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Clarendon Cubs Nursery

Following the incredible success of our nursery launched in June 2024, we are expanding once again- and our brand new nursery will officially open in January 2027. The new setting has been thoughtfully designed to offer children an inspiring, nurturing and imaginative environment from the moment they arrive. Our team remains deeply committed to delivering exceptional early years care and education, and this new nursery represents another step in our mission to create outstanding spaces where they can truly thrive.

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 **www.clarendoncubsnursery.co.uk**


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WELCOME

TO THE SUMMER ISSUE!



As we head into what is hopefully a season filled with **sunshine, adventures and special family memories**, we've packed this issue with ideas to help you make the most of the summer holidays. Inside, you'll find fantastic days out, crafts, recipes, money-saving vouchers, seasonal inspiration and updates from both familiar faces and new local businesses, all ready to help keep little ones entertained throughout the break.

Our very first **Toddle About LIVE! South Warwickshire** is taking place on **Saturday 20th September at Kings High School, Warwick. Running from 10am-2pm, it's completely free to attend**, with free parking and easy access for families. We've got a wonderful line-up of local businesses joining us, offering everything from **tasters and demonstrations to games, gifts, dry messy play, bouncy castles and even live photography sessions**. It's set to be a brilliant day out and a fantastic opportunity to discover the amazing family-focused businesses right here in our community. I can't wait to meet lots of you there!

Whether you're spending the summer exploring local attractions, enjoying slower days at home, or preparing for an exciting new chapter, I hope this magazine helps make the season a little **easier and a lot more fun**.

Finally, a special **good luck** to all the children starting school this September. It's such a big milestone for the whole family, and I hope those first few weeks are filled with excitement, confidence and plenty of smiles!

Wishing you all a wonderful summer!

Loving life with little ones,

Bethan

OWNER/EDITOR

PS. Subscription to Toddle About is now **FREE FOREVER!** Plus, you get other VIP perks such as automatic entry to exclusive giveaways and freebies. More info at www.toddle.fun/subscribe

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MEET THE TEAM



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Bite SIZED NEWS

Summer Fun with Rhythm Time

Families across Coventry, Rugby and West Northamptonshire are being encouraged to discover the benefits of music-based learning with award-winning classes from Rhythm Time. Recently named one of the UK's Top 100 Children's Activity Providers at the Club Hub Awards, Rhythm Time was recognised for the quality and impact of its sessions. With pay-as-you-go summer holiday classes available and September bookings now open, new families have the perfect opportunity to experience engaging musical activities designed to support early development and learning.

First class free when you book a monthly payment plan using the code '1STFREEMO'

Visit rhythmtime.net/coventry-rugby See P31



Dandy Tops 5000!

Dandy Development is celebrating a major milestone after welcoming its 5,000th booking, marking 5,000 happy families since launching in 2011. The popular classes combine baby sign, music, sensory activities and speech and language therapy techniques, creating a fun and educational experience for both children and their grown-ups. Demand continues to grow, with classes proving more popular than ever. Families interested in joining are encouraged to book early for the autumn term, as places are expected to fill quickly.

Visit www.dandydevelopment.co.uk and get 2 FREE classes when booking a term, quote SUMMER26 at booking See P9



Discover Emscote Pre-School This September

Families in Warwick looking for quality early years childcare can now enquire about available places at Emscote Pre-School from September 2026. Located behind Emscote Infant School, the term-time setting welcomes children aged two to four years and offers funded places, including two-year funding, 15-hour and 30-hour options. Open from 8.30am to 3.45pm, the pre-school also benefits from weekly visits by Mini Movers and Drama Tots, providing children with exciting opportunities for imaginative, creative and physical play. **To schedule a visit, get in touch via www.emscote-preschool.co.uk or call 01926 495619. See P17**

Meet Revive Massage & Scar Therapy at Toddle About LIVE!

Revive Massage & Scar Therapy is helping local mums prioritise their wellbeing this summer with both clinic-based and Wednesday at-home appointments available throughout the school holidays. With massage and scar therapy treatments designed to support recovery, comfort and confidence, Revive offers personalised care tailored to individual needs. And meet the team at Toddle About LIVE! this September, where exclusive show offers will be available. Visitors are encouraged to stop by for a chat and discover how specialist treatments can support their health and wellbeing. www.revivescarterapy.co.uk See P21



Book Your School Shoe Fitting Today

With the new school year fast approaching, families are being encouraged to book school shoe fitting appointments early and avoid the late-summer rush. Expert fitting helps ensure growing feet are properly supported, protecting developing bones and promoting comfort throughout the school day. A wide range of styles and sizes is available, stocking leading brands. Shoes are available for all. Dedicated SEND appointments can also be arranged for children who may benefit from extra support.

Unit 11, Plato Close, T1300, Warwick. Visit www.naturallybaby.co.uk/shoes. Free book for your school library with every pair of school shoes purchased in July and August. See P13





Summer Break Brings New Plans

Cricket Kids is taking a break from their regular Sunday morning classes over the school holidays, but will be back with a bang in September! They are excited to be exploring additional locations for the new academic year, helping even more children discover the fun of cricket. Over the summer, follow Cricket Kids on Instagram for ideas to keep little ones active. They're also running a cricket camp for older children and hope to host some family "Picnic & Play" sessions, so keep an eye on their socials for updates. Visit www.cricketkids.classforkids.io Free trial for Toddle About members Use code CEK755 at checkout [See P35](#)

Award-Winning Story Imagin-ory Expands to Hatton

Award-winning children's storytelling and play class Story Imagin-ory is expanding with new Tuesday sessions launching at Hatton Village Hall from September. Designed for children aged six months to five years, the classes combine interactive storytelling, songs, signing and imaginative play. Ahead of the autumn term, families can enjoy two special summer sessions in August featuring On the Beach and Traditional Tales themes, with complimentary drinks included. Regular Monday classes will continue to run at Lighthorne Heath Village Hall, offering even more opportunities for little ones to learn and explore through play. www.warwickleamingtonspa.storyimaginary.co.uk 15% off first block booking with code TODDLEABOUT15. [See P17](#)



Outstanding Recognition at Feeding Un-Tied Ltd

Feeding Un-Tied Ltd is celebrating exceptional results following its recent inspection by the Care Quality Commission (CQC). The service received an 'Outstanding' rating for care, alongside an overall rating of 'Good', with inspectors praising its safety, effectiveness, responsiveness and leadership. During the inspection process, the CQC visited the clinic on two occasions to observe services in action and review systems, processes and outcomes. Feedback from previous clients was also gathered, highlighting the positive experiences families have received through the service.

Visit www.feeding-untied.co.uk. 10% off Tongue-tie Clinic Appointments, contact directly to claim. [See P21](#)



Discover the Magic of Hartbeeps

Families are invited to discover the magic of Hartbeeps, an award-winning programme that brings early years development to life through imaginative storytelling, original sound journeys and engaging puppet characters. Classes are tailored to different stages, from Baby Bells for newborns and Baby Beeps for sitters and crawlers, to Happy House sessions for toddlers and siblings. Each adventure-filled class is designed to support confidence, creativity and key developmental milestones, while providing a welcoming space where local parents can connect and build lasting friendships. www.hartbeeps.com/leamington-spa-and-warwick Get 15% off your half term block booking, quote TA15 when booking to claim. [See P17](#)



Super Summer Saver Returns!

The multi-award-winning Zoogie Boogie Club is bringing back its popular Super Summer Saver, giving families across Warwickshire the chance to enjoy a summer packed with music, movement and fun. Suitable for children aged nine months to four-and-a-half years, the flexible class bundles allow families to book sessions throughout the holidays at times that suit them. Featuring exciting purpose-built equipment and energetic activities, the offer runs from 13 July to 12 September. Following last year's sell-out success, early booking is strongly recommended. T: 01926 954979 E: contact@zoogieboogie.co.uk mention Toddle About for 25% off your first months membership. [See P8](#)





Feel More Comfortable and Confident After a C-Section

Many mums experience ongoing discomfort from their C-section scar, including tightness,

numbness, itching or pulling sensations that can affect the hips and lower back. Specialist C-section Scar Therapy with Sarah Allen-Reading helps ease discomfort, improve mobility and restore sensitivity. Each session includes personalised aftercare advice and simple techniques for home scar massage, helping clients feel confident supporting their recovery. The focus is not just on how a scar looks, but on improving comfort, confidence and wellbeing.

Visit sarahallenreadingmassage.com or email hello@sarahallenreadingmassage.com
Use TODDLE5 for £5 off. [See P27](#)



Save 10% on Autumn Classes with Sing and Sign

Sing and Sign is expanding its timetable this September with new Stage 2 classes for children aged 1 year 1 month to 2 years 6 months, alongside additional Friday sessions in Earlsdon. Families who book during July can take advantage of a 10% early bird discount on autumn term classes. Suitable from newborn through to adventurous toddlers, Sing and Sign combines music, signing and fun with the much-loved Jessie Cat to support early communication. Families can also experience the programme at the Kenilworth Summer Special on 18 July, with refreshments and sessions for all ages! **Get in touch to try a taster class for just £5.**
E: singandsignaimae@gmail.com
W: singandsign.co.uk [See P25](#)



Discover Little Crackers at Their Information Evening

At Little Crackers, four-year-old Badgers enjoy a nurturing pre-school year designed to build confidence, independence and a love of learning. Play remains at the heart of every day, while children are encouraged to explore, question and make their own choices. Through careful observation and tailored next steps, staff support each child's individual development. Strong links with Crackley Hall help create a smooth transition to school, with familiar faces and surroundings boosting confidence. Families are invited to learn more at the Nursery and Reception Information Evening on Thursday 24 September. **To book your place visit www.littlecrackers.co.uk** [See P27](#)

Award-Winning Tennis Coaching for Little Stars

Families across Warwickshire are invited to discover the award-winning sessions offered by Mini Tennis Stars. Led by qualified LTA coaches, the energetic classes are designed to help children develop tennis skills in a fun, supportive environment. Sessions are tailored to each child's age and ability, allowing them to learn at their own pace while building confidence, coordination and teamwork. The transferable skills gained through tennis provide a strong foundation both on and off the court, making Mini Tennis Stars a fantastic choice for active young learners. W: www.minitennisstars.co.uk
E: hello@minitennisstars.co.uk **Book a free first trial session subject to availability** [See P27](#)



Butterflies, Bugs and Big Savings

Families visiting Stratford-upon-Avon Butterfly Farm this summer can enjoy even greater value, as the attraction takes part in the Great British Summer Savings scheme and passes VAT savings directly on to visitors from 25 June to 1 September. Alongside



exploring the tropical butterfly paradise, guests can take part in daily Butterfly Lifecycle and Meet the Mini-Beast demonstrations at 11am and 3pm in the Discovery Zone. Led by the farm's expert team, these interactive sessions offer a fascinating insight into the world of insects and other mini-beasts. **Visit www.butterflyfarm.co.uk for more information and to book tickets.**

[See P36](#)

Inspired by the World Cup?

Inspired by the excitement of the World Cup, Little Kickers is encouraging young football fans to take their first steps into the game. Designed for children aged 18 months to 8 years, the fun, non-competitive classes use imaginative football-based activities to develop confidence, coordination and social skills. As children progress, they work towards earning badges and certificates that celebrate their achievements and milestones. With a focus on learning through play, Little Kickers offers a fantastic way for children to stay active, make friends and



Stay Safe This Summer at Swim Works

Swim Works is helping children build confidence and stay safe around water this summer with Water Safety Special sessions. Teaching essential life-saving skills, classes cover floating techniques, emergency responses, swimming to safety, rescue awareness and practical PJ swims. The fun and educational sessions give children experience while reinforcing water safety messages. Available throughout the summer holidays, the sessions are priced at just £10, offering an affordable way to help children develop skills that make a real difference. **20% off baby & toddler lessons when you enrol in a term, quote 'Toddle About' when booking. Visit www.swimworks.co.uk. See P17**

TinyTalk Launch Summer Specials

TinyTalk is welcoming families to summer specials, running from 27 July to 20 August. For children from birth to age 5. Sessions combine baby sign, sensory play, themed activities and dedicated social time. These classes support communication, confidence and early development while providing a fun and relaxed environment for families to enjoy together. Open to both existing and new families, the sessions offer a wonderful opportunity to learn, play and make lasting memories over the summer holidays. **£9 per family, to book your place email kirstywilliams@tinytalk.co.uk. Get 10% off a term booking, quote TODDLE10 to claim your discount. www.tinytalk.co.uk See P35**



We're Bringing the Magazine to Life!

Toddle About LIVE! arrives at Kings High School on Saturday 20th September, 10am-2pm. With FREE entry, it's your chance to see the magazine brought to life and discover the very best local businesses for families with babies and young children. Enjoy free bouncy castles, messy play, music, live demonstrations, taster sessions, freebies, goody bags and exclusive event offers. Whether you're looking for classes, activities, products or services, there's something for everyone. Come along, have fun and support the amazing local businesses that make our family community so special!

www.toddle.fun/WARKS. The first 200 visitors receive a goody bag to take home! See P29

Autumn Adventures Await at Arty Splats

Families looking for some autumn magic are encouraged to book early for Arty Splats' hugely popular messy play term. Running over six weeks, the programme offers seasonal sensory adventures, creative activities and plenty of opportunities for little ones to explore through play. With age-specific classes for children from six months to five years, the sessions are designed to inspire curiosity and creativity while creating special family memories. A firm favourite with local families, places regularly sell out well before the term begins.

Visit arty-splats-warwickshire.classforkids.io to book online, 10% OFF your first term booking with code SFL348 See P13



Summer Classes and a New Opportunity at Baby Sensory

The summer holidays may be here, but the fun continues at Baby Sensory Warwickshire. Throughout July and August, families can enjoy exciting themed classes packed with sensory adventures, from becoming superheroes to exploring the depths of the jungle. Each session is designed to stimulate, delight and inspire little ones while supporting their development through play.

Visit www.babysensory.com/warwickshire to book and claim 10% off a term when quoting 'Toddle About'.

Baby Sensory Warwickshire is also recruiting a part-time Class Leader. Anyone interested in joining the team can email warwickshire@babysensory.co.uk for more information. **See P38**



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WHAT YOU WILL NEED:

- Lollipop Sticks
- String
- Craft Beads and jingle bells
- Gems/stickers to decorate (optional)
- Glue & Scissors



INSTRUCTIONS:

1. Gather your supplies: craft beads, string, lollipop sticks (or sticks), jingle bells, glue, scissors (grown-up use only), and stickers/gems.
2. Tie two sticks together in a cross shape using the colourful string - this is your base.
3. Cut four pieces of string, then thread beads and jingle bells onto each string - as long as you like.
4. Tie these beaded strings onto the sticks, hanging them at different lengths for a fun, varied look.
5. Decorate your wind chime with stickers - flowers, sparkles - whatever you like, let your imagination run wild!
6. Hang your finished wind chime in the garden and enjoy the sounds when they catch the breeze!

Craft supplied by our very own Bethan Hill, Franchise Owner of Toddle About West Northants and South Warwickshire.



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SUMMER RECIPE:

CHICKEN AND CHEESE MUFFINS

These savoury muffins are a brilliant way of using up left-over chicken from your Sunday roast. They are so easy to make and are perfect for snacks, lunchboxes or picnics for growing little ones.

Ingredients:

2 medium eggs
150ml milk
75g melted butter
170g grated cheddar cheese

100g cooked chicken
1 carrot, finely grated
½ tsp oregano
250g self-raising flour

Bakes: 12 Muffins

Method:

1. Preheat the oven to 180°C Fan and line a 12-hole muffin tin with silicone muffin cases.
2. Add the eggs, milk and butter to a large bowl and whisk.
3. Add the grated cheese, cooked chicken and grated carrot and mix with a spoon.
4. Finally, add the oregano and flour and mix just enough so that the ingredients are well combined.

5. Divide the mixture between the 12 muffin cases and bake in the oven for 25 minutes.
6. Allow the muffins to cool for a few minutes in the cases before removing.

These muffins will keep in the fridge for up to 2 days and they can also be frozen, just defrost at room temperature for a couple of hours.

Recipe courtesy of **Ciara Attwell**, founder of **My Fussy Eater**. You can find over 500 family-friendly recipes like this in the My Fussy Eater app - packed with meal plans, shopping lists and inspiration to make feeding your family easier than ever. Find out more at www.myfussyeater.com.

Written by
Ciara
Attwell



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www.mybandou.com



BABYPRINTS KEEPSAKES, FROM £45

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www.babyprints.co.uk

10% off for Toddle About, see P23 for T&C's



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www.bloomsbury.com



DRESSING SKILLS BEAN BAGS, £29.95

Help little hands master real-world dressing skills with these Dressing Skills Bean Bags from Learning Resources. The bean bags feature illustrations of 8 commonly used items of clothing or shoes on one side, with their matching fastenings on the other. As they use the zip, toggle, buttons, shoelace and more, children become more confident at getting undressed and dressed on their own. All stored in a drawstring bag.

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A GROWTH MINDSET IN ACTION

10 Ways To Help Your Young Child Foster & Apply a Growth Mindset

by Louise Treherne



You might have heard many times of the term 'Growth Mindset', coined by the psychologist Dr. Carol Dweck. We know it can have a huge impact on how we see ourselves, the world around us and our capability to be successful. But how on earth do we instil this mindset in our toddlers? And what does a growth mindset in action actually look like?

Let's start by looking at the opposite. A child with a fixed mindset, is a child who believes that their capability is fixed; either they can or can't and they will often shy away from taking risks where the outcome might prove the point that they can't. Tasks are approached with the goal of looking smart, mistakes and hard work simply pull their abilities into question.

WHAT'S THE LONG-TERM IMPACT OF ADOPTING A GROWTH MINDSET?

Fostering a growth mindset in your child takes work but the gains are endless. You're literally setting your child up for success by helping them understand their potential to grow and develop. Our view of ourselves determines everything; how we think, feel and behave. If your child sees themselves as someone capable of growth, they are much more likely to try new things, take risks, accept mistakes and learn from setbacks rather than take them personally.

So how do we do it?

10 SIMPLE WAYS TO FOSTER A GROWTH MINDSET...

1 Praise the process not the outcome: If your child only ever hears you praise the success of the outcome, they learn that is the only thing that matters. Instead, look to praise the specific skills they showed or mindset they applied. It might sound like: *"Wow, you completed the puzzle! What really made me smile was how you kept trying different pieces when they didn't work! It was frustrating, but you kept trying!"*

2 Build the narrative that 'challenge' is good: Very early on, children often learn that being challenged and doing something 'hard' is a negative thing. We can easily change this narrative. Think about how they hear you talk about challenge and find opportunities to say, "This is tricky - this is exciting!" or "I haven't tried this before, learning new things is fun!". We know young children watch and learn from how we respond, so let them see you relish the opportunity to stretch yourself rather than be fearful.

3 Remind them of their progress: Children quickly forget the progress they've made and how far they've come. By reminding them that when they started, they couldn't yet do the activity but now they have mastered it, it helps them to understand that 'can't' doesn't mean forever. This might sound like:

"Remember when you first tried putting your coat on yourself? It was tricky and you couldn't do it... now look. You've been practising and now you can!"

4 Model your own growth mindset in action: The easiest way to show your child a growth mindset in action is to narrate your own inner thoughts. This is beneficial not just for them but also makes us more mindful of the way we speak to ourselves! Let them hear self-compassion and reflection rather than negative self talk. This might sound like: *"I'm getting this wrong, that's ok it's something new to me". Or "I need to give myself a chance to learn how to do this".*

5 Learn to laugh at yourself: Learning to laugh at yourself and not taking things too seriously can have a positive impact on your mindset and is a very underrated skill. Teaching our children to put things into perspective and modelling how we can laugh at ourselves when we mess up or make mistakes, means they are much more likely to have a grounded sense of self. This might seem a small thing now, but if they've developed this skill early on, they may be more ready to shrug off a setback or laugh off a misdemeanour as they grow up.

6 Explore the unfamiliar & uncomfortable: Young children love familiarity and predictability. It brings them comfort and confidence. It's also important to find opportunities to try new things and a great way to do this is as a family. Pick an activity that might be new for you all and let your little one see you struggle. It could be climbing, tennis, trampolining... anything goes, but the important thing is they see you getting comfortable with being outside of your comfort zone and being challenged.

7 Model making mistakes: Being accepting of making mistakes rather than crumbling at them is another mark of a growth mindset. You can help your child become more accepting of their own mistakes by modelling this to them. Find opportunities such as when you're cooking and the recipe goes wrong, or while you're drawing or making a birthday card you could misspell a word and show them your reaction. Rather than throw the

cake away or scrunch up the card, say out loud "Oops I got that bit wrong, that's ok I'm learning as I go!". If we want young children to have a positive response to making mistakes, we have to let them see those around them make them and react positively too.

8 Look for the back story: Children are often in awe of those around them who appear to be able to do things they can't. Whether it's their peers or famous people, they often focus on the success and fail to see the back story. What an opportunity while they're young, to help them get curious about what's behind the success! This could be simply saying out loud, "I wonder how they got so good at that?" or "I bet that took lots of hard work".

9 Show me the hard part: Ever heard your little one say, *"It's too tricky! I can't do it!"*? A simple way of helping a young child develop resilience and a growth mindset is helping them get really specific about which part of a task is challenging. When your little one says they want to give up, try saying "Show me the hard part". This encourages them to identify the particular part they're struggling with and helps them see often, it's just one small part of a task rather than the entire thing. Whether it's a Lego brick that won't attach or a sleeve that's inside out, 'show me the hard part' helps them see that the problem is often surmountable.

10 I can't YET: You've probably heard of the power of the word YET. I can't tie my shoe laces... yet. I can't ride my bike without stabilisers... YET. Why not make a 'YET' wall in your kitchen and get the whole family to write on a post-it note something they can't do YET. I'll never forget the impact it had on my boys when I learnt to drive in my late 30s. If you can choose an activity to write on your post-it note that other people your age typically might be able to do (but you can't yet), it's a really powerful thing to model. And of course as you practise and learn, you might all be able to move your post-it notes to the 'CAN' wall and then choose a new 'YET' activity!



Louise Treherne is Head of Families at The Happy Confident Company, where she leads The Happy Confident Club, providing families with the tools and strategies to turn difficult moments into calm, meaningful conversations. Louise is an ex-teacher, deputy head and now a qualified coach. It's free to join the Happy Confident Club at <https://club.happyconfident.com/>

Toddle About readers can save 20% on journals and activities from The Happy Confident Company using code TOD20 at checkout.



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TODDLE MODELS

Baby and Toddler Photo Competition Winner

Thank you to everyone who entered
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Congratulations to little Adaline who has won a **Compact Folding 'Be Fun' Balance Bike**, worth £99!

We received so many gorgeous entries - we hope you enjoy looking through them as much as we have and that this gives all our entrants a lovely keepsake.



Adaline, 7 months old



Find out more: www.befunwheels.com



Aiza, 2 years 3 months



Alettie, 4 years and Loxie, 21 months



Clemmie, 3 years



Elijah, 2 years, 3 months



Emmy, 2 years, 4 months



Felix, 18 months



Gene, 7 months



Heera, 1 year, 11 months



Gracie, 21 months



Henry, 7 months



Isaiah, 22 months



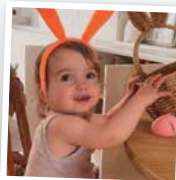
Jack, 4 years



Jos, 2 years, 7 months



Liah, 6 months



Lottie, 1 year, 11 months



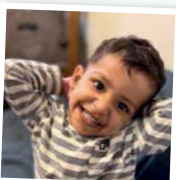
Loughlan, 2 years, 6 months



Maeve, 2 years, 6 months



Tommy, 4.5 years and Margot, 14 weeks



Samarth, 2 years



Sharn, 16 months

TODDLE MODELS



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WORTH
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THE PATH TO PASSION

YOUR PASSIONS MAKE YOU A BETTER MUM.
HERE'S HOW TO FIND THEM AGAIN.



I know the feeling well. The sense that wanting something for yourself – time, space, an interest that has nothing to do with anyone else's needs – somehow makes you a lesser parent. I felt it too, and it's the reason I started Passion Collective in 2014 when I was navigating new motherhood, a demanding career and wondering how on earth other people managed to keep doing the things they loved. Were they just better at this thing called life? They weren't. They'd simply stopped waiting for permission.

THE TRUTH ABOUT "MUM GUILT"

The "Mum Guilt" that rears its ugly head whenever we think about – let alone spend time with – our own passions is a sign that we care. That love is rarely something we want to leave behind. However, the guilt is telling us that we've bought into a story that isn't necessarily true; that a good mother always puts herself last, and wanting more is something to be ashamed of.

The research tells a different story. When we engage consistently with what we love (what academics call "harmonious passions"), we're less stressed, more present, and more patient.

BECOME A PROUD DABBLER

The main barrier we all have is time. We are running through our days, and the thought of dedicating a few hours to anything beyond the day-to-day can feel totally out of reach.

This is where "dabbling" comes in – and bear with me, because it gets an unfair reputation!

We tend to think of dabbling as half-hearted, uncommitted, what you faff around with before

you find your "real" passion. But in my book, *Born to Buzz*, I make the case for being a Proud Dabbler: someone who explores with curiosity and without the pressure to excel or turn a hobby into a million-pound side hustle.

Dabbling is how most people actually find what lights them up. It means we don't have to wait for that thunderbolt moment of clarity; we can try a series of small, low-stakes experiments that gradually point us toward our passions.

AN EASY WAY TO START

First, promise yourself you'll allow one hour this weekend to dabble. If you need to, get your spouse to cover, or even book a babysitter for an hour!

Then, start with one thing that makes you even slightly curious. Try it without expectation. If it sparks something, stay with it. If it doesn't, note what you'll do next.

Now, here's the most important step. If you're comfortable, share your dabbling with a friend. Let's say you've got back into knitting, and for that hour, you knitted half a scarf. It may be unfinished, and perhaps imperfect. Do not let that stop you – share your "dabbling" with someone close to you who'll support you. Tell them what you've done – something like "Ta-da! Look what I've done!" – and see how that feels. Remember that their reaction doesn't matter (although they'll probably be amazed at your progress). Instead, you're proudly embracing your "dabbling".

Above all, even on those long days, remember that you haven't lost yourself in parenthood. You've just been last on your own list for a while. Dabbling is how you find your way back.



*Laura Best is a keynote speaker, coach and bestselling author of **Born to Buzz: How to Spark Your Passions (Without Quitting It All)**. She founded Passion Collective in 2014 to help people rediscover what it means to truly love their lives again. She's also both a mum and stepmum, and can be found at www.passioncollective.co*



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SEPT
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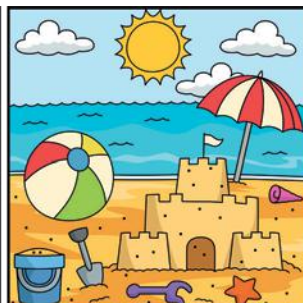
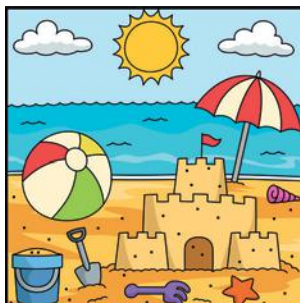


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ANSWERS ON P.42



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The Reality of WORK-LIFE BALANCE

by Tessa Day



Lessons from founder and new mummy Tessa Day, who runs not one, but two businesses

Running a business is often described as a balancing act. Add motherhood into the mix and suddenly that balancing act can feel more like spinning lots of plates at once, hoping none of them fall. As the founder of two businesses and a first-time mum, I've learned that the idea of "work-life balance" is often far from reality - and that's okay.

Becoming a mum was something I had always dreamed about. Working within the children's activities industry meant I spent years supporting families and children's classes across the UK. Through Club Hub UK, I help families discover children's activities, classes and events, while also helping activity providers grow and gain visibility. I loved helping parents discover opportunities for their children, but I also longed to experience that world myself one day - taking my own child along to the very classes I spent so much time promoting and supporting. At times it felt emotional personally too, especially as I struggled with PCOS and our journey to parenthood took longer than we had hoped.

When I finally became a mum, I realised I still deeply loved my work and wanted to continue growing my businesses too. That brought a whole new wave of guilt I wasn't expecting.

I remember going back to work when my baby was just six weeks old to run my long-standing musical theatre kids club, Tessa's Jazz Hands. It wasn't a full-time return to work - it was two hours

on a Thursday! - and when I resumed my Club Hub work, most of it happened during nap times, in the evenings, or in small pockets of time throughout the day.

I quickly realised that working didn't make me any less grateful to be a mum. Continuing to build something I was passionate about helped me still feel like myself during a period where so much of my identity was changing.

One of the biggest lessons I've learned is that balance constantly changes. Some weeks work takes priority, especially in the run up to the Club Hub event. Other weeks family comes first because sleep deprivation or teething have taken over the house. Instead of striving for perfection, I've learned to focus on flexibility.

What keeps me grounded is remembering why I started my businesses in the first place: to create freedom, flexibility, and a better future for my family. Becoming a mum hasn't taken away my ambition - if anything, it's given me even more motivation. I want to create memories, go on more holidays together, build financial security and, hopefully one day, be mortgage free.

I've realised it's okay to love being a mum while still wanting to grow, achieve, and build a successful business alongside it. If you have the passion and motivation for something, becoming a mum doesn't mean your ambitions have to stop - it can simply give them even more purpose.



Tessa Day is the founder of Club Hub UK, helping families discover children's activities, classes, and events across the UK while supporting activity providers and small businesses to grow.
www.clubhubuk.co.uk & www.tessasjazzhands.co.uk

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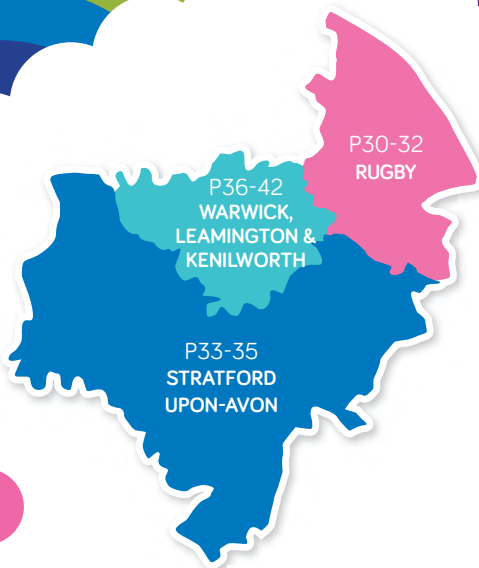
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Daily Activity Planner

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

RUGBY AREA



MONDAY

PARENTS & TOTS

Footsteps @ New Life Church Rugby 9:30 - 11:30.

New Life Church Rugby, 28-42 Railway Terrace, Rugby, CV21 3LJ.
01788 712430.

Ages: 0 - 4 yrs. Cost: £3.50 per session
Dates: 6 Jul - 26 Oct.

Kilsby Playtime

Kilsby Village Hall, Rugby Road, Kilsby, CV23 8XX.
07780 601052.

Times: 9:45 - 11:45. Ages: 0 - 5 yrs. Cost: £2 per session
Dates: 6 Jul - 20 Jul & 7 Sep - 19 Oct.

Noah's Ark Toddler Group

Dunchurch Baptist Church, Coventry Road, Dunchurch, Rugby, CV22 6RF.
07515 472578. www.dunchurchbaptistchurch.org.uk

Times: 9:30 - 11:00. Ages: 0 - 4 yrs. Cost: £2 per session
Dates: 6 Jul - 20 Jul & 7 Sep - 19 Oct

Rugby Elim Tots

The Terrace Church, 54 Railway Terrace, Rugby, CV21 3EX.
www.rugbyelim.org.uk

Times: 9:45 - 11:30. Ages: 0 - 4 yrs. Cost: £1 per session
Dates: 6 Jul - 20 Jul & 7 Sep - 19 Oct.

MUSIC & SIGNING

Dandy Development

Ryton On Dunsmore Village Hall, Ryton On Dunsmore, CV8 3EY.
07890 241301. www.dandydevelopment.co.uk.

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

Ages: 7 mths - 1 yrs 1 mths. Cost: £9 per session (booking essential).

- **Stage 2:** 11:00 - 11:40.

Ages: 1 yrs 2 mths - 2 yrs 6 mths. Cost: £9 per session (booking essential).
Dates: 21 Sep - 19 Oct.

DANCE & DRAMA

Drama Tots Rugby and Lutterworth

Overlade Community Centre, 68 Buchanan Road, Rugby, CV22 6AZ.
07815961449. www.dramatots.co.uk.

- **Rising Stars:** 9:30 - 10:10.
- **Bright Stars:** 10:30 - 11:15.

Cost: £8 per session (booking essential). Dates: 7 Sep - 19 Oct.

SWIMMING

Swim Works

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

- **Little Splashers:** 9:30 - 10:00 & 11:30 - 12:00.
- **Baby Swimming:** 9:30 - 14:30.

Ages: 0 - 5 yrs. Cost: £16 per session
Dates: 6 Jul - 24 Aug & 7 Sep - 26 Oct.

TUESDAY

PARENTS & TOTS

Dunchurch Community Hub & Library

Dunchurch Community Hub & Library, School Street, Dunchurch, Rugby, CV22 6PA.

Storytime with the Pantomaniacs: 10:30 - 11:00.

Ages: 0 - 5 yrs. Cost: Free (drop in). Dates: 7 Jul - 14 Jul.

Ladybirds Stay & Play 9:30 - 11:00

Lawford Light House, Long Lawford Methodist Church, School Street, Rugby, CV23 9AT.

Ages: Pregnancy - 5 yrs. Cost: £1 per session (drop in).
Dates: 7 Jul - 21 Jul & 1 Sep - 20 Oct.

Salvation Army Rugby Toddler Group 9:00 - 11:00

The Salvation Army, Bennfield Road, Rugby, CV21 2AS.
01788 542347. www.salvationarmy.org.uk.

Ages: 0 - 3 yrs. Cost: £1 per session (drop in).
Dates: 7 Jul - 21 Jul & 1 Sep - 20 Oct.

MUSIC & SIGNING

Rhythm Time Coventry, Rugby and West Northants

Binley Woods Village Hall, Rugby Road, Binley Woods, Coventry, CV3 2AX. 07591720345. www.rhythmtime.net.

Toddler Class: 10:00 - 10:30 Ages: 1 - 3 yrs

Baby Class: 10:45 - 11:15 Ages: 2 mths - 1 yrs 1 mths.
Dates: 7 Jul & 8 Sep - 27 Oct.



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SENSORY & DEVELOPMENT

Baby Sensory Rugby & Daventry
 Willoughby Park, Onley Grounds Equestrian Complex, CV23 8AJ.
 07849777705. www.babysensory.com.
 Times: 9:45-10:45, 11:30-12:30 & 13:15-14:15.
 Ages: 0 - 1 yrs 1 mths. Cost: £9 per session (booking essential).
 Dates: 7 Jul - 14 Jul & 1 Sep - 20 Oct.

DANCE & DRAMA

Drama Tots Rugby and Lutterworth
 Overslade Community Centre, 68 Buchanan Road, Rugby, CV22 6AZ.
 07815961449. www.dramatots.co.uk.
All Stars 18m-4yrs - Overslade Community Centre
 Times: 10:30 - 11:15.
 Cost: £8 per session (booking essential).
 Dates: 8 Sep - 20 Oct.

PHYSICAL FUN

Little Kickers
 Cawston Community Hall, Scholars Dr, Cawston, Rugby, CV22 7GU.
 07503 142496. www.littlekickers.co.uk.
Little Kickers 9:30 - 10:15 Ages: 3 - 7 yrs
Junior Kickers: 10:15 - 11:00 Ages: 1 yrs 6 mths - 5 yrs
 Cost: £8.30 per session (booking essential).
 Dates: 7 Jul - 20 Oct.

SWIMMING

Swim Works
 Swim Works Rugby, High Street, Rugby, CV21 4EE.
 07950 467796. www.swimworks.co.uk.
Baby Swimming: 10:30 - 15:00.
 Ages: 0 - 5 yrs. Cost: £16 per session (booking essential).
 Dates: 7 Jul - 27 Oct.




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WEDNESDAY

PARENTS & TOTS

Bilton Evangelical Parent and Toddler Group
 Bilton Evangelical Church, Main Street, Bilton, Rugby, CV22 7NQ.
 01788 817326. www.becchurch.org.uk.
 Times: 10:00 - 11:30. Ages: 0 - 5 yrs. Cost: £1 per session (drop in).
 Dates: 8 Jul - 15 Jul & 2 Sep - 21 Oct.

Coffee Break at St Oswald's Church 9:15 - 10:45
 St Oswald's Church, Lawford Road, New Bilton, Rugby, CV21 2HR. 01788 330440. www.smsso.org.uk.
 Ages: 0 - 4 yrs. Cost: £1 per session (drop in).
 Dates: 8 Jul - 15 Jul & 2 Sep - 21 Oct.

St George's Magic Dragon Parent & Toddler Group
 St Georges Church Hall, St Johns Avenue Hillmorton, Rugby, CV22 5HR. 01788 544630. www.stgeorgesrugby.org.uk.
 Times: 13:30 - 15:00. Ages: 0 - 4 yrs. Cost: £1.50 per session (drop in).
 Dates: 8 Jul - 15 Jul & 2 Sep - 21 Oct.

MUSIC & SIGNING

Rhythm Time Coventry, Rugby and West Northants
 Dunchurch Baptist Church, Coventry Road, Dunchurch, Rugby, CV22 6RA. 07591720345. www.rhythmtime.net.
Toddler Class: 9:45 - 10:15 Ages: 1 yrs 1 mths - 3 yrs
Pre-school Class: 10:30 - 11:00 Ages: 3 - 5 yrs
Baby Class: 11:20 - 11:50 Ages: 2 mths - 1 yrs 1 mths
 Dates: 8 Jul & 9 Sep - 28 Oct.

SENSORY & DEVELOPMENT

Baby Sensory Rugby & Daventry
 Willoughby Park, Onley Grounds Equestrian Complex, CV23 8AJ.
 07849777705. www.babysensory.com.
 Times: 9:45-10:45, 11:30-12:30 & 13:15-14:15.
 Ages: 0 - 1 yrs 1 mths. Cost: £9 per session (booking essential).
 Dates: 8 Jul - 15 Jul & 2 Sep - 21 Oct.

SWIMMING

Swim Works
 Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796.
www.swimworks.co.uk.
Baby Swimming: 9:30 - 13:30.
 Ages: 0 - 5 yrs. Cost: £16 per session (booking essential).
 Dates: 8 Jul - 28 Oct.

THURSDAY

PARENTS & TOTS

Noah's Ark Toddler Group
 Dunchurch Baptist Church, Coventry Road, Dunchurch, Rugby, CV22 6RF. 07515 472578. www.dunchurchbaptistchurch.org.uk.
 Times: 9:30 - 11:00. Ages: 0 - 4 yrs. Cost: £2 per session
 Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct.

MUSIC & SIGNING

Rhythm Time Coventry, Rugby and West Northants
 Brandon Marsh Nature Centre, Brandon Lane, Coventry, CV3 3GW.
 07591720345. www.rhythmtime.net.
Toddler Class: 10:00 - 10:30 Ages: 1 - 3 yrs
Baby Class: 11:00 - 11:30 Ages: 2 mths - 1 yrs 1 mths
 Dates: 9 Jul & 10 Sep - 29 Oct.

SENSORY & DEVELOPMENT

Baby Sensory Rugby & Daventry

Willoughby Park, Onley Grounds Equestrian Complex, CV23 8AJ.
07849777705. www.babysensory.com.
Times: 9:45 - 10:45, 11:30 - 12:30, 13:15 - 14:15 & 15:00 - 16:00.
Ages: 0 - 1 yrs 1 mths. Cost: £9 per session (booking essential).
Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct.

DANCE & DRAMA

Drama Tots Rugby and Lutterworth

Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GU.
07815961449. www.dramatots.co.uk.
Rising Stars: 9:30 - 10:10.
Bright Stars: 10:30 - 11:15.
Cost: £7.50 per session (booking essential).
Dates: 9 Jul - 16 Jul & 10 Sep - 22 Oct.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE.
07950 467796. www.swimworks.co.uk.
Baby Swimming: 9:30 - 14:00.
Ages: 0 - 5 yrs. Cost: £16 per session (booking essential).
Dates: 9 Jul - 29 Oct.

FRIDAY

PARENTS & TOTS

Church Mice

St. Andrew's Church, Church Street, Rugby, CV21 3PT.
www.standrewrugby.org.uk.
Times: 10:00 - 12:00. Ages: 0 - 5 yrs. Cost: Free (drop in).
Dates: 10 Jul - 30 Oct.

MUSIC & SIGNING

Boogie Beanies

Dunchurch Sportsfield & Village Hall, Rugby Road, Dunchurch, Rugby, CV22 6PN. 07766 731542. www.boogiebeanies.com.
Times: 10:00 - 11:00 & 11:20 - 12:20. Ages: 0 - 5 yrs.
Cost: £5 per session (booking essential).
Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct.

Rhythm Time Coventry, Rugby and West Northants

Hillmorton Community Centre, Robbins Court, Rugby, CV22 5HQ. 07591720345. www.rhythmtime.net.

Pre-school Class: 9:45 - 10:15.

Toddler Class: 10:30 - 11:00.

Active Baby/Young Toddler Class: 11:20 - 11:50.

Baby Class: 12:15 - 13:00.

Dates: 10 Jul & 11 Sep - 30 Oct.

DANCE & DRAMA

Drama Tots Rugby and Lutterworth

Wycliffe Rooms, George Street, Lutterworth, LE17 4ED.
07815961449. www.dramatots.co.uk.
Rising Stars: 9:45 - 10:25.
Bright Stars: 10:45 - 11:30.
All Stars: 11:45 - 12:30.
Award winning classes for 18m-4yrs!

Cost: £8 per session (booking essential). Dates: 10 Jul.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE.
07950 467796. www.swimworks.co.uk.
Baby Swimming: 9:30 - 15:00.
Ages: 0 - 5 yrs. Cost: £16 per session (booking essential).
Dates: 10 Jul - 30 Oct.

SATURDAY

MUSIC & SIGNING

Rhythm Time Coventry, Rugby and West Northants

Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GU. 07591720345. www.rhythmtime.net.

Family Session: 10:00 - 10:45.

Ages: 0 - 5 yrs. Cost: £8.25 per session (booking essential).
Dates: 19 Sep, 3 Oct & 17 Oct.

PHYSICAL FUN

Little Kickers

Rugby Free Secondary School, Anderson Ave, Rugby, CV22 5PE.
07503 142496. www.littlekickers.co.uk.

Mega Kickers: 8:30 - 9:15 & 11:10 - 11:55.

Junior Kickers: 8:30 - 9:15 & 10:20 - 11:05.

Mighty Kickers: 9:25 - 10:10, 10:20 - 11:05 & 11:10 - 11:55.

Little Kickers Oxford, Aylesbury & West Oxford: 9:25 - 10:05.

Cost: £8.30 per session (booking essential).

Dates: 11 Jul - 24 Oct.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE.
07950 467796. www.swimworks.co.uk.
Baby Swimming: 9:00 - 12:00.
Ages: 0 - 5 yrs. Cost: £16 per session (booking essential).
Dates: 11 Jul - 24 Oct.

SUNDAY

PHYSICAL FUN

Little Kickers

Rugby Free Secondary School, Anderson Ave, Rugby, CV22 5PE.
07503 142496. www.littlekickers.co.uk.

Junior Kickers: 10:25 - 11:10.

Mighty Kickers: 11:15 - 12:00.

Little Kickers: 8:45 - 9:30 & 9:35 - 10:20.

Cost: £8.30 per session (booking essential).

Dates: 12 Jul - 25 Oct.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE.
07950 467796. www.swimworks.co.uk.
Baby Swimming: 9:00 - 13:00.
Ages: 0 - 5 yrs. Cost: £16 per session (booking essential).
Dates: 12 Jul - 25 Oct.



STRATFORD UPON-AVON AREA

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: 6 Jul - 20 Jul & 7 Sep - 19 Oct.

Mini Tennis Stars

07388007318. www.minitennisstars.co.uk.

Mini Tennis Stars (Heathcote Community Centre): 9:30 - 10:00 & 10:00 - 10:30.

Mini Tennis Stars (Cherinton Village Hall): 16:00 - 16:30 & 16:30 - 17:05.

Ages: 3 yrs - 6 yrs 10 mths.

Cost: £8 per session (booking essential).

Dates: 6 Jul - 27 Jul, 7 Sep - 19 Oct, 6 Jul - 27 Jul & 10 Aug - 28 Sep.

Muddy Munchkins Playgroup

Stratford Park Hotel & Golf Club, Ingon Lane, Stratford-upon-Avon, CV37 0QE. 07894561511
New Theme every month - 8:30 - 10:15
Ages: 0 - 6 yrs. Cost: £7 per session (booking essential).
Dates: 6 Jul - 13 Jul & 20 Jul - 19 Oct.

Snitterfield Rag Tag Baby and Toddler Group 9:45 - 11:45

Snitterfield Village Hall, Bearly Road, Snitterfield, Stratford-upon-Avon, CV37 0JH. 01789 731246.
Ages: 0 - 4 yrs. Cost: £3 per session (drop in).
Dates: 6 Jul - 20 Jul, 14 Sep - 19 Oct & 20 Jul - 24 Aug.

Westgate Children and Family Centre

Westgate Children and Family Centre, Warwick, CV34 4DD.
01926 490629. www.barnardos.org.uk.

Baby Self-Weigh: 14:00 - 16:00.

Dates: 6 Jul - 26 Oct.

MUSIC & SIGNING

TinyTalk Alcester, Stratford & Warwick Villages: 11:00 - 12:00.
Stratford-upon-Avon Methodist Church, Old Town,
Stratford-upon-Avon, CV37 6BG. 07592 234261. www.tinytalk.co.uk.
Ages: 0 - 2 yrs. Cost: £9 per session (booking essential).
Dates: 6 Jul - 13 Jul, 27 Jul - 17 Aug & 7 Sep - 26 Oct.

DANCE & DRAMA

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. Cost: £4 per session (booking essential).
Dates: 7 Sep - 19 Oct.

PHYSICAL FUN

The Mini Movers
Chase Meadow Community Centre, Narrow Hall Meadow, Warwick,
CV34 6BT. 07850 944690. www.theminimovers.co.uk.
The Little Movers
Multi Sports & Multi Skills class
Times: 9:30 - 10:15, 10:30 - 11:15. Ages: 2 - 5 yrs. Cost: £9 per session
(drop in). Dates: 7 Sep - 12 Oct.

HEALTH & WELLNESS

Pilates By Lizzie
JNB Gymnastics Academy, 5 Featherbed Lane, Stratford-upon-Avon,
CV37 0ER. 07931892927. www.pilatesbylizzie.co.uk.
Mum and Baby Pilates: 10:00 - 11:00.
Cost: £14 per session (booking essential).
Dates: 6 Jul - 13 Jul & 7 Sep - 19 Oct.

DAYS OUT - OPEN DAILY

Hatton Adventure World: 10:00 - 17:30
Hatton Adventure World, Dark Lane, Hatton, CV35 8XA. 01926843411
www.adventure.hattonworld.com.
Stratford Butterfly Farm: 10:00 - 17:00
Stratford Butterfly Farm, Swan's Nest Lane, Stratford-upon-Avon, CV37
7LS. 01789 299 288. www.butterflyfarm.co.uk

TUESDAY**PARENTS & TOTS**

Cheeky Chimps Baby & Toddler Group
Ettington Community Centre, Rogers Lane, Ettington,
Stratford-upon-Avon, CV37 7SX.
Times: 9:15 - 11:15. Ages: 0 - 5 yrs. Cost: £3 per session (drop in).
Dates: 7 Jul - 21 Jul & 1 Sep - 20 Oct.

Muddy Munchkins Playgroup: 9:30 - 11:15
Stratford Park Hotel & Golf Club, Ingon Lane, Stratford-upon-Avon,
CV37 0QE. 07894561511.
New Theme every month
Ages: 0 - 6 yrs. Cost: £7 per session (booking essential).
Dates: 7 Jul - 14 Jul & 21 Jul - 20 Oct.

Trinity Tots (Stratford-upon-Avon): 9:00 - 10:30
Ken Kennett Centre, 100 Justin's Avenue, Stratford-upon-Avon, CV37
0DA. 01789 266316. www.stratford-upon-avon.org.
Ages: 0 - 5 yrs. Cost: £1 per session (drop in).
Dates: 7 Jul - 21 Jul & 1 Sep - 20 Oct.

SENSORY & DEVELOPMENT

Hartbeeps Leamington Spa and Warwick
Chase Meadow Community Centre, Narrow Hall Meadow, Warwick,
CV34 6BT. www.hartbeeps.com.
Baby Beeps: 10:00 - 10:45. Ages: 7 mths - 2 yrs.
Baby Bells: 11:15 - 12:00. Ages: 1 - 9 mths.
Cost: £8.50 per session (booking essential).
Dates: 7 Jul - 14 Jul.

Story Imagin-ory Warwick Leamington Spa and Surrounding Areas
Hatton Village Hall, Birmingham Road, Hatton, CV35 7LR.
07845289115. www.warwickleamingtonspa.storyimaginory.co.uk.
Summer Special (Hatton Village Hall): 10:00 - 11:00.
Cost: £10 per session (booking essential). Dates: 4 Aug & 25 Aug.
Story Imagin-ory (Hatton Village Hall): 10:00 - 11:00.
Cost: £7 per session (booking essential). Dates: 8 Sep - 13 Oct.

DANCE & DRAMA

Drama Tots Banbury and Stratford
Shottery Memorial Hall, Hathaway Lane, Shottery, Stratford-upon-Avon,
CV37 9BL. 07359252403.
www.dramatotsbanburystratford.classforkids.io.
All Stars: 9:30 - 10:10.
£8.75 per session (booking essential). Dates: 7 Jul.

PHYSICAL FUN

The Mini Movers
Southam Community Centre, Tiger Moth Drive, Southam, CV47 1AS.
07850 944690. www.theminimovers.co.uk.
The Tiny Movers: 9:30 - 10:15.
Ages: 1 yrs - 2 yrs 6 mths. Dates: 7 Jul & 8 Sep - 13 Oct.
The Little Movers: 10:30 - 11:15.
Ages: 2 - 5 yrs. Dates: 7 Jul - 18 Aug & 8 Sep - 13 Oct.
Cost: £8 per session (booking essential).

HEALTH & WELLNESS

Pilates By Lizzie
JNB Gymnastics Academy, 5 Featherbed Lane, Stratford-upon-Avon,
CV37 0ER. 07931892927. www.pilatesbylizzie.co.uk.
Mixed Level Pilates: 19:30 - 20:30.
Pregnancy Pilates: 18:15 - 19:15.
Dates: 1 Sep - 20 Oct.
Cost: £14 per session

WEDNESDAY**PARENTS & TOTS**

Muddy Munchkins Playgroup: 9:30 - 11:15
Stratford Park Hotel & Golf Club, Ingon Lane, Stratford-upon-Avon,
CV37 0QE. 07894561511.
New Theme every month
Ages: 0 - 6 yrs. Cost: £7 per session (booking essential).
Dates: 8 Jul - 15 Jul & 22 Jul - 21 Oct.

NCT Stratford-upon-Avon and District
NCT Stratford-upon-Avon and District, Venture House,
Stratford-upon-Avon, CV37 0HR. www.nct.org.uk.
Bumps, Babies and Toddlers: 9:30 - 11:30.
Dates: 15 Jul, 5 Aug, 19 Aug, 2 Sep, 16 Sep, 7 Oct & 21 Oct.

Westgate Children and Family Centre
Westgate Children and Family Centre, Bowling Green Street, Warwick,
CV34 4DD. 01926 490629. www.barnardos.org.uk.

Baby Time: 10:00 - 11:30.
Family Time: 11:00 - 12:30.
Baby Chatter Matters: 14:00 - 15:00.
Dates: 8 Jul - 22 Jul.

MUSIC & SIGNING

TinyTalk Alcester, Stratford & Warwick Villages: 11:00 - 12:00
Hatton Village Hall, Birmingham Road, Hatton, CV35 7LR.
07592 234261. www.tinytalk.co.uk.
Ages: 0 - 2 yrs. Cost: £9 per session (booking essential).
Dates: 8 Jul - 15 Jul, 29 Jul - 19 Aug & 9 Sep - 28 Oct.

SENSORY & DEVELOPMENT

Adventure Babies Warwickshire & Coventry
Heathcote Community Centre, Cressida Close, Heathcote, Warwick,
CV34 6DZ. www.adventurebabies.co.uk.
10:30 - 11:15. Ages: 0 - 1 yrs.
11:35 - 12:20. Ages: 0 - 8 mths.
Cost: £9.50 per session (booking essential).
Dates: 8 Jul - 15 Jul & 2 Sep - 21 Oct.
Baby Sensory (S. Warwickshire)
Tiddington Community Centre, Tiddington, Stratford-upon-Avon,
CV37 7AT. 07989 502712. www.babysensory.com.
Times: 10:30 - 11:20 & 11:45 - 12:35. Ages: 0 - 1 yrs 1 mths. Cost: £6.50
per session (booking essential).
Dates: 8 Jul - 15 Jul & 2 Sep - 21 Oct.

HEALTH & WELLNESS

Sweaty Mama Warwick & Leamington
Playbox Theatre, The Dream Factory, Stratford Road, Warwick, CV34
6LE. 07587848121. warwick.sweatymama.com.
Sweaty Mama class: 10:00 - 10:45.
Sweaty Mamalates class: 11:00 - 11:45
Dates: 9 Sep - 14 Oct.

THURSDAY

PARENTS & TOTS

Bishop's Itchington Baby and Toddler Group

Memorial Hall, Fisher Road, Bishop's Itchington, CV47 2RE.
Times: 10:00 - 11:30. Ages: Pregnancy - 5 yrs. Cost: £2 per session
Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct.

Little Fishes Stay and Play Group: 9:00 - 12:00.

Little Fishes, Payton Street, Stratford-upon-Avon, CV37 6UA.
07940321463. www.stratforduponavonbaptist.org.uk.
Ages: 0 - 5 yrs. Cost: £1 per session (drop in). Dates: 9 Jul - 29 Oct.

Little Fishes

Townsend Hall, 52 Sheep Street, Shipston on Stour, CV36 4AE
Times: 9:15 - 11:15. Ages: 0 - 4 yrs. Cost: £3 per session (drop in).
Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct.

Snitterfield Rag Tag Baby and Toddler Group: 9:45 - 11:45.

Snitterfield Village Hall, Bearley Road, Snitterfield, Stratford upon Avon, CV37 0JH. 01789 731246.
Ages: 0 - 4 yrs. Cost: £3 per session (drop in).
Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct.

Stratford Family Club CIC

Stratford Methodist Church, Old Town, Stratford upon Avon, CV37 6BG. stratfordfamilyclub.wixsite.com.

Wesley's Toddlers: 9:45 - 11:30. Playgroup for under 5s

Ages: 0 - 5 yrs. Cost: £2 per session (drop in).
Tilly's: 10:00 - 10:45. Parent carer support group
Ages: 0 - 80 yrs. Cost: Free (drop in).
Dates: 9 Jul - 29 Oct.

Trinity Tots

Holy Trinity Parish Center, Old Town, Stratford-upon-Avon, CV37 6BG.
01789 266316. www.stratford-upon-avon.org.
Times: 13:30 - 15:00. Ages: 0 - 5 yrs. Cost: £1 per session (drop in).
Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct.

Westgate Children and Family Centre

Westgate Children and Family Centre, Bowling Green Street, Warwick, CV34 4DD. 01926 490629. www.barnardos.org.uk.

Family Time: 9:30 - 11:00.

Cost: Free (booking essential). Dates: 9 Jul - 30 Jul.

SENSEY & DEVELOPMENT

Adventure Babies Warwickshire & Coventry

Pebworth Village Hall, Chapel Road, Pebworth, Stratford-upon-Avon, CV37 8XJ. www.adventurebabies.co.uk.

Adventure Babies: 10:30 - 11:15. Ages: 0 - 1 yrs.

Adventure Babies: 11:45 - 12:30. Ages: 0 - 8 mths.

Cost: £9.50 per session (booking essential).

Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct.

DANCE & DRAMA

Krystle Jayne's Dance Academy

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

Pre-Primary Ballet & Tap: 16:30 - 17:15. Ages: 4 - 5 yrs.

Cost: £5 per session (booking essential). Dates: 3 Sep - 22 Oct.

HEALTH & WELLNESS

Pilates By Lizzie

JNB Gymnastics Academy, 5 Featherbed Lane, Stratford-upon-Avon, CV37 0ER. 07931892927. www.pilatesbylizzie.co.uk.

Mum and Baby Pilates: 9:45 - 10:45.

Pilates & Playtime: 11:00 - 12:00.

Mixed Level Pilates: 18:15 - 19:15.

Cost: £10 per session.

Dates: 9 Jul - 27 Aug.

Pregnancy Pilates: 19:30 - 20:30.

Ages: Pregnancy. Cost: £14 per session. Dates: 3 Sep - 22 Oct.

FRIDAY

PARENTS & TOTS

Mini Tennis Stars

Meon Vale Leisure Centre, Meon Vale, Bailey Avenue, Stratford-upon-Avon, CV37 8YE. +447388007318. www.minitennisstars.co.uk.

Mini Tennis Stars (Meon Vale Leisure Centre): 9:15 - 9:45 & 9:45 - 10:15.

Cost: £8 per session (booking essential).

Dates: 10 Jul - 24 Jul, 4 Sep - 23 Oct, 10 Jul - 24 Jul & 7 Aug - 2 Oct.

Muddy Munchkins Playgroup: 9:30 - 11:15.

Stratford Park Hotel & Golf Club, Ingon Lane, Stratford-upon-Avon, CV37 0QE. 07894561511.

Ages: 0 - 6 yrs. Cost: £7 per session (booking essential).

Dates: 10 Jul - 17 Jul & 24 Jul - 23 Oct.

Stockton Toddlersaurs

Stockton Village Hall, Napton Road, Stockton, Southam, CV47 8JX. 01926 814687.

Times: 9:30 - 11:00. Ages: 0 - 4 yrs. Cost: £3 per session (drop in).

Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct.

MUSIC & SIGNING

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

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

Babies: 11:10 - 11:40.

Dates: 10 Jul - 17 Jul & 18 Sep - 23 Oct.

Toddlers: 10:20 - 10:50

Dates: 18 Sep - 23 Oct.

Summer Party Special - Family Session: 10:00 - 11:00.

Summer Party Special - Baby Session: 11:20 - 12:20.

Cost: £11 per session (booking essential).

Dates: 7 Aug.

SENSORY & DEVELOPMENT

Hartbeeps Leamington Spa and Warwick

Heathcote Community Centre, Cressida Close, Heathcote, Warwick, CV34 6DZ. www.hartbeeps.com.

Hartbeeps Happy House: 9:30 - 10:15.

Hartbeeps Baby Beeps: 10:30 - 11:15.

Hartbeeps Baby Bells: 11:45 - 12:30.

Cost: £8.50 per session (booking essential).

Dates: 10 Jul - 17 Jul & 18 Sep - 23 Oct.

DANCE & DRAMA

Drama Tots Banbury and Stratford

Luddington Village Hall, Luddington Road, Luddington, Stratford-upon-Avon, CV37 9SD. 07359252403.

www.dramatotsbanburystratford.classforkids.io.

All Stars: 10:30 - 11:15.

Ages: 1 yrs 6 mths - 5 yrs. Cost: £8.75 per session (booking essential).

Dates: 10 Jul & 4 Sep - 23 Oct.

Summer Special - Mermaids & Pirates: 10:30 - 11:15. Dates: 24 Jul.

Summer Special - Dinosaurs: 10:30 - 11:15. Dates: 31 Jul.

Summer Special - Glasto Tots: 10:30 - 11:15. Dates: 7 Aug.

Ages: 1 yrs 6 mths - 6 yrs.

Cost: £8.50 per session (booking essential).

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.

Mini Movers Street Dance: 17:15 - 17:45.

Cost: £4 per session (booking essential).

Dates: 4 Sep - 23 Oct.

HEALTH & WELLNESS

Pilates By Lizzie

Bishopton Community Centre, Drayton Avenue, Stratford-upon-Avon, CV37 9PB. 07931892927. www.pilatesbylizzie.co.uk.

Pilates & Playtime: 10:30 - 11:30.

Mum and Baby Pilates: 10:15 - 11:15.

12:00 - 13:00. Dates: 10 Jul & 4 Sep - 23 Oct.

Cost: £10 per session (booking essential).

PREGNANCY

NCT Southam & Villages Bumps and Babies: 10:00 - 11:30

Graham Adams Centre, St James Rd, Southam, CV47 0LY.

0300 330 0700. www.nct.org.uk.

Ages: Pregnancy - 2 yrs.

NCT Baby Cafe (Breastfeeding Support Drop In): 10:00 - 12:00.

Free infant feeding support from breastfeeding counsellors.

Dates: 10 Jul - 30 Oct.

SATURDAY

PARENTS & TOTS

Mini Tennis Stars

Stratford-upon-Avon Leisure Centre, Bridgeway, Stratford-upon-Avon, CV37 6YX. 07388007318. www.minitennisstars.co.uk.
9:00 - 9:30 & 10:00 - 10:30.

Ages: 3 yrs - 6 yrs 10 mths. Cost: £8 per session (booking essential).
Dates: 11 Jul - 25 Jul, 11 Jul - 25 Jul & 8 Aug - 26 Sep.

Muddy Munchkins Playgroup: 9:30 - 11:15

Stratford Park Hotel & Golf Club, Ingon Lane, Stratford-upon-Avon, CV37 0QE. 07894561511.

Ages: 0 - 6 yrs. Cost: £7 per session (booking essential).
Dates: 11 Jul & 25 Jul - 17 Oct.

Stratford Family Club CIC

Stratford Methodist Church, Old Town, Stratford upon Avon, CV37 6BG. stratfordfamilyclub.wixsite.com.

Chatter Patch: 9:30 - 10:30.

SEND group for children who are non verbal speech delayed
Ages: 0 - 18 yrs. Cost: Free (drop in). Dates: 11 Jul - 24 Oct.

DANCE & DRAMA

Stagecoach Performing Arts Stratford-Upon-Avon

Stratford-upon-Avon High School, Alcester Road, Stratford-upon-Avon, CV37 9DH. 07483914041. www.stagecoach.co.uk.

2026 Summer Term (Early Stages classes): 9:45 - 11:15.

Ages: 4 - 6 yrs. Cost: £15 per session (booking essential).

PREGNANCY

Katie Jensen Doula - Antenatal & Hypnobirthing

The Heist House, 5-7 High Street, Warwick, CV34 4AP.
07969014301. www.katiejensendoula.com.

Modern Parents Collective: 18:00 - 3:30.

Parenting support course

SUNDAY

PARENTS & TOTS

Mini Tennis Stars

Tiddington Community Centre, 39 Main Street, Stratford-upon-Avon, CV37 7AZ. 07388007318. www.minitennisstars.co.uk.
8:55 - 9:30, 9:35 - 10:05, 10:10 - 10:40 & 10:45 - 11:15.

Ages: 2 yrs - 6 yrs 10 mths. Cost: £8 per session (booking essential).
Dates: 12 Jul - 26 Jul, 6 Sep - 18 Oct, 12 Jul - 26 Jul & 9 Aug - 27 Sep.

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.

Pre-Primary Ballet & Tap: 10:30 - 11:15.

Mini Movers Street Dance: 11:15 - 11:45.

Dates: 6 Sep - 18 Oct.

PHYSICAL FUN

Crickets Kids

The Greig Leisure Centre, Kinwarton Road, Alcester, B49 6AD.
www.crickets-kids.co.uk.

Micro Kids Full Term: 9:15 - 9:50.

Mini Kids Full Term: 10:00 - 10:45.

Mighty Kids Full Term: 11:00 - 11:45.

Cost: £10 per session (booking essential).
Dates: 12 Jul & 13 Sep - 18 Oct.

HEALTH & WELLNESS

Pilates By Lizzie

Bishopston Community Centre, Drayton Avenue, Stratford-upon-Avon, CV37 9PB. 07931892927. www.pilatesbylizzie.co.uk.

Pilates Adventurers age 5-8: 9:00 - 9:45.

Ages: 5 - 8 yrs. Cost: £8.50 per session (booking essential).
Dates: 6 Sep - 18 Oct.

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WARWICK, LEAMINGTON & KENILWORTH AREA

MONDAY

PARENTS & TOTS

Lillingtots and Baby Cafe
 Lillington Free Church Hall, Cubbington Road, Lillington, Leamington Spa, CV32 7AL. www.lillingtonfreechurch.org
 Times: 9:30 - 11:15. Ages: 0 - 4 yrs. Cost: £1 per session (drop in).
 Dates: 6 Jul - 20 Jul & 7 Sep - 19 Oct.

Muddy Puddles Mini Forest School & Tree Tots Woodland Baby Group
 Bramble Wood, Dobson Lane, Whitnash, Leamington Spa, CV31 2SP.
 07730031935.

Muddy Puddles Forest School (Bramble Wood): 10:00 - 11:15.
Tree Tots Woodland Baby Group: 11:30 - 12:30.
 Cost: £7 per session (booking essential).
 Dates: 6 Jul - 13 Jul & 7 Sep - 19 Oct.

MUSIC & SIGNING

BilinguaSing Coventry & Warwickshire
 07815 149877. www.bilinguasing.com
Spanish, Italian & French online: 9:30 - 10:00.
 Ages: 1 mths - 7 yrs 11 mths. Cost: Free (booking essential).
 Dates: 6 Jul - 26 Oct.
 Dale Street Church, Dale Street, Leamington Spa, CV32 5HL.
We Sing Spanish: 10:30 - 11:15.
 Mixed aged family Spanish music class for 0-4 year olds.
Baby Loves Spanish - Birth, Sitting & Crawling babies: 11:30 - 12:15.
 Ages: 1 mths - 1 yrs 4 mths. Dates: 6 Jul - 13 Jul & 7 Sep - 19 Oct.
 Cost: £7.50 per session (booking essential).
 St Barbara's Church, 22 Rochester Road, Earlsdon, Coventry, CV5 6AG.
Home-Ed French Group (4-8 years): 14:15 - 15:00.
 Ages: 4 yrs - 8 yrs 11 mths. Cost: £8 per session (booking essential).
 Dates: 6 Jul - 20 Jul & 7 Sep - 19 Oct.

Rhythm Time Coventry, Rugby and West Northants
 Coundon - Sherbourne Community Church, Holyhead Road, Coundon, Coventry, CV6 1QL. 07591720345. www.rhythmtime.net.

Toddler Class: 10:00 - 10:30.

Baby Class: 10:45 - 11:15.

Dates: 6 Jul & 7 Sep - 26 Oct.

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon
 St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL.
 07469 186042. www.rhythmtime.net.

Toddlers: Times: 9:30 - 10:00.

Dates: 6 Jul - 13 Jul, 14 Sep - 19 Oct & 14 Sep - 19 Oct.
 Times: 10:30 - 11:00. Ages: 1 - 3 yrs. Dates: 6 Jul - 12 Jul.

Babies: 11:30 - 12:00.

Ages: 0 - 1 yrs. Dates: 6 Jul - 13 Jul & 14 Sep - 19 Oct.

Summer Party Special - Family Session: 10:00 - 11:00.

Summer Party Special - Baby Session: 11:20 - 12:20.

Cost: £11 per session (booking essential).

Dates: 27 Jul & 3 Aug. *Subject to change*

SENSORY & DEVELOPMENT

Hartbeeps Leamington Spa and Warwick
 Radford Road Church, Radford Road, Leamington Spa, CV31 1NF.
www.hartbeeps.com.

Hartbeeps Happy House (Radford Road Church): 10:00 - 10:45.

Hartbeeps Baby Beeps (Radford Road Church): 11:00 - 11:45.

Hartbeeps Baby Bells (Radford Road Church): 12:15 - 13:00.

Cost: £8.50 per session (booking essential).

Dates: 6 Jul - 13 Jul & 14 Sep - 19 Oct.

Story Imagin-ory Warwick Leamington Spa and Surrounding Areas
 Lighthouse Heath Village Hall, Upper Lighthouse, Valiant Close, Warwick, CV33 9UF. 07845289115. warwickleamingtonspa.storyimaginory.co.uk.

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

Dates: 6 Jul - 13 Jul & 7 Sep - 12 Oct.



DANCE & DRAMA

Drama Tots Kenilworth, Leamington and Warwick.
Kenilworth Methodist Church, 60 Priory Rd., Kenilworth, CV8 1LQ.
07739657149.
drama-tots-kenilworth-learnington-spa-and-warwick.class4kids.co.uk.
All Stars: 9:30 - 10:10.
Cost: £7.75 per session (booking essential).
Dates: 6 Jul - 13 Jul & 7 Sep - 19 Oct.

PHYSICAL FUN

The Zoogie Boogie Club
The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB.
01926 954979. www.zoogieboogie.co.uk.
Galaxy Explorers (2+ years): 9:30 - 10:15.
Moon Crawler & Walker Combined (8-16 months): 11:35 - 12:20.
Sensory Star Gazers (8+ weeks - 8 months): 13:00 - 13:45.
Cost: Monthly membership
Dates: 6 Jul - 13 Jul & 7 Sep - 19 Oct.

SWIMMING

Swim Works
Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU.
07950 467796. www.swimworks.co.uk.
Baby Swimming: 9:30 - 16:00.
Ages: 0 - 5 yrs. Cost: £16 per session (booking essential).
Dates: 6 Jul - 24 Aug & 7 Sep - 26 Oct.

HEALTH & WELLNESS

Maricarmenfitness
Fiery Feet Studios, 2 Windsor Place, Royal Leamington Spa, CV31 5EN.
07969 188566. www.maricarmenfitness.com.
Mum and Baby Strength: 10:00 - 10:45.
Ages: 4 mths - 5 yrs. Cost: £15 per session (booking essential).
Dates: 6 Jul - 13 Jul & 7 Sep - 19 Oct.
Sweaty Mama Warwick & Leamington
Cubbington Village Hall, Broadway, Cubbington, Leamington Spa,
CV32 7JR. 07587848121. www.warwick.sweatymama.com.
Sweaty Mamelates class: 10:00 - 10:45.
Sweaty Mama Class: 11:00 - 11:45.

TUESDAY

PARENTS & TOTS

Hampton Magna Toddler Group: 9:30 - 11:20.
Budbrooke Community Centre, Field Barn Road, Hampton Magna,
Warwick, CV35 8RT. 07506 713277 Cost: £3 per session (drop in).
Dates: 7 Jul - 21 Jul & 1 Sep - 20 Oct.
Kingsway Children & Families Centre
Kenilworth Scout & Guide Centre, Fishponds Road, Kenilworth, CV8
1EY. 01926 336793. b.barnardos.org.uk.
Baby Time: 9:30 - 11:00.
Ages: 0 - 1 yrs. Dates: 7 Jul - 28 Jul.
Kingsway Children & Families Centre, Baker Avenue,
Leamington Spa, CV31 3HB.
Baby Chatter Matters (Kingsway): 11:30 - 12:30.
Dates: 7 Jul - 28 Jul.
NCT Warwickshire Central: 9:30 - 11:30
Lillington Bumps and Babies, Mason Avenue, Leamington Spa,
CV32 7QE. www.nct.org.uk. Dates: 7 Jul - 27 Oct.
Radford Rascals Stay and Play Group
Radford Semele Baptist Church Hall, Lewis Road, Radford Semele,
Leamington Spa, CV31 1UQ. 07739 402554. www.rsbinfo.
Times: 9:30 - 11:00. Ages: 0 - 4 yrs. Cost: £2 per session (drop in).
Dates: 7 Jul - 21 Jul & 1 Sep - 20 Oct.

MUSIC & SIGNING

BilinguaSing Coventry & Warwickshire
The Kenilworth Centre, Abbey End, Kenilworth, CV8 1 QJ.
07815 149877. www.bilinguasign.com.
We Sing French (mixed aged family class, 0-4 years): 10:00 - 10:45.
Cost: £8 per session (booking essential).
Dates: 7 Jul - 14 Jul & 8 Sep - 27 Oct.
Dandy Development
Barford Memorial Hall, Church Street, Barford, CV35 8EN. 07890
241301. www.dandydevelopment.co.uk.
Stage 1: 9:55 - 10:30.
Dandinos: 11:00 - 11:35.
Cost: £9 per session (booking essential).
Dates: 22 Sep - 20 Oct.

Sing and Sign Coventry and Kenilworth

St John the Evangelist, 205 Warwick Road, Kenilworth, CV8 1HY.
www.singandsign.co.uk.
Sing & Sign Stage 2: 9:40 - 10:40.
Ages: 1 yrs 2 mths - 2 yrs. Dates: 22 Sep - 27 Oct.
Sing & Sign Stage: 11:00 - 12:00.
Ages: 6 mths - 1 yrs 1 mths. Dates: 22 Sep - 27 Oct.
Sing & Sign Babes: 12:00 - 13:00.
Ages: 0 - 6 mths. Dates: 22 Sep - 27 Oct.
Cost: £8.50 per session (booking essential).

SENSORY & DEVELOPMENT

Adventure Babies Warwickshire & Coventry
St Chad's Centre, 17 Church Lees, Bishop's Tachbrook, Leamington
Spa, CV33 9RQ. www.adventurebabies.co.uk.
Adventure Babies 9:45am Ages: 0 - 1 yrs.
Adventure Babies: 11:00 - 11:45. Ages: 0 - 2 yrs.
Adventure Babies: 12:30 - 13:15. Ages: 0 - 8 mths.
Cost: £9.50 per session (booking essential).
Dates: 7 Jul - 14 Jul & 1 Sep - 20 Oct.
Baby Sensory (S. Warwickshire)
Dale Street Methodist Church, Dale Street, Leamington Spa, CV32 5HL.
07989 502712. www.babysensory.com.
Times: 10:15 - 11:05, 11:20 - 12:10 & 12:45 - 13:35.
Cost: £6.50 per session (booking essential).
Dates: 7 Jul - 14 Jul & 1 Sep - 20 Oct.
Naturally Baby
Baby Hub at Naturally Baby, Unit 11, T1300, Plato Close, Warwick, CV34
6YB. 01926 954188. www.naturallybaby.co.uk.
Baby and Toddler Sensory Rooms
Times: 9:30 - 16:30. Ages: 0 - 3 yrs
Cost: £8.95 per session (booking essential).

CREATIVE

Arty Splats: Messy Play - Warwickshire
Dorothea Mitchell Village Hall, Claverdon, Warwick, CV35 8PH.
07789 748730. www.arty-splats-warwickshire.classforkids.io.
Arty's Adventurers (16mth - 5yrs): 10:00 - 10:45.
Arty's Babies (6mth - 15mth): 11:10 - 11:55.
Dates: 7 Jul - 14 Jul, 7 Jul - 14 Jul & 15 Sep - 20 Oct.
Cost: £11.50 per session (booking essential).

Lillington Children & Family Centre, Warwick District
Lillington Children & Family Centre, 3 Mason Avenue, Lillington, CV32
7QE. 01926 887597. www.barnardos.org.uk.
Tiny Tale Sensory Story Time: 9:30 - 10:30.
Home Education Parent Led Group: 13:30 - 15:30.
Dates: 7 Jul - 14 Jul & 25 Aug.
Cost: Free (booking essential).

DANCE & DRAMA

Drama Tots Kenilworth, Leamington and Warwick.
Bubbenhall Village Hall, Lower End, Coventry, CV8 3BW.
07739657149.
drama-tots-kenilworth-learnington-spa-and-warwick.class4kids.co.uk.
All stars - 18m-4yrs: 10:00 - 10:40.
Cost: £7.75 per session (booking essential).
Dates: 7 Jul & 8 Sep - 20 Oct.

PHYSICAL FUN

The Zoogie Boogie Club
The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB. 01926
954979. www.zoogieboogie.co.uk.
Sensory Star Gazers (8+ weeks - 8 months): 11:45 - 12:30.
Moon Walkers (11.5 - 17 months): 10:30 - 11:15.
Zippping Zoogies (17 - 22 months): 9:30 - 10:15.
Cost: Monthly membership
Dates: 7 Jul - 14 Jul & 1 Sep - 20 Oct.

SWIMMING

Swim Works
Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU.
07950 467796. www.swimworks.co.uk.
Baby Swimming (Leamington): 9:30 - 15:00.
Ages: 0 - 5 yrs. Cost: £16 per session. Dates: 7 Jul - 27 Oct.

HEALTH & WELLNESS

Mum & Me Fitness
Chase Meadow Community Centre, Narrow Hall Meadow, Warwick,
CV34 6BT. 07874010310. www.mumandmefitness.com.
Times: 10:45 - 11:45. Ages: Pregnancy - 100 yrs. Cost: £10 per session
(drop in). Dates: 7 Jul - 14 Jul & 1 Sep - 20 Oct.

WEDNESDAY

PARENTS & TOTS

Kingsway Children & Families Centre

Kingsway Children & Families Centre, Baker Avenue, Leamington Spa, CV31 3HB. 01926 336793. barnardos.org.uk.

Family Time: 10:00 - 11:30.

Family Time at Radford Semele Community Hall

Ages: Pregnancy - 5 yrs. Cost: Free (drop in). Dates: 8 Jul - 29 Jul.

Mini Meadows Baby and Toddler Group

Chase Meadow Community Centre, Chase Meadow, Warwick, CV34 6BT.

Times: 10:00 - 11:30. Ages: 0 - 4 yrs. Cost: £1 per session (drop in). Dates: 8 Jul & 9 Sep - 21 Oct.

NCT Warwickshire Central: 10:30 - 11:30.

Newbold Comyn Walk and Talk, Newbold Comyn Arms Play Area, Leamington Spa, CV32 4EU. www.nct.org.uk.

Cost: Free (drop in). Dates: 8 Jul - 28 Oct.

MUSIC & SIGNING

Dandy Development

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

Stage 2: 9:50 - 10:30.

Stage 1: 11:00 - 11:35.

Cost: £9 per session (booking essential).

Dates: 23 Sep - 21 Oct.

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

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

Toddlers: 10:30 - 11:00

Pre-School: 9:30 - 10:00

Dates: 8 Jul - 15 Jul & 16 Sep - 21 Oct.

The Kenilworth Centre, Abbey End Car Park, Kenilworth, CV8 1QJ. 07469 186042. www.rhythmtime.net.

Toddlers: 9:30 - 10:00.

Babies: 10:20 - 10:50.

Dates: 8 Jul - 15 Jul & 16 Sep - 21 Oct.

Summer Party Special - Family Session: 10:00 - 11:00.

Summer Party Special - Baby Session

Ages: 0 - 6 yrs. Dates: 29 Jul & 19 Aug.

Cost: £11 per session (booking essential). *Subject to change*

Sing and Sign Coventry and Kenilworth

Earlsdon Methodist Church Hall, Albany Road, Earlsdon, Coventry, CV5 6NF. www.singandsign.co.uk.

Sing & Sign Stage 2: 9:50 - 10:50.

Sing & Sign Stage 1: 11:00 - 12:00.

Sing & Sign Babies: 12:10 - 13:10.

Ages: 0 - 6 mths. Cost: £8 per session (booking essential).

Dates: 8 Jul & 15 Jul - 21 Oct.

SENSORY & DEVELOPMENT

Naturally Baby

Baby Hub at Naturally Baby, Unit 11, T1300, Plato Close, Warwick, CV34 6YB. 01926 954188. naturallybaby.co.uk.

Baby Spa Session: 13:00 - 14:15.

Ages: 0 - 9 mths. Cost: £20 per session (booking essential). Dates: 8 Jul.

Baby Massage Course - 4 week course: 15:15 - 16:30.

Ages: 10 mths. Cost: £48 (booking essential).

Dates: 8 Jul - 22 Jul.

Antenatal Evening Classes: 18:00 - 4:00.

Ages: Pregnancy. Cost: £220 (booking essential).

Dates: 9 Sep - 30 Sep.

Baby and Toddler Sensory Rooms

Cost: £8.95 per session (booking essential).

CREATIVE

Arty Splats : Messy Play - Warwickshire

St Chads Centre, Church HI, Bishop's Tachbrook, Leamington Spa, CV33 9RJ. 07789 748730. arty-splats-warwickshire.classforkids.io.

Arty's Adventurers (16mth - 5yrs): 10:00 - 10:45.

Arty's Babies (6mth - 15mth): 11:10 - 11:55.

Cost: £9.50 per session (booking essential).

Dates: 8 Jul - 15 Jul, 8 Jul - 15 Jul & 16 Sep - 21 Oct.

Lillington Children & Family Centre, Warwick District

Lillington Children & Family Centre, 3 Mason Avenue, Lillington, CV32 7QE. 01926 887597. www.barnardos.org.uk.

Family Time: 10:00 - 11:30.

Little Crackers Stay'n' Play: 10:30 - 11:45.

Crackley Hall and Little Crackers Nursery, St Joseph's Park, Kenilworth, CV8 2FT. 01926 514456. www.littlecrackers.co.uk.

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Ages: 0 - 4 yrs. Cost: £2.50 per session

Dates: 8 Jul - 15 Jul & 2 Sep - 21 Oct.

DANCE & DRAMA

Drama Tots Kenilworth, Leamington and Warwick.

Whitnash Methodist Church, Murcott Rd E., Leamington Spa, CV31 2JJ. 07739657149.

drama-tots-kenilworth-learnington-spa-and-warwick.class4kids.co.uk.

Rising Stars - 18m-3yrs: 10:00 - 10:40.

Bright Stars 3yrs-4yrs

Times: 11:00 - 11:45. Ages: 3 - 5 yrs. Dates: 8 Jul.

Times: 11:00 - 11:45. Ages: 3 - 5 yrs. Dates: 9 Sep - 21 Oct.

Cost: £7.75 per session (booking essential).

PHYSICAL FUN

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB.

01926 954979. www.zoogieboogie.co.uk.

Galaxy Explorers (2+ years): 9:30 - 10:15.

Moon Crawler & Walker Combined (8-16 months): 11:35 - 12:20.

Sensory Star Gazers (8+ weeks - 8 months): 14:00 - 14:45.

Cost: Monthly membership.

Dates: 8 Jul - 15 Jul & 2 Sep - 21 Oct.

SWIMMING

Swim Works

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

Baby Swimming: 9:30 - 10:00.

Ages: 0 - 5 yrs. Cost: £16 per session (booking essential).

Dates: 8 Jul - 28 Oct.

HEALTH & WELLNESS

Fitness For Real Life by Nina

St Chad's Centre, Church HI, Bishop's Tachbrook, Leamington Spa,

CV33 9RJ. 07539895977. www.fitnessforreallife.co.uk.

Postnatal Fitness Class: 13:15 - 14:00.

Senior Strength and Mobility: 14:15 - 15:00.

Cost: £10 per session

Dates: 8 Jul - 15 Jul & 2 Sep - 21 Oct.

Mum & Me Fitness

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT. 07874010310. www.mumandmefitness.com.
Times: 10:45 - 11:45. Ages: Pregnancy - 100 yrs.
Cost: £10 per session (drop in). Dates: 8 Jul - 15 Jul & 2 Sep - 21 Oct.

THURSDAY

PARENTS & TOTS**Kingsway Children & Families Centre**

Kingsway Children & Families Centre, Kingsway Primary School, Baker Avenue, Leamington Spa, CV31 3HB. 01926 336793. www.b.barnardos.org.uk.

Baby Time: 9:30 - 11:00. Dates: 9 Jul - 30 Jul.

Leek Wootton Baby & Toddler

Leek Wootton Village Hall, Warwick Road, Warwick, CV35 7RB.
Ages: 0 - 4 yrs. Cost: £2 per session (drop in). Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct.

Ocotots Toddler Group

Octagon, Vicarage Road, Lillington, CV32 7RH. 01926 470449. www.lillingtonparishchurch.org.
Times: 10:30 - 12:00. Ages: 0 - 5 yrs. Cost: Free (drop in). Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct.

St John's Toddler Kenilworth: 10:00 - 11:30

St. John's Church Hall, Warwick Road, Kenilworth, CV8 1HY. 01926 855344. www.stjohn316.co.uk.
Cost: £1.50 per session (drop in). Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct.

MUSIC & SIGNING**BilinguaSing Coventry & Warwickshire**

Kenilworth Methodist Church, Priory Road, CV8 1LQ. 07815 149877. www.bilinguasig.com.

We Sing Italian (mixed aged family class, 0-4 years): 13:45 - 14:30.

Cost: £7.50 per session (booking essential).
Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct.

Dandy Development

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

Stage 1: 11:00 - 11:35.**Dandinos (Radford Road Church): 9:55 - 10:30.**

Cost: £9 per session (booking essential).
Dates: 24 Sep - 22 Oct.

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

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

Toddlers: 10:30 - 11:00.**Summer Party Special - Family Session****Summer Party Special - Baby Session**

Times: 11:20 - 12:20. Ages: 0 - 1 yrs. Dates: 6 Aug.

Times: 11:20 - 12:20. Ages: 0 - 1 yrs. Dates: 30 Jul.

SENSORY & DEVELOPMENT**Baby Sensory (S. Warwickshire)**

Hatton Park Village Hall, Barcheston Drive, Hatton Park, Warwick, CV35 7TR. 07989 502712. www.babysensory.com.

Times: 10:15 - 11:05 & 11:30 - 12:20. Ages: 0 - 1 yrs 1 mths.

Cost: £6.50 per session (booking essential).

Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct.

Naturally Baby

Baby Hub at Naturally Baby, Unit 11, T1300, Plato Close, Warwick, CV34 6YB. 01926 954188. naturallybaby.co.uk.

Nappuccino - Cloth Nappy Demo / Advice FREE: 11:30 - 13:00.**Antenatal Evening Classes: 18:00 - 20:00.**

Ages: Pregnancy. Cost: £220 per session (booking essential).

Dates: 9 Jul - 23 Jul.

CREATIVE**Arty Splats: Messy Play - Warwickshire**

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6DR. 07789 748730. arty-splats-warwickshire.classforkids.io.

Arty's Adventurers (16mth - 5yrs): 10:00 - 10:45.**Arty's Babies (6mth - 15mth): 11:10 - 11:55.**

Cost: £9.70 per session (booking essential).

Dates: 9 Jul - 16 Jul, 9 Jul - 16 Jul & 17 Sep - 22 Oct.

Lillington Children & Family Centre, Warwick District

Lillington Children & Family Centre, 3 Mason Avenue, Lillington, CV32 7QE. 01926 887597. www.barnardos.org.uk.

Baby Self Weigh: 14:30 - 16:30.

Dates: 9 Jul - 29 Oct.

PHYSICAL FUN**The Zoogie Boogie Club**

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB.

01926 954979. www.zoogieboogie.co.uk.

Galaxy Explorers (2+ years): 9:30 - 10:15.**Sensory Star Gazers (8+ weeks - 8 months): 13:00 - 13:45.****Moon Walkers (11.5 - 17 months): 11:35 - 12:20.**

Cost: Monthly membership

Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct.

HEALTH & WELLNESS**Maricarmenfitness**

Fiery Feet Studios, 2 Windsor Place, Royal Leamington Spa, CV31 5EN. 07969 188566. www.maricarmenfitness.com.

Core & Balance Mum and Baby: 10:00 - 10:45.**Mum and Baby Postnatal Beginner Class: 10:00 - 11:00.****Sparks Pilates**

Sparks Pilates, 4 Windsor Place, Leamington Spa, CV32 5EN. 07311 482 249. www.sparkspilates.com.

Mum & Baby Post-Natal Pilates: 10:30 - 11:25.

Dates: 9 Jul - 29 Oct.

Sarah Allen-Reading Massage + Therapies

Naturally Baby, Unit 11 T1300, Plato Close, Warwick, CV34 6YB.

www.sarahallenreadingmassage.com.

C-Section Coffee Club: 10:00 - 12:00.

Cost: £5 Dates: 6 Aug & 3 Sep.

SEND ACTIVITIES**Archie's Smile Stay and Play**

Support group for children with Down Syndrome

07741066684 - contact for more information

Stay and Play: 10:00 - 12:00.

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

Dates: 9 Jul - 16 Jul & 3 Sep - 24 Sep.

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FRIDAY

PARENTS & TOTS

Emmanuel Toddler Group

Emmanuel Evangelical Church, Heath Terrace, Leamington Spa, CV32 5LY. 01926 424584.
Times: 10:00 - 11:30. Ages: 0 - 5 yrs. Cost: £1 per session (drop in).
Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct.

Hatton Park Baby and Toddler Group

Hatton Park Village Hall, Barcheston Drive, Warwick, CV35 7TR.
Times: 9:45 - 11:15. Ages: 0 - 4 yrs. Cost: £2.50 per session (drop in).
Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct.

Kingsway Children & Families Centre

Kingsway Children & Families Centre, Kingsway Primary School, Baker Avenue, Leamington Spa, CV31 3HB. 01926 336793. b.barnardos.org.uk.

Baby self-weigh: 9:30 - 11:30.

Dates: 10 Jul - 30 Oct.
Radford Semele Community Hall, 68 Lewis Road, Radford Semele, Leamington Spa, CV31 1UQ.

Family Time: 10:30 - 12:00.

Ages: Pregnancy - 5 yrs. Cost: Free (booking essential).
Dates: 10 Jul - 31 Jul.

Muddy Puddles Mini Forest School & Tree Tots Woodland Baby Group

Foundry Wood, Princes Drive, Leamington Spa, CV32 5AE. 07730031935.

Muddy Puddles (Toddlers): 10:00 - 11:00.

Muddy Puddles (Pre-Schoolers): 11:15 - 12:15.

Cost: £7 per session (booking essential).

Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct.

NCT Warwickshire Central

Kenilworth Walk and Talk, Abbey Fields, Bridge Street, Kenilworth, CV8 1BP. www.nct.org.uk.

Kenilworth Walk and Talk: 11:30 - 12:30.

Cost: Free (drop in).
Dates: 10 Jul, 24 Jul, 7 Aug, 21 Aug, 4 Sep, 18 Sep, 2 Oct, 16 Oct & 30 Oct.

MUSIC & SIGNING

BilinguaSing Coventry & Warwickshire

Jaguar Sports & Social club, Fenton Road, Off Browns Lane, Coventry, CV5 9PS. 07815 149877. www.bilinguasing.com.

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

Cost: £7.50 per session (booking essential).

Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct.

St Barbara's Church, 22 Rochester Road, Earlsdon, Coventry, CV5 6AG.

We Sing German (mixed aged family class, 0-4 years)

Times: 10:00 - 10:45. Cost: £8 per session (booking essential).

Dates: 4 Sep - 23 Oct.

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

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

Toddlers: 9:30 - 10:00.

Babies: 11:30 - 12:00.

Pre-School: 10:30 - 11:00.

Dates: 10 Jul - 17 Jul & 18 Sep - 23 Oct. *Subject to change*

SENSORY & DEVELOPMENT

Naturally Baby

Baby Hub at Naturally Baby, Unit 11, T1300, Plato Close, Warwick, CV34 6YB. 01926 954188. www.naturallybaby.co.uk.

FREE Expectant Parents Event with free goody bag for the mum to be! 2 hours: 18:00 - 20:00.

Cost: Free (booking essential). Dates: 11 Sep.

CREATIVE

Arty Splats : Messy Play - Warwickshire

Dorothea Mitchell Village Hall, Claverdon, Claverdon, Warwick, CV35 8PH. 07789 748730.

www.arty-splats-warwickshire.classforkids.io.

Arty's Adventurers (16mth - 5yrs): 10:00 - 10:45.

Arty's Babies (6mth - 15mth): 11:10 - 11:55.

Dates: 10 Jul - 17 Jul.

Lillington Children & Family Centre, Warwick District

Lillington Children & Family Centre, 3 Mason Avenue, Lillington, CV32 7QE. 01926 887597. www.barnardos.org.uk.

Baby Time: 9:30 - 11:00.

Cost: Free (booking essential). Dates: 10 Jul.



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DANCE & DRAMA

Drama Tots Kenilworth, Leamington and Warwick.

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT. 07739657149.

drama-tots-kenilworth-learnington-spa-and-warwick.class4kids.co.uk.

Rising Stars - 18m-3yrs: 10:00 - 10:40.

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

Cost: £7.75 per session (booking essential).

Dates: 10 Jul & 11 Sep - 23 Oct.

Stagecoach Performing Arts Kenilworth

The Kenilworth Centre, Abbey End, Kenilworth, CV8 1QJ.

07483914041. www.stagecoach.co.uk.

Stagecoach Kenilworth: 16:00 - 17:30.

Ages: 4 - 6 yrs. Cost: £15 per session (booking essential). Dates: 10 Jul.

Stagecoach Performing Arts Warwick

Heathcote Primary School, Vickers Way, Heathcote, CV34 7AP.

07483914041. www.stagecoach.co.uk.

Stagecoach Warwick: 16:15 - 17:45.

Ages: 4 - 6 yrs. Cost: £15 per session (booking essential). Dates: 10 Jul.

PHYSICAL FUN

The Karate & Dance Federation

Unit 5A Churchlands Industrial Estate, Ufton Road, Harbury, Leamington Spa, CV33 9GX. 07365 638726. www.kdfederation.com.

Tiger Stripes: 17:15 - 18:00.

Ages: 3 - 18 yrs. Dates: 10 Jul - 30 Oct.

The Mini Movers

Heathcote Community Centre, Cressida Close, Heathcote, Warwick, CV34 6DZ. 07850 944690. www.theminimovers.co.uk.

The Little Movers

Multi Sports & Multi Skills classes for ages 2-5 years

Times: 9:30 - 10:15 and 10:30 - 11:15.

Cost: £9 per session (drop in). Dates: 11 Sep - 16 Oct.

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB. 01926 954979. www.zoogieboogie.co.uk.

Galaxy Explorers (2+ years): 9:30 - 10:15.

Zippping Zoogies (17 - 22 months): 10:30 - 11:15.

Cost: Monthly membership

Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct.

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www.sparkspilates.com



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www.sparkspilates.com

Wholesome Hedgehog Yoga

The Basement Snug, 13 High Street, Kenilworth, CV8 1LY. 07842 160860. www.wholesomehedgehog.com.

Family Yoga (shorter session): 15:00 - 15:30.

Family Yoga: 16:00 - 17:00.

Family Yoga for children 2+ and their families.

Ages: 2 - 10 yrs. Cost: £13 per session (booking essential).

SWIMMING

Swim Works

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

Baby Swimming: 9:30 - 16:30.

Ages: 0 - 5 yrs. Cost: £16 per session (booking essential).

HEALTH & WELLNESS

Sweaty Mama Warwick & Leamington

Whitnash Civic Centre, Acce Close, Whitnash, Leamington Spa, CV31 2ND. 07587848121. www.warwick.sweatymama.com.

Sweaty Mama Class

Effective, fun workout with your child

Times: 10:30 - 11:15. Ages: Pregnancy - 4 yrs. Dates: 11 Sep - 16 Oct.

SATURDAY

PARENTS & TOTS

Dads and Tots Club (Leamington Spa)

Dale Street Methodist Church, Dale Street, Leamington Spa, CV32 5HL.
www.dalestreet-methodist.org.uk.

Times: 9:30 - 11:30. Ages: 0 - 5 yrs. Cost: £4 per session (drop in).

Dates: 11 Jul - 24 Oct.

MUSIC & SIGNING

Sing and Sign Coventry and Kenilworth

St John the Evangelist, 205 Warwick Road, Kenilworth, CV8 1HY.
www.singandsign.co.uk.

Summer Specials: 9:30 - 10:45 & 11:00 - 12:15.

Ages: 0 - 4 yrs. Cost: £10 per session (booking essential). Dates: 18 Jul.

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SENSORY & DEVELOPMENT

Naturally Baby

Baby Hub at Naturally Baby, Unit 11, T1300, Plato Close, Warwick, CV34 6YB. 01926 954188. naturallybaby.co.uk.

Baby & Child First Aid Workshop (2 hours): 9:00 - 11:00.

Cost: £20 per session (booking essential).

Dates: 11 Jul - 15 Jul, 25 Jul, 5 Aug, 15 Aug, 3 Sep, 12 Sep - 17 Sep & 26 Sep.

Baby and Toddler Sensory Rooms: 9:30 - 11:00.

Ages: 0 - 3 yrs. Cost: £8.95 per session (booking essential). Dates: 11 Jul.

DANCE & DRAMA

Drama Tots Kenilworth, Leamington and Warwick.

The Kenilworth Centre, Abbey End car park, Abbey End, Kenilworth, CV8 1QJ. 07739657149.

drama-tots-kenilworth-learnington-spa-and-warwick.class4kids.co.uk.

All Stars - 18m-5yrs: 9:30 - 10:10.

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

Drama Club- 5yrs-7yrs: 11:30 - 12:15.

Cost: £7.75 per session (booking essential).

Dates: 11 Jul - 18 Jul & 12 Sep - 24 Oct.

Stagecoach Leamington Spa

Campion School, Sydenham Drive, Leamington Spa, CV31 1QH.
07483 914041. www.stagecoach.co.uk.

Times: 9:00 - 10:30, 9:30 - 11:00, 10:45 - 12:15 & 11:15 - 12:45.

Ages: 4 - 6 yrs. Cost: £15 per session (booking essential). Dates: 11 Jul.

Stagecoach Performing Arts Kenilworth

Balsall Common Primary School, Balsall Street East, Balsall Common, CV7 7FS.

Stagecoach Kenilworth: 9:30 - 11:00.

Ages: 4 - 6 yrs. Cost: £15 per session (booking essential). Dates: 11 Jul.

Stagecoach Warwick: 9:30 - 11:00.

All Saints COE Junior School, Nelson Avenue, Warwick, CV34 5LY.

Ages: 4 - 6 yrs. Cost: £15 per session (booking essential). Dates: 11 Jul.

PHYSICAL FUN

The Karate & Dance Federation

Unit 5A Churchlands Industrial Estate, Ufton Road, Harbury,
Leamington Spa, CV33 9GX. 07365 638726. www.kdfederation.com.

Tiny Tigers: 9:00 - 10:10.

Ages: 3 yrs - 7 yrs 11 mths. Dates: 11 Jul - 24 Oct.

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB.

01926 954979. www.zoogieboogie.co.uk.

Galaxy Explorers (2+ years): 9:30 - 10:15.

Moon Crawler & Walker Combined (8-16 months): 11:35 - 12:20.

Cost: Monthly membership
Dates: 11 Jul & 5 Sep - 17 Oct.

SWIMMING

Swim Works

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

Baby Swimming: 9:00 - 13:00.

Ages: 0 - 5 yrs. Cost: £16 per session (booking essential). Dates: 11 Jul - 24 Oct.

SUNDAY

PHYSICAL FUN

Wholesome Hedgehog Yoga

Little Light Studio, 61 Kelvin Road, New Cubbington, Leamington Spa,
CV32 7TG. 07842 160860. www.wholesomehedgehog.com.

Family Yoga (shorter session): 9:30 - 10:00.

Ages: 2 - 5 yrs. Cost: £8.50 per session (booking essential).

Family Yoga: 10:30 - 11:30.

Ages: 4 - 10 yrs. Cost: £13 per session (booking essential).

Dates: 6 Sep.

The Basement Snug, 13 High Street, Kenilworth, CV8 1LY. 07842
160860. www.wholesomehedgehog.com.

Family Yoga (shorter session): 9:30 - 10:00.

Ages: 2 - 5 yrs. Cost: £8.50 per session (booking essential).

Family Yoga: 10:30 - 11:30.

Ages: 4 - 10 yrs. Cost: £13 per session (booking essential).

Dates: 4 Oct.

SWIMMING

Swim Works

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

Baby Swimming: 9:00 - 13:00.

Ages: 0 - 5 yrs. Cost: £16 per session (booking essential).
Dates: 12 Jul - 25 Oct.



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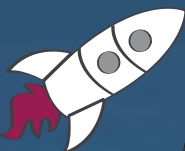
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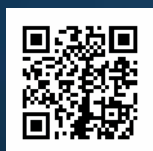
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