:** 11:00 - 11:30 & 11:30 - 12:00. **Ages:** 4 - 8 mths.
• **Baby Splashers Advanced:** 12:00 - 12:30. **Ages:** 8 - 16 mths.
• **Family Swim:** 13:00 - 13:30. **Cost:** £8 per session (*book*).
• **Little Swimmers Advanced:** 14:00 - 14:30. **Ages:** 3 ½ - 5 yrs.
• **Level 1:** 16:00 - 16:30, 17:00 - 17:30, 17:30 - 18:00 & 18:00 - 18:30. **Ages:** 4 - 10 yrs.
• **Level 4:** 16:30 - 17:00. **Ages:** 4 - 10 yrs.
Cost: £11 - 13 per session (*booking essential*).
Dates: 16 Apr - 4 Jun.

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing

Feeding young imaginations through sport

Northampton / Daventry / Rugby
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Inewbould@littlekickers.co.uk
Call Antony/Lynne on 01327 705915



Little Kickers

Fun football training 18 months - 7 years - www.littlekickers.co.uk

SATURDAY

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE.
07950 467796. www.swimworks.co.uk.

- **Little Splashers:** 9:00 - 9:30. **Ages:** 16 mths - 2 ½ yrs.
- **Little Swimmers Advanced:** 9:30 - 10:00 & 11:00 - 11:30. **Ages:** 3 ½ yrs - 5 yrs.
- **Little Swimmers:** 10:00 - 10:30 & 11:30 - 12:00. **Ages:** 2 ½ yrs - 4 yrs.
- **Baby Splashers Advanced:** 10:30 - 11:00. **Ages:** 8 mths - 16 mths.
- **Level 3:** 12:00 - 12:30 & 13:00 - 13:30. **Ages:** 4 - 10 yrs.
- **Level 1:** 12:30 - 13:00, 13:30 - 14:00, 14:30 - 15:00, 15:00 - 15:30, 15:30 - 16:00 & 16:00 - 16:30. **Ages:** 4 - 10 yrs.
- **Level 2:** 14:00 - 14:30. **Ages:** 4 - 10 yrs.

Cost: £11-13 per session (*booking essential*).

Dates: 17 Apr - 5 Jun.



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(Anna, mum of two)

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Book your place quickly at
dandydevelopment.co.uk
or call Nikki on 07890 241301.

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PHYSICAL FUN

Little Kickers Rugby

Rugby High School, Longrood Road, Rugby, CV22 7RE.
01327 705915. www.littlekickers.co.uk.

- Times:** 8:30 - 9:15, 11:15 - 12:00 & 11:30 - 12:15. **Ages:** 2½ - 3½ yrs.
Times: 8:30 - 9:15, 9:25 - 10:10 & 10:25 - 11:10. **Ages:** 3½ - 5 yrs.
Times: 9:25 - 10:10, 10:25 - 11:10 & 11:30 - 12:15. **Ages:** 5 - 7 yrs.
Cost: £7.49 per session (*booking essential*).
Dates: 17 Apr - 26 Jun & 17 Apr - 17 Jul.

SUNDAY

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE.
07950 467796. www.swimworks.co.uk.

- **Little Swimmers Advanced:** 9:00 - 9:30. **Ages:** 3 ½ yrs - 5 yrs.
 - **Little Swimmers:** 9:30 - 10:00, 10:00 - 10:30, 10:30 - 11:00 & 12:30 - 13:00. **Ages:** 2 ½ yrs - 4 yrs.
 - **Little Splashers:** 11:00 - 11:30 & 11:30 - 12:00. **Ages:** 16 mths - 2 ½ yrs.
 - **Baby Splashers Advanced:** 12:00 - 12:30. **Ages:** 8 mths - 16 mths.
- Cost:** £13 per session (*booking essential*).
Dates: 18 Apr - 6 Jun.

Are you running classes or events?

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MONDAY

PARENTS & TOTS

Kineton Baby & Toddler Group

Kineton Village Hall, Mill Lane, Kineton, CV35 0LB.

01926 641483. **Times:** 9:30 - 11:00. **Ages:** 0 - 5 yrs.**Cost:** £2 per session (booking essential). **Dates:** 19 Apr - 28 Jun.

Snitterfield Rag Tag Toddler Group

Snitterfield Village Hall, Bearley Road, Snitterfield, Stratford upon Avon, CV37 0JH. 01789 731246.

Times: 9:45 - 11:45. **Ages:** 0 - 4 yrs. **Cost:** £1.50 per session(drop in). **Dates:** 19 Apr - 5 Jul.

SENSORY & DEVELOPMENT

Glo-Babies

Shottery Memorial Hall, Hathaway Lane, Shottery, Stratford Upon Avon, CV37 9BL. 07956355729. www.glo-babies.co.uk.**Times:** 10:30 - 11:10. **Ages:** 0 - 3 yrs. **Cost:** £5 per session(booking essential). **Dates:** 19 Apr - 24 May.

DANCE & DRAMA

Atomic Dance

The Hall Cherington, Pinfold Lane, Stourton and Sutton under Brailes, Shipston-On-Stour, CV36 5HG. 07392 348155. www.atomicdance.co.uk.• Little Stars Musical Theatre: 16:00 - 16:30. **Ages:** 3 - 5 yrs.• Little Stars Ballet: 16:35 - 17:05. **Ages:** 2 - 5 yrs.**Cost:** £4.50 per session (booking essential).**Dates:** 12 Apr - 19 Jul.

Krystle Jayne's Dance Academy

Claverdon Church Centre, Church Rd, Claverdon, CV35 8PD. Krystle: 07791 852891. www.krystlejayedanceacademy.co.uk.• Baby Ballet: 16:30 - 17:00. **Ages:** 2 - 4 yrs.• Pre-Primary Ballet & Tap: 17:00 - 17:45. **Ages:** 4 - 5 yrs.**Cost:** £4 per session (booking essential).**Dates:** 12 Apr - 24 May & 7 Jun - 12 Jul.


Little Stars
Dance Programme
WWW.ATOMICDANCE.CO.UK

A VARIETY OF DANCE AND
ACROBATICS CLASSES FOR
2-6 YEAR OLDS.
WATCH YOUR LITTLE ONE
SHINE!

PHYSICAL FUN

Go4goals Midlands Ltd

The Home Guard Club, Tiddington, Tiddington Road, Stratford-upon-Avon, CV37 7AY. 07747 562469.

www.go4goals.co.uk.

• Elite Development: 17:30 - 18:30.

Open to club players

Ages: 5 - 12 yrs. **Cost:** £4 per session (booking essential).**Dates:** 19 Apr - 24 May & 7 Jun - 19 Jul.

WEDNESDAY

SENSORY & DEVELOPMENT

Glo-Babies

The Hub, Shipston, Pittway Ave, Shipston on Stour, CV36 4DQ. 07956355729. www.glo-babies.co.uk.**Times:** 10:30 - 11:10. **Ages:** 0 - 3 yrs. **Cost:** £5 per session(booking essential). **Dates:** 21 Apr.

DANCE & DRAMA

Atomic Dance

The Hall Cherington, Pinfold Lane, Stourton and Sutton under Brailes, Shipston-On-Stour, CV36 5HG. 07392 348155. www.atomicdance.co.uk.

• Adult Ballet and Jazz: 11:00 - 12:00.

Ages: 18 - 100 yrs. **Cost:** £7 per session (drop in).**Dates:** 14 Apr - 14 Jul.

PHYSICAL FUN

Mummy & Baby Buddies

The Tots Clubhouse, Unit 3 Alder Mil Business Park, Sheepy Road, Atherstone, CV93AH. 07838 457171. www.mummyandbabybuddies.co.uk.

• Baby Massage: 13:30 - 14:30. 4 Week Course

Ages: 2 mths - 1 yrs. **Cost:** £35 per session (booking essential).**Dates:** 21 Apr - 12 May.

Are you running classes or events?

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GO4GOALS is an organisation aimed at developing young children's football skills throughout Warwickshire and West Midlands. Coaching will be provided for all levels, the children will develop technically and improve their social skills for later in life.

GO4GOALS football sessions cover the following age groups;

Age 2-11, Boys & Girls

- 9.00am - 9.40am Leamington Spa - Nursery & Pre School
- 10.00am - 11.00am Leamington Spa - Primary School
- 8.50am - 9.30am Stratford Upon Avon - Nursery & Pre School
- 10.00am - 11.00am Stratford Upon Avon - Primary School

Age 5-11, Boys & Girls
(After school clubs, private sessions, birthday parties and school holiday camps)

For more information please contact
Jason Davies on 07747 562 469
Email: jason@go4goals.co.uk
www.go4goals.co.uk

THURSDAY

PARENTS & TOTS

Snitterfield Rag Tag Toddler Group

Snitterfield Village Hall, Bearley Road, Snitterfield, Stratford upon Avon, CV37 0JH. 01789 731246. www.facebook.com.

Times: 9:45 - 11:45. **Ages:** 0 - 4 yrs. **Cost:** £2 per session (booking essential). **Dates:** 22 Apr - 8 Jul.

MUSIC & SIGNING

Rhythm Time Leamington Spa, Warwick, Kenilworth, Stratford upon-Avon

Alveston Village Hall, The Malthouse, The Rookery, Alveston, CV37 7QP. 07469 186042. www.rhythmtime.net. Fun, developmental music classes.

- **Toddlers:** 9:45 - 10:15. **Ages:** 1 yrs 2 mths - 3 yrs.
- **Babies:** 10:40 - 11:10. **Ages:** 6 mths - 13 mths.
- **Younger Babies:** 11:30 - 12:00. **Ages:** 0 - 5 mths.

Cost: £6.40 per session (booking essential).
Dates: 22 Apr - 27 May & 10 Jun - 15 Jul.

