

What's On Guide – June 2018

Please call 01422 266197 for more information

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



For more information
please call Elland
Children's Centre
on 01422 266197

**Sure Start
Children's Centres**

Lower Valley

123

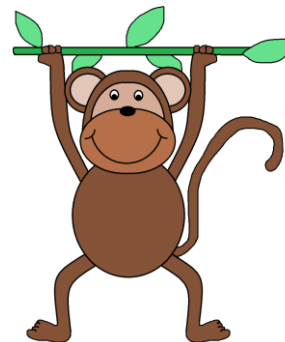
Tiny Treasures

For 0 - walking
Every Tuesday
1.00pm – 2.30pm
No need to book!!
£1.50 per family



Messy Monkeys

For walking to 5 years
Every Thursday
1.00pm – 2.30pm
Just drop in!
£1.50 per family



Parent & Baby Pilates

Friday 8th — 29th
June 2018

10.00am —
11:00am
Suitable for
children aged 6
weeks +
To book a place
please call
01422 266197

Activity	Date/day	Time	Details
Tiny Treasures	Every Tuesday	1.00pm – 2.30pm	This is a chance for your baby to play and engage in activities with babies of a similar age. There are lots of activities to do and it is also a great chance for new mums to chat and share experiences.
Messy Monkeys	Every Thursday	1.00pm – 2.30pm	This “does what it says on the tin”! Messy play for the kids (and adults). Advice on any parenting issues is available if you need it.
Parent & Baby Pilates	Friday 8 th – 29 th June	10.00am - 11.00am	Our 4 week parent & baby Pilates class is unique and fun which aims to promote health and wellbeing in the post-natal population. Exercises focus on general strengthening and toning post-pregnancy with particular attention to the abdominals, gluteal and pelvic floor. Babies are welcome from birth and can join in from 6 weeks onwards (once they’ve had their initial check up). Mums should be able to participate from 8—10 weeks if they had a C-section.