

# TINY TOTS (AGES 0-4)

Monday 2nd September – Sunday 27th October

## MONDAY

9:30 - 10:15

**Forest Nook Adventure** (age 1-4)

10:45 - 11:30

**Melody Bear Music and Movement**  
(age 1-3)

16:00 - 16:45

**Mini Jazz Dance\*** (age 4-6)  
Contact us@monarchstudios.co.uk to book

## TUESDAY

10:00 - 10:45

**Tiny Tots Football** (age 2-4)

16:30 - 17:15

**Mini Acrobatics\*** (age 4-8)  
Contact us@monarchstudios.co.uk to book

## WEDNESDAY

10:00 - 10:45

**Arts & Crafts** (age 1-4)

## THURSDAY

9:45 - 10:30

**Baby Sensory** (age 6-13 months)

10:45 - 11:30

**Baby Sensory** (age 0-7 months)

## FRIDAY

9:30 - 10:15

**Forest Nook Adventure** (age 1-4)

10:30 - 11:00

**Mini Multi Sports** (age 2-4)

## SATURDAY

9:30 - 10:15

**Mini Micro Ballet\*** (age 2.5-5)  
Contact us@monarchstudios.co.uk to book

10:15 - 11:15

**Mini Ballet\*** (age 4-6)  
Contact us@monarchstudios.co.uk to book

14:00 - 15:00

**Games & Activities** (age 2+)

## SUNDAY

9:30 - 10:00

**Aqua Stories** (age 1-4)  
Session in the pool. Parent must be in water with child.

10:30 - 11:30

**Sunday Forest Nook Free Play**

12:30 - 13:15

**PilatoTs** (age 2-4)

14:00 - 15:00

**Arts & Crafts** (age 2+)

**Baby Sensory** - Baby Sensory® provides ideas for creative play, massage, tummy time, movement, visual development, textures, scents, and music in simple practical ways that can be easily repeated at home. We also use a combination of original and traditional songs and rhymes to develop early speech and language skills, and sensory signing activities to help you and your baby communicate from birth.

**Forest Nook Adventure** - Join us for guided outdoor sensory play in the Forest Nook, located in the Adventure Playground. Each of these sessions will be led by one of our instructors who will guide the group through the activity. This outdoorsy, messy play hybrid is great for any little ones that want to play, learn and get a little bit mucky!

**Games & Activities** - Join our activities team in the Studio for games designed to get your kids moving.

**Melody Bear Music & Movement** - Melody Movement early learning is a unique dance curriculum which addresses the needs of children aged 18 months upwards. It is tailored to discovering and fulfilling the potential of each child, nurturing their creative and physical development and musicality. Loveable Melody Bear is the focal point of the early years curriculum and all her activities, ideas and dreams can be told through dance, song and movement. Parents and caregivers are encouraged to participate with their child in a friendly song and dance class.

**Aqua Stories** - Bring the world of water alive with this interactive story session. Enjoy a live reading of an 'aquatic' themed story that includes movements, sounds, and most importantly - splashing!

**Arts & Crafts** - Join us each session for a fun creative activity that strives to improve creativity and imagination, as well as teaching new skills and developing confidence.

**PilatoTs** - Guided by certified Pilates instructors who are experts in making fitness fun, PilatoTs is where your little ones can unlock their inner magic while building strong bodies, happy minds and beautiful memories using the ABC's of Pilates at our core - Alignment, Breath & Centering. The classes will be included in your child's membership, however, you need to make a one-off purchase of the PilatoTs uniform in order to attend, please ask at the Pavilion reception for more information.

**Tiny Tots Football** - these sessions will help develop your child's football skills, as well as other key areas such as balance, co-ordination and agility.

**Mini Multisports** - A variety of sports, skills and games for 2-4 year olds designed for fun and confidence building.

\*Monarch's 45 minute classes cost £10.50 and the 60 minute classes are £12.50, VAT inclusive and invoiced termly. These classes must be booked in advance.

**All sessions are bookable 48 hours in advance via our online booking system.**

Please see Summer Activities Timetables during school holidays from 15th July until 1st September.

Parental supervision required (parents must stay for the duration of the activity).

Please note that all activity sessions are subject to change at short notice due to weather conditions, staffing levels or room changes.

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