SENSORY & DEVELOPMENT

Glo-Babies

Broom Village Hall, 11, High Street, Broom, Alcester, B50 4HJ. 07956 355729. www.glo-babies.co.uk.

Times: 10:30 - 11:10. **Ages:** 0 - 3 yrs. **Cost:** £5 per session (booking essential). **Dates:** 22 Apr - 27 May.

Glo-Babies

Tiddington Scouts Hut, Main Street, Tiddington, CV37 7AY. 07956355729. www.glo-babies.co.uk.

Times: 11:00 - 11:40. **Ages:** 0 - 3 yrs. **Cost:** £5 per session (booking essential). **Dates:** 22 Apr - 27 May.

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing

FRIDAY

SENSORY & DEVELOPMENT

Glo-Babies

Ettington Community Centre, Rogers Lane, Ettington, CV37 7SX. 07956 355729. www.glo-babies.co.uk.

Times: 10:30 - 11:10. **Ages:** 0 - 3 yrs. **Cost:** £5 per session (*booking essential*). **Dates:** 23 Apr - 28 May.

MUSIC & SIGNING

Rhythm Time Leamington Spa, Warwick, Kenilworth, Stratford upon-Avon

Tiddington Community Centre, Main Street, Tiddington, Stratford-upon-Avon, CV37 7AN. 07469 186042. www.rhythmtime.net.

Fun, developmental music classes.

- **Toddlers:** 9:30 - 10:00 & 10:30 - 11:00. **Ages:** 14 mths - 3 yrs.
- **Babies:** 11:30 - 12:00. **Ages:** 0 - 13 mths.
- **Young Babies:** 12:30 - 13:00. **Ages:** 0 - 5 mths.

Cost: £6.40 per session (*booking essential*).

Dates: 23 Apr - 28 May & 11 Jun - 16 Jul.

DANCE & DRAMA

Atomic Dance

The Hall Cherington, Pinfold Lane, Stourton and Sutton under Brailes, Shipston-On-Stour, CV36 5HG. 07392 348155. www.atomicdance.co.uk.

- **Little Stars Mini Mix:** 9:45 - 10:45. **Ages:** 19 mths - 4 yrs.
- **Little Stars Acro Dance:** 16:00 - 16:30. **Ages:** 3 - 5 yrs.
Cost: £4 per session (*booking essential*).
- **Mini Combo:** 16:30 - 17:30. **Ages:** 5 yrs - 7 ½ yrs.
Cost: £6 per session (*booking essential*).

Dates: 16 Apr - 16 Jul.

Krystle Jayne's Dance Academy

Studley Village Hall, High Street, Studley, B80 7HJ. Krystle: 07791 852891. www.krystlejayedanceacademy.co.uk.

- **Baby Ballet:** 16:00 - 16:30. **Ages:** 2 - 3 yrs.
- **Pre-Primary Ballet & Tap:** 16:30 - 17:15. **Ages:** 4 - 5 yrs.
- **Mini Movers Street Dance:** 17:15 - 17:45. **Ages:** 1 - 3 yrs.
Combines cheerleading with street dance.

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

Dates: 16 Apr - 28 May & 11 Jun - 16 Jul.

SATURDAY

DANCE & DRAMA

Atomic Dance

The Hall Cherington, Pinfold Lane, Stourton and Sutton under Brailes, Shipston-On-Stour, CV36 5HG. 07392 348155. www.atomicdance.co.uk.

- **Mini Combo:** 9:15 - 10:15.

Ages: 5 yrs - 7 ½ yrs. **Cost:** £6 per session (*booking essential*).

- **Little Stars Acro Dance:** 10:30 - 11:00.

Ages: 3 - 5 yrs. **Cost:** £4.50 per session (*booking essential*).

Dates: 17 Apr - 17 Jul.

PHYSICAL FUN

Go4goals Midlands Ltd

The Home Guard Club, Tiddington, Tiddington Road, Stratford-upon-Avon, CV37 7AY. 07747 562469. www.go4goals.co.uk.

- **Football Coaching**

Times: 9:00 - 9:40. **Ages:** 2 yrs - 4 ½ yrs.

Times: 10:00 - 11:00. **Ages:** 4 - 12 yrs.

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

Dates: 24 Apr - 22 May & 12 Jun - 17 Jul.

SUNDAY

DANCE & DRAMA

Krystle Jayne's Dance Academy

Wootton Wawen Village Hall, Alcester Rd, Henley in Arden, B95 6AY. Krystle: 07791 852891. www.krystlejayedanceacademy.co.uk.

- **Baby Ballet:** 10:00 - 10:30. **Ages:** 2 - 3 yrs.
- **Pre-Primary Ballet & Tap:** 10:30 - 11:15. **Ages:** 4 - 5 yrs.
- **Mini Movers Street Dance:** 11:15 - 11:45. **Ages:** 1 - 3 yrs.

Combines cheer leading with street dance.

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

Dates: 18 Apr - 18 Jul.

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing

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MONDAY

MUSIC & SIGNING

BilinguaSing Warwickshire

Dale Street Church, Dale Street, Leamington Spa, CV32 5HL.
07815 149877. www.bilinguasing.com.

Mixed aged family Spanish music class for 0-4 year olds.

• **We Sing Spanish: 10:30 - 11:15 & 11:45 - 12:30.**

Ages: 1 mths - 4 yrs 11 mths.

Cost: £6.50 per session (*booking essential*).

Dates: 19 Apr - 26 Apr, 10 May - 24 May & 14 Jun - 12 Jul.

Rhythm Time Leamington Spa, Warwick, Kenilworth, Stratford upon-Avon

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL.
07469 186042. www.rhythmtime.net.

Fun, developmental music classes.

• **Toddlers: 9:30 - 10:00 & 10:30 - 11:00. Ages:** 14 mths - 3 yrs.

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

• **Babies: 11:30 - 12:00. Ages:** 6 mths - 13 mths.

• **Young Babies: 12:30 - 13:00. Ages:** 0 - 6 mths.

Cost: £6.40 per session (*booking essential*).

Dates: 19 Apr - 26 Apr, 10 May - 24 May & 7 Jun - 12 Jul.

SENSORY & DEVELOPMENT

Spa Babies

Sea Rangers HQ, Sutton Park (Boldmere Gate),
Sutton Coldfield, B73 6LH. www.spababies.co.uk.

Times: 11:00 - 12:00, 12:45 - 13:45, 14:30 - 15:30 & 16:15 - 17:15. **Ages:** 0 - 9 mths. **Cost:** £25 per session (*booking essential*).

Dates: 12 Apr - 26 Apr, 10 May - 24 May & 7 Jun - 19 Jul.

Cost: £25 per session (*booking essential*).

CREATIVE

Closer Look at Nature

4 Hill Wootton Road, 4 Hill Wootton Road, Leek Wootton,
Warwick, CV35 7QL. closerlook.perryman.org.uk.

• **Stay and Play Forest School: 10:00 - 11:30.**

Ages: 1 - 5 yrs. **Cost:** £5.50 per session (*booking essential*).

Dates: 12 Apr - 19 Jul.

DANCE & DRAMA

Drama Tots Kenilworth, Leamington Spa and Warwick

St Johns Church, Kenilworth, 205 Warwick Rd, Kenilworth,
CV8 1HY. 07793 973541. www.dramatots.co.uk.

• **Rising Stars: 9:30 - 10:10. Ages:** 1 ½ yrs - 3 yrs.

• **Bright Stars: 10:30 - 11:15. Ages:** 3 - 5 yrs.

Cost: £6.50 per session (*booking essential*).

Dates: 19 Apr - 28 Jun.

PHYSICAL FUN

DF SPORTS COACHING

Kenilworth School, Leyes Lane, Kenilworth, CV8 2DA. 07931
641540. www.dfsportscoaching.co.uk.

• **Football Coaching: 17:00 - 18:00.**

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

Dates: 12 Apr - 19 Jul.

Go4goals Midlands Ltd

Kingsley School Playing Fields, Sandy Lane, Leamington Spa,
CV32 6RD. 07747 562469. www.go4goals.co.uk.

• **Football Holiday Camp: 9:00 - 15:30.**

£15 per day/ £37 for 3 days (siblings half price)

Ages: 3 - 12 yrs. **Cost:** £15 per session (*booking essential*).

Dates: 12 Apr.

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing

Go4goals Midlands Ltd

The Meadow, Kingsley Road, Leamington Spa, CV33 9RR.
07747 562469. www.go4goals.co.uk.

- **Football Classes:** 17:00 - 18:00.

Ages: 4 - 8 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 19 Apr - 24 May & 7 Jun - 19 Jul.

LWGC

Leamington & Warwick Gymnastics Club, The Fosse, Fosse Way, Radford Semele, Leamington Spa, CV31 1XN.
01926 614489. www.thegymnasticsclub.co.uk.

- **Little Stars:** 9:15 - 10:00 & 10:15 - 11:00.

Perfect for active toddlers who love to climb, jump & play

Ages: 0 - 3 yrs. **Cost:** £5 per session (*booking essential*).

- **Gymstars:** 11:15 - 12:00, 13:15 - 14:00 & 14:15 - 15:00.

Gymnastics sessions for pre-schoolers

Ages: 3 - 4 yrs. **Cost:** £8.75 per session (*booking essential*).

Dates: 19 Apr - 24 May & 7 Jun - 12 Jul.

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU. 07950 467796. www.swimworks.co.uk.

Little Swimmers: 9:30 - 10:00 & 10:30 - 11:00.

Ages: 2 ½ yrs - 4 yrs.

- **Little Splashers:** 10:00 - 10:30, 14:00 - 14:30 & 15:00 - 15:30. **Ages:** 16 mths - 2 ½ yrs.

- **Baby Splashers Advanced:** 11:00 - 11:30, 11:30 - 12:00, 12:00 - 12:30, 12:30 - 13:00, 13:00 - 13:30 & 14:30 - 15:00.

