

Loving life with little ones

# toddle

about  
S. Warwickshire

FREE

Jan - Mar 2026

Seasonal crafts  
Local news & events  
Exclusive offers  
Activities  
Tips & guidance  
Competitions

Winter  
Days Out

Win an Out n  
About Nipper  
Wagon!

Cover by:



Everything Bump, Baby & Toddler Near You

Covering Warwick, Leamington Spa, Rugby, Kenilworth,  
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# WELCOME



TO THE NEW YEAR ISSUE!

*Hello and Happy New Year!*

As we step into **2026**, I'm writing this on the brink of welcoming my third baby into the world - a moment filled with excitement, a little chaos, and so much hope for the year ahead. I know many of you will also be stepping into new beginnings, big or small, and I'm wishing you all a **joyful, healthy and adventure-filled year** with your little ones.

This issue is packed with wonderful new businesses, classes and activities that we've discovered across South Warwickshire, and I really hope you enjoy exploring them. Whether you're looking for something fresh to try this term, planning ahead for family days out, or simply in need of a little inspiration, I think you'll **love** what's inside.

A huge thank you goes to **Jess Shaw Photography** for our beautiful cover photo. Jess captures family moments with such warmth and authenticity, and we're thrilled to feature her work. You can find her on Instagram **@jessshawphotography**, or reach her directly at **jessshawphotography@hotmail.com**.

Thank you, as always, for being part of the Toddle About community. Here's to a bright and playful year ahead - I can't wait to share it with you.

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](http://www.toddle.fun/subscribe)**

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**9,000 copies** of Toddle About Warwickshire are distributed every quarter around South Warwickshire, including Warwick, Leamington Spa, Kenilworth, Rugby, Southam, Stratford-upon-Avon and surrounding areas.

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daily updates!





## New Ladybirds Room Opens at Little Crackers Nursery

Little Crackers Nursery in Kenilworth is unveiling its brand-new Ladybirds Room at a special New Year Open House. Families will have the chance to explore the updated space and meet the welcoming team who will care for their little ones. From January, the nursery will begin accepting babies from nine months old, expanding its previous starting age of two years. This development marks an exciting new chapter for a setting well known for starting children on an inspiring journey into learning.

[www.littlecrackers.co.uk](http://www.littlecrackers.co.uk) See P24



## Celebrate Love and Learning with Dandy

Dandy Development is inviting families to celebrate Valentine's Day as part of its new spring term of baby sign classes. The uniquely structured course helps parents learn signs for 'love' and different family members while creating memorable moments with their little ones. Dandy's approach is designed to make a real impact on early communication and speech development, leading to the magical moment when a child signs 'love' back. Places can be booked online or by finding Dandy Development on social media.

[www.dandydevelopment.co.uk](http://www.dandydevelopment.co.uk) and get 2 FREE classes when booking Dandy's new spring term, quote SPRING26 at booking. See P11



## Discover the Joy of Baby Massage in Mid Warwickshire

Little Massage Mid Warwickshire offers baby massage courses that teach parents the benefits of massage and how to confidently practise it at home. The sessions support bonding and can aid immunity, brain and muscle development, while also helping to ease colic, reflux and constipation. Alongside learning a calming routine, parents have the chance to meet others, share experiences and build a supportive local community. Each course concludes with a special keepsake gift and footprint certificate to celebrate each baby's progress. <https://midwarwickshire.thelittlesensory.co>

Code TODDLEABOUT gives 10% off across the website. See P10

## Pilates by Lizzie Joins the Beyond the Bump Community

Warwick parents can look forward to a positive start to the New Year as Pilates by Lizzie brings her popular Mum & Baby and Pilates & Playtime classes to Beyond the Bump. Known for small, friendly groups and a warm community feel, these sessions give parents the chance to rebuild strength, move with confidence and connect with others. The classes offer a supportive space for both mums and toddlers, making them a wonderful new addition to the Beyond the Bump community. First class is FREE with code TODDLEABOUT

[www.pilatesbylizzie.co.uk](http://www.pilatesbylizzie.co.uk) See P31



## Give the Gift of Relaxation with Life Sensei

Life Sensei has introduced new gift certificates for Indian Head Massage following growing interest from people wanting to gift the experience to others. Certificates

are available for one, two or six sessions, offering a thoughtful way to share the benefits of deep relaxation and wellbeing with friends or family. Don't forget to mention Toddle About when ordering to receive an exclusive 15% discount. Gift certificates can be purchased by emailing [hello@lifesensei.uk](mailto:hello@lifesensei.uk) or visit <https://lifesensei.uk> See P17







## New Play Zone Delights Local Families

The new Play Zone from Best Party Hire is fast becoming a favourite among Warwickshire families. This bright, toddler-friendly soft-play setup offers a safe and exciting space for little ones to explore, all professionally arranged and fully PIPA-tested. Perfect for birthday parties, village halls and community events, the Play Zone is already in high demand. Parents seeking clean, reliable and cheerful soft play are encouraged to book early to secure their preferred date. [www.bestpartyhire.com](http://www.bestpartyhire.com)  
**Quote 'ToddleFive' online for £5 off your booking**

See P19



## Musical Fun for Little Ones

Rhythm Time is kicking off the new term offering high-quality music classes for babies, toddlers and pre-schoolers. With catchy songs, sensory activities and instruments, each session encourages children to explore rhythm, sound and movement. Recently recognised nationally as finalists in the Whatson4kids Awards, Rhythm Time is celebrated for its high-quality and developmental music classes. Families can also look forward to special Valentine's and Easter-themed sessions and parties next term. Classes run across Warwickshire, Coventry and West Northants. Visit [www.rhythmtime.net](http://www.rhythmtime.net) **Free class when joining a monthly subscription, contact [zara.f@rhythmtime.org](mailto:zara.f@rhythmtime.org) See P21**

## Restore Strength with Sparks Pilates' Mum & Baby Classes

Sparks Pilates' Leamington based Mum & Baby Class offers a small, personal Mat Pilates session with a maximum of nine participants. Designed to support recovery after pregnancy and birth, the class helps mums rebuild strength while welcoming babies up to nine months old. Sessions are suitable from six weeks post-natal following a vaginal delivery or ten weeks after a C-section.

**Toddle About readers can enjoy their first class for just £5.**

For more information, email [info@sparkspilates.com](mailto:info@sparkspilates.com) or visit [www.sparkspilates.com](http://www.sparkspilates.com) See P40



## Cricket Kids: Big Fun for Little Players

All new Cricket Kids is giving young players the chance to keep their cricket skills alive throughout the winter-or discover the sport for the very first time! Designed for children aged 2-6, the playful and age-appropriate sessions nurture early skills while building confidence, coordination and teamwork. Led by DBS-checked, ECB-qualified coaches, the classes provide a safe and encouraging environment for little ones to enjoy cricket. Focusing on fun and inclusivity, each session aims to ignite a lifelong love of the game. **Free trial for Toddle About readers with code CET541 visit <https://cricket-kids.classforkids.io> See P33**



## New We Sing French Class Launches in Kenilworth

BilinguaSing is introducing a brand-new We Sing French class from January 2026, running on Tuesdays at 10am at the Kenilworth Centre. For ages 0-4, this relaxed, mixed-age family session combines music, sensory play and early language learning-no French required, as everything is delivered in English. It's a delightful way for parents and children to explore songs, movement and sensory props while discovering a new language together. Trial sessions are available, with siblings under 12 months joining free of charge. **FREE bilingual album with a whole term, quote 'TODDLE' when booking, visit [www.bilinguasing.com/find-a-class](http://www.bilinguasing.com/find-a-class) See P10**





## Muddy Munchkins Celebrates a Magical First Birthday

Muddy Munchkins marked its first birthday last November, celebrating a year of outdoor fun and adventure. The Stratford-upon-Avon playgroup has quickly become a favourite with families, hosting joyful parties for children aged 1-6, whatever the weather. Each month brings a fresh theme-pirate caves, fairy forests, mini farms-that keeps little explorers excited and engaged, along with fun collaborations featuring local businesses. Families are encouraged to pull on their wellies and join the mud-loving gang as they leap into another magical year of play! <https://linktr.ee/muddymunchkinsplaygroup> claim 10% off with code 'TODDLE10' See P30



## Mini Tennis Stars Help Little Players Shine

Award winning, family run, Mini Tennis Stars are bringing energetic, fun-packed tennis sessions to young children aged between 18 months and 6 years across Stratford, Leamington and Warwick, helping them build essential skills for both sport and everyday life. Their lively classes turn reaction time, balance, coordination and speed into a confidence-boosting adventure. Led by friendly LTA-qualified coaches with over 15 years' experience, each session focuses on core tennis technique and movement while keeping things joyful and engaging. It's the perfect place for children to begin their tennis journey. To book a **free trial (spaces permitting)** visit [www.minitennisstars.co.uk](http://www.minitennisstars.co.uk) or email [hello@minitennisstars.co.uk](mailto:hello@minitennisstars.co.uk) See P19



## Story Imagin-ory Brings Magical Storytelling to Warwickshire

Story Imagin-ory is arriving in Warwickshire this February 2026, offering enchanting, interactive storytelling sessions for children aged 0-5. Each session blends expressive storytelling with movement, music and creative play, all designed to spark imagination and nurture a love of reading. Families can look forward to a warm, welcoming space where little ones can step inside their favourite tales and explore new ones. With a focus on confidence, curiosity and connection, Story Imagin-ory introduces a joyful new way for young children to discover the world of books.

Visit <https://warwickleamingtonspa.storyimaginary.co.uk> Get 15% off your first block booking using code 'TODDLEABOUT15' at checkout See P17

## Step Into The Parent Space

Local doula and antenatal teacher Katie Jensen is putting together community at the heart of Lola, the Leamington coffee shop she runs with her husband. At the back of the café, families will find The Parent Space-a warm and welcoming area dedicated to free community events, including feeding drop-ins, pregnancy and postpartum cafés, and support from local experts. Lola also hosts ticketed sessions with trusted practitioners such as Hypnobirthing, Mama Tribe and Mindful Birth Group antenatal courses. It's a warm, supportive village for every stage of parenthood. For more information visit [www.katiejensendoula.com](http://www.katiejensendoula.com) or [lola.leamington.co.uk/eventsatlola](http://lola.leamington.co.uk/eventsatlola) See P23



## Share Love with Revive This Valentine's

This Valentine's Day, Revive Massage & Scar Therapy offers a perfect thoughtful gift for mums and mums-to-be. Gemma specialises in pregnancy massage and C-section scar treatment, providing calming, restorative sessions that support recovery and wellbeing. Massage vouchers make a meaningful present for partners, friends or new parents who deserve a moment of care. Give the gift of relaxation and help someone you love feel truly supported. Enjoy **£5 off each voucher when quoting 'REVIVEVALENTINES'** or **10% off your first treatment when quoting 'REVIVETODDLE'**. Email [revivescarterapy@gmail.com](mailto:revivescarterapy@gmail.com) or call 07866 450224 See P24







## Confidence, Creativity and Big Smiles for 2026

Kickstart confidence in 2026 with a Stagecoach Performing Arts Early Stages class! Designed for ages 4–6, these fun and welcoming sessions blend singing, dancing and drama to spark imagination, build social skills and help little performers shine. Running alongside school term dates, the classes offer plenty of chances to make new friends while boosting confidence, communication and creativity. Sessions run across Balsall Common, Kenilworth, Leamington Spa, Stratford-upon-Avon and Warwick. **Toddle About** readers can enjoy a free two-week trial, WhatsApp 07483 914041 to claim yours! [See P17](#)



## Double Win for Drama Tots!

Drama Tots is celebrating in style after winning two national titles at the What's On 4 Kids Awards 2025: Most Loved Music, Dance or Performing Arts Activity and Most Loved Party Entertainment. Their fun-filled classes are packed with imagination, energy and creativity, giving children the chance to sing, dance, play and learn through exciting weekly themes. Drama Tots offers two brilliant programmes; Drama Tots (18 months–5 years) and Drama Club (4–7 years) alongside toddler and preschool classes, nursery sessions, after-school clubs, parties and more. **Discover why families LOVE Drama Tots! Visit [www.dramatots.co.uk](http://www.dramatots.co.uk) to find your nearest class. [See P14](#)**

## Mum2Mum Markets Throughout Warwickshire

Grab a bargain at one of the following Mum2Mum Markets:

**Nuneaton** - Sat 24th Jan **and** Sat 7th March 10am-12pm

Lower Farm Academy, CV10 0FG

**Rugby** - Sat 31st Jan 2pm-4pm

Cawston Community Hall, CV22 7GU

**Coventry** - Sat 7th Feb, 10am-12pm

Ernsford Grange Academy, CV3 2QD

[www.mum2mummarket.co.uk/m2mmwarwick](http://www.mum2mummarket.co.uk/m2mmwarwick) for more information



## New Baby Ballet Class in Studley

Krystle Jayne's Dance Academy is delighted to launch a brand-new Baby Ballet session at Studley Village Hall. Held every Thursday from 4:00–4:30pm, the class is perfect for boys and girls aged 2–4 years who are ready to explore the joy of dance in a fun and nurturing setting. Families are invited to enjoy a free trial class to see if it's the right fit for their little one.



**For more information or to reserve a space, contact Krystle on 07791 852891 or [krystlejayedance@gmail.com](mailto:krystlejayedance@gmail.com) [See P41](#)**

## Good Luck to All Our Soon-to-Be School Starters!

A little reminder for parents that primary school applications are due by 15th January—an exciting milestone for every family with a child starting school this year! It's a big transition filled with hope, nerves and plenty of proud moments. Whether you're submitting your preferences now or have already sent them in, we're wishing you the very best of luck in securing your first-choice school.



Our little ones grow so fast, and this next chapter is a truly special one—for children and parents. Good luck everyone from all of us at Toddle About!



# ANDY'S READING ADVENTURES

by Andy Day



Andy Day, much-loved CBeebies presenter, frontman of *Andy & The Odd Socks* and author of the *Dino Dad* book series, shares how becoming a father has shaped his storytelling, what television taught him about writing for children and why sparking a love of reading is more important than ever.

