

Loving life with little ones

FREE

# toddle

about

W. Northants

Jul - Sep 2024

SUMMER  
EVENTS

NEW!  
TOP OF  
THE TOTS

EXCLUSIVE  
OFFERS:  
worth £100's

WIN  
A FAMILY  
HOLIDAY  
WORTH  
£550!

Everything Bump, Baby & Toddler Near You

Covering Northampton, Daventry, Towcester,  
Brackley and surrounding areas

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NORTHAMPTON  
HIGH SCHOOL



# WELCOME



## TO THE SUMMER 2024 EDITION!

What's not to love about a great British Summer? Heatwaves, thunderstorms, weeks of rain. Whatever is thrown at us this year, as always, we will carry on regardless!

This issue is packed full of things to keep you and your little ones busy. Check out the awesome things on around you this summer with the events (page 8) and SEND events (page 20) pages.

If you're trying to figure out which groups and classes are still running over the Summer Holidays, take a look at the Daily Activity Planner on pages 29 - 47.

We have some fabulous competitions (pages 26 & 27) and a some great products to help in the warmer weather on page 28.

We have recently introduced reviews on our website. It would be great if you could get involved. If you have a favourite baby or toddler group, product or any business which stands out to you relevant from bump to pre-school, please leave them a review on our website and help make a difference to all the excellent local small businesses that you love.

Leave a review at [toddleabout.co.uk/search](https://www.toddleabout.co.uk/search)

Whatever this season brings for you and yours, I hope you have the best time.

Loving life with little ones,

*Ally*

MANAGING DIRECTOR

PS. Subscription to Toddle About is just £2 every 3 months and your **first issue is free!** Plus, you get other VIP perks such as automatic entry to exclusive giveaways and freebies. More info at [www.toddle.fun/subscribe](https://www.toddle.fun/subscribe)

MEET THE TEAM



Ally  
Owner / Editor/ MD



Tim & Ruth - Chief Editors



Alec - Chief Technical Officer    Lou - Advertiser Support

9,000 copies of Toddle About are distributed every quarter around Northampton, Daventry, Towcester & Brackley surrounding areas.

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Toddle About, Unit 3, Yorks Farm Business Centre, Watling Street, Towcester, Northamptonshire, NN12 8EU. Call us on 01604 532054.

Follow us for daily updates!



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## Experience the magic of steam

Experience the magic of steam at the Northampton & Lamport Railway. Heritage trains run every Sunday until 8th Sept, plus select dates after. Up-coming special events include: 28th July – Kids for a Quid, 24th-26th Aug – Family Fun Weekend, 6th Oct – Big Kids for a Quid, 26th & 27th Oct Halloween specials (inc 2 night time trains). Also, keep an eye out for their Santa Specials in the run up to Christmas. See website for full information and online tickets. You can also follow them on Facebook, Instagram and X.

[www.nlr.org.uk](http://www.nlr.org.uk) See P.41



## Family Photoshoots that capture the magic of today

Capture your family's magic of today to remember tomorrow. Time goes quickly, children grow fast. Understanding this, Rebecca's focus is photographing the meaningful, authentic, everyday moments that make your child and family who they are. The peculiar way they eat their food, the funny faces they pull, their arms reaching up for a cuddle - this is the important stuff! Forget awkward and generic posed shots, Rebecca personalises each shoot to your family to capture their uniqueness. Don't let time steal your memories.

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

**Offer:** additional 15% off Summer offer with code 'Toddle About' See P.16



## New Play cafe opening soon!

Local mum opening a Montessori inspired play cafe & family venue located at Whilton Locks Garden Village. Offering open play, classes, workshops, seasonal events, parties and more. A place caregivers can come to relax, work, socialise all whilst knowing your children are happy and engaging in meaningful play. The venue will consist of a playroom filled with quality wooden Montessori toys, a role play area, a cafe area serving delicious drinks and snacks, and a private studio for classes.

[www.titchesplayroom.co.uk](http://www.titchesplayroom.co.uk) @titchesplayroom. See P.16

## Pregnancy massage in your own home

Elliott Holistic Therapies  
Pregnancy massage in the comfort of your own home:

Reduces muscle tension,  
Improves circulation and distribution of essential nutrients to vital organs and the placenta, Reduces swelling, Reduces stress and helps improve sleep patterns.

Book via [elliottholistictherapies@gmail.com](mailto:elliottholistictherapies@gmail.com)

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

**Offer:** 10% off your first massage using code EHTTA1  
See P.16



## An awesome day out this summer...!

Overstone Grange Farm is a fantastic day out for all the family. With 2 maize mazes, both with fun games to play & a look out tower for the views. PYO sunflowers, when in bloom, with fun things to spot. Alongside a huge play patch with pedal tractors, play house, sand pits, games, swings, building zone, bale tower & much more.



[www.overstonegrangefarm.co.uk](http://www.overstonegrangefarm.co.uk) See P.7&21



THE **ONLY** CLIMBING  
ACTIVITY FOR **UNDER**  
4'S IN THE UK



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Toddler Climb & Play sessions  
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climbing journey.

Adults spectate for **FREE!**

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[WWW.ROCK-UP.CO.UK](http://WWW.ROCK-UP.CO.UK)



## The Pre-school with a difference!

Little Explorers – the pre-school with a difference! It can feel so overwhelming trying to choose the right setting for your child; is it too big or too small? Is there enough outdoor space; is it too far away? Let us help you to make the best decision you will ever make in starting your child's education journey at Cogenhoe Primary School! Come and visit us and see for yourself why we are so special! We cannot wait to meet you and your child!

[www.cogenhoeprimary.co.uk](http://www.cogenhoeprimary.co.uk) 01604 890380

See P.15



## Lots of bargains to be had at M2M

Mum2mum market Daventry is a Baby & children's Nearly New Sale where parents and carers can buy top quality baby and children's toys, clothes, books and equipment at a fraction of the high street price from other families. They will have a room bursting with 1000's of pre loved baby and children's items, so don't miss out on picking up some nearly new bargains for your little ones.

**Sunday 29th September 10am-12pm** at Daventry Community Centre, Ashby Road, NN11 0QE  
£2 adult entrance, kids under 16 are free

[www.mum2mummarket.co.uk/m2mmrugby](http://www.