

Bookable Block Bookable Drop In Drop In By Appointment Only

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	FYLDE COAST YOUTH ACADEMY BABY BALLET FREE TASTER SESSIONS 10am – 18m to 3yr 11am – 3yr-5yr 11.45 – 18m to 3yr	CLASSES Sensory Nature Exploring Autumn Theme week 1 Crawling to 4 9.45-10.45 £5.00 Lights & Lullabies – Baby Relaxation Newborn to Mobile 11.30-12.15 £4.50	CLASSES Cosy reading session 9.45-10.45 0-4yrs £3.00 KIDSLINGO FUN FRENCH PRESCHOOL CLASSES 11.15-12.00 18M – 4 YEARS	CLASSES Allergy Free MESSY & Sensory Play Newborn to Crawling 9.45-10.30 £5.00 OPEN PLAY WITH SONG & STORY TIME 0-4 11.00-12.15 **£3.00**	CLASSES Babycise Cruising to 18 months 9.45-10.30 £5.00 MESSY & Sensory Play 0-3 years 11.00-12.00 £5.00	ROOMS AVAILABL TO HIRE FOR BIRTHDAYS, BABY SHOWERS AND GENDER REVEAL, PACKAGES AVAILABLE OR ROOM HIRE ONLY
AM		SUPPORT Parenting Well Being Coach – 'Be the best you can be.' By appointment only 10.00-1.00 (Rachael) FREE 15min consultation	SUPPORT Maternity Support Feeding, birth trauma,, vbac, postnatal support and more By appointment only 10.00-1.00 (Katrina)	SUPPORT 5 star Holistic Therapy By appointment only 9.30-1.00 (Ana)	SUPPORT PARENTING GROUP Time for me!!! Pre Crawlers Welcome 10.30-11.30 £5.00 (Rachael)	
PM	Closed ROOMS AVAILABLE TO HIRE ON A BOOKABLE BASIS. £35.00 PER HOUR FOR A GROUP TO USE ALL FACILITIES.	CLASSES Montessori Toddlercise 18m – 4y 1.00-1.45 £5.00 Baby Yoga Stage 1 8 weeks to Crawling 2.00-2.45 £6.00	CLASSES Baby Yoga Stage 2 From mobile to walking 12.30-1.15 £6.00 Craft & Story Time THE VERY HUNGRY CATERPILLAR 1-4 Yrs 1.45-3.00 £6.00	CLASSES **NEW DROP IN** MEET A MUM Advice, play and support 12.15-1.30 £3.50 Baby Massage Health & Relaxation 1.45-2.45 Newborn to Mobile	CLASSES Baby Yoga Stage 1 8 weeks to Crawling 12.45-1.30 £6.00 OPEN PLAY WITH SONG & STORY TIME 0-4 1.45-3.00 **£3.00**	ROOMS AVAILABL TO HIRE FOR BIRTHDAYS, BABY SHOWERS AND GENDER REVEAL, PACKAGES AVAILABLE OR ROOM HIRE ONLY
PM		SUPPORT TAKE TIME OUT – RELAX Relaxation workshops bringing in several methods of relaxation. 4 weeks £30.00 2.00-3.00	SUPPORT Parenting Well Being Coach By appointment only 1.00-3.00 (Rachael) FREE 15min consultation	Baby Carrying Consultant By appointment only 12.00-3.00 (Beki)		
After School/ Evening						

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	FYLDE COAST YOUTH ACADEMY *10am – 18m to 3yr 'Lets Get Moving' *11am – 3yr-5yr Baby Ballet *11.45 – 18m to 3yr 'Lets Get Moving' £6.00 .	CLASSES Sensory Nature Exploring Autumn Theme week 2 Crawling to 4 9.45-10.45 £5.00 Lights & Lullabies – Baby Relaxation Newborn to Mobile 11.30-12.15 £4.50	CLASSES KIDSLINGO FUN FRENCH PRESCHOOL CLASSES 11.15-12.00 18M – 4 YEARS	CLASSES Allergy Free MESSY & Sensory Play Newborn to Crawling 9.45-10.30 £6.00 OPEN PLAY WITH SONG & STORY TIME 0-4 11.00-12.15 **£3.00**	CLASSES Babycise Cruising to 18 months 9.45-10.30 £5.00 MESSY & Sensory Play 0-3 years 11.00-12.00 £5.00	ROOMS AVAILABL TO HIRE FOR BIRTHDAYS, BABY SHOWERS AND GENDER REVEAL PACKAGES AVAILABLE OR RC HIRE ONLY.
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PM	.	SUPPORT TAKE TIME OUT – RELAX Relaxation workshops bringing in several methods of relaxation. 4 weeks £30.00 - 2.00-3.00	SUPPORT Parenting Well Being Coach By appointment only 1.00-3.00 (Rachael) FREE 15min consultation	Baby Carrying Consultant By appointment only 12.00-3.00 (Beki)		
After School Evening				*WELCOME HOME BABY* ANTENATAL INFORMATION WORKSHOP 6.00-8.00PM £30.00 PER COUPLE INCLUDING REFRESHMENTS		

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After School Evening		5 th DECEMBER MUMS SKINCARE AND MAKEUP EVENING				