## HOW HAS FATHERHOOD INSPIRED YOUR WRITING?

Becoming a dad has been one of, if not the most, important jobs of my life. I've always loved entertaining children – on screen, on stage and in person – but it's an entirely new level when those children call you 'dad'. My three kids have really inspired me as I've gone on my writing journey, first with the *Dino Dad* series, then with *Dylan the Dino Boy Saves Christmas*, and now with my next few projects.

Of course, I try to encourage my own little ones to love reading as much as I did when I was younger so, when I write, I am keeping them in mind. I always want to write something that they will really enjoy reading. I don't want it to feel like a slog or a chore for any of my young readers (or parents reading to their little ones) to get through my books – I want the stories to be engaging and entertaining, make them laugh out loud if possible and make reading fun.

Having young children definitely impacts the stories I choose to write and the way I write them as well. When writing the *Dino Dad* books for example, I could hear my eldest daughter's voice in my head (and my youngest's, with her cheeky ways!) Those

books are for five to eight year-olds and my own daughter fell within that age range while I was working on that project. So I tried to see the world through her eyes and to capture that world-view in my writing.

Not only that, but I based the characters in *Dino Dad* on my own children. Ruby – the protagonist of the *Dino Dad* series – is also the name of my eldest daughter. Both my daughter and the Ruby in the books are sweet, sensitive souls, but with huge appetites for adventure. Little Indie is based on my younger daughter, also called Indie, with heaps of energy and a knack for getting up to mischief. My little boy Luca is only a baby still, but even he made it into the *Dino Dad* series, with an appearance in *Dino Dad: Mystery of the Missing Egg* – I couldn't leave him out!

## HAS YOUR WORK IN CHILDREN'S TV INFLUENCED YOUR WRITING?

People often ask whether working as a children's television presenter helps with writing for children and I think it must. When you spend years creating content aimed at children through a camera lens, you get a pretty good idea of what appeals to them.



TV presenting trains you to think about energy and engagement. Children tune out if something doesn't grab them, and they're not shy about letting you know. That's the great thing about them – they are brutally honest with you all the time: they can't be any different. So I think by now, I've developed a fairly strong sense of what will keep their attention and what won't.

In my job as a presenter, I have to ask myself: Is this fun enough? Is it too complicated? Or not complicated enough? Does it encourage them to join in? Am I teaching them something? Will this spark their imagination? And these are all questions that I apply to my writing too. If you imagine you are reading aloud to a room full of children, it's not all that different from presenting TV for them.

I think that working in kids' TV has also helped to keep me young-minded. There is a wonder in the way that young people view the world that we can lose as we get older, and I think that it's really important to try to reconnect with that hopeful way of viewing the world, where everything is exciting and everything is an opportunity to learn.

And, of course, my role as a TV presenter has helped to launch the opportunity to write children's books for a built-in audience that I love and to reach new audiences as well. For that, I'm very grateful.

## DO YOU HAVE ANY TIPS FOR GETTING RELUCTANT READERS INTO BOOKS?

I know that for a lot of parents today, it feels harder and harder to encourage children to pick up a book over an iPad or a tablet. We are living in a period that is so oversaturated by technology – which of course also has its benefits – that it can be surprising to see the power that a good old-fashioned book can still hold.

The fight to encourage a love of reading is a cause which is close to my heart, both as an author and as a father. The statistics on reading for pleasure are shocking and can be discouraging, but I firmly believe there's a book for every child, and a way to help even the most reluctant readers discover the joy of stories.



Hello! Andy here. If you've enjoyed reading about my storytelling adventures, you might enjoy my books too – the **Dino Dad** series and **Dylan the Dino Boy Saves Christmas** are available to purchase now and are chock full of adventure, energy, and dino-fun! Creating stories is one of my greatest joys, and I hope that my books bring plenty of joy to you too!



↑ Dylan the Dino Boy Saves Christmas

**I'm no expert, but a couple of tips I've learned are:**

### 1 Lean into their interests

If your child is obsessed with trains, fairies, sharks, outer space, dogs or DINOSAURS – there is a book for that! Start with those books. When children see themselves or their passions in a story, they're more likely to go back to books for more, in my experience.

### 2 Get them involved

Nobody likes being talked AT! When reading with your children, give them the chance to really get involved, to immerse themselves in the story. Give characters silly voices to bring them to life. Add sound effects. Pause dramatically. Invite your child to join in by asking them questions about the story or having them take on the role of one of the characters. The more interactive, the better!

### 3 Don't make it a chore

If reading turns into a battle, take a step back. It's important to keep the fun alive! Not everyone comes to reading at the same pace. Offer up a book as a fun alternative to other modes of entertainment, rather than something they *have* to do. If they feel forced, chances are they will resist the wonder that is reading! Let them choose the book (even if it's the same book for the twentieth night in a row) and let them come to it in their own time.



# Valentine's Day Recipe

## LOVE BUGS BISCUITS

These chocolate cookies are great fun to make and are delicious!

### INGREDIENTS:

50g Soft Butter  
50g Caster Sugar  
15g Beaten Egg  
85g Plain Flour  
15g Cocoa Powder

### FILLING

15g Chocolate Chips  
25g Soft Butter  
40g Icing Sugar  
15g Soft Brown Sugar  
5g Cocoa Powder

### DECORATION

50g Icing Sugar  
Red Food Colour

Sugar Eyes & Sprinkles

### TUTORIAL:

1. Put butter and caster sugar in a bowl & beat together until just creamy.
2. Pour in the beaten egg and combine. Then add the flour & cocoa powder and mix into a ball of dough.
3. Wrap in cling-film and refrigerate for 1 hour.
4. Gently knead on a floured surface. Using a rolling pin, roll out the dough to an even thickness of about 5-7mm.
5. Use a heart shape cutter to cut out 12-14 biscuits.

6. Place your biscuits on a baking tray lined with greaseproof paper. Chill in the fridge for 30 mins. Preheat the oven to 180°C/160°C fan/gas 4.
7. Bake for 12-15 minutes, turning halfway. Leave to cool.
8. Meanwhile, make the chocolate filling. Melt the choc chips in sealed bag in a mug of hot water. Put the butter in a bowl and beat until soft and creamy. Add the icing sugar and brown sugar, mixing until fluffy. Add the cocoa powder and melted chocolate & stir.
9. Spread the filling on a heart. Pop a heart on top. Repeat.
10. Mix icing sugar with cold water until toothpaste consistency. Add red colouring to desired shade. Pipe onto each cookie to make wings. Stick on eyes with icing, add sprinkles. Leave to harden and enjoy!



Recipe by Rebecca Honeywell-Ward, founder of Honeywell Bakes, and author of Planet Friendly Baking - available at [www.honeywellbakes.com](http://www.honeywellbakes.com) and good book stores.

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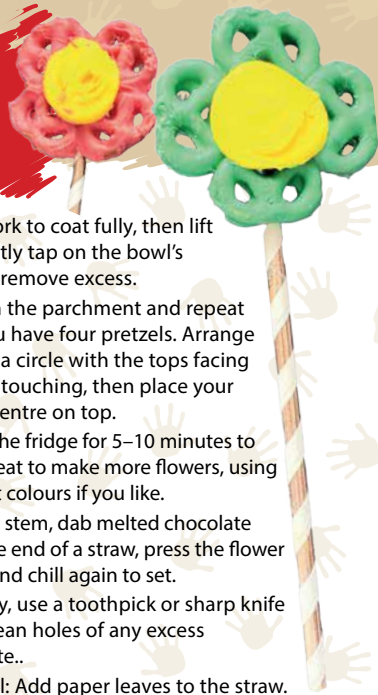
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MOTHER'S  
DAY CRAFT

# CHOCOLATE PRETZEL FLOWERS



## EQUIPMENT:

- Paper straws
- Oven Dish
- Spatula, fork & spoon
- Parchment paper
- Mixing bowl
- Cut-out paper leaves
- Glue

## INGREDIENTS:

- 200g White chocolate
- Food colouring
- Pretzels

## INSTRUCTIONS:

1. Lay two sheets of parchment paper on your work surface and prepare your equipment.
2. Place a wrapped chocolate bar in a heatproof dish, cover with boiling water and allow it to melt until smooth.
3. Pour half the melted chocolate into a bowl, add yellow food colouring and mix. Spoon a small amount onto the parchment and spread into a circle (about the size of a 10p) – this will be the flower centre.
4. Melt more chocolate and add your chosen colours for the petals.
5. Dip a pretzel into the coloured chocolate, press it down with a fork to coat fully, then lift and gently tap on the bowl's edge to remove excess.
6. Place on the parchment and repeat until you have four pretzels. Arrange them in a circle with the tops facing out and touching, then place your yellow centre on top.
7. Chill in the fridge for 5–10 minutes to set. Repeat to make more flowers, using different colours if you like.
8. To add a stem, dab melted chocolate onto one end of a straw, press the flower onto it and chill again to set.
9. Once dry, use a toothpick or sharp knife tip to clean holes of any excess chocolate..
10. Optional: Add paper leaves to the straw.

*This craft was lovingly prepared for you by Toddle About's very own Lou Holmes. Thanks Lou!*



“Award winning  
baby sign, music  
and sensory fun!”

# dandy development

Visit [www.dandydevelopment.co.uk](http://www.dandydevelopment.co.uk)  
or call Nikki 07890 241301     
Dandy is popular - so book quickly!



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confidence and encourage speech whilst having huge amounts of fun!



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daily updates!





# A NIPPER WAGON, WORTH £495

outnabout

The Nipper Wagon is the ultimate adventure companion for family life. As narrow as a standard pushchair, yet spacious enough for two children (or four with the 4-Seat Accessory) plus all your gear, it's perfect for families who go beyond the pavement.

With 12" rear and 10" front air-filled tyres, you can tackle bumpy trails, parks, and beaches with ease. Kids ride in comfort from newborn to ~7 years with removable padded seats, harnesses, and a dropped footwell, and its car-seat compatible for parent-facing newborn travel.

Packed with practical touches like a cup holder, rain cover and one-piece fold, the Nipper Wagon makes it easy to take the whole crew anywhere.



## Enter now at [toddle.fun/nipper](https://toddle.fun/nipper)

Competition closes midnight Sunday 15th March. T&C's apply. see [toddle.fun/nipper](https://toddle.fun/nipper) for details.



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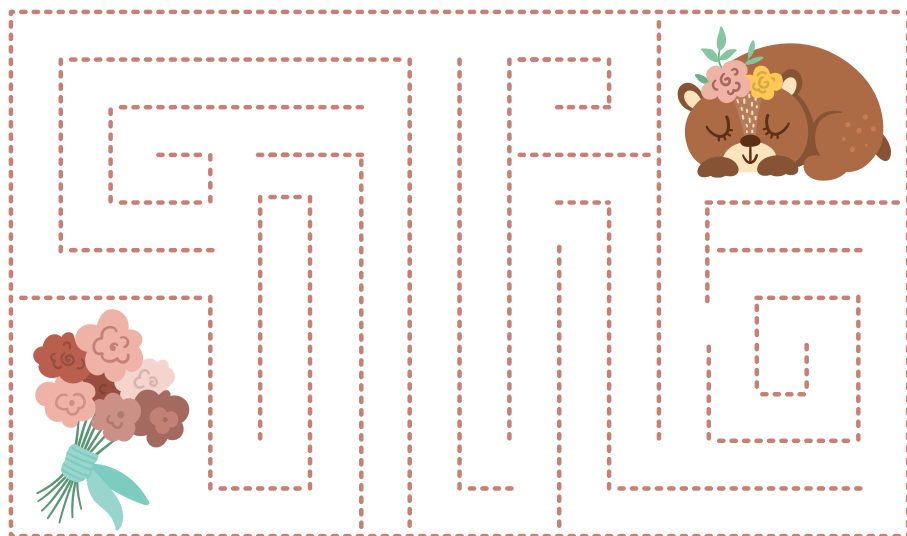
## MAMA BEAR'S BLOOMS

CAN YOU GET THE FLOWERS TO  
MAMA BEAR FOR MOTHER'S DAY?



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WE'VE HIDDEN CHARLIE, TODDLE  
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THROUGHOUT THE MAGAZINE!  
CAN YOU COUNT HOW  
MANY TIMES HE APPEARS?



## SLEDGING SWITCH UP



SPOT THE DIFFERENCE.  
THERE ARE 10 TO FIND!

ANSWERS ON P.42








# dramatots

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# MAKE POO-DOH!

## Crack Potty Training the Fun Way

By Children's Nurse & Potty Learning Expert, Rebecca Mottram



Potty training can feel like one of the trickiest milestones of early childhood, but what if you could turn it into play? Research shows that many parents hit roadblocks such as refusal, anxiety, or difficulty adapting from nappies to the potty. The good news is, there's a playful way through: **Poo-Doh**.

This delightfully fun activity uses homemade play-doh (yes, brown if you like!) to help children explore how their bodies work and teach them the basics of how to manage poo and wee whilst building their confidence.

### 1. MAKE THE POO-DOH

Children love sensory play with something squishy and hand squeezing activities such as the motion of forming "poo" from dough are also beneficial for their fine motor development.

My favourite is to make it brown, but you can also make glitter poo, rainbow poo, even dinosaur poo! Making the poo gives you a chance to show them what healthy poo should look like.



### 2. NORMALISE AND TALK ABOUT POO

When you roll and squeeze the poo doh with a bit of humour and giggles, conversations about bodily functions become natural.

You can playfully introduce the character of Mr Poo, who always wants to find his way to Pooland, down the toilet. Using play like this allows children to explore the topic safely and provides a powerful antidote to the pressure they may feel when learning to use the toilet.

Sensory activities like rolling and squeezing dough help children with emotional regulation, helping to create a beneficial learning environment for your child.



Rebecca Mottram is a children's nurse, researcher and potty learning specialist. She's the author of *Positively Potty* from Bloomsbury, and hosts the Go Potty Podcast. Find more evidence-based, child-centred toilet training resources at [rebeccamottram.com](http://rebeccamottram.com).

