



Places Leisure Eastleigh

# Baby Steps Programme

0-4 Years

## Crèche

The crèche is a fun and exciting place for your little ones to play while you enjoy your activities or relax having a coffee in our café.

We are open from 9am until 2pm Monday- Friday and also on a Saturday morning 9am until 1pm, so you have plenty of time to exercise.

Your child will be looked after by friendly, qualified staff. Children will be encouraged to maximize their potential while learning through play and will enable them to make new friends and have lots of fun.

You can book half an hour or up to four hours. Please pop in anytime to look around and chat to our staff who are more than happy to answer any questions you may have.

## Bounce About sessions

Children aged one to four years can attend weekly soft play sessions, with plenty of equipment to test their co-ordination skills and includes a bouncy castle. A great way to meet other parents and for children to develop new friendships.

## Pre School Gymnastics

Following the British Gymnastics Award Scheme young children aged two to four years will learn movement, co-ordination and body awareness, whilst improving confidence within a fun environment.

## Pre School Trampolining

A chance for children to develop their control on a trampoline and have lots and lots of bouncy fun! Suitable for two to four years, parent's participation is required and socks must be worn to these sessions.

## Just for Mum

For Places Leisure Eastleigh full membership (Gym, Swim and Classes included) or a Swim Only membership - please contact reception for further details 023 8068 4819.

For more information about our Baby Steps programme, please contact Places Leisure Eastleigh on **023 8068 4800**





“ Pregnancy can have a huge effect on you physically and mentally. Mum and Baby fitness helps you rejuvenate in an understanding, relaxed environment with other new mums! ”

Nikki Hodgson - NHS Health Care professional

All the classes are designed to help mums get back into an active lifestyle, meet new mummies and spend one on one time with their little one. Whether you are looking to get out of house to get some fresh air, increase your energy levels, make lifelong friends, or simply to keep yourself awake, we can't wait to meet you and your little one(s)!

### Mum and Baby Spin

This session is an extra special spin class allowing you to bring your little one to enjoy the experience too (disco lights and music to help keep them entertained!) They will be in their car seat next to you on the bike allowing you to see to their needs if required.

### Mum and Baby Legs Bums Tums

This class is exactly what it says on the tin - focusing on these areas but surrounded by mummies who are all in the same boat! Your little one can come along in their car seat or buggy or you can lay them out on a blanket/play mat so mummy is free to squat and lunge whilst little one is enjoying the music.

### Buggy Workout

A fun way to meet new mummies whilst getting the chance to get active again! The workout will vary each week including different activities such as circuits, boot camp, netball, boxing (pad-work)

and more. The session is taken inside during the cold winter months or if it's raining during the summer. You can tailor this session to meet your workout needs - as easy or as hard as you want to go! Little ones will come along in their buggies ready to watch mummy!

### Mum and Baby Yoga

This gentle yoga class is a fantastic way to help relax, mobilise and move after having your little one. The session focus is for the Mummy to help improve her posture, core strength and functional movements used when having a little one - all in a gentle and laid back environment.

### Adult and Baby swim classes

Are designed to help the parent or the responsible adult who brings the baby for lesson to introduce the baby to water, whilst giving confidence to the adult of handling the baby in a water environment in a fun and friendly atmosphere within a group.

### Adult and Toddler swim classes

This is the next step up from the Adult & Baby classes where toddlers are given more independence in the water with the adult in the water. Classes are conducted in a friendly group with other toddlers and adults.

### Pre-School Swim Classes

Designed for Children who are between three and four years and are not in reception year at a school. This group is for children who will be in the pool without the adult and are taught by a swim teacher either in the water or on poolside in groups of four to six in number. The lessons will introduce the child to swimming strokes through game and instruction.