Ages: 8 mths - 16 mths.

- **Baby Splashers Beginners:** 13:30 - 14:00. **Ages:** 4 - 8 mths.

- **Level 1:** 15:30 - 16:00, 16:30 - 17:00 & 17:30 - 18:00.

Ages: 4 - 10 yrs.

- **Level 3:** 16:00 - 16:30 & 17:00 - 17:30. **Ages:** 4 - 10 yrs.

- **Level 2:** 18:00 - 18:30 & 18:30 - 19:00. **Ages:** 4 - 10 yrs.

Cost: £11-13 per session (*booking essential*).

Dates: 12 Apr - 31 May.

TUESDAY

MUSIC & SIGNING

BilinguaSing Warwickshire

Leek Wooton Village Hall, Warwick Road, Leek Wooton, Warwick, CV35 7RB. 07815 149877. bilinguasing.com.

- **We Sing French:** 10:15 - 11:00.

Mixed aged family French music class for 0-4 year olds.

Ages: 1 mths - 4 yrs 11 mths.

- **Baby Loves French:** 11:30 - 12:15.

Birth to sitting baby music class

Ages: 1 - 9 mths.

Cost: £6.50 per session (*booking essential*).

Dates: 20 Apr - 25 May & 8 Jun - 20 Jul.



My Baby Spa
www.mybabyspa.co.uk
@MyBabySpaUK

Award winning spa for 0-12 month olds

Baby Nails mini mani-pedi

Kokoso coconut oil for a baby bonding massage

100% Egyptian Cotton towels, robes & slippers

Jacuzzi with midwives slope, chromotherapy lights & massaging whisper jets

A My Baby Spa day with everything provided for

£20

Coventry | Leamington Spa

SENSORY & DEVELOPMENT

B-Independent Baby Groups

B-Independent, Fosse Way, Hunningham Hill, Leamington Spa, CV33 9EG. 07761 914181. www.b-independent.org.

- **Baby Bees Baby Massage:** 9:30 - 10:30. **Ages:** 0 - 6 mths.
- **Busy Bees Sensory Movers:** 11:00 - 12:00. **Ages:** 5 - 16 mths.
- **Flying Bees Baby Yoga:** 12:30 - 13:30. **Ages:** 1 mth - 1 yrs.

Dates: 13 Apr - 11 May, 25 May - 1 Jun, 14 Jun, 22 Jun, 5 Jul & 13 Jul - 20 Jul.

Cost: £8 per session (*booking essential*).

Dandy Development

Barford Memorial Hall, Church Street, Barford, CV35 8EN. 07890 241301. www.dandydevelopment.co.uk.

- **Stage 1:** 9:55 - 10:25. **Ages:** 4 mths - 13 mths.

Cost: £6.80 per session (*booking essential*).

- **Stage 2:** 11:00 - 11:35. **Ages:** 13 mths - 2 ½ yrs.

Cost: £7.20 per session (*booking essential*).

Dates: 11 May - 25 May & 8 Jun - 29 Jun.

BOOK NOW

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddleabout.co.uk/free-listing

**Join our Preschool classes at
Leamington & Warwick Gymnastics Club**



**Book a taster session today
in our Olympic-standard gym!**

**Visit www.TheGymnasticsClub.co.uk
to book your child's taster session.**

My Baby Spa

Radford Road Church Hall, Radford Road, Leamington Spa, CV31 1NF. www.mybabyspa.co.uk.

- **Luxury Baby Spa Sessions:** 11:00 - 12:00 & 12:45 - 13:45.

An award winning spa for 0-12 month old babies

Ages: 0 - 1 yrs. **Cost:** £20 per session (booking essential).

Dates: 13 Apr - 20 Jul.

DANCE & DRAMA

Atomic Dance

St Chad's Centre, Bishops Tachbrook, Leamington Spa, CV33 9RJ. 07392348155. www.atomicdance.co.uk.

- **Little Stars Acro Dance:** 16:45 - 17:30.

Ages: 4 yrs - 6 yrs 11 mths. **Cost:** £5.50 per session (booking essential). **Dates:** 13 Apr - 13 Jul.

Drama Tots Kenilworth, Leamington Spa and Warwick

Bubbenhall Village Hall, Lower End, Coventry, CV8 3BW. 07793973541. www.dramatots.co.uk.

- **Rising Stars:** 10:00 - 10:40. **Ages:** 1 ½ yrs - 3 yrs.
- **Bright Stars:** 11:00 - 11:45. **Ages:** 3 - 5 yrs.

Cost: £6.50 per session (booking essential).

Dates: 20 Apr - 6 Jul.

PHYSICAL FUN

DF SPORTS COACHING

Kenilworth School, Leyes Lane, Kenilworth, CV8 2DA. 07931 641540. www.dfsportscoaching.co.uk.

- **Football Coaching:** 18:00 - 19:00.

Football Coaching Classes

Ages: 7 - 11 yrs. **Cost:** £5 per session (booking essential).

Dates: 13 Apr - 20 Jul.

Go4goals Midlands Ltd

Kingsley School Playing Fields, Sandy Lane, Leamington Spa, CV32 6RD. 07747 562469. www.go4goals.co.uk.

- **Football Holiday Camp:** 9:00 - 15:30.

£15 per day/ £37 for 3 days (siblings half price)

Ages: 3 - 12 yrs. **Cost:** £15 per session (booking essential).

Dates: 13 Apr & 1 Jun.

LWGC

Leamington & Warwick Gymnastics Club, The Fosse, Fosse Way, Radford Semele, Leamington Spa, CV31 1XN. 01926 614489. www.thegymnasticsclub.co.uk.

- **Little Stars:** 9:15 - 10:00 & 10:15 - 11:00.

Perfect for active toddlers who love to climb, jump & play

Ages: 0 - 3 yrs.

- **Gymstars:** 11:15 - 12:00, 13:15 - 14:00 & 14:15 - 15:00.

Gymnastics sessions for pre-schoolers

Ages: 3 - 4 yrs.

Dates: 20 Apr - 25 May & 8 Jun - 13 Jul.

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU. 07950 467796. www.swimworks.co.uk.

- **Little Swimmers:** 9:30 - 10:00. **Ages:** 2 ½ yrs - 4 yrs.

- **Little Splashers:** 10:00 - 10:30 & 11:30 - 12:00.

Ages: 16 mths - 2 ½ yrs.

- **Baby Splashers Advanced:** 10:30 - 11:00, 11:00 - 11:30 & 13:30 - 14:00. **Ages:** 8 mths - 16 mths.

- **Family Swim:** 12:00 - 13:00. **Cost:** £8 per session.

- **Baby & Pre-school Catch-up:** 13:00 - 14:00.

Ages: 0 - 4 yrs. **Cost:** Free (booking essential).

- **Baby Splashers Beginners:** 14:00 - 14:30. **Ages:** 4 - 8 mths.

- **Level 3:** 16:00 - 16:30 & 16:30 - 17:00. **Ages:** 4 - 10 yrs.

- **Level 1:** 17:00 - 17:30, 17:30 - 18:00, 18:00 - 18:30 & 18:30 - 19:00. **Ages:** 4 - 10 yrs.

Cost: £11-13 per session (booking essential).

Dates: 13 Apr - 1 Jun.

WEDNESDAY

PARENTS & TOTS

Tiny Tots & Toddlers

St Mary Immaculate Catholic Primary School, Wathen Road, Warwick, CV34 5BG. 07941 843711.

www.stmaryimmaculateschool.co.uk.

- **Tiny Tots & Toddlers Buggy Walk:** 10:00 - 11:00.

Ages: 0 - 4 yrs 11 mths. **Cost:** Free (booking essential).

Dates: 21 Apr - 28 Apr & 5 May - 26 May.

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing

MUSIC & SIGNING

BilinguaSing Warwickshire

St Barbara's Church, 22 Rochester Road, Earlsdon, Coventry, CV5 6AG. 07815 149877. www.bilinguasing.com.

- **We Sing French:** 10:00 - 10:45.

Mixed aged family French music class for 0-4 year olds.

- **We Sing German:** 11:15 - 12:00.

Mixed aged family German music class for 0-4 year olds.

Ages: 1 mths - 4 yrs 11 mths. **Cost:** £6.50 per session (booking essential). **Dates:** 14 Apr - 26 May & 9 Jun - 14 Jul.

BilinguaSing Warwickshire

Berkswell & District Royal British Legion, 316 Station Road, Balsall Common, Coventry, CV7 7EF. 07815 149877. www.bilinguasing.com.

- **We Sing Spanish:** 13:30 - 14:15.

Mixed aged family Spanish music class for 0-4 year olds.

Ages: 1 mths - 4 yrs 11 mths. **Cost:** £6.50 per session (booking essential). **Dates:** 14 Apr - 26 May & 9 Jun - 14 Jul.

Rhythm Time Leamington Spa, Warwick, Kenilworth, Stratford upon-Avon

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL. 07469 186042. www.rhythmtime.net.
Fun, developmental music classes.

- **Toddlers:** 9:30 - 10:00 & 10:30 - 11:00. **Ages:** 14 mths - 3 yrs.
- **Pre-School:** 11:30 - 12:00. **Ages:** 3 - 4 yrs.
- **Babies:** 12:30 - 13:00. **Ages:** 6 mths - 13 mths.

Cost: £6.40 per session (booking essential).

Dates: 21 Apr - 26 May & 9 Jun - 14 Jul.

SENSORY & DEVELOPMENT

Dandy Development

Radford Road Church, Radford Road, Leamington Spa, CV31 1NF. 07890 241301. www.dandydevelopment.co.uk.

- **Stage 1:** 9:55 - 10:25. **Ages:** 4 mths - 13 mths.
- **Cost:** £6.80 per session (booking essential).
- **Stage 2:** 11:00 - 11:35. **Ages:** 13 mths - 2 ½ yrs.