### 3. ROLE-PLAY TO PRACTICE AND BUILD SKILLS

Once you've made your Poo-Doh, you can use it to act out what happens at toilet time: plop poo in the potty, tip it into the loo, flush, and wash hands. Let dolly or teddy have a go too.

Modelling each step gives children structure and predictability; two key ingredients for toileting success. At this stage of development, children live in their imagination so delivering information through play meets them where they are in a child-centred way.

### 4. A HANDS-ON BIOLOGY LESSON

Make your hand into a fist and gently push the dough through to show how poo moves through the body. Children can see and feel what's happening, helping them recognise those "tummy tickles" as signals to go. Understanding the process reduces fear and builds trust in their bodies.

### READY TO GIVE IT A GO?

Download your free Poo-Doh Recipe + Poo Checker!

You'll get:

- A simple step-by-step recipe for homemade "poo"
- A printable chart to spot healthy poos and wees
- Constipation checker and links to more support

Get your free download at [www.toddle.club/poo](http://www.toddle.club/poo)

Turn toilet training into a bonding adventure, one squishy "poo" at a time!





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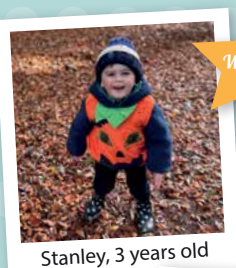



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# TODDLE MODELS



Winner



## Baby and Toddler Photo Competition Winner

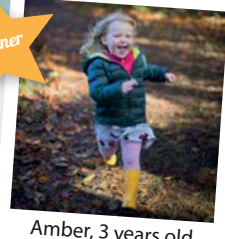
Thank you to everyone who entered  
our Autumn Toddle Models competition!

Congratulations to little Stanley and Amber who **both** won a  
**Family Ticket to Disney On Ice**, worth £220!

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.



Find out more at [www.disneyonice.com](http://www.disneyonice.com)



Amber, 3 years old



Arwen, 3 years



Autumn, 1 year, 10 months



Caleb, 1 year, 4 months



Charlotte, 1 year, 11 months



Elijah, 1 year, 10 months



Jacob, 3 months



Jasper, 3 years, 10 months



Kai, 5 months



Lily, 4 years



Lola, 5 years



Loughlan, 2 years



Asees, Giaan, 3 years and 4 months



Nicholas, 3 years, 4 months



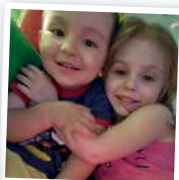
Riley, 3 years, 4 months



Robin, 4 years



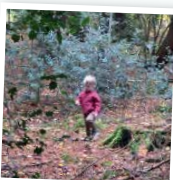
Sebastian, 4 years



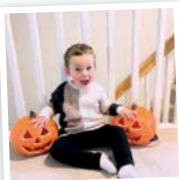
Carly and Francis, 4 years and 3 years



Sienna, 4 years, 8 months



Theo, 2 years



Jos, 2 years, 1 month



# TODDLE MODELS

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Finally, the **Little Tikes Story Dream Machine** brings stories to life with read-along narration and projection, encouraging early reading skills. It comes with three classic fairytales: *The Ugly Duckling*, *The Princess and the Pea*, and *The Emperor's New Clothes*.

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T&Cs apply - all online at [www.toddle.fun/toddlemodels](http://www.toddle.fun/toddlemodels). The winners will be chosen at random.



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[www.belgrade.co.uk/events/monster-in-your-show/](http://www.belgrade.co.uk/events/monster-in-your-show/)

Cost: From £12, including booking fee

JAN -  
APRIL

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[www.adventure.hattonworld.com](http://www.adventure.hattonworld.com)

Cost: From £11.95, under 80cm FREE

FEB  
16 - 20

## STRATFORD BUTTERFLY FARM

Swan's Nest Lane, Stratford-upon-Avon, Warwickshire, CV37 7LS

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Open daily 10am - 5pm, visit [www.butterflyfarm.co.uk](http://www.butterflyfarm.co.uk) for more information

Cost: From £8.60, under 3's FREE

Details are correct at time of printing but may change. Please check with the event host for prices, times and dates.

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VIP CLUB READER REVIEW:

# BRAINSTORM HALFTOYS WORLD SET



Written by Louise Marriott, Toddle About Subscriber

**The Halftoys World Set is a hands-on, educational playset featuring magnetic 3D sea animal puzzles and a buildable ocean habitat – perfect for imaginative, STEM-inspired play. £50 from good toy shops.**

The Brainstorm Halftoys World Set is an imaginative, educational, hands-on activity for children – and we absolutely loved it! From the moment we opened the box, we were drawn in by the vibrant colours and detailed 'Ocean World' design. With five 3D sea animal puzzles to build, my 4-year-old eagerly matched the magnetic skeleton pieces to their animal bodies – no reading needed!

We then tackled the main feature: the Ocean Habitat. A little fiddly for small hands, we built the base together. My son then took the lead, enthusiastically assembling the underwater plants and doing a brilliant job.

Once complete, we spent ages role-playing with the scene, taking turns as different animals and creating underwater adventures.

My favourite part is the animal models – simple yet cleverly designed, they click together with magnets, are sturdy, and safe for younger children.

An unexpected bonus? The whole scene folds in half to store the pieces neatly inside – ideal for travel and tidy play.

Overall, this is a fantastic set that encourages creativity, storytelling, and quality time. Some adult help may be needed, but I secretly enjoyed that part!

*Review has been edited.*



Louise and her son were given this product **as a freebie** for writing this review.

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# WHEN POSTNATAL RECOVERY MEETS PERIMENOPAUSE

## The Overlooked Overlap

by Rose Constantine RNutr



Since the 1990s, the number of women having babies in their 40s has more than doubled. Whilst there are many benefits to having children later in life, including potentially living to a greater age, it can create a doubling up effect where a woman is navigating postnatal recovery alongside the onset of perimenopause.

Add to this the stresses and strains of motherhood and it becomes the perfect storm for anxiety, low mood, fatigue and constant brain fog.

Sadly, these symptoms are often placed under the label “motherhood”, giving a sense of needing to just get on with it. When in actual fact, mothers are confused, frustrated and feeling broken and alone.

What no one is telling you is that **you are not broken**. Your body is carrying a huge load, such as...

- nutrient depletion from pregnancy
- sleep disruption
- breastfeeding demands
- physical healing
- the mental load of caring for a young child

All things new mums experience, plus reducing progesterone levels (your calming and sleep supporting hormone), and a greater sensitivity to everyday stress (in part due to perimenopausal hormone fluctuations).

### **So how can you support yourself through this phase?**

This is not about bouncing back, it is about providing realistic and kind support for your body.

#### **1 Concentrate on what to include, not avoid**

Your body needs more nutrients now than at almost any other life stage, so build meals with:

- Protein to stabilise blood sugar and support hormone production
- Healthy fats for mood and brain health
- Leafy greens and colourful vegetables for minerals and antioxidants
- Whole carbohydrates (potatoes, lentils and beans) for slow-release energy.

**TIP:** Many women benefit from checking iron, B vitamins and magnesium, as they're commonly depleted postnatally and important in perimenopause.



*Rose Constantine RNutr is a Nutritionist specialising in hormone health. She supports women who feel overwhelmed by mood swings, anxiety or PMDD-type symptoms, helping them understand their bodies and feel calmer, clearer and in control. [www.roseconstantine.co.uk](http://www.roseconstantine.co.uk) @the.womensnutritionist*

#### **2 Stabilise blood sugar**

Blood sugar swings can worsen anxiety and fatigue. Eating regularly and balancing meals can make a big difference.

**TIP:** Eat within an hour of eating (even just a little)

#### **3 Support your nervous system**

Complete the stress cycle. Often a stress response is triggered but never switched off, leaving you in a heightened state. You can complete the cycle by:

- Shaking your body
- Taking deep breaths
- Belly laughs
- Being creative (writing, drawing or music)
- Having a positive conversation with a friend

#### **4 Track your cycle and mood**

Charting helps you spot patterns, understand symptoms and identify whether changes are postnatal, perimenopausal or both. It also helps you track where things are improving.

#### **5 Seek support**

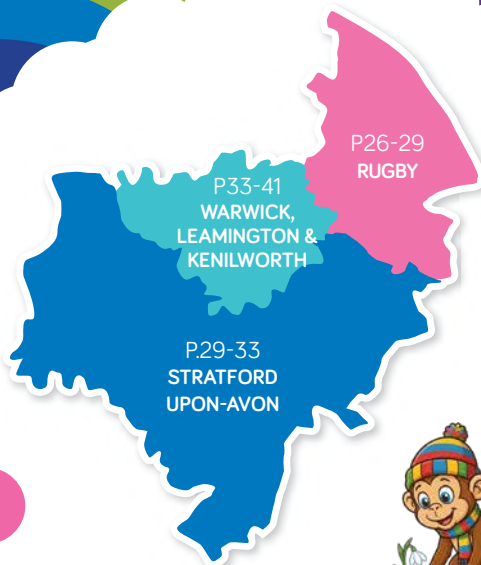
You do not need to wait until things feel unmanageable. A women's health specialist can help you understand what is going on and what you need. The amount of information available online is overwhelming and confusing. Remember you are unique and your needs may be different to others.

**But always remember:** You are not broken.

# Daily Activity Planner

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

RUGBY AREA



## MONDAY

### PARENTS & TOTS

#### 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 (*drop in*).

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

#### Noah's Ark Toddler Group

Dunchurch Baptist Church, Coventry Road, Dunchurch, Rugby, CV22 6RF. 07515 472578. [www.dunchurchbaptistchurch.org.uk](http://www.dunchurchbaptistchurch.org.uk)

**Times:** 9:30 - 11:00. **Ages:** 0 - 4 yrs.

**Cost:** £2 per session (*booking essential*).

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

#### Rugby Elim Tots

Rugby Elim Tots, The Terrace Church, 54 Railway Terrace, Rugby, CV21 3EX. [www.rugbyelim.org.uk](http://www.rugbyelim.org.uk)

**Times:** 9:45 - 11:30. **Ages:** 0 - 4 yrs.

**Cost:** £1 per session (*booking essential*).

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

### MUSIC & SIGNING

#### Dandy Development

Ryton On Dunsmore Village Hall, High Street, Ryton On Dunsmore, Coventry, CV8 3EY. 07890 241301. [www.dandydevelopment.co.uk](http://www.dandydevelopment.co.uk)

• **Stage 1 (Ryton on Dunsmore):** 9:55 - 10:30.  
**Ages:** 7 mths - 1 yrs 1 mths.

**Cost:** £8.50 per session (*booking essential*).

**Dates:** 12 Jan - 9 Feb & 23 Feb - 16 Mar.

• **Stage 2 (Ryton on Dunsmore):** 11:00 - 11:40.

**Ages:** 1 yrs 2 mths - 2 yrs 6 mths.

**Cost:** £8.50 per session (*booking essential*).

**Dates:** 12 Jan - 9 Feb & 23 Feb - 16 Mar.

### DANCE & DRAMA

#### Drama Tots Rugby and Lutterworth

Overslade Community Centre, 68 Buchanan Road, Rugby, CV22 6AZ.

07815961449. [www.dramatots.co.uk](http://www.dramatots.co.uk)

• **Rising Stars:** 9:30 - 10:10.

*Suitable for children aged 18ms-3yrs.*

**Ages:** 1 yrs 6 mths - 3 yrs.

• **Bright Stars:** 10:30 - 11:15.

*Suitable for children aged 3-5yrs.*

**Ages:** 3 - 4 yrs.

**Cost:** £7.50 per session (*booking essential*).

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

### SWIMMING

#### Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796.

[www.swimworks.co.uk](http://www.swimworks.co.uk)

• **Little Splashers**

**Times:** 9:30 - 10:00. **Ages:** 1 yrs 4 mths - 2 yrs 6 mths.

**Dates:** 5 Jan - 23 Feb & 9 Mar - 30 Mar.

**Times:** 11:30 - 12:00. **Ages:** 1 yrs 4 mths - 2 yrs 6 mths.

**Cost:** Free (*booking essential*).

• **Baby Swimming (Rugby):** 9:30 - 14:30.

**Ages:** 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).

**Dates:** 5 Jan - 30 Mar.

## TUESDAY

### PARENTS & TOTS

#### Ladybirds Stay & Play

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

• **Ladybirds Stay & Play:** 9:30 - 11:00.

**Ages:** Pregnancy - 5 yrs. **Cost:** £1 per session (*drop in*).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

#### Salvation Army Rugby Toddler Group

The Salvation Army, Bennfield Road, Rugby, CV21 2AS. 01788 542347. [www.salvationarmy.org.uk](http://www.salvationarmy.org.uk).

• **Salvation Army Toddler Group:** 9:00 - 11:00.

*Enjoy play, crafts and songs.*

**Ages:** 0 - 3 yrs. **Cost:** £1 per session (*drop in*).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

### MUSIC & SIGNING

#### Rhythm Time Coventry, Rugby and West Northants

Binley Woods Village Hall, Rugby Road, Binley Woods, Coventry, CV3 2AX. 07591720345. [www.rhythmtime.net](http://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.

**Cost:** £7.00 per session (*booking essential*).

**Dates:** 6 Jan - 24 Mar.

### SENSORY & DEVELOPMENT

#### Baby Sensory Rugby & Daventry

Willoughby Park, Onley Grounds Equestrian Complex, Between Rugby & Daventry, CV23 8AJ. 07849777705. [www.babysensory.com](http://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:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

### DANCE & DRAMA

#### Drama Tots Rugby and Lutterworth

Overslade Community Centre, 68 Buchanan Road, Rugby, CV22 6AZ. 07815961449. [www.dramatots.co.uk](http://www.dramatots.co.uk).

• **All Stars 18m-4yrs - Overslade Community Centre:** 10:00 - 10:45.

*Award winning classes for 18m-5yrs!*

**Ages:** 1 yrs 6 mths - 4 yrs 11 mths.

**Cost:** £7.50 per session (*booking essential*).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

### PHYSICAL FUN

#### Little Kickers Northampton Daventry & Rugby

Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GY. 01327 705915. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

**Times:** 9:20 - 10:00. **Ages:** 1 yrs 6 mths - 2 yrs 6 mths.

**Times:** 10:15 - 11:00. **Ages:** 2 yrs 6 mths - 3 yrs 6 mths.

**Times:** 11:15 - 12:00. **Ages:** 3 yrs 6 mths - 5 yrs.

**Cost:** £7.49 per session (*booking essential*).


**Dates:** 6 Jan - 31 Mar & 6 Jan - 31 Mar.



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## SWIMMING

### Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796. [www.swimworks.co.uk](http://www.swimworks.co.uk).

• **Baby Swimming (Rugby):** 10:30 - 15:00.

**Ages:** 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).

**Dates:** 6 Jan & 6 Jan - 31 Mar.

## WEDNESDAY

### PARENTS & TOTS

#### Bilton Evangelical Parent and Toddler Group

Bilton Evangelical Church, Main Street, Bilton, Rugby, CV22 7NQ. 01788 817326. [www.becchurch.org.uk](http://www.becchurch.org.uk).

**Times:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

**Cost:** £1 per session (*drop in*).

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

#### Coffee Break at St Oswald's Church

St Oswald's Church, Lawford Road, New Bilton, Rugby, CV21 2HR. 01788 330440. [www.smsa.org.uk](http://www.smsa.org.uk).

• **Coffee Break at St Matthew & St Oswald's Church:** 9:15 - 10:45.

**Ages:** 0 - 4 yrs. **Cost:** £1 per session (*drop in*).

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

#### 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](http://www.stgeorgesrugby.org.uk).

**Times:** 13:30 - 15:00. **Ages:** 0 - 4 yrs.

**Cost:** £1.50 per session (*drop in*).

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

### MUSIC & SIGNING

#### Rhythm Time Coventry, Rugby and West Northants

Dunchurch Baptist Church, Coventry Road, Dunchurch, Rugby, CV22 6RA. 07591720345. [www.rhythmtime.net](http://www.rhythmtime.net).

• **Toddler Class:** 9:45 - 10:15.

**Ages:** 1 yrs 1 mths - 3 yrs. **Cost:** £6.79 per session (*booking essential*).

• **Pre-school Class:** 10:30 - 11:00.

**Ages:** 3 - 5 yrs.

• **Baby Class:** 11:20 - 11:50.

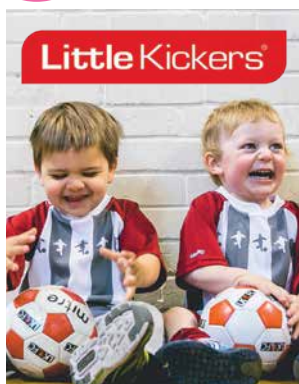
*Cost £6.79 per session, booking is essential*

**Ages:** 2 mths - 1 yrs 1 mths.

**Cost:** £7.00 per session (*booking essential*).

**Dates:** 7 Jan - 25 Mar.





## Football fun

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LittleKickers Northampton, Daventry & Rugby

## SENSORY & DEVELOPMENT

### Baby Sensory Rugby & Daventry

Willoughby Park, Onley Grounds Equestrian Complex, Between Rugby & Daventry, CV23 8AJ. 07849777705.

[www.babysensory.com](http://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 Jan - 11 Feb & 25 Feb - 25 Mar.

## SWIMMING

### Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796.  
[www.swimworks.co.uk](http://www.swimworks.co.uk).

• **Baby Swimming (Rugby):** 9:30 - 13:30.

**Ages:** 0 - 5 yrs. **Cost:** £14.50 per session (booking essential).

**Dates:** 7 Jan - 1 Apr.

## THURSDAY

### PARENTS & TOTS

#### Noah's Ark Toddler Group

Dunchurch Baptist Church, Coventry Road, Dunchurch, Rugby, CV22 6RF. 07515 472578. [www.dunchurchbaptistchurch.org.uk](http://www.dunchurchbaptistchurch.org.uk).

**Times:** 9:30 - 11:00.

**Ages:** 0 - 4 yrs.

**Cost:** £2 per session (booking essential).

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

## MUSIC & SIGNING

### Rhythm Time Coventry, Rugby and West Northants

Brandon Marsh Nature Centre, Brandon Lane, Coventry, CV3 3GW.

07591720345. [www.rhythmtime.net](http://www.rhythmtime.net).

• **Toddler Class:** 10:00 - 10:30.

**Cost:** £7.00 per session, booking is essential

**Ages:** 1 - 3 yrs.

• **Baby Class:** 10:45 - 11:15.

**Ages:** 2 mths - 1 yrs 1 mths.

**Cost:** £7.00 per session (booking essential).

**Dates:** 8 Jan - 26 Mar.

## SENSORY & DEVELOPMENT

### Baby Sensory Rugby & Daventry

Willoughby Park, Onley Grounds Equestrian Complex, Between Rugby & Daventry, CV23 8AJ. 07849777705.

[www.babysensory.com](http://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:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

## DANCE & DRAMA

### Drama Tots Rugby and Lutterworth

Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GU.

07815961449. [www.dramatots.co.uk](http://www.dramatots.co.uk).

• **Rising Stars:** 9:30 - 10:10.

**Ages:** 1 yrs 6 mths - 3 yrs.

• **Bright Stars:** 10:30 - 11:15.

**Ages:** 3 - 4 yrs.

**Cost:** £7.50 per session (booking essential).

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

## SWIMMING

### Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796.

[www.swimworks.co.uk](http://www.swimworks.co.uk).

• **Baby Swimming (Rugby):** 9:30 - 14:00.

**Ages:** 0 - 5 yrs. **Cost:** £14.50 per session (booking essential).

**Dates:** 1 Jan & 8 Jan - 2 Apr.

## FRIDAY

### PARENTS & TOTS

#### Church Mice

St. Andrew's Church, Church Street, Rugby, CV21 3PT.

[www.standrewrugby.org.uk](http://www.standrewrugby.org.uk).

**Times:** 9:30 - 12:00. **Ages:** 0 - 5 yrs.

**Cost:** Free (drop in). **Dates:** 9 Jan - 27 Mar.

## MUSIC & SIGNING

### Rhythm Time Coventry, Rugby and West Northants

Hillmorton Community Centre, Robbins Court, Rugby, CV22 5HQ.

07591720345. [www.rhythmtime.net](http://www.rhythmtime.net).

• **Pre-school Class:** 9:45 - 10:15.

**Ages:** 3 - 5 yrs. **Dates:** 9 Jan - 27 Mar.

• **Toddler Class:** 10:30 - 11:00.

**Ages:** 1 - 3 yrs. **Dates:** 9 Jan - 20 Mar.

• **Baby Class**

**Times:** 11:20 - 11:50. **Ages:** 2 mths - 1 yrs 1 mths.

**Times:** 12:15 - 13:00. **Ages:** 0 - 6 mths.

**Cost:** £7.00 per session (booking essential).

**Dates:** 9 Jan - 27 Mar.



## DANCE & DRAMA

### Drama Tots Rugby and Lutterworth

Wycliffe Rooms, George Street, Lutterworth, LE17 4ED.

07815961449. [www.dramatots.co.uk](http://www.dramatots.co.uk).

- **Rising Stars:** 9:45 - 10:25.

**Ages:** 1 yrs 6 mths - 3 yrs.

- **Bright Stars:** 10:45 - 11:30.

**Ages:** 3 - 4 yrs.

**Cost:** £7.50 per session (*booking essential*).

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

## SWIMMING

### Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796.

[www.swimworks.co.uk](http://www.swimworks.co.uk).

- **Baby Swimming (Rugby):** 9:30 - 15:00.

**Ages:** 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).

**Dates:** 2 Jan & 9 Jan - 27 Mar.

## SATURDAY

### MUSIC & SIGNING

#### Rhythm Time Coventry, Rugby and West Northants

Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GU.

07591720345. [www.rhythmtime.net](http://www.rhythmtime.net).

- **Family Session:** 10:00 - 10:45.

**Ages:** 0 - 5 yrs. **Cost:** £8.25 per session (*booking essential*).

**Dates:** 17 Jan, 31 Jan, 14 Feb, 28 Feb & 14 Mar.

## PHYSICAL FUN

### Little Kickers Northampton Daventry & Rugby

Rugby High School, Longrood Road, Rugby, CV22 7RE. 01327 705915.

[www.littlekickers.co.uk](http://www.littlekickers.co.uk).

**Times:** 8:30 - 9:15. **Ages:** 2 1/2 yrs - 3 1/2 yrs

**Dates:** 3 Jan - 28 Mar & 3 Jan - 28 Mar.

**Times:** 9:25 - 10:10. **Ages:** 3 1/2 yrs - 5 yrs.

**Cost:** £7.49 per session (*booking essential*).

**Times:** 10:20 - 11:05 & 11:15 - 12:00. **Ages:** 3 1/2 yrs - 5 yrs.

**Dates:** 3 Jan - 28 Mar.

**Times:** 9:25 - 10:10. **Ages:** 5 - 7 yrs.

**Dates:** 3 Jan - 28 Mar & 3 Jan - 28 Mar.

- **Little Kickers, 1½ - 2½ years, Rugby High School:** 10:20 - 11:00.

**Ages:** 1 yrs 6 mths - 2 yrs 6 mths. **Dates:** 3 Jan - 28 Mar.

**Cost:** £9.50 per session (*booking essential*).

## SWIMMING

### Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE.

07950 467796. [www.swimworks.co.uk](http://www.swimworks.co.uk).

- **Baby Swimming (Rugby):** 9:00 - 12:00.

**Ages:** 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).

**Dates:** 3 Jan & 10 Jan - 28 Mar.

## OTHER

### Rugby Mum2Mum Market

Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GU

[www.mum2mummarket.co.uk](http://www.mum2mummarket.co.uk).

- **Rugby - 31st January 2026 Nearly New Stalls:** 14:00 - 16:00.

**Dates:** 31 Jan.

- **Rugby - 21st March 2026 Nearly New Stalls:** 14:00 - 16:00.

**Dates:** 21 Mar.

**Cost:** £2.00

## SUNDAY

### SWIMMING

#### Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE.

07950 467796. [www.swimworks.co.uk](http://www.swimworks.co.uk).

- **Baby Swimming (Rugby):** 9:00 - 13:00.

**Ages:** 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).

**Dates:** 4 Jan - 1 Mar & 11 Jan - 29 Mar.

## STRATFORD UPON-AVON AREA

## MONDAY

### PARENTS & TOTS

#### Graham Adams Centre

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

01928 811519. [www.grahamadamscentre.com](http://www.grahamadamscentre.com).

- **Arty Monkeys:** 10:00 - 11:30.

An arty, crafty, messy play toddler session

**Ages:** 6 mths - 5 yrs. **Cost:** £2.50 per session (*drop in*).

**Dates:** 5 Jan - 23 Mar.

#### 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:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

#### Mini Tennis Stars

Cherington Village Hall, Cherington Village Hall, Stourton, Shipston-on-Stour, CV36 5HG. 07919483783. [www.minitennisstars.co.uk](http://www.minitennisstars.co.uk).

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

The perfect place to start their tennis journey

**Ages:** 3 yrs - 6 yrs 10 mths. **Cost:** £7.35 per session (*booking essential*).

**Dates:** 5 Jan - 9 Feb & 23 Feb - 30 Mar.

#### Muddy Munchkins Playgroup

Stratford Park Hotel & Golf Club, Ingon Lane, Stratford-upon-Avon,

CV37 0QE. 07894561511

**Times:** 9:30 - 11:15

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

**Dates:** 5 Jan - 30 Mar.

#### Snitterfield Rag Tag Toddler Group

Snitterfield Village Hall, Bearley Road, Snitterfield,

Stratford upon Avon, CV37 0JH. 01789 731246

**Times:** 9:45 - 11:45. **Ages:** 0 - 4 yrs.

**Cost:** £3 per session (*drop in*).

**Dates:** 12 Jan - 9 Feb & 23 Feb - 23 Mar.

## CREATIVE

### Market Hall Museum, Warwick

Market Hall Museum, Market Place, Warwick, CV34 4SA.

01926 412 501. [www.heritage.warwickshire.gov.uk](http://www.heritage.warwickshire.gov.uk).

- **Arty Tots get messy with their Grandparents:** 10:00 - 12:00.

**Ages:** 1 - 4 yrs.

**Cost:** £3 per session (*drop in*).

**Dates:** 5 Jan - 30 Mar.

## DANCE & DRAMA

### Krystle Jayne's Dance Academy

Claverdon Church Centre, Church Rd, Claverdon, CV35 8PD.  
Krystle: 07791 852891. [www.krystlejayedanceacademy.co.uk](http://www.krystlejayedanceacademy.co.uk).

- **Baby Ballet:** 16:30 - 17:00.

**Ages:** 2 - 4 yrs. **Cost:** £4 per session (*booking essential*).

- **Pre-Primary Ballet & Tap:** 17:00 - 17:45.

**Ages:** 4 - 5 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

## HEALTH & WELLNESS

### Pilates By Lizzie

JNB Gymnastics Academy, 5 Featherbed Lane, Stratford-upon-Avon,  
CV37 0ER. 07931892927. [www.pilatesbylizzie.co.uk](http://www.pilatesbylizzie.co.uk).

- **Mum and Baby Pilates:** 10:00 - 11:00.

**Cost:** £10 per session (*booking essential*).

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

## PREGNANCY

### Home-Start South Warwickshire

Westgate Children's Centre Warwick, Bowling Green Street, Warwick,  
CV34 4DD. 07564 543806. [www.homestartsouthwarwickshire.org.uk](http://www.homestartsouthwarwickshire.org.uk).

- **Home-Start South Warwickshire Perinatal Support Group:**  
10:00 - 11:30.

*Support group for expectant and new mums*

**Ages:** Pregnancy - 10 mths. **Cost:** Free

**Dates:** 5 Jan - 30 Mar.



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Muddy Munchkins  
The Stratford Park Hotel & Golf Club  
Ingon Lane  
Stratford upon Avon  
CV37 0QE



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## 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:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

### Muddy Munchkins Playgroup

Stratford Park Hotel & Golf Club, Ingon Lane, Stratford-upon-Avon,

CV37 0QE. 07894561511

**Times:** 9:15 - 11:15

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

**Dates:** 6 Jan - 31 Mar.

### Trinity Tots (Stratford-upon-Avon)

Ken Kennett Centre, 100 Justin's Avenue, Stratford-upon-Avon,

CV37 0DA. 01789 266316. [www.stratford-upon-avon.org](http://www.stratford-upon-avon.org).

- **Stay & Play:** 9:00 - 10:30.

**Ages:** 0 - 5 yrs. **Cost:** £1 per session (*drop in*).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

### Westgate Children and Family Centre

Westgate Children and Family Centre, Bowling Green Street, Warwick,

CV34 4DD. 01926 490629. [www.barnardos.org.uk](http://www.barnardos.org.uk).

- **Woodloes, Baby Time:** 11:00 - 12:30.

**Ages:** 0 - 1 yrs. **Cost:** Free

**Dates:** 6 Jan - 31 Mar.

## 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](http://www.rhythmtime.net).

- **Young Babies:** 10:20 - 10:50.

**Ages:** 0 - 6 mths. **Cost:** £7.74 per session

**Dates:** 6 Jan - 10 Feb.

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

**Ages:** 1 - 3 yrs. **Cost:** £7.74 per session

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

## DANCE & DRAMA

### Drama Tots Banbury and Stratford

Shottery Memorial Hall, Hathaway Lane, Shottery,  
Stratford-Upon-Avon, CV37 9BL. 07359252403.

[www.dramatotsbanburystratford.classforkids.io](http://www.dramatotsbanburystratford.classforkids.io).

- **All Stars - Shottery Memorial Hall, Stratford:** 9:30 - 10:10.

*Giving every child the chance to shine.*

**Ages:** 1 yrs 6 mths - 5 yrs.

**Cost:** £8.75 per session (*booking essential*).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

## HEALTH & WELLNESS

### Pilates By Lizzie

JNB Gymnastics Academy, 5 Featherbed Lane, Stratford-upon-Avon,  
CV37 0ER. 07931892927. [www.pilatesbylizzie.co.uk](http://www.pilatesbylizzie.co.uk).

- **Mixed Level Pilates:** 19:30 - 20:30.

**Cost:** £10 per session (*booking essential*).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.







## WEDNESDAY

### PARENTS & TOTS

#### Graham Adams Centre

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

01928 811519. [www.grahamadamscentre.com](http://www.grahamadamscentre.com).

- **Stretchy Monkeys Soft Play:** 11:00 - 12:30.

A toddler group with soft play and a cafe

**Ages:** 1 - 5 yrs.

**Cost:** £2 per session (drop in).

**Dates:** 7 Jan - 25 Mar.

#### Muddy Munchkins Playgroup

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

- **New theme monthly:** 9:30 - 11:15.

**Ages:** 0 - 6 yrs.

**Cost:** £7 per session (booking essential).

**Dates:** 7 Jan - 1 Apr.

#### NCT Stratford-upon-Avon and District

NCT Stratford-upon-Avon and District, Venture House,

Stratford-upon-Avon, CV37 0HR. [www.nct.org.uk](http://www.nct.org.uk).

- **Bumps, Babies and Toddlers:** 9:30 - 11:30.

**Ages:** 0 - 4 yrs. **Cost:** Free (drop in).

**Dates:** 7 Jan, 21 Jan, 4 Feb, 18 Feb, 4 Mar, 18 Mar & 1 Apr.

#### Westgate Children and Family Centre

Westgate Children and Family Centre, Bowling Green Street, Warwick,

CV34 4DD. 01926 490629. [www.barnardos.org.uk](http://www.barnardos.org.uk).

- **Baby Time:** 10:00 - 11:30.

**Ages:** 0 - 1 yrs 6 mths.

**Cost:** Free (drop in).

- **Baby Chatter Matters:** 14:00 - 15:00.

**Ages:** 6 mths - 1 yrs 2 mths.

**Cost:** Free (booking essential).

**Dates:** 7 Jan - 1 Apr.

## MUSIC & SIGNING

### BilinguaSing Coventry & Warwickshire

Stratford-Upon-Avon Methodist Church, Old Town,

Stratford-Upon-Avon, CV37 6BG.

07815 149877. [www.bilinguasinging.com](http://www.bilinguasinging.com).

- **We Sing French (mixed aged family class, 0-4 years):** 14:00 - 14:45.

**Ages:** 1 mths - 4 yrs 11 mths.

**Cost:** £8.50 per session (booking essential).

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

### BilinguaSing Stratford upon Avon, Banbury and Rugby

Stratford Methodist Church, Old Town, Stratford-upon-Avon, CV37 6BG. 07746145299. [www.bilinguasinging.com](http://www.bilinguasinging.com).

- **We Sing French:** 14:00 - 14:45.

**Ages:** 0 - 4 yrs.

**Cost:** £8 per session (booking essential).

**Dates:** 7 Jan - 4 Feb.

## SENSORY & DEVELOPMENT

### Adventure Babies Warwickshire & Coventry

Heathcote Community Centre, Cressida Close, Heathcote, Warwick, CV34 6DZ. [www.adventurebabies.co.uk](http://www.adventurebabies.co.uk).

- **Adventure Babies (Heathcote Community Centre) 10:30am:** 10:30 - 11:15.

**Ages:** 0 - 1 yrs.

- **Adventure Babies (Heathcote Community Centre) 11:45am:** 11:35 - 12:20.

**Ages:** 0 - 8 mths.

**Cost:** £9.50 per session (booking essential).

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

### Baby Sensory (S. Warwickshire)

Tiddington Community Centre, Tiddington,

Stratford-upon-Avon, CV37 7AT.

07989 502712. [www.babysensory.com](http://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:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

### Story Imagin-ory Warwick Leamington Spa and Surrounding Areas

Heathcote Community Centre, Cressida Close, Heathcote, Warwick, CV34 6DZ. 07845289115.

[www.warwickleamingtonspa.storyimaginory.co.uk](http://www.warwickleamingtonspa.storyimaginory.co.uk).

**Ages:** 6 mths - 5 yrs.

**Cost:** £8.50 per session (booking essential).

**Dates:** 25 Feb - 25 Mar.

## 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 (booking essential).

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

#### Little Fishes

Little Fishes, Payton Street, Stratford-upon-Avon, CV37 6UA.

07940321463. [www.stratforduponavonbaptist.org.uk](http://www.stratforduponavonbaptist.org.uk).

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

**Ages:** 0 - 5 yrs.

**Cost:** £1 per session (booking essential).

**Dates:** 8 Jan - 2 Apr.

#### 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:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

#### Snitterfield Rag Tag Toddler Group

Snitterfield Village Hall, Bearley Road, Snitterfield,

Stratford upon Avon, CV37 0JH. 01789 731246.

**Times:** 9:45 - 11:45.

**Ages:** 0 - 4 yrs.

**Cost:** £3 per session (drop in).

**Dates:** 8 Jan - 12 Feb, 26 Feb - 26 Mar, 8 Jan - 12 Feb & 26 Feb - 26 Mar.

## Stratford Family Club CIC

Stratford Family Club CIC, Royal Shakespeare Theatre, Waterside,  
Stratford-upon-Avon, CV37 6BB.  
[www.stratfordfamilyclub.wixsite.com](http://www.stratfordfamilyclub.wixsite.com).

- **Tower Tots:** 13:00 - 15:00.

**Ages:** 0 - 4 yrs.

**Cost:** £2 per session (*drop in*).

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

## Trinity Tots (Stratford-upon-Avon)

Holy Trinity Parish Center, Old Town, Stratford-upon-Avon, CV37 6BG.  
01789 266316. [www.stratford-upon-avon.org](http://www.stratford-upon-avon.org).

**Times:** 13:30 - 15:00.

**Ages:** 0 - 5 yrs.

**Cost:** £1 per session (*drop in*).

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

## Westgate Children and Family Centre

Westgate Children and Family Centre, Bowling Green Street, Warwick,  
CV34 4DD. 01926 490629. [www.barnardos.org.uk](http://www.barnardos.org.uk).

- **Toddler Time:** 10:00 - 11:30.

**Ages:** 1 - 3 yrs.

**Cost:** Free (*drop in*).

**Dates:** 1 Jan - 2 Apr.

## SENSORY & DEVELOPMENT

### Adventure Babies Warwickshire & Coventry

Pebworth Village Hall, Chapel Road, Pebworth,  
Stratford-upon-Avon, CV37 8XJ.  
[www.adventurebabies.co.uk](http://www.adventurebabies.co.uk).

- **Adventure Babies (Pebworth Village Hall)** 10:30am: 10:30 - 11:15.

**Ages:** 0 - 1 yrs.

- **Adventure Babies (Pebworth Village Hall)** 11:45am: 11:45 - 12:30.

**Ages:** 0 - 8 mths.

**Cost:** £9.50 per session (*booking essential*).

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

## DANCE & DRAMA

### Krystle Jayne's Dance Academy

Studley Village Hall, High Street, Studley, B80 7HJ.  
Krystle: 07791 852891. [www.krystlejayedanceacademy.co.uk](http://www.krystlejayedanceacademy.co.uk).

- **Pre-Primary Ballet & Tap:** 16:30 - 17:15.

**Ages:** 4 - 5 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

## HEALTH & WELLNESS

### Pilates By Lizzie

JNB Gymnastics Academy, 5 Featherbed Lane,  
Stratford-upon-Avon, CV37 0ER.  
07931892927. [www.pilatesbylizzie.co.uk](http://www.pilatesbylizzie.co.uk).

- **Mum and Baby Pilates:** 10:00 - 11:00.

**Dates:** 8 Jan - 29 Jan, 12 Feb & 26 Feb - 26 Mar.

- **Pilates & Playtime:** 11:30 - 12:30.

- **Pregnancy Pilates:** 19:30 - 20:30.

**Ages:** Pregnancy.

**Cost:** £10 per session (*booking essential*).

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

## FRIDAY

### PARENTS & TOTS

#### Graham Adams Centre

Graham Adams Centre, St James Road, Southam, CV47 0LY.  
01928 811519. [www.grahamadamscentre.com](http://www.grahamadamscentre.com).

- **Munchy Monkeys:** 10:00 - 11:30.

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

**Dates:** 9 Jan, 23 Jan, 6 Feb, 20 Feb, 6 Mar & 20 Mar.

#### Mini Tennis Stars

Meon Vale Leisure Centre, Meon Vale, Bailey Avenue,  
Stratford-upon-Avon, CV37 8YE.

07919483783. [www.minitennisstars.co.uk](http://www.minitennisstars.co.uk).

- **Mini Tennis Stars (Meon Vale Leisure Centre)**

**Times:** 9:15 - 9:45. **Ages:** 3 - 5 yrs.

**Times:** 21:45 - 22:15. **Ages:** 1 yrs 6 mths - 3 yrs 6 mths.

**Cost:** £7.35 per session (*booking essential*).

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

#### Muddy Munchkins Playgroup

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

- **New theme monthly:** 9:30 - 11:15.

**Ages:** 0 - 6 yrs.

**Cost:** £7 per session (*booking essential*).

**Dates:** 2 Jan - 27 Mar.

#### Stockton Toddlersaurs

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

**Times:** 9:30 - 11:00. **Ages:** 0 - 4 yrs.

**Cost:** £3 per session (*drop in*).

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

## 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](http://www.rhythmtime.net).

- **Pre-school:** 9:30 - 10:00.

**Ages:** 3 - 5 yrs.

**Cost:** £8 per session (*booking essential*).

**Dates:** 9 Jan - 13 Feb, 27 Feb - 27 Mar, 9 Jan - 13 Feb & 27 Feb - 27 Mar.

- **Toddlers:** 10:20 - 10:50 & 11:30 - 12:00

**Ages:** 1 - 3 yrs.

**Cost:** £7.74 per session (*drop in*).

**Ages:** 1 - 3 yrs. **Cost:** £8 per session (*booking essential*).

- **Babies:** 12:30 - 13:00

**Times:** 11:10 - 11:40.

**Ages:** 0 - 1 yrs.

**Cost:** £8 per session (*booking essential*).

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

## DANCE & DRAMA

### Drama Tots Banbury and Stratford

Luddington Village Hall, Luddington Road, Luddington,  
Stratford-upon-Avon, CV37 9SD. 07359252403.  
[www.dramatotsbanburystratford.classforkids.io](http://www.dramatotsbanburystratford.classforkids.io).

- **All Stars - Luddington Village Hall, Stratford:** 10:30 - 11:15.

**Ages:** 1 yrs 6 mths - 5 yrs.

**Cost:** £8.75 per session (*booking essential*).

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

**Cricket coaching for 2 - 6 year olds**  
 The Greig Leisure Centre, Alcester  
 Winter term bookings **now open!**



@cricketkidsuk  
 hello@cricket-kids.co.uk

book here!

## 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.

**Ages:** 2 - 3 yrs.

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

**Ages:** 1 - 3 yrs.

**Cost:** £4 per session (*booking essential*).

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

## PREGNANCY

### NCT Southam & Villages

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

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

• **NCT Southam Bumps and Babies:** 10:00 - 11:30.

**Ages:** Pregnancy - 2 yrs.

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

**Cost:** Free (*drop in*).

**Dates:** 2 Jan - 27 Mar.

## SATURDAY

### PARENTS & TOTS

#### Muddy Munchkins Playgroup

Stratford Park Hotel & Golf Club, Ingon Lane, Stratford-upon-Avon,

CV37 0QE. 07894561511

• **New theme monthly:** 9:30 - 11:15.

**Ages:** 0 - 6 yrs.

**Cost:** £7 per session (*booking essential*).

**Dates:** 3 Jan - 28 Mar.

## 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 Spring Term (Early Stages classes):** 9:45 - 11:15.

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

**Dates:** 10 Jan - 28 Mar.



## SUNDAY

### PARENTS & TOTS

#### Mini Tennis Stars

Tiddington Community Centre, 39, Main Street,

Stratford-upon-Avon, CV37 7AZ.

07919483783. www.minitennisstars.co.uk.

• **Mini Tennis Stars (Tiddington Community Centre):** 8:55 - 9:30, 9:35 - 10:05, 10:10 - 10:40 & 10:45 - 11:15.

**Ages:** 2 yrs - 6 yrs 10 mths.

**Cost:** £7.35 per session (*booking essential*).

**Dates:** 11 Jan - 8 Feb & 1 Mar - 29 Mar.

## DANCE & DRAMA

### Krystle Jayne's Dance Academy

Wootton Waven Village Hall, Alcester Rd, Henley in Arden, B95 6AY.

Krystle: 07791 852891. www.krystlejayedanceacademy.co.uk.

• **Baby Ballet:** 10:00 - 10:30.

**Ages:** 2 - 3 yrs. **Cost:** £4 per session (*booking essential*).

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

**Ages:** 4 - 5 yrs. **Cost:** £5 per session (*booking essential*).

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

**Ages:** 1 - 3 yrs. **Cost:** £4 per session (*booking essential*).

**Dates:** 11 Jan - 8 Feb & 1 Mar - 22 Mar

## WARWICK, LEAMINGTON & KENILWORTH AREA

## MONDAY

### PARENTS & TOTS

#### Lillingtots and Baby Cafe

Lillington Free Church Hall, Cubbington Road, Lillington,

Leamington Spa, CV32 7AL.

07809106759. www.lillingtonfreechurch.org.

**Times:** 9:30 - 11:15. **Ages:** 0 - 4 yrs.

**Cost:** £1 per session (*drop in*).

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

#### Mini Tennis Stars

Heathcote Community Centre, Cressida Cl, Heathcote,

Warwick, CV34 6DZ.

07919483783. www.minitennisstars.co.uk.

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

**Ages:** 2 - 5 yrs. **Cost:** £7.35 per session (*booking essential*).

**Dates:** 5 Jan - 9 Feb & 23 Feb - 30 Mar.

#### 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.

**Ages:** 1 yrs 6 mths - 5 yrs.

• **Tree Tots Woodland Baby Group:** 11:30 - 12:30.

**Ages:** 0 - 1 yrs 4 mths.

**Cost:** £7 per session (*booking essential*).

**Dates:** 5 Jan - 23 Mar.



## MUSIC & SIGNING

### BilinguaSing Coventry & Warwickshire

07815 149877. [www.bilinguasinging.com](http://www.bilinguasinging.com).

- **Spanish, Italian & French online:** 9:30 - 10:00.

Online Language classes for 0-7 years

**Ages:** 1 mths - 7 yrs 11 mths.

**Dates:** 5 Jan - 30 Mar.

Dale Street Church, Dale Street, Leamington Spa, CV32 5HL.

07815 149877.

- **We Sing Spanish:** 10:30 - 11:15.

**Ages:** 1 mths - 4 yrs 11 mths.

- **Baby Loves Spanish - Birth, Sitting & Crawling babies:**

11:30 - 12:15.

**Ages:** 1 mths - 1 yrs 4 mths.

**Cost:** £7.50 per session (*booking essential*).

**Dates:** 12 Jan - 9 Feb & 23 Feb - 23 Mar.

### Rhythm Time Coventry, Rugby and West Northants

Coundon- Sherbourne Community Church, Holyhead Road,

Coundon, Coventry, CV6 1QL.

07591720345. [www.rhythmtime.net](http://www.rhythmtime.net).

- **Toddler Class:** 10:00 - 10:30.

**Ages:** 1 - 3 yrs. **Cost:** £6.79 per session (*booking essential*).

- **Baby Class:** 10:45 - 11:15.

**Ages:** 2 mths - 1 yrs 1 mths. **Cost:** £7.00 per session (*booking essential*).

**Dates:** 5 Jan - 23 Mar.

### Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL.

07469 186042. [www.rhythmtime.net](http://www.rhythmtime.net).

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

**Ages:** 1 - 3 yrs.

**Dates:** 5 Jan - 9 Feb, 23 Feb - 23 Mar, 5 Jan - 9 Feb & 23 Feb - 16 Mar.

- **Babies:** 12:00 - 12:30.

**Ages:** 0 - 1 yrs.

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

**Cost:** £7.74 per session (*drop in*).

## DANCE & DRAMA

### Drama Tots Kenilworth, Leamington and Warwick.

Kenilworth Methodist Church, 60 Priory Rd, , Kenilworth, CV8 1LQ.

07739657149.

[www.drama-tots-kenilworth-leamington-spa-and-warwick.class4kids.co.uk](http://www.drama-tots-kenilworth-leamington-spa-and-warwick.class4kids.co.uk).

- **Rising Stars - 18m-3yrs:** 9:30 - 10:10.

**Ages:** 1 yrs 6 mths - 3 yrs.

- **Bright Stars 3 yrs-4 yrs:** 10:30 - 11:15.

**Ages:** 3 - 5 yrs.

**Cost:** £7.75 per session (*booking essential*).

**Dates:** 5 Jan, 5 Jan - 9 Feb & 23 Feb - 23 Mar.

## PHYSICAL FUN

### The Zoogie Boogie Club

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

01926 954979. [www.zoogieboogie.co.uk](http://www.zoogieboogie.co.uk).

- **Galaxy Explorers:** 9:30 - 10:15.

Early-stage imaginative play themes and activities

**Ages:** 2 yrs - 4 yrs 6 mths.

- **Moon Crawler & Walker Combined:** 11:35 - 12:20.

Activities that are perfect for early crawlers & pre-walkers

**Ages:** 8 mths - 1 yrs 4 mths.

**Dates:** 5 Jan - 30 Mar.

- **Sensory Star Gazers:** 13:00 - 13:45.

Soothing visual & musical sensory classes for babies

**Ages:** 2 - 8 mths.

**Dates:** 5 Jan - 23 Feb.

**Cost:** Free (*booking essential*).

## SWIMMING

### Swim Works

Swim Works Leamington, Queensway, Leamington Spa,

CV31 3LU. 07950 467796. [www.swimworks.co.uk](http://www.swimworks.co.uk).

- **Baby Swimming (Leamington):** 9:30 - 16:00.

**Ages:** 0 - 5 yrs.

**Cost:** £14.50 per session (*booking essential*).

**Dates:** 5 Jan - 30 Mar.

## HEALTH & WELLNESS

### Maricarmenfitness

Fiery Feet Studios, 2 Windsor Place, Royal Leamington Spa,

CV31 5EN. 07969 188566. [www.maricarmenfitness.com](http://www.maricarmenfitness.com).

- **Mum and Baby Strength:** 10:00 - 10:45.

**Ages:** 4 mths - 5 yrs.

**Cost:** £15 per session (*booking essential*).

**Dates:** 12 Jan - 9 Feb, 23 Feb & 9 Mar - 23 Mar.

### Mum & Me Fitness

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick,

CV34 6BT. 07874010310. [www.mumandmefitness.com](http://www.mumandmefitness.com).

**Times:** 11:15 - 12:15.

**Ages:** Pregnancy - 100 yrs.

**Cost:** £10 per session (*drop in*).

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

### Sweaty Mama Warwick & Leamington

Cubbington Village Hall, Broadway, Cubbington, Leamington Spa,

CV32 7JR. 07587848121. [warwick.sweatymama.com](http://warwick.sweatymama.com).

- **Sweaty Mamalates class:** 10:00 - 10:45.

Rebuild your strength and improve flexibility with baby

**Ages:** Pregnancy - 1 yrs 2 mths.

- **Sweaty Mama Class:** 11:00 - 11:45.

Effective, fun workout with your child

**Ages:** Pregnancy - 4 yrs.

**Dates:** 5 Jan - 9 Feb & 2 Mar - 30 Mar.

## PREGNANCY

### Home-Start South Warwickshire

Lillington Children & Family Centre, Mason Avenue, Lillington,

Leamington Spa, CV32 7QE. 07564 543806.

[www.homestartsouthwarwickshire.org.uk](http://www.homestartsouthwarwickshire.org.uk).

- **Home-Start South Warwickshire Perinatal Support Group:**

13:00 - 14:30.

Support group for expectant and new mums

**Ages:** Pregnancy - 10 mths.

**Cost:** Free (*drop in*).

**Dates:** 5 Jan - 30 Mar.

## TUESDAY

## PARENTS & TOTS

### Hampton Magna Toddler Group

Budbrooke Community Centre, Field Barn Road, Hampton Magna,

Warwick, CV35 8RT. 07506 713277.

**Times:** 9:30 - 11:20. **Ages:** 0 - 5 yrs.

**Cost:** £3 per session (*drop in*).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

### NCT Warwickshire Central

Lillington Bumps and Babies, Mason Avenue, Leamington Spa,

CV32 7QE. [www.nct.org.uk](http://www.nct.org.uk).

- **Lillington Bumps and Babies:** 9:30 - 11:30.

**Ages:** Pregnancy. **Cost:** Free (*drop in*). **Dates:** 6 Jan - 31 Mar.

### Radford Rascals Stay and Play Group

Radford Semele Baptist Church Hall, Lewis Road, Radford Semele,

Leamington Spa, CV31 1UQ. 07739 402554. [www.rsbc.info](http://www.rsbc.info).

**Times:** 9:30 - 11:00. **Ages:** 0 - 4 yrs.

**Cost:** £2 per session (*drop in*).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

## MUSIC & SIGNING

### BilinguaSing Coventry & Warwickshire

Stoneleigh Village Hall, Hall Close, Stoneleigh, CV8 3DG.  
07815 149877. [www.bilinguasinging.com](http://www.bilinguasinging.com).

- **We Sing French:** 10:15 - 11:00.

**Ages:** 1 mths - 4 yrs 11 mths.

**Cost:** £7.50 per session (*booking essential*).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

### Dandy Development

Barford Memorial Hall, Church Street, Barford, CV35 8EN.

07890 241301. [www.dandydevelopment.co.uk](http://www.dandydevelopment.co.uk).

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

**Ages:** 4 mths - 1 yrs 1 mths.

- **Dandinos (Barford):** 11:00 - 11:35.

**Ages:** 0 - 6 mths.

**Cost:** £8.50 per session (*booking essential*).

**Dates:** 13 Jan - 10 Feb & 24 Feb - 17 Mar.

### Sing and Sign Coventry and Kenilworth

St John the Evangelist, 205, Warwick Road, Kenilworth, CV8 1HY.

07920 066652. [www.singandsign.co.uk](http://www.singandsign.co.uk).

- **Sing & Sign Stage 2:** 9:40 - 10:40.

*Baby signing and music classes.*

**Ages:** 1 yrs 2 mths - 2 yrs.

- **Sing & Sign Stage 1:** 9:50 - 10:50.

**Ages:** 6 mths - 1 yrs 1 mths.

**Dates:** 6 Jan - 10 Mar.

- **Sing & Sign Babes:** 11:55 - 12:55.

**Ages:** 0 - 6 mths. **Dates:** 6 Jan - 3 Feb.

**Cost:** £7.70 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](http://www.adventurebabies.co.uk).

- **Adventure Babies (St Chad's Centre):** 9:45 - 10:30.

**Ages:** 0 - 1 yrs.

- **Adventure Babies (St Chad's Centre):** 11:00 - 11:45.

**Ages:** 0 - 2 yrs.

- **Adventure Babies (St Chad's Centre):** 12:30 - 13:15.

**Ages:** 0 - 8 mths.

**Cost:** £9.50 per session (*booking essential*).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

### Baby Sensory (S. Warwickshire)

Dale Street Methodist Church (Main Hall), Dale Street, Leamington Spa, CV32 5HL. 07989 502712.

[www.babysensory.com](http://www.babysensory.com).

**Times:** 10:15 - 11:05, 11:20 - 12:10 & 12:45 - 13:35.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £6.50 per session (*booking essential*).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

### Naturally Baby

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

[www.naturallybaby.co.uk](http://www.naturallybaby.co.uk).

- **Baby and Toddler Sensory Rooms**

**Times:** 9:30 - 10:45, 13:30 - 14:45 & 15:15 - 16:30.

**Ages:** 0 - 3 yrs.

**Dates:** 6 Jan - 31 Mar.

**Times:** 11:30 - 12:45.

**Ages:** 0 - 3 yrs.

**Dates:** 27 Jan - 31 Mar, 6 Jan - 31 Mar & 6 Jan - 31 Mar.

**Cost:** £8.95 per session (*booking essential*).

## CREATIVE

### Arty Splats : Messy Play - Warwickshire

Dorothea Mitchell Village Hall, Claverdon, Claverdon, Warwick, CV35 8PH. 07789 748730. [arty-splats-warwickshire.classforkids.io](http://arty-splats-warwickshire.classforkids.io).

- **Arty's Adventurers:** 10:00 - 10:45.

*Multi-sensory combination class*

**Ages:** 1 yrs 4 mths - 5 yrs.

- **Arty's Babies:** 11:10 - 11:55.

**Ages:** 6 mths - 1 yrs 3 mths.

**Cost:** £9.70 per session (*booking essential*).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

## DANCE & DRAMA

### Drama Tots Kenilworth, Leamington and Warwick.

Bubbenhall Village Hall, Lower End, Coventry, CV8 3BW. 07739657149.

[www.drama-tots-kenilworth-leafington-spa-and-warwick.class4kids.co.uk](http://www.drama-tots-kenilworth-leafington-spa-and-warwick.class4kids.co.uk).

- **All Stars - 18m-Syrs:** 10:00 - 10:40.

*Award Winning Classes*

**Ages:** 1 yrs 6 mths - 5 yrs.

**Cost:** £7.75 per session (*booking essential*).

**Dates:** 6 Jan, 6 Jan - 10 Feb & 24 Feb - 24 Mar.

## PHYSICAL FUN

### The Zoogie Boogie Club

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

01926 954979. [www.zoogieboogie.co.uk](http://www.zoogieboogie.co.uk).

- **Zippping Zoogies:** 9:30 - 10:15.

*Opposite concepts & problem solving activities*

**Ages:** 1 yrs 5 mths - 1 yrs 10 mths.

**Dates:** 6 Jan - 31 Mar.

- **Sensory Star Gazers:** 11:45 - 12:30.

*Soothing visual & musical sensory classes for babies*

**Ages:** 2 - 8 mths.

**Dates:** 6 Jan - 24 Feb.

- **Moon Walkers:** 10:30 - 11:15.

*Activities that support pre-walking to walking*

**Ages:** 11 mths - 1 yrs 5 mths.

**Dates:** 6 Jan - 31 Mar.

## SWIMMING

### Swim Works

Swim Works Leamington, Queensway, Leamington Spa,

CV31 3LU. 07950 467796.

[www.swimworks.co.uk](http://www.swimworks.co.uk).

- **Baby Swimming (Leamington):** 9:30 - 15:00.

**Ages:** 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).

**Dates:** 6 Jan & 6 Jan - 31 Mar.

## HEALTH & WELLNESS

### Maricarmenfitness

Fiery Feet Studios, 2 Windsor Place, Royal Leamington Spa,

CV31 5EN. 07969 188566.

[www.maricarmenfitness.com](http://www.maricarmenfitness.com).

- **Mum and Baby Postnatal Beginner Class:** 10:00 - 10:45.

**Ages:** 0 - 4 yrs.

**Cost:** £15 per session (*drop in*).

**Dates:** 13 Jan - 10 Feb & 24 Feb - 24 Mar.

### Mum & Me Fitness

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick,

CV34 6BT. 07874010310.

[www.mumandmefitness.com](http://www.mumandmefitness.com).

**Times:** 10:45 - 11:45.

**Ages:** Pregnancy - 100 yrs.

**Cost:** £10 per session (*drop in*).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

## WEDNESDAY

### PARENTS & TOTS

#### 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:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

#### NCT Warwickshire Central

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

• **Newbold Comyn Walk and Talk:** 10:30 - 11:30.

**Ages:** Pregnancy.

**Cost:** Free (*drop in*).

**Dates:** 7 Jan - 1 Apr.

### 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.

**Ages:** 1 yrs 1 mths - 2 yrs 6 mths.

• **Stage 1:** 11:00 - 11:35.

**Ages:** 4 mths - 1 yrs 1 mths.

**Cost:** £8.50 per session (*booking essential*).

**Dates:** 14 Jan - 11 Feb & 25 Feb - 18 Mar.

#### 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.

*Fun, developmental music classes.*

**Ages:** 1 - 3 yrs.

• **Pre-School:** 9:30 - 10:00.

**Ages:** 3 - 5 yrs.

**Cost:** £7.74 per session (*drop in*).

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

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

• **Toddlers:** 9:30 - 10:00.

*Fun, developmental music classes.*

**Ages:** 1 - 3 yrs.

• **Babies:** 10:20 - 10:50.

**Ages:** 0 - 1 yrs.

**Cost:** £7.74 per session (*drop in*).

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

• **Young Babies:** 12:00 - 12:30.

**Ages:** 0 - 6 mths. **Cost:** £7.74 per session (*booking essential*).

**Dates:** 7 Jan - 11 Feb.

#### Sing and Sign Coventry and Kenilworth

Earlsdon Methodist Church Hall, Albany Road, Earlsdon,  
Coventry, CV5 6NF.

07920 066652. www.singandsign.co.uk.

• **Sing & Sign Stage 1:** 10:45 - 11:45.

*Baby signing and music classes.*

**Ages:** 7 mths - 1 yrs 2 mths.

**Cost:** £7.70 per session (*booking essential*).

**Dates:** 7 Jan - 11 Mar.



The Leading Baby Spa in the U.K.

Established in April 2019, the sessions are aimed at 0-10 month olds. Spa Babies creates a calming environment for both adult and baby alike.

Like an adult spa, parents can expect their babies, as well as their own senses, to be truly brought to life. Beautiful lighting, calming aromas and relaxing music, finishing off by capturing a magical Spa Babies' photo.

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spababies.co.uk

📍 @spa.babies

### SENSORY & DEVELOPMENT

#### Naturally Baby

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

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

**Ages:** 0 - 9 mths.

**Cost:** £20 per session (*booking essential*).

**Dates:** 7 Jan, 4 Feb, 4 Mar & 7 Jan - 1 Apr.

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

**Ages:** 10 mths.

**Cost:** £38 per session (*booking essential*).

**Dates:** 7 Jan - 1 Apr & 7 Jan - 1 Apr.

• **Baby & Child First Aid Workshop (2 hours):** 18:00 - 20:00.

**Cost:** £20 per session (*booking essential*).

**Dates:** 21 Jan, 4 Feb, 18 Feb, 28 Feb - 4 Mar, 14 Mar - 18 Mar & 28 Mar - 1 Apr.

• **Baby and Toddler Sensory Rooms:** 11:30 - 12:45.

**Ages:** 0 - 3 yrs.

**Cost:** £8.95 per session (*booking essential*).

• **\*Free\* Early Pregnancy Class - For those who are 14-19 weeks pregnant**

**Times:** 17:30 - 19:30.

**Ages:** Pregnancy.

**Dates:** 7 Jan, 1 Apr, 28 Jan & 25 Mar.

**Times:** 18:00 - 20:00.

**Cost:** Free (*booking essential*).



## CREATIVE

### Arty Splats : Messy Play - Warwickshire

St Chads Centre, Church Hill, Bishop's Tachbrook, Leamington Spa, CV33 9RJ. 07789 748730.

[www.arty-splats-warwickshire.classforkids.io](http://www.arty-splats-warwickshire.classforkids.io).

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

Multi-sensory combination class

**Ages:** 1 yrs 4 mths - 5 yrs.

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

**Ages:** 6 mths - 1 yrs 3 mths.

**Cost:** £9.50 per session (*booking essential*).

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

### Lillington Children & Family Centre, Warwick District

Lillington Children & Family Centre, 3 Mason Avenue, Lillington,

CV32 7QE. 01926 887597. [www.barnardos.org.uk](http://www.barnardos.org.uk).

- **Baby Chatter Matters:** 14:00 - 15:00.

**Ages:** 6 mths - 1 yrs 2 mths.

**Cost:** Free (*booking essential*).

**Dates:** 7 Jan - 1 Apr.

## DANCE & DRAMA

### Drama Tots Kenilworth, Leamington and Warwick.

Whitnash Methodist Church, Murcott Rd E., Leamington Spa,

CV31 2JJ. 07739657149.

[www.drama-tots-kenilworth-learnington-spa-and-warwick.class4kids.co.uk](http://www.drama-tots-kenilworth-learnington-spa-and-warwick.class4kids.co.uk).

- **Rising Star:** 10:00 - 10:40.

Award winning classes

**Ages:** 1 yrs 6 mths - 3 yrs.

**Dates:** 7 Jan, 7 Jan - 11 Feb & 25 Feb - 25 Mar.

- **Bright Stars:** 11:00 - 11:45.

**Ages:** 3 - 5 yrs.

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

**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](http://www.zoogieboogie.co.uk).

- **Galaxy Explorers:** 9:30 - 10:15.

Early-stage imaginative play themes and activities

**Ages:** 2 yrs - 4 yrs 6 mths.

- **Moon Crawler & Walker Combined:** 11:35 - 12:20.

Activities that are perfect for early crawlers & pre-walkers

**Ages:** 8 mths - 1 yrs 4 mths.

**Dates:** 7 Jan - 1 Apr.

- **Sensory Star Gazers:** 14:00 - 14:45.

Soothing visual & musical sensory classes for babies

**Ages:** 2 - 8 mths. **Dates:** 7 Jan - 25 Feb.

**Cost:** Free (*booking essential*).

## SWIMMING

### Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU.

07950 467796. [www.swimworks.co.uk](http://www.swimworks.co.uk).

- **Baby Swimming (Leamington):** 9:30 - 15:00.

**Ages:** 0 - 5 yrs.

**Cost:** £14.50 per session (*booking essential*).

**Dates:** 7 Jan - 1 Apr.

## HEALTH & WELLNESS

### Mum & Me Fitness

Chase Meadow Community Centre, Narrow Hall Meadow,

Warwick, CV34 6BT. 07874010310.

[www.mumandmefitness.com](http://www.mumandmefitness.com).

**Times:** 10:45 - 11:45.

**Ages:** Pregnancy - 100 yrs.

**Cost:** £10 per session (*drop in*).

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

### Sweaty Mama Warwick & Leamington

Playbox Theatre, The Dream Factory, Stratford Road, Warwick,

CV34 6LE. 07587848121.

[www.warwick.sweatymama.com](http://www.warwick.sweatymama.com).

- **Sweaty Mama class:** 10:00 - 10:45.

Effective, fun workout with your child

**Ages:** Pregnancy - 4 yrs.

- **Sweaty Mamas class:** 11:00 - 11:45.

Rebuild your strength and improve flexibility with baby

**Ages:** Pregnancy - 1 yrs 2 mths.

**Dates:** 7 Jan - 11 Feb & 4 Mar - 1 Apr.

## THURSDAY

### PARENTS & TOTS

#### Leek Wootton Baby & Toddler Group

Leek Wootton Village Hall, Warwick Road, Warwick,

CV35 7RB.

**Times:** 10:00 - 11:30.

**Ages:** 0 - 4 yrs.

**Cost:** £2 per session (*drop in*).

**Dates:** 15 Jan - 12 Feb & 26 Feb - 26 Mar.

#### Octotots Toddler Group

Octagon (Church Hall of Lillington Parish Church), Vicarage Road,

Lillington, Leamington Spa, CV32 7RH.

01926 470449. [www.lillingtonparishchurch.org](http://www.lillingtonparishchurch.org).

**Times:** 10:30 - 12:00.

**Ages:** 0 - 5 yrs.

**Cost:** Free (*drop in*).

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

#### St John's Toddlers Kenilworth

St. John's Church Hall, Warwick Road, Kenilworth, CV8 1HY.

01926 855344. [www.stjohn316.co.uk](http://www.stjohn316.co.uk).

- **St John's Toddlers:** 10:00 - 11:30.

**Ages:** 0 - 5 yrs.

**Cost:** £1.50 per session (*drop in*).

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

## MUSIC & SIGNING

### BilinguaSing Coventry & Warwickshire

Kenilworth Methodist Church, Priory Road, Kenilworth,

CV8 1LQ. 07815 149877. [www.bilinguasing.com](http://www.bilinguasing.com).

- **We Sing Italian:** 13:45 - 14:30.

**Ages:** 1 mths - 4 yrs 11 mths.

**Cost:** £7.50 per session (*booking essential*).

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

#### Dandy Development

Radford Road Church, Radford Road, Leamington Spa, CV31 1NF.

07890 24130. [www.dandydevelopment.co.uk](http://www.dandydevelopment.co.uk).

- **Stage 1:** 11:00 - 11:35.

**Ages:** 4 mths - 1 yrs 1 mths.

- **Dandinos (Radford Road Church):** 9:55 - 10:30 & 12:15 - 12:50.

**Ages:** 0 - 6 mths.

**Cost:** £8.50 per session (*booking essential*).

**Dates:** 15 Jan - 12 Feb & 26 Feb - 19 Mar.

## Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL.  
07469 186042. [www.rhythmtime.net](http://www.rhythmtime.net).

• **Toddlers:** 10:30 - 11:00.

**Ages:** 1 - 3 yrs.

• **Babies:** 11:30 - 12:00.

**Ages:** 0 - 1 yrs.

**Cost:** £7.74 per session (*drop in*).

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

• **Young Babies:** 12:30 - 13:00.

**Ages:** 0 - 6 mths.

**Cost:** £7.74 per session (*booking essential*).

**Dates:** 8 Jan - 12 Feb.

## SENSORY & DEVELOPMENT

### Baby Sensory (S. Warwickshire)

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

[www.babysensory.com](http://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:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

### Naturally Baby

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

[www.naturallybaby.co.uk](http://www.naturallybaby.co.uk).

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

**Ages:** 10 mths.

**Cost:** £38 per session (*booking essential*).

**Dates:** 1 Jan - 2 Apr.

• **Nappuccino - Cloth Nappy Demo / Advice FREE:** 11:30 - 13:00.

**Cost:** Free (*booking essential*).

**Dates:** 8 Jan, 12 Feb & 12 Mar.

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

**Ages:** Pregnancy.

**Cost:** £195 per session (*booking essential*).

**Dates:** 8 Jan, 5 Feb & 5 Mar.

## CREATIVE

### Arty Splats : Messy Play - Warwickshire

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6DR. 07789 748730.

[www.arty-splats-warwickshire.classforkids.io](http://www.arty-splats-warwickshire.classforkids.io).

• **Arty's Adventurers:** 10:00 - 10:45.

*Multi-sensory combination class*

**Ages:** 1 yrs 4 mths - 5 yrs.

• **Arty's Babies:** 11:10 - 11:55.

**Ages:** 6 mths - 1 yrs 3 mths.

**Cost:** £9.70 per session (*booking essential*).

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

### Lillington Children & Family Centre, Warwick District

Lillington Children & Family Centre, 3 Mason Avenue, Lillington, CV32 7QE. 01926 887597.

[www.barnardos.org.uk](http://www.barnardos.org.uk).

• **Jephson Gardens Family Time:** 9:30 - 11:00.

**Ages:** 0 - 5 yrs.

**Cost:** Free (*drop in*).

**Dates:** 1 Jan - 2 Apr.



Most babies learn best when they see, hear, feel, touch, taste and smell.

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**Email Gemma O'Rourke:** [warwickshire@babysensory.co.uk](mailto:warwickshire@babysensory.co.uk)  
**Check f** [www.facebook.com/gemmababysensorywarwickshire](https://www.facebook.com/gemmababysensorywarwickshire)  
**Classes at:** Leamington Spa, Stratford Upon Avon and Warwick

[www.babysensory.com](http://www.babysensory.com)

We've done the research, so you can enjoy the fun...

**Baby Sensory**  
Premises Early Learning for Babies

## PHYSICAL FUN

### The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB. 01926 954979. [www.zoogieboogie.co.uk](http://www.zoogieboogie.co.uk).

• **Galaxy Explorers:** 9:30 - 10:15.

*Early-stage imaginative play themes and activities*

**Ages:** 2 yrs - 4 yrs 6 mths.

**Dates:** 8 Jan - 2 Apr.

• **Sensory Star Gazers:** 13:00 - 13:45.

*Soothing visual & musical sensory classes for babies*

**Ages:** 2 - 8 mths.

**Dates:** 8 Jan - 26 Feb.

• **Moon Walkers:** 11:35 - 12:20.

*Activities that support pre-walking to walking*

**Ages:** 11 mths - 1 yrs 5 mths.

**Dates:** 8 Jan - 2 Apr.

## SWIMMING

### Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU. 07950 467796. [www.swimworks.co.uk](http://www.swimworks.co.uk).

• **Baby Swimming (Leamington):** 9:30 - 15:00.

**Ages:** 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).

**Dates:** 1 Jan.

## HEALTH & WELLNESS

### Maricarmenfitness

Fiery Feet Studios, 2 Windsor Place, Royal Leamington Spa, CV31 5EN. 07969 188566. [www.maricarmenfitness.com](http://www.maricarmenfitness.com).

- **Core & Balance Mum and Baby:** 10:00 - 10:45.

**Ages:** 3 mths - 5 yrs.

**Cost:** £15 per session (*drop in*).

**Dates:** 15 Jan - 12 Feb & 26 Feb - 19 Mar.

### Sparks Pilates

Sparks Pilates, 4 Windsor Place, Leamington Spa, CV32 5EN. 07311 482249. [www.sparkspilates.com](http://www.sparkspilates.com).

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

*Mum & Baby Pilates class every Thursday at 10.30am*

**Ages:** 1 - 9 mths.

**Dates:** 8 Jan - 2 Apr.

## PREGNANCY

### Little Massage Mid Warwickshire

Ashorne Village Hall, Ashorne, Warwick, CV35 9DR.

07530424447. [www.midwarwickshire.thelittlesensory.co](http://www.midwarwickshire.thelittlesensory.co).

- **Little Massage 4 week course:** 11:00 - 12:00.

**Ages:** 1 - 8 mths.

**Cost:** £11.25 per session (*booking essential*).

**Dates:** 8 Jan - 29 Jan, 5 Feb - 19 Feb & 5 Mar - 26 Mar.

## 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:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

### 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:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

### 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.

**Ages:** 1 yrs 6 mths - 5 yrs.

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

**Ages:** 3 - 5 yrs.

**Cost:** £7 per session (*booking essential*).

**Dates:** 9 Jan - 27 Mar.

### NCT Warwickshire Central

Kenilworth Walk and Talk, Abbey Fields, Bridge Street, Kenilworth, CV8 1BP. [www.nct.org.uk](http://www.nct.org.uk).

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

**Ages:** Pregnancy.

**Cost:** Free (*drop in*).

**Dates:** 9 Jan, 23 Jan, 6 Feb, 20 Feb, 6 Mar & 20 Mar.

### Warwickshire Wildlife Trust

Parkridge Visitor Centre, Brueton Park, Warwick Road, Solihull, B91 3HW. [www.warwickshirewildlifetrust.org.uk](http://www.warwickshirewildlifetrust.org.uk).

- **Nature Tots @ Parkridge:** 10:30 - 11:30.

*Fun outdoor nature-themed sessions for 2 - 4 yr olds.*

**Ages:** 2 - 4 yrs.

**Cost:** £6 per session (*booking essential*).

**Dates:** 9 Jan - 27 Mar.

## MUSIC & SIGNING

### BilinguaSing Coventry & Warwickshire

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

[www.bilinguasing.com](http://www.bilinguasing.com).

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

**Ages:** 1 mths - 4 yrs 11 mths.

**Cost:** £7.50 per session (*booking essential*).

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

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

- **We Sing German (mixed aged family class, 0-4 years):** 10:30 - 11:15.

**Ages:** 1 mths - 4 yrs 11 mths.

**Cost:** £7.50 per session (*booking essential*).

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

### Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL.

07469 186042. [www.rhythmtime.net](http://www.rhythmtime.net).

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

**Ages:** 1 - 3 yrs.

- **Babies:** 11:30 - 12:00.

**Ages:** 0 - 1 yrs.

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

**Ages:** 3 - 5 yrs.

**Cost:** £7.74 per session (*drop in*).

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

### Sing and Sign Coventry and Kenilworth

All Souls RC Church, Kingsland Avenue, Earlsdon, Coventry, CV5 8DX. 07920 066652. [www.singandsign.co.uk](http://www.singandsign.co.uk).

- **Sing & Sign Stage 2:** 9:45 - 10:45.

**Ages:** 1 yrs 2 mths - 2 yrs.

- **Sing & Sign Babes:** 10:45 - 11:45.

**Ages:** 0 - 6 mths.

- **Sing & Sign Stage 1:** 11:45 - 12:45.

**Ages:** 6 mths - 1 yrs 1 mths.

**Cost:** £7.70 per session (*booking essential*).

**Dates:** 9 Jan - 13 Mar.

## SENSORY & DEVELOPMENT

### Naturally Baby

Baby Hub at Naturally Baby, Unit 11, T1300, Plato Close, Warwick, CV34 6YB. 01926 954188. [naturallybaby.co.uk](http://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:** 30 Jan.

## CREATIVE

### Lillington Children & Family Centre, Warwick District

Lillington Children & Family Centre, 3 Mason Avenue, Lillington, CV32 7QE. 01926 887597. [www.barnardos.org.uk](http://www.barnardos.org.uk).

- **Family Time:** 14:30 - 16:00.

**Ages:** 0 - 10 yrs. **Cost:** Free (*drop in*). **Dates:** 2 Jan - 27 Mar.





## DANCE & DRAMA

### Drama Tots Kenilworth, Leamington and Warwick.

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

[www.drama-tots-kenilworth-learnington-spa-and-warwick.class4kids.co.uk](http://www.drama-tots-kenilworth-learnington-spa-and-warwick.class4kids.co.uk)

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

**Ages:** 1 yrs 6 mths - 3 yrs.

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

**Ages:** 3 - 5 yrs.

**Cost:** £7.75 per session (*booking essential*).

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

### Stagecoach Performing Arts Kenilworth

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

07483914041. [www.stagecoach.co.uk](http://www.stagecoach.co.uk).

- **Stagecoach Kenilworth - The Kenilworth Centre:** 16:00 - 17:30.

**Ages:** 4 - 6 yrs.

**Cost:** £15 per session (*booking essential*).

**Dates:** 2 Jan - 13 Feb & 27 Feb - 27 Mar.

### Stagecoach Performing Arts Warwick

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

07483914041. [www.stagecoach.co.uk](http://www.stagecoach.co.uk).

- **Stagecoach Warwick - Heathcote Primary School:** 16:15 - 17:45.

**Ages:** 4 - 6 yrs.

**Cost:** £15 per session (*booking essential*).

**Dates:** 2 Jan - 13 Feb & 27 Feb - 27 Mar.

## PHYSICAL FUN

### The Zoogie Boogie Club

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

01926 954979. [www.zoogieboogie.co.uk](http://www.zoogieboogie.co.uk).

- **Zippping Zoogies:** 10:30 - 11:15.

**Ages:** 1 yrs 5 mths - 1 yrs 10 mths.

- **Galaxy Explorers:** 9:30 - 10:15.

**Ages:** 2 yrs - 4 yrs 6 mths.

**Dates:** 2 Jan - 27 Mar.

## SWIMMING

### Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU.

07950 467796. [www.swimworks.co.uk](http://www.swimworks.co.uk).

- **Baby Swimming (Leamington):** 9:30 - 16:30.

**Ages:** 0 - 5 yrs.

**Cost:** £14.50 per session (*booking essential*).

**Dates:** 2 Jan, 9 Jan - 27 Feb & 13 Mar - 27 Mar.

## HEALTH & WELLNESS

### Sweaty Mama Warwick & Leamington

Whitnash Civic Centre, Acre Close, Whitnash, Leamington Spa, CV31 2ND. 07587848121.

[www.warwick.sweatymama.com](http://www.warwick.sweatymama.com).

- **Sweaty Mama Class:** 10:15 - 11:00.

**Ages:** Pregnancy - 4 yrs.

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

## SATURDAY

### PARENTS & TOTS

#### Dads and Tots Club (Leamington Spa)

Dale Street Methodist Church, Dale Street, Leamington Spa, CV32 5HL. 01926 612832 [www.dalestreet-methodist.org.uk](http://www.dalestreet-methodist.org.uk).

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

**Dates:** 10 Jan - 28 Mar.

## Mum & Baby Mat Pilates

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## SENSORY & DEVELOPMENT

### Naturally Baby

Baby Hub at Naturally Baby, Unit 11, T1300, Plato Close, Warwick, CV34 6YB. 01926 954188. [www.naturallybaby.co.uk](http://www.naturallybaby.co.uk).

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

**Ages:** 0 - 3 yrs.

**Cost:** £8.95 per session (*booking essential*).

**Dates:** 3 Jan - 28 Mar.

- **Antenatal EXPRESS One Day Course - 6 hrs:** 9:00 - 15:00.

**Cost:** £160 per session (*booking essential*).

**Dates:** 14 Feb & 3 Jan - 28 Mar.

## DANCE & DRAMA

### Drama Tots Kenilworth, Leamington and Warwick.

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

[www.drama-tots-kenilworth-learnington-spa-and-warwick.class4kids.co.uk](http://www.drama-tots-kenilworth-learnington-spa-and-warwick.class4kids.co.uk).

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

**Ages:** 1 yrs 6 mths - 5 yrs.

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

**Ages:** 3 - 5 yrs.

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

**Ages:** 5 - 7 yrs.

**Cost:** £7.75 per session (*booking essential*).

**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.

## Stagecoach Leamington Spa

Campion School, Sydenham Drive, Leamington Spa, CV31 1QH.  
07483 914041. [www.stagecoach.co.uk](http://www.stagecoach.co.uk).

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

**Ages:** 4 - 6 yrs.

**Dates:** 3 Jan - 14 Feb & 28 Feb - 28 Mar.

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

**Ages:** 4 - 6 yrs.

**Dates:** 3 Jan - 28 Mar.

**Cost:** £15 per session (*booking essential*).

## Stagecoach Performing Arts Kenilworth

Balsall Common Primary School, Balsall Street East,  
Balsall Common, CV7 7FS. 07483914041. [www.stagecoach.co.uk](http://www.stagecoach.co.uk).

- **Stagecoach Kenilworth - Balsall Common Primary School:** 9:30 - 11:00.

**Ages:** 4 - 6 yrs.

**Cost:** £15 per session (*booking essential*).

**Dates:** 3 Jan - 14 Feb & 28 Feb - 28 Mar.

## Stagecoach Performing Arts Warwick

All Saints COE Junior School, Nelson Avenue, Warwick, CV34 5LY.  
07483914041. [www.stagecoach.co.uk](http://www.stagecoach.co.uk).

- **Stagecoach Warwick - All Saints COE Junior School:** 9:30 - 11:00.

**Ages:** 4 - 6 yrs.

**Cost:** £15 per session (*booking essential*).

**Dates:** 3 Jan - 14 Feb & 28 Feb - 28 Mar.

## PHYSICAL FUN

### The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB.  
01926 954979. [www.zoogieboogie.co.uk](http://www.zoogieboogie.co.uk).

- **Galaxy Explorers:** 9:30 - 10:15.

**Ages:** 2 yrs - 4 yrs 6 mths.

- **Moon Crawler & Walker Combined:** 11:35 - 12:20.

**Ages:** 8 mths - 1 yrs 4 mths.

**Dates:** 3 Jan - 28 Mar.

## SWIMMING

### Oh So Swimple | Early Years Swimming and Baby's 1st Swims

Tiverton School, Ashington Grove, Coventry, CV3 4DE  
[www.ohsoswimple.co.uk](http://www.ohsoswimple.co.uk).

- **Baby's 1st Twilight Swim:** 12:45 - 13:15 & 13:15 - 13:45.

**Ages:** 1 mths - 1 yrs.

**Cost:** £12.50 per session (*booking essential*).

**Dates:** 10 Jan - 21 Feb & 7 Mar - 28 Mar.

### Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU.  
07950 467796. [www.swimworks.co.uk](http://www.swimworks.co.uk).

- **Baby Swimming (Leamington):** 9:00 - 13:00.

**Ages:** 0 - 5 yrs.

**Cost:** £14.50 per session (*booking essential*).

**Dates:** 3 Jan & 10 Jan - 28 Mar.

## OTHER

### Rugby Mum2Mum Market

Ernsford Grange Academy, Princethorpe Way, Binley, CV3 2QD.  
[www.mum2mummarket.co.uk](http://www.mum2mummarket.co.uk).

- **Coventry - 2026 Nearly New Stalls:** 10:00 - 12:00.

**Dates:** 7 Feb.

- **Coventry - 2026 Nearly New Stalls:** 10:00 - 12:00.

**Dates:** 28 Mar.

**Cost:** £2.00



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## SUNDAY

### PHYSICAL FUN

#### Wholesome Hedgehog Yoga

Little Light Studio, 61 Kelvin Road, New Cubbington,  
Leamington Spa, CV32 7TG. 07842 160860.  
[www.wholesomehedgehog.com](http://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 Jan & 1 Mar.

The Basement Snug, 13 High Street, Kenilworth, CV8 1LY.  
07842 160860. [www.wholesomehedgehog.com](http://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:** 1 Feb.

## SWIMMING

### Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU.  
07950 467796. [www.swimworks.co.uk](http://www.swimworks.co.uk).

- **Baby Swimming (Leamington):** 9:00 - 13:00.

**Ages:** 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*). **Dates:** 11 Jan - 29 Mar.

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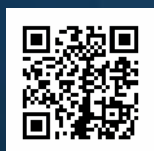
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