Moorgate Children's Centre
Autumn 2011 Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Baby Massage A four week course for babies 0 - 12 months. (£10.00/course, £15.00/ twins) Please phone to book your place. For families in the Children's Centre catchment area only.	Childminder Drop In 9.00-11.00am Pop in to meet the childminders and get more information about using local childminders for your child	Toddler Groups 9.15am, 11.00am, 1.00pm Stay and play toddler groups for parents and under 5's. Term time only. Please book your place	Dimples Childminder Drop In 9.00-11.00am Pop in to meet the childminders and get more information about using local childminders for your child	
Moorgate Minis 1.30 - 3.00pm This stay and play session is for children from birth up to 4 years and runs every Monday during term time at West End nursery. £1.50 per child and £0.50 per sibling. Please phone to book.	Healthy Heroes Every first Tuesday of the month 1.00pm - 2.00pm Session for children 2 years +. Being healthy made easy. Join us for some monthly fun. £1.00 suggested donation per family. No need to book.	Baby Clinic 2pm-4pm At Hants Lane Clinic Get advice from Health visitors on any queries you have about your child or just pop along to check baby's weight.	Bumps and Babes A friendly and informal group runs weekly and is for pregnant women and parents/ carers with babies up until they are walking. 11.30 - 12.30 babies 0-6 months, 1.00 - 2.00 babies 6-18 months Please note extended age range! £1.50 per child. No need to book.	Breastfeeding Breakfast 10am-11.30am Moorgate Children's Centre Group run by Children's Centre staff supporting you to give your baby the best possible start in life. Please come along and have some breakfast and a chat. No need to book.
Garden Craft FREE 6 week course for children aged 2.5 years and over and their parents. 1.00pm - 3.00pm, Starting 31st October 2011. Make cress heads, herb caterpillars, decorate plant pots and much more. Please phone to book.	Twins Group Every 1st and 3rd Tuesday of the month 2.30pm-4.00pm Drop-in for any family with twins or multiples. Have a chat to other parents, get some new ideas make some new friends. £1.50 for twins per session. No need to book.	Antenatal Yoga Starting on 5th October 6.00pm - 7.30pm. Suitable for women from 17 weeks pregnant. Courses run in 5 week blocks (£25.00 per course). Please phone to book.	FREE swimming At Park Pool all day every Thursday for families registered with the Children's Centre. Just show your membership card at reception. For parents/ carers and their children if there is an under 5 in the family.	Baby Yoga Starting on Friday, 7th October 1.00pm - 3.00pm For babies from birth to pre-crawling. Courses run in 5 week blocks (£25.00 per course). Please phone to book.
	Young Parents' Group for parents aged 23 and under and their children. Join us **every last Tuesday of the month for a chat while the children are playing.** **1.30pm - 3.00pm** No need to book.			

Moorgate Nursery School
Learning through play
& Children's Centre

More things to come this quarter:
5 week drama course
Holiday activities during October half-term
Christmas Party
Tummy Time
Treasure Basket Session

Continuously running groups:
Dads' Group, Healthy Heroes, Young Parents' Group

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