Cost: £7.20 per session (booking essential).

Dates: 12 May - 26 May & 9 Jun - 30 Jun.

BOOK NOW

Spa Babies

Ashorne Village Hall, Ashorne Village Hall, Ashorne, Leamington Spa, CV35 9DR. www.spababies.co.uk.

Times: 11:00 - 12:00, 12:45 - 13:45, 14:30 - 15:30 & 16:15 - 17:15. **Ages:** 0 - 9 mths. **Cost:** £25 per session (booking essential). **Dates:** 14 Apr - 26 May & 9 Jun - 14 Jul.

DANCE & DRAMA

Sarah Cooke School Of Dance Ltd

Bubbenhall Village Hall, Lower End, Bubbenhall, CV8 3BW. 07751 470318.

- **Pre-school Dance:** 14:15 - 14:55.

Ages: 2 - 4 yrs. **Cost:** £4 per session (booking essential).

Dates: 21 Apr - 26 May & 9 Jun - 14 Jul.

Music helps your baby's development

Multi-sensory music classes for babies, toddlers & pre-schoolers

Call Rachel:
07469186042



rhythmtime.net/rt243

PHYSICAL FUN

Go4goals Midlands Ltd

Kingsley School Playing Fields, Sandy Lane, Leamington Spa, CV32 6RD. 07747 562469. www.go4goals.co.uk.

- **Football Holiday Camp:** 9:00 - 15:30.

£15 per day/ £37 for 3 days (siblings half price)

Ages: 3 - 12 yrs. **Cost:** £15 per session (booking essential).

Dates: 14 Apr & 2 Jun.

LWGC

Leamington & Warwick Gymnastics Club, The Fosse, Fosse Way, Radford Semele, Leamington Spa, CV31 1XN. 01926 614489. www.thegymnasticsclub.co.uk.

- **Little Stars:** 9:15 - 10:00 & 10:15 - 11:00.

Perfect for active toddlers who love to climb, jump & play

Ages: 0 - 3 yrs.

- **Gymstars:** 11:15 - 12:00, 13:15 - 14:00 & 14:15 - 15:00.

Gymnastics sessions for pre-schoolers

Ages: 3 - 4 yrs.

Dates: 21 Apr - 26 May & 9 Jun - 14 Jul.

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU. 07950 467796. www.swimworks.co.uk.

- **Newborn Splashers:** 9:30 - 10:00 & 10:30 - 11:00.
Ages: 1 - 4 mths.
- **Baby Splashers Beginners:** 10:00 - 10:30, 11:00 - 11:30, 12:00 - 12:30 & 14:30 - 15:00. **Ages:** 4 - 8 mths.
- **Baby Splashers Advanced:** 12:30 - 13:00, 13:00 - 13:30 & 13:30 - 14:00. **Ages:** 8 mths - 16 mths.
- **Little Swimmers:** 14:00 - 14:30. **Ages:** 2 ½ yrs - 4 yrs.
- **Level 1:** 16:30 - 17:00. **Ages:** 4 - 10 yrs.
- **Level 3:** 17:00 - 17:30 & 18:30 - 19:00. **Ages:** 4 - 10 yrs.
- **Level 4:** 17:30 - 18:00. **Ages:** 4 - 10 yrs.

Cost: £11 - 13 per session (*booking essential*).

Dates: 14 Apr - 2 Jun.

THURSDAY

MUSIC & SIGNING

Rhythm Time Leamington Spa, Warwick, Kenilworth, Stratford upon-Avon

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL. 07469 186042. www.rhythmtime.net.

Fun, developmental music classes.

- **Babies:** 9:30 - 10:00 & 12:30 - 13:00. **Ages:** 6 - 13 mths.
- **Toddlers:** 10:30 - 11:00. **Ages:** 1 yrs 2 mths - 3 yrs.
- **Pre-School:** 11:30 - 12:00. **Ages:** 3 - 4 yrs.

Cost: £6.40 per session (*booking essential*).

Dates: 22 Apr - 27 May & 10 Jun - 15 Jul.

SENSORY & DEVELOPMENT

Amber's Language, Music & Play

Online. 02475010568.

www.childrensfrenchclasses.co.uk.

- **Fun French Thursdays:** 10:00 - 10:15.

Ages: 13 mths - 3 ½ yrs. **Cost:** Free (*drop in*).

- **French Zoom classes:** 16:00 - 16:30.

Fun, musical, interactive French classes taught over Zoom.

Ages: 6 yrs - 8 yrs 11 mths. **Cost:** £6 per session (*booking essential*). **Dates:** 22 Apr - 20 May & 10 Jun - 8 Jul.

BOOK NOW

Glo-Babies

St Peter's Church Centre, Church Street, Wellesbourne, Warwick, CV35 9LS. 07956 355729. www.glo-babies.co.uk.

Times: 13:00 - 13:40. **Ages:** 0 - 3 yrs. **Cost:** £5 per session (*booking essential*). **Dates:** 22 Apr - 27 May.

DANCE & DRAMA

Atomic Dance

St Chad's Centre, Bishops Tachbrook, Leamington Spa, CV33 9RJ. 07392 348155. www.atomicdance.co.uk.

- **Little Stars Mini Mix:** 11:15 - 12:15.
Ages: 2 - 4 yrs. **Cost:** £6 per session
- **Little Stars Ballet:** 16:00 - 16:30.
Ages: 2 - 5 yrs. **Cost:** £4.50 per session.
- **Little Stars Musical Theatre:** 16:35 - 17:05.
Ages: 3 - 5 yrs. **Cost:** £4 per session.
- **Mini Combo:** 17:10 - 18:10.
Ages: 5 yrs - 7 yrs 5 mths. **Cost:** £6 per session.

Dates: 15 Apr - 15 Jul. *Booking Essential.*

PHYSICAL FUN

DF SPORTS COACHING

Kenilworth School, Leyes Lane, Kenilworth, CV8 2DA. 07931 641540. www.dfsportscoaching.co.uk.

- **Football Coaching:** 17:00 - 18:00.

Ages: 4 - 8 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 15 Apr - 15 Jul.

Go4goals Midlands Ltd

Kingsley School Playing Fields, Sandy Lane, Leamington Spa, CV32 6RD. 07747 562469. www.go4goals.co.uk.

- **Football Holiday Camp:** 9:00 - 15:30. **Ages:** 3 - 12 yrs.

Cost: £15 per day / £37 for 3 days (*booking essential*).

Dates: 15 Apr & 3 Jun.

- **Elite Development:** 17:30 - 18:30. **Ages:** 5 - 12 yrs.

Open to club players. Cost: £4 per session (booking essential).

Dates: 22 Apr - 27 May & 10 Jun - 15 Jul.

LWGC

Leamington & Warwick Gymnastics Club, The Fosse, Fosse Way, Radford Semele, Leamington Spa, CV31 1XN.

01926 614489. www.thegymnasticsclub.co.uk.

- **Little Stars:** 9:15 - 10:00 & 10:15 - 11:00.

Perfect for active toddlers who love to climb, jump & play

Ages: 0 - 3 yrs.

- **Gymstars:** 11:15 - 12:00, 13:15 - 14:00 & 14:15 - 15:00.

Gymnastics sessions for pre-schoolers

Ages: 3 - 4 yrs.

Dates: 22 Apr - 27 May & 10 Jun - 15 Jul.

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU. 07950 467796. www.swimworks.co.uk.

- **Little Swimmers:** 9:30 - 10:00. **Ages:** 2 ½ yrs - 4 yrs.
- **Little Splashers:** 10:00 - 10:30 & 10:30 - 11:00.
Ages: 16 mths - 2 ½ yrs.
- **Baby Splashers Advanced:** 11:00 - 11:30, 11:30 - 12:00, 13:30 - 14:00, 14:00 - 14:30 & 14:30 - 15:00.
Ages: 8 mths - 16 mths.
- **Baby Splashers Beginners:** 12:00 - 12:30. **Ages:** 4 - 8 mths.
- **Baby & Pre-school Catch-up:** 15:00 - 16:00. **Ages:** 0 - 4 yrs.
Cost: Free (*booking essential*).
- **Level 3:** 16:00 - 16:30 & 17:30 - 18:00. **Ages:** 4 - 10 yrs.
- **Adult Beginners:** 19:15 - 19:45.
- **Level 2:** 16:30 - 17:00. **Ages:** 4 - 10 yrs.
- **Level 1:** 17:00 - 17:30. **Ages:** 4 - 10 yrs.
- **Level 4:** 18:00 - 18:30. **Ages:** 4 - 10 yrs.

Cost: £11 - 13 per session (*booking essential*).

Dates: 15 Apr - 3 Jun.

FRIDAY

MUSIC & SIGNING

BilinguaSing Warwickshire

Jaguar Sports & Social Club, Fenton road, Off Browns Lane, Coventry, CV5 9PS. 07815 149877. bilinguasing.com.

- **We Sing Spanish:** 10:00 - 10:45.

Mixed aged family Spanish music class for 0-4 year olds.

Ages: 1 mths - 4 yrs 11 mths.

- **We Sing Italian:** 11:15 - 12:00.

Mixed aged family Italian music class for 0-4 year olds.

Ages: 1 mths - 4 yrs 11 mths.

Cost: £6.50 per session (*booking essential*).

Dates: 16 Apr - 28 May & 11 Jun - 16 Jul.

Rhythm Time

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL. 07469 186042. www.rhythmtime.net.

Fun, developmental music classes.

- **Toddlers:** 9:30 - 10:00. **Ages:** 1 yrs 2 mths - 3 yrs.
- **Pre-School:** 10:30 - 11:00. **Ages:** 3 - 4 yrs.
- **Babies:** 11:30 - 12:00. **Ages:** 6 mths - 13 mths.
- **Young Babies:** 12:30 - 13:00. **Ages:** 0 - 6 mths.

Cost: £6.40 per session (*booking essential*).

Dates: 23 Apr - 28 May & 11 Jun - 16 Jul.

SENSORY & DEVELOPMENT

Amber's Language, Music & Play

Online. 02475010568. www.childrensfrenchclasses.co.uk.

- **Fun French Thursdays:** 10:00 - 10:15. **Ages:** 13 mths - 3 ½ yrs.

Cost: Free (*drop in*). **Dates:** 11 Jun - 9 Jul.

- **Pre-recorded French Class:** Any time **Ages:** 1 ½ yrs - 7 yrs.

Fun, musical French classes, taught over pre-recorded video.

Cost: £3.60 per session (*booking essential*).

Dates: 23 Apr - 21 May & 11 Jun - 9 Jul.

BOOK NOW

Dandy Development

St Mary Immaculate, Warwick, 45 West Street, Warwick, CV34 6AB. 07890 241301. www.dandydevelopment.co.uk.

- **Stage 1:** 9:55 - 10:25. **Ages:** 4 mths - 13 mths.

Cost: £6.80 per session (*booking essential*).

- **Stage 2:** 11:00 - 11:35. **Ages:** 13 mths - 2 ½ yrs.

Cost: £7.20 per session (*booking essential*).

Dates: 14 May - 28 May & 11 Jun - 2 Jul.

BOOK NOW

Glo-Babies

The Kenilworth Centre, Abbey End, Kenilworth, CV8 1QJ. 07956 355729. www.glo-babies.co.uk.

Times: 10:30 - 11:10. **Ages:** 0 - 3 yrs. **Cost:** £5 per session

(*booking essential*). **Dates:** 23 Apr - 28 May.

Spa Babies

Cheswick Green Village Hall, 18 Cheswick Way, Solihull, Birmingham, B90 4JA. www.spababies.co.uk.

Times: 11:00 - 12:00, 12:45 - 13:45, 14:30 - 15:30 & 16:15

- 17:15. **Ages:** 0 - 9 mths. **Cost:** £25 per session (*booking essential*).

Dates: 16 Apr - 28 May & 11 Jun - 16 Jul.

DANCE & DRAMA

Drama Tots

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT. 07793 973541. www.dramatots.co.uk.

- **Rising Stars:** 10:00 - 10:40. **Ages:** 1 ½ yrs - 3 yrs.

- **Bright Stars:** 11:00 - 11:45. **Ages:** 3 - 5 yrs.

Cost: £6.50 per session (*booking essential*).

Dates: 23 Apr - 9 Jul.

Sarah Cooke School Of Dance Ltd

St Peter's Church Rooms, Church Street, Wellesbourne, Warwick, CV35 9LS. 07751 470318.

- **Pre-school Dance:** 14:45 - 15:25.

Ages: 2 - 4 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 23 Apr - 28 May & 11 Jun - 16 Jul.

PHYSICAL FUN

Go4goals Midlands Ltd

Kingsley School Playing Fields, Sandy Lane, Leamington Spa, CV32 6RD. 07747 562469. www.go4goals.co.uk.

- **Football Holiday Camp:** 9:00 - 15:30.

£15 per day/ £37 for 3 days (siblings half price)

Ages: 3 - 12 yrs. **Dates:** 16 Apr & 4 Jun.

LWGC

Leamington & Warwick Gymnastics Club, The Fosse, Fosse Way, Radford Semele, Leamington Spa, CV31 1XN.

01926 614489. www.thegymnasticsclub.co.uk.

- **Little Stars:** 9:15 - 10:00 & 10:15 - 11:00.

Perfect for active toddlers who love to climb, jump & play

Ages: 0 - 3 yrs.

- **Gymstars:** 11:15 - 12:00, 13:15 - 14:00 & 14:15 - 15:00.

Gymnastics sessions for pre-schoolers

Ages: 3 - 4 yrs.

Dates: 23 Apr - 28 May & 11 Jun - 16 Jul.

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU. 07950 467796. www.swimworks.co.uk.

- **Little Swimmers:** 9:30 - 10:00 & 10:30 - 11:00.

Ages: 2 ½ yrs - 4 yrs.

- **Little Splashers:** 10:00 - 10:30 & 14:30 - 15:00.

Ages: 16 mths - 2 ½ yrs.

- **Baby Splashers Advanced:** 11:00 - 11:30, 11:30 - 12:00, 12:30 - 13:00, 13:00 - 13:30, 13:30 - 14:00, 15:00 - 15:30 & 18:45 - 19:15. **Ages:** 8 mths - 16 mths.

- **Baby Splashers Beginners:** 14:00 - 14:30. **Ages:** 4 - 8 mths.

- **Level 1:** 16:00 - 16:30, 16:30 - 17:00 & 18:00 - 18:30.

Ages: 4 - 10 yrs.

- **Level 3:** 17:00 - 17:30. **Ages:** 4 - 10 yrs.

- **Level 2:** 17:30 - 18:00. **Ages:** 4 - 10 yrs.

Cost: £11 - 13 per session (*booking essential*).

Dates: 16 Apr - 4 Jun.

SATURDAY

PARENTS & TOTS

Warwick Preparatory School

Warwick Preparatory School, Banbury Road, Warwick, CV34 6PL. 01926 491545. www.warwickprep.com.

- **Open Morning:** 9:30 - 12:00.

Ages: 1 mths - 10 yrs. **Cost:** Free (*booking essential*).

Dates: 22 May.

DANCE & DRAMA

Drama Tots Kenilworth, Leamington Spa and Warwick

St John's Church, Kenilworth, St John's Church, 205 Warwick Road, Kenilworth, CV8 1HY. 07793 973541. www.dramatots.co.uk.

- **Rising Stars:** 9:30 - 10:10. **Ages:** 1 ½ yrs - 3 yrs.

- **Bright Stars:** 10:30 - 11:15. **Ages:** 3 - 5 yrs.

Cost: £6.50 per session (*booking essential*).

Dates: 24 Apr - 3 Jul.

Sarah Cooke School Of Dance Ltd

Wellesbourne Village Hall, School Street, Wellesbourne, Warwick, CV35 9NH. 07751 470318.

- **Pre-school Dance:** 10:15 - 10:55.

Ages: 2 - 4 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 24 Apr - 22 May & 12 Jun - 10 Jul.

PHYSICAL FUN

Go4goals Midlands Ltd

Kingsley School Playing Fields, Sandy Lane, Leamington Spa, CV32 6RD. 07747 562469. www.go4goals.co.uk.

- **Football Coaching**

Times: 9:00 - 9:40. **Ages:** 2 yrs - 3 ½ yrs.

Times: 9:00 - 10:00. **Ages:** 4 - 6 yrs.

Times: 10:00 - 11:00. **Ages:** 6 - 13 yrs.

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

Dates: 24 Apr - 22 May & 12 Jun - 17 Jul.

DF SPORTS COACHING

Kenilworth School, Leyes Lane, Kenilworth, CV8 2DA. 07931 641540. www.dfsportscoaching.co.uk.

Award winning football sessions.

- **Toddler Kicks:** 9:00 - 9:30. **Ages:** 2 - 3 yrs.

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

- **Mini Kicks:** 9:00 - 9:40. **Ages:** 3 yrs 5 mths - 4 yrs 5 mths.

Cost: £5 per session (*drop in*).

- **First Kicks:** 9:30 - 10:05. **Ages:** 2 yrs 5 mths - 3 yrs 5 mths.

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

- **Girls Only:** 10:00 - 11:00. **Ages:** 6 - 10 yrs.

- **Little Kicks:** 11:00 - 12:00. **Ages:** 4 yrs 5 mths - 6 yrs.

- **Big Kicks:** 12:00 - 13:00. **Ages:** 6 - 10 yrs.

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

Dates: 17 Apr - 24 Apr & 17 Apr - 17 Jul.

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU. 07950 467796. www.swimworks.co.uk.

- **Little Swimmers:** 9:00 - 9:30, 9:30 - 10:00, 11:00 - 11:30 & 15:00 - 15:30. **Ages:** 2 ½ yrs - 4 yrs.

- **Level 2:** 11:30 - 12:00. **Ages:** 4 - 10 yrs.

- **Level 1:** 12:30 - 13:00 & 13:30 - 14:00. **Ages:** 4 - 10 yrs.

- **Level 3:** 13:00 - 13:30. **Ages:** 4 - 10 yrs.

- **Baby Splashers Advanced:** 14:00 - 14:30.

Ages: 8 mths - 16 mths.

- **Little Splashers:** 14:30 - 15:00. **Ages:** 16 mths - 2 ½ yrs.

- **Little Swimmers Advanced:** 15:30 - 16:00.

Ages: 3 ½ yrs - 5 yrs.

Cost: £12 - 15 per session (*booking essential*).

Dates: 17 Apr - 5 Jun.

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing



SUNDAY

SENSORY & DEVELOPMENT

My Baby Spa

Eastern Green Village Hall, Church Road, Eastern Green, Coventry, CV5 7DX. www.mybabyspa.co.uk.

- **My Baby Spa | Coventry**

An award winning spa for 0-12 month old babies

Times: 11:00 - 12:00. **Ages:** 0 - 1 yrs. **Dates:** 18 Apr - 18 Jul.

Times: 12:45 - 13:45. **Ages:** 0 - 1 yrs. **Dates:** 25 Apr - 18 Jul.

Cost: £20 per session (*booking essential*).

- **Baby Massage Masterclass:** 10:30 - 11:30.

Father's Day baby massage masterclass for fathers and babies

Ages: 0 - 7 mths. **Cost:** £12 per session (*booking essential*).

Dates: 20 Jun.

PHYSICAL FUN

DF SPORTS COACHING

Kenilworth School, Leyes Lane, Kenilworth, CV8 2DA.

07931 641540. www.dfsportscoaching.co.uk.

- **Mini Kicks:** 10:05 - 10:45.

Fun pre school football sessions

Ages: 3 yrs 5 mths - 4 yrs 5 mths. **Cost:** £5 per session

(*booking essential*). **Dates:** 18 Apr - 18 Jul.

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU. 07950 467796. www.swimworks.co.uk.

- **Little Swimmers:** 9:00 - 9:30, 9:30 - 10:00, 10:00 - 10:30 & 11:00 - 11:30. **Ages:** 2 ½ yrs - 4 yrs.

- **Little Splashers:** 10:30 - 11:00 & 11:30 - 12:00.

Ages: 16 mths - 2 ½ yrs.

- **Baby Splashers Advanced:** 12:00 - 12:30.

Ages: 8 mths - 16 mths.

- **Level 1:** 12:30 - 13:00, 13:00 - 13:30, 14:00 - 14:30 & 14:30 - 15:00. **Ages:** 4 - 10 yrs.

- **Level 3:** 13:30 - 14:00. **Ages:** 4 - 10 yrs.

- **Level 2:** 15:00 - 15:30. **Ages:** 4 - 10 yrs.

Cost: £12 - 15 per session (*booking essential*).

Dates: 18 Apr - 6 Jun.

Looking for something specific?

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Are you running classes or events?

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Online Activity Guide

toddle^{about}

Loving life with little ones

Your Guide to ONLINE Classes for families with under 5s

Spice up your day with some online pregnancy, baby and toddler classes and activities.

MONDAY

PARENTS & TOTS

EPIC Dad Community Interest Company

07717 744608. www.epicdad.co.uk.

• **EPIC Dad Chat:** 19:00 - 20:00.

www.facebook.com/EPIC-Dad-1827266040860933/

Ages: 0 - 99 yrs. **Cost:** Free (booking essential). **Dates:** 12 Apr - 26 Apr & 10 May - 24 May.

Southwold Library

01502 722519. www.suffolklibraries.co.uk.

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

www.facebook.com/southwoldlibrary

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 12 Apr - 26 Apr.

MUSIC & SIGNING

Abingdon Music Centre

07934 364940. www.abingdonmusic.org.uk.

• **Mini Music Makers:** 9:30 - 10:00.

Making music fun! £4.40/session (£3.90 babies). Pay termly.

Ages: 3 - 5 yrs. **Cost:** £4.40 per session (booking essential).

Dates: 19 Apr - 26 Apr, 10 May - 24 May & 7 Jun - 12 Jul.

BilinguaSing Warwickshire

07815 149877. www.bilinguasing.com.

• **Spanish, Italian & French online:** 10:00 - 10:30.

Online Italian, French & Spanish classes for 0-7 years

Ages: 1 mths - 7 yrs 11 mths. **Cost:** £5 per session (booking essential). **Dates:** 19 Apr - 28 May.

Sing and Sign South Bucks

07709 803633. www.singandsign.co.uk.

• **Stage 1 @Home:** 9:00 - 9:30.

10-week baby signing course.

Ages: 6 mths - 1 yrs 2 mths. **Cost:** £5 per session (booking essential). **Dates:** 26 Apr - 28 Jun.

Sing and Sign Oxford

07795 005832. www.singandsign.co.uk.

• **Stage 1 and 2 @ Home:** Any time.

Ages: 6 mths - 3 yrs. **Cost:** £5 per session (booking essential).

Dates: 27 Apr - 28 Jun.

• **BABES @ Home:** 2:00 - 2:40.

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

Dates: 26 Apr.

Tots Music

07957185753. Helenjosephinemars.wixsite.com.

Times: 10:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £2 per session (drop in). **Dates:** 12 Apr - 24 May.

SENSORY & DEVELOPMENT

Kidslingo Spanish Northants, Towcester & Olney

07772536338. www.kidslingo.co.uk.

Fun Spanish sessions for children

• **Spanish class online:** 16:15 - 16:45.

Ages: 4 - 7 yrs. **Cost:** £12 for 3-week trial (booking essential)

• **Spanish class Online:** 17:00 - 17:40.

Ages: 7 - 11 yrs. **Cost:** £5 per session (booking essential).

Dates: 12 Apr - 24 May & 7 Jun - 12 Jul.

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DANCE & DRAMA

Tot Bop

Available to watch at any time. 01525 237474 / 07775 582791. www.totbop.co.uk.

• **Dance Classes Online:** 9:00 - 9:45.

Ages: 1 - 9 yrs. **Cost:** Free (*booking essential*).

Dates: 12 Apr - 19 Jul.

BOOK NOW

PHYSICAL FUN

Mummy & Baby Buddies

07838 457171. www.mummyandbabybuddies.co.uk.

• **Baby Massage:** 14:00 - 15:00.

Baby Massage 4 Week Online Course

Ages: 2 mths - 1 yrs. **Cost:** £20 per session (*booking essential*). **Dates:** 12 Apr - 26 Apr & 4 May.

HEALTH & WELLNESS

RW Pilates

07734 682019. www.rwpilates1.com.

• **Pilates Online:** 18:30 - 19:30.

Cost: £4.17 per session (*booking essential*). **Dates:** 12 Apr - 10 May.

BOOK NOW

Yoga With Lizzy

07950 573719. www.yogawithlizzy.co.uk.

• **Live online Yoga at home with Lizzy:** 18:45 - 19:45.

www.facebook.com/YogaWalks

Ages: 0 - 99 yrs. **Cost:** £2 per session (*drop in*). **Dates:** 12 Apr - 19 Jul.

YogaBellies Ipswich & Colchester

07305 267820. yogabellies.com.

• **Pregnancy Yoga Online:** 18:30 - 19:45.

Ages: Pregnancy. **Cost:** £12 per session (*booking essential*).

• **Yoga online:** 20:00 - 21:00.

Cost: £8.75 per session (*booking essential*).

Dates: 12 Apr - 10 May.

Yogabellies with Donna

07498 205256.

www.yogabellies.com/teachers/donna-moore

• **Mum and Baby Yoga:** 9:00 - 10:00.

Yoga Classes for mum and baby

Ages: 0 - 6 mths. **Cost:** £11 per session (*booking essential*).

Dates: 17 May - 21 Jun.

PREGNANCY

Cocoon Pre and Postnatal Wellbeing

07709 154584.

www.cocoonpreandpostnatalwellbeing.co.uk.

• **Pregnancy Yoga Online:** 20:00 - 21:00.

5-week pregnancy yoga online

Ages: Pregnancy. **Cost:** £7 per session (*booking essential*).

Dates: 12 Apr - 19 Apr.

Womb to World

www.wombtoworld.co.uk.

• **Hypnobirthing Taster Online:** 19:30 - 20:30.

Ages: Pregnancy. **Cost:** Free (*booking essential*). **Dates:** 26 Apr.

TUESDAY

PARENTS & TOTS

Southwold Library

01502 722519. www.suffolklibraries.co.uk.

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

www.facebook.com/southwoldlibrary

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 13 Apr - 27 Apr.

MUSIC & SIGNING

Abingdon Music Centre

07934 364940. www.abingdonmusic.org.uk.

• **Mini Music Makers**

Making music fun! £4.85 per session.

Times: 10:00 - 10:30. **Ages:** 1 - 5 yrs.

Times: 10:45 - 11:15. **Ages:** 2 mths - 1 yrs.

Cost: £4.85 per session (*booking essential*).

Dates: 20 Apr - 25 May & 8 Jun - 13 Jul.

Mini Music Makers

07846771608. www.minimusicmakers.co.uk.

Times: 10:00 - 10:30. **Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*).

Dates: 13 Apr - 20 Jul.

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Sing and Sign Oxford

07795 005832. www.singandsign.co.uk.

• **Stage 1 and 2 @ Home:** Any time.

Ages: 6 mths - 3 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 28 Apr - 29 Jun.

• **BABES @ Home:** 10:15 - 11:00.

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

Dates: 27 Apr - 25 May.

St Augustine's Church

01473 723960. www.staugustinesipswich.org.uk.

• **Music and Rhyme:** 10:00 - 10:45.

<https://staugustinesipswich.org.uk/kidschurchonline/>

Ages: 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 13 Apr - 25 May & 8 Jun - 20 Jul.

Tadpole Tunes

www.tadpoletunes.co.uk.

• **Tadpole Tunes Online:** 9:30 - 9:55.

Ages: 9 mths - 4 yrs. **Cost:** £2.50 per session (*booking essential*). **Dates:** 20 Apr - 25 May.

SENSORY & DEVELOPMENT

B-Independent Baby Groups

07761 914181. www.b-independent.org.

• **Warrior Bees Nurture Group:** 14:00 - 14:45.

Ages: 0 - 6 mths. **Cost:** £4 per session (*booking essential*).

Dates: 13 Apr - 11 May.

French Frogglers

www.frenchfrogglers.com.

• **Online Trial Class:** 11:00 - 11:30.

A fun online trial class on Zoom

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

Dates: 13 Apr.

• **Termly Classes:** 11:00 - 11:30.

Times: 11:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £5 per session (*booking essential*). **Dates:** 20 Apr - 22 Jun.

BOOK NOW

Kidslingo Spanish Northants, Towcester & Olney

07772536338. www.kidslingo.co.uk.

• **Spanish class online:** 10:00 - 10:30.

Ages: 0 - 4 yrs 11 mths. **Cost:** £12 for 3-week trial (*booking essential*). **Dates:** 13 Apr - 25 May & 8 Jun - 13 Jul.

BOOK NOW

Phonics with Robot Reg Milton Keynes

07809459648. robotreg.co.uk.

• **Preschool Phonics Online:** 9:30 - 10:10.

Ages: 2 ½ yrs - 4 yrs 11 mths. **Cost:** £6.50 per session

(*booking essential*). **Dates:** 20 Apr - 25 May & 8 Jun - 13 Jul.

DANCE & DRAMA

Lunas Dance Project

www.lunasdanceproject.com.

• **Ballet Online:** 10:00 - 10:40.

Ages: 5 - 7 yrs. **Cost:** £8 per session (*booking essential*).

Dates: 27 Apr - 1 Jun.

PHYSICAL FUN

Children Inspired by Yoga (Tunbridge Wells)

07511 048803. www.childreninspiredbyyoga.com.

• **Yoga and Massage Online**

Baby yoga & massage classes from 8 wks

Times: 11:00 - 11:45.

Times: 12:00 - 12:45. **Ages:** 2 - 9 mths.

Cost: £6 per session (*booking essential*).

Dates: 20 Apr - 25 May.

HEALTH & WELLNESS

Beautiful Beginnings

07727 144039. www.beautifulbeginningsbirth.co.uk.

• **Hypnobirthing Group Course:** 19:30 - 22:00.

Online group classes held on Tuesdays 7:30pm. Taster

Ages: Pregnancy.

Cost: £37.50 per session (*booking essential*).

Dates: 13 Apr - 27 Apr, 4 May - 25 May & 8 Jun - 29 Jun.

Bossing your birth - No nonsense, inclusive Hypnobirthing Milton Keynes.

07725109245. www.bossingyourbirth.com.

• **Hypnobirthing Taster Online:** 19:00 - 20:00.

FREE online Hypnobirthing Taster session

Ages: Pregnancy. **Cost:** Free (*booking essential*). **Dates:** 13 Apr.

Yoga With Lizzy

07950 573719. www.yogawithlizzy.co.uk.

• **Live online Yoga at home with Lizzy:** 8:00 - 8:30.

www.facebook.com/YogaWalks

Ages: 0 - 99 yrs. **Cost:** £2 per session (*drop in*). **Dates:** 13 Apr - 20 Jul.

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YogaBellies Ipswich & Colchester

07305 267820. yogabellies.com.

• **Pregnancy Yoga Online:** 18:30 - 19:45.

Ages: Pregnancy. **Cost:** £12 per session (*booking essential*).

• **Yoga online:** 20:00 - 21:00.

Cost: £8.75 per session (*booking essential*).

Dates: 13 Apr - 11 May.

PREGNANCY

Birch Baby Balance

07909 545484. www.birchbabybalance.co.uk.

• **KGHypnobirthing Course:** 18:30 - 21:30.

Ages: Pregnancy. **Cost:** £65 per session (*booking essential*).

Dates: 4 May - 25 May & 6 Jul - 20 Jul.

Loving Hands Baby Massage & Yoga

07850 425136. lovinghandsbabymassage.wordpress.com.

• **Baby Massage:** 11:30 - 12:10.

Loving Hands Baby Massage Online

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

Dates: 13 Apr - 20 Apr.

STORY TIME

Independent Usborne Leader

07739 287168. www.thebookballoon.co.uk.

• **Story Time Online:** 14:00 - 14:20.

Storytime with Catharine's Little Bookshop

Cost: Free (*drop in*). **Dates:** 13 Apr - 29 Jun.

WEDNESDAY

MUSIC & SIGNING

Abingdon Music Centre

07934 364940. www.abingdonmusic.org.uk.

• **Mini Music Makers**

Making music fun! £4.40/session (£3.90 babies). Pay termly.

Times: 10:00 - 10:30. **Ages:** 2 - 3 yrs. **Cost:** £4.40 per session (*booking essential*).

Times: 10:45 - 11:15. **Ages:** 2 mths - 1 ½ yrs. **Cost:** £3.90 per session (*booking essential*).

Dates: 21 Apr - 26 May & 9 Jun - 14 Jul.

Little Signers Club Suffolk

07720 349424. www.littlesignersclub.co.uk.

• **Sing, Sign and Rhyme:** 10:00 - 10:35.

Ages: 5 mths - 3 yrs. **Cost:** £6.60 per session (*booking essential*). **Dates:** 14 Apr - 19 May & 9 Jun - 14 Jul.

• **Baby Signing:** 14:00 - 14:45.

Ages: 3 mths - 3 yrs. **Cost:** £8.25 per session (*booking essential*). **Dates:** 14 Apr - 30 Jun.

• **Toddler Toolkit:** 15:00 - 15:35.

Ages: 1 ½ yrs - 3 yrs. **Cost:** £7 per session (*booking essential*). **Dates:** 14 Apr.

Mini Music Makers

07846771608. www.minimusicmakers.co.uk.

Times: 10:00 - 10:30. **Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*).

Dates: 14 Apr - 14 Jul & 14 Apr - 14 Jul.

Sing and Sign Oxford

07795 005832. www.singandsign.co.uk.

• **Stage 1 and 2 @ Home:** Any time

Ages: 6 mths - 3 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 29 Apr - 30 Jun.

St Augustine's Church

01473 723960. www.staugustinesipswich.org.uk.

• **Happy Hissos:** 9:30 - 11:30.

Toddler Group Activities

Ages: 0 - 5 yrs. **Cost:** Free (*booking essential*).

Dates: 14 Apr - 26 May & 9 Jun - 14 Jul.

CREATIVE

Creative Planet Norwich and East Norfolk

07421 234 055. www.creativeplanet.net.

• **Creative Stars:** 16:00 - 17:00.

Ages: 5 - 11 yrs. **Cost:** £6 per session (*booking essential*).

Dates: 14 Apr - 26 May.

BOOK NOW

The Phonics Fox

07702 183076. www.thephonicsfox.com.

• **Cubs Online:** 10:00 - 10:35. **Ages:** 2 - 5 yrs.

• **Kits Online:** 13:40 - 14:15. **Ages:** 4 - 6 yrs.

Cost: £8 per session (*booking essential*).

Dates: 14 Apr - 21 Apr, 5 May - 26 May & 9 Jun - 23 Jun.

• **Kits Online Trial:** 13:40 - 14:15. **Ages:** 4 - 6 yrs.

Cost: £10 per session (*booking essential*). **Dates:** 14 Apr.

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PHYSICAL FUN

Mummy & Baby Buddies

07838 457171. www.mummyandbabybuddies.co.uk.

- **Baby Yoga:** 10:30 - 11:30.

Baby Yoga 3 Week Online Course

Ages: 2 mths - 1 yrs. **Cost:** £20 per session (*booking essential*). **Dates:** 14 Apr - 28 Apr.

HEALTH & WELLNESS

Bossing your birth - No nonsense, inclusive Hypnobirthing Milton Keynes.

07725109245. www.bossingyourbirth.com.

- **Hypnobirthing Group Course:** 19:15 - 21:45.

Hypnobirthing Group Course

Ages: Pregnancy. **Cost:** £200 per course (*booking essential*). **Dates:** 5 May - 26 May.

Yoga With Lizzy

07950 573719. www.yogawithlizzy.co.uk.

- **Live online Yoga at home with Lizzy:** 8:00 - 9:00.

www.facebook.com/YogaWalks

Ages: 0 - 99 yrs. **Cost:** £2 per session (*drop in*). **Dates:** 14 Apr - 14 Jul.

YogaBellies Ipswich & Colchester

07305 267820. yogabellies.com.

- **Yoga online:** 20:15 - 21:15.

Cost: £8.75 per session (*booking essential*). **Dates:** 14 Apr - 12 May.

PREGNANCY

Birth Baby Balance

07909 545484. www.birthbabybalance.co.uk.

- **Comprehensive Antenatal Course:** 19:00 - 21:30.

Six week antenatal course via Zoom

Ages: Pregnancy. **Cost:** £37.83 per session (*booking essential*). **Dates:** 28 Apr - 2 Jun.

Birth Right Hypnobirthing

07817 233480. www.birtright-hypnobirthing.co.uk.

- **Hypnobirthing Online Courses:** 19:00 - 22:00.

Online Full Antenatal course including KGHypnobirthing

Ages: Pregnancy. **Cost:** £275 per session (*booking essential*). **Dates:** 5 May - 26 May & 9 Jun - 30 Jun.

BABY MASSAGE

Fen and Seren - The Garden Salon.

07828 681908. www.facebook.com.

- **Baby Massage:** 9:30 - 10:15.

Online Baby Massage Group

Cost: £8 per session (*booking essential*). **Dates:** 21 Apr - 19 May.

THURSDAY

PARENTS & TOTS

Southwold Library

01502 722519. www.suffolklibraries.co.uk.

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

www.facebook.com/southwoldlibrary

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 22 Apr.

MUSIC & SIGNING

Abingdon Music Centre

07934 364940. www.abingdonmusic.org.uk.

- **Mini Music Makers:** 9:45 - 10:15.

Ages: 1 ½ yrs - 2 ½ yrs. **Cost:** £4.40 per session (*booking essential*). **Dates:** 22 Apr - 27 May & 10 Jun - 15 Jul.

Monkey Music Oxford

01235 519806. www.monkeymusic.co.uk.

Award-winning preschool music classes

- **Heigh-Ho Live Streamed:** 9:40 - 10:10. **Ages:** 1 - 2 yrs.

- **Jiggety-Jig Live Streamed:** 10:20 - 10:50. **Ages:** 2 - 3 yrs.

- **Rock'n'Roll Live Streamed:** 11:00 - 11:30.

Ages: 3 mths - 1 yrs.

- **Ding-Dong Live Streamed:** 11:40 - 12:10. **Ages:** 3 - 4 yrs.

Cost: £8 per session (*booking essential*).

Dates: 22 Apr - 27 May & 10 Jun - 15 Jul.

Sing and Sign Oxford

07795 005832. www.singandsign.co.uk.

- **Stage 1 and 2 @ Home:** Any time

Ages: 6 mths - 3 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 30 Apr - 1 Jul.

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SENSORY & DEVELOPMENT

Amber's Language, Music & Play

02475010568. www.childrensfrenchclasses.co.uk.

• **Fun French Thursdays:** 10:00 - 10:15.

Ages: 13 mths - 3 ½ yrs. **Cost:** Free (drop in).

• **French Zoom classes:** 16:00 - 16:30.

Fun, musical, interactive French classes taught over Zoom.

Ages: 6 yrs - 8 yrs 11 mths. **Cost:** £6 per session (booking essential).

Dates: 22 Apr - 20 May & 10 Jun - 8 Jul.

BOOK NOW

Phonics With Robot Reg

07957 688101. www.robotreg.co.uk.

• **Pre School Phonics Online:** 13:45 - 14:30.

www.robotreg.co.uk/pages/manningtree-clacton-north-colch

Ages: 2 - 4 yrs. **Cost:** £7 per session (booking essential).

Dates: 15 Apr - 27 May & 10 Jun - 24 Jun.

HEALTH & WELLNESS

Mini First Aid Oxfordshire

Oxfordshire.minifirstaid.co.uk.

• **Baby & Child First Aid Online:** 19:00 - 21:00.

Ages: Pregnancy. **Cost:** £20 per session (booking essential).

Dates: 15 Apr.

RW Pilates

07734 682019. www.rwpilates1.com.

• **Pilates Online:** 20:00 - 21:00.

Cost: £4.17 per session (booking essential).

Dates: 15 Apr - 13 May.

BOOK NOW

Simply Balance

www.simplybalanceyoga.com.

• **Yoga Class Online:** 10:00 - 11:00.

Online Yoga

Cost: Free (drop in). **Dates:** 15 Apr - 15 Jul.

Yoga With Lizzy

07950 573719. www.yogawithlizzy.co.uk.

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

www.facebook.com/YogaWalks

Ages: 0 - 99 yrs. **Cost:** £2 per session (drop in). **Dates:** 15 Apr - 15 Jul.

PREGNANCY

Birth Baby Balance

07909 545484. www.birthbabybalance.co.uk.

• **Breathing for Labour classes:** 19:30 - 20:30.

Ages: Pregnancy. **Cost:** £8 per session (booking essential).

Dates: 15 Apr - 15 Jul.

Calm Mama Collective

07545 171166. www.calmmamacollective.co.uk.

• **Group Hypnobirthing Class:** 19:30 - 22:00.

10 Hour Hypnobirthing Course

Ages: Pregnancy. **Cost:** £175 per session (booking essential).

Dates: 6 May - 27 May & 3 Jun - 24 Jun.

Pregnancy Yoga with Gemma

07525 029543. www.yogawithgemma.co.uk.

• **Pregnancy Yoga:** 19:15 - 19:15.

Pregnancy Yoga - suitable for all abilities

Ages: Pregnancy. **Cost:** £6 per session (drop in).

Dates: 15 Apr.

STORY TIME

Independent Usborne Leader

07739 287168. www.thebookballoon.co.uk.

• **Story Time Online:** 18:00 - 18:20.

The Book Balloon Online Story Time

Cost: Free (drop in). **Dates:** 15 Apr - 1 Jul.

FRIDAY

PARENTS & TOTS

Southwold Library

01502 722519. www.suffolklibraries.co.uk.

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

www.facebook.com/southwoldlibrary

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 16 Apr & 30 Apr.

MUSIC & SIGNING

Abingdon Music Centre

07934 364940. www.abingdonmusic.org.uk.

• **Mini Music Makers:** 10:00 - 10:30.

Making music fun! £4.40/session (£3.90 babies). Pay termly.

Ages: 3 - 5 yrs. **Cost:** £4.40 per session (booking essential).

Dates: 23 Apr - 28 May & 11 Jun - 16 Jul.

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June Chatterbox Tunes

07851 353396. www.facebook.com.

- **Music and Movement Online:** 23:00 - 23:35.

Interactive music and movement class

Ages: 3 mths - 4 yrs. **Cost:** £4.50 per session (*drop in*). **Dates:** 16 Apr - 14 May.

BOOK NOW

Mini Music Makers

07846771608. www.minimusicmakers.co.uk.

Times: 10:00 - 10:30. **Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*).

Dates: 16 Apr - 16 Jul.

Sing and Sign Oxford

07795 005832. www.singandsign.co.uk.

- **Stage 1 and 2 @ Home:** 0:01 - 23:59.

Ages: 6 mths - 3 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 1 May - 2 Jul.

SENSORY & DEVELOPMENT

Amber's Language, Music & Play

02475010568. www.childrensfrenchclasses.co.uk.

- **Fun French Thursdays:** 10:00 - 10:15.

Ages: 13 mths - 3 ½ yrs. **Cost:** Free (*drop in*).

Dates: 11 Jun - 9 Jul.

- **Pre-recorded French Class**

Fun, musical French classes, taught over pre-recorded video.

Times: 9:00 - 9:30. **Ages:** 1 ½ yrs - 6 yrs 11 mths. **Cost:** £3.60 per session (*booking essential*).

Dates: 23 Apr - 21 May & 11 Jun - 9 Jul.

BOOK NOW

French Frogglers

www.frenchfrogglers.com.

- **Online Trial Class:** 11:00 - 11:30.

A fun online trial class on Zoom

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

Dates: 16 Apr.

- **Termly Classes:** 11:00 - 11:30.

Times: 11:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £5 per session (*booking essential*). **Dates:** 23 Apr - 25 Jun.

BOOK NOW

CREATIVE

Creative Planet Norwich and East Norfolk

07421 234 055. www.creativeplanet.uk.

- **Space to Create:** 19:30 - 21:30.

Cost: Free (*booking essential*). **Dates:** 23 Apr & 7 May.

BOOK NOW

DANCE & DRAMA

Leap Dance Midlands

07961754870. www.leapdancemidlands.co.uk.

- **LEAP DANCE:** 0:00 - 0:30.

Ages: 0 - 8 yrs. **Cost:** Free (*booking essential*).

Dates: 17 Apr - 16 Jul.

Synergy Dance

07713254260. synergy-dance-online.teachable.com.

- **Dance and Yoga Online:** 12:00 - 12:30.

Online Dance & Yoga classes, can be accessed at any time

Ages: 4 - 80 yrs. **Cost:** £0.99 per session (*drop in*).

Dates: 16 Apr - 11 Jun.

PHYSICAL FUN

Mummy & Baby Buddies

07838 457171. www.mummyandbabybuddies.co.uk.

- **Tummy Time Workshop:** 10:00 - 11:30.

Tummy Time Workshop

Ages: 0 - 6 mths. **Cost:** £10 per session (*booking essential*).

Dates: 23 Apr.

HEALTH & WELLNESS

Lisa Valentine Yoga

07957 215495. lisavalentinyoga.co.uk.

- **Yoga Online:** Monthly Subscription.

Cost: £20 per month (*booking essential*).

BOOK NOW

Yoga With Lizzy

07950 573719. www.yogawithlizzy.co.uk.

- **Live online Yoga at home with Lizzy:** 8:00 - 8:50.

www.facebook.com/YogaWalks

Ages: 0 - 99 yrs. **Cost:** £2 per session (*drop in*).

Dates: 16 Apr - 16 Jul.

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PREGNANCY

About Birth & Babies

01508 536990. www.aboutbirthandbabies.co.uk.

• **Antenatal Courses:** 19:00 - 21:00.

Ages: Pregnancy. **Cost:** £16 per session (*drop in*). **Dates:** 23 Apr - 30 Apr.

Calm Mama Collective

07545 171166. www.calmmamacollective.co.uk.

• **Group Hypnobirthing Class:** 20:00 - 22:30.

10 Hour Hypnobirthing Course

Ages: Pregnancy. **Cost:** £175 per course (*booking essential*).

Dates: 16 Apr - 23 Apr.

SATURDAY

MUSIC & SIGNING

Little Signers Club Suffolk

07720 349424. www.littlesignersclub.co.uk.

• **Online 6 weeks Sing, Sign & Rhyme:** 10:00 - 10:35.

Ages: 4 mths - 4 yrs. **Cost:** £6.60 per session (*booking essential*). **Dates:** 17 Apr - 22 May & 12 Jun - 17 Jul.

Sing and Sign Oxford

07795 005832. www.singandsign.co.uk.

• **Stage 1 and 2 @ Home:** Watch any time.

Ages: 6 mths - 3 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 2 May - 3 Jul.

DANCE & DRAMA

Lunas Dance Project

www.lunasdanceproject.com.

• **Ballet Online:** 9:30 - 10:00.

Ages: 5 - 7 yrs. **Cost:** £7 per session (*booking essential*).

Dates: 17 Apr - 12 Jun.

HEALTH & WELLNESS

Lisa Valentine Yoga

07957 215495. lisavalentineyoga.co.uk.

• **Yoga Online:** 10:00 - 10:00.

Cost: £10 per session (*booking essential*).

Dates: 17 Apr - 24 Apr.

BOOK NOW

Simply Balance

www.simplybalanceyoga.com.

• **Yoga Class Online:** 10:00 - 11:00.

Cost: Free (*drop in*). **Dates:** 17 Apr - 17 Jul.

SUNDAY

MUSIC & SIGNING

Sing and Sign Oxford

07795 005832. www.singandsign.co.uk.

• **Stage 1 and 2 @ Home:** Watch any time.

Ages: 6 mths - 3 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 26 Apr - 27 Jun.

PREGNANCY

Yogabellies with Donna

07498 205256.

• **Pregnancy Yoga Online:** 18:30 - 19:45.

Yoga classes for expectant mums

Ages: Pregnancy. **Cost:** £12 per session (*booking essential*).

Dates: 18 Apr - 9 May.

STORY TIME

Independent Usborne Leader

07739 287168. www.thebookballoon.co.uk.

• **Story Time Online:** 19:00 - 19:20.

Story Time Online with Busy Bee Books

Cost: Free (*drop in*). **Dates:** 18 Apr - 4 Jul.

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let people know you are
doing the right thing"

- JOHN D. ROCKEFELLER

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