

Tennis Tykes

The fun and educational tennis play, skills and coaching programme. We provide tennis classes for children up to the age of 6. The classes develop children's basic co-ordination skills, gross and fine motor control, agility and balance and at the same time also promote social interaction and develop confidence, language and listening skills with stickers and charts for every child.

Baby Ballet

This class, aimed at some of our youngest members, uses ballet moves to help your child become more active. They will also learn coordination and balance as well as how to follow instructions. Ballet is a fantastic activity for developing strength, flexibility and movement.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10+ Years							
Cardio (Gym Floor)			4 – 4.30pm (PT's)		4.30 – 5pm (PT's)	9.30 – 10am (PT's)	
Dance Class (Grace)				4:30-5:30 (S2)			

Cardio

Our junior members aged 10 and over will have the opportunity to use the cardio equipment under the supervision of a Personal Trainer. As this is not an instructor led class, children are able to explore different types of cardio equipment at their own pace. However, a trainer is always on hand to help where needed, answer any questions and most importantly, to ensure the children exercise safely.

# Crèche opening times

- Monday- 9:00am – 3:00pm
- Tuesday 9.00am-1:30pm/4.00pm-7.00pm
- Wednesday 9.00am-1:30pm/4.00pm-7.00pm
- Thursday 9:00am – 3:00pm
- Friday 9:00am – 3:00pm
- Saturday 9:00am – 1:00pm
- Sunday 9:00am – 1:00pm
- Bank Holidays hours 9.00am-1.30pm

Speak to one of the Crèche team to book on 0161 249 5624



# Junior Programme Didsbury

Gyms + Health Checks + Physio + Hospitals

	Mon	Tue	Wed	Thu	Fri
Parent and baby/toddler groups					
Mummy Fit (S1) **	9:45-11:15		9:45-10:30		9:45-11:15
Restore your core **		11:30-12:45 (S2)			
Hart Beeps- Bells			1pm-1:45pm (S2)		
Hart Beeps- Beeps			2pm-2:45 (S2)		
Hart Beeps- Happy House			3:30pm-4:00pm (S2)		
Rhythm & Rhyme Baby Class				10am-10:45am (S1)	
Rhythm & Rhyme Toddler Class				11am-11:45am (S1)	

**\*\*Mummy Fit** -Group exercise & nutrition advice adapted for all stages of pre & postnatal mums. To book call 07412623055 or 07397527783 or email [info@mummyfituk.co.uk](mailto:info@mummyfituk.co.uk).

**\*Restore Your Core-** our postnatal yoga classes are a great way of bonding with your baby and meeting other new mums whilst regaining your strength and energy. All experience levels welcome so don't worry if you've never done yoga before. Jaina 07738390113 or jaina.bhana-mistry@lushtums.co.uk

**\*Hart Beeps-** Hartbeeps take you and your little one on a different sound journey every week... exploring real life from the safety of our beautiful sets... we set the scene, tell the story and make magic happen! Classes include music, puppets, laughter and fun! **Bells-** new born to sitting unaided, **Beeps-** Sitting unaided – actively crawling and **Happy House-** toddler's right up to the age of 6 years and their siblings

#### \*Rhythm & Rhyme

A rich mix of musical fun. Our multi - sensory sessions are packed with songs, dance, bubbles and balls, percussion, puppets and parachute play. Activities are specifically designed to target areas of your child's development while you both have a brilliant time! Contact Laura on 07795484494

#### Yoga & Movement/Family Yoga

Yoga is popular and can help to relax a busy mind as well as improve strength and flexibility. It can also have similar benefits for children. This class will help children to learn more about how their body moves, encourage good posture and help them to gain techniques to aid relaxation.

#### \*\*Taekwondo

Nuffield Health members get 2 free trial classes per child contact Marc on 07800808256 [info@reactioncombatfitness.com](mailto:info@reactioncombatfitness.com)  
A Taekwondo program for children 5 years and over focuses on Communication & Inspirational Discipline. As your children develop they will learn core Taekwondo skills, such as: patterns, sparring and self defence

\*Limited spaces for members, contact relevant instructors to book on to class.

\*\* Class not included in membership, contact relevant instructors to book on to class.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
4-7 Years							
Family Yoga		4:15pm-5:15pm (S3)					1 <sup>st</sup> Sunday of every month
Baby Ballet* (Crèche with Kate)				11.30am – 12 noon			
*Yoga & Movement (S1)	5:15-6:00 (Charlotte)						
Dance Class (Grace)		5:15pm-6:00pm (S2)					
Tennis Tykes**	2-4 Years 1:30pm-2.15pm			4-8 Years 5.15pm-6:00pm			

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7-9 Years							
Taekwondo**		5:00pm-6:00pm (Marc)					
Yoga & Movement (S1)			5:15pm-6:00pm (Charlotte)				
Family Yoga		4:15pm-5:15pm (S3)					1 <sup>st</sup> Sunday of every month
Dance Class (Grace)	4:30pm 5:30pm (S2)						