

CLASSES FOR WEE ONES & CARERS

BOOGIE BABIES

with Camille Monson



Mondays 18 Jan - 22 Mar

@ **MARYHILL COMMUNITY CENTRE**

£3.50 per session

Age 0 - 3 with Parents | 11.00 - 11.45

Join Cammie for a fun filled class for both baby and carer. Filled with song, games, storytelling, movement and dance.



POST-NATAL DANCE

with Camille Monson



Mondays 18 Jan - 22 Mar

@ **MARYHILL COMMUNITY CENTRE**

£5 per class

General | 12.00 - 12.45



For all mums looking for a dance class that will keep you gently moving, grooving and toning your body! We will focus on contemporary movement styles and also key into specific areas of the body that may need some strengthening after baby has arrived. Come for fun and get fit at the same time! Babies welcome.

You will need comfy clothes.



MINI MOVERS

with Jayne Middleton & Kate E Deeming



Saturdays 23 Jan - 27 Mar

@ **KELVINSIDE CHURCH**

£3.50 per session

Age 3 - 5 with Parents | 13.00 - 13.45

Our parent & child classes provide a lively creative dance session, using movement, story telling and games. These fun, energetic sessions are devised to promote increased co-ordination, movement skills and imaginative play. All children are welcome on the adventure and can take part regardless of physical and emotional needs.

You will need bare feet & comfortable clothes. Adults attending the children's classes are expected to join in!



CREATIVE DANCE

with Jayne Middleton & Kate E Deeming



Saturdays 23 Jan - 27 Mar

@ **KELVINSIDE CHURCH**

£3.50 per session

Age 5 - 9 | 14.00 - 14.45



This class will encourage your child to develop the basic elements of dance in a fun and interactive way. Exploring themes such as knights and castles, Harry Potter, Jack and the Beanstalk and the rainforest; they will jump, hop, skip, roll and slide their way into a land of adventure and imagination.

You will need bare feet & comfortable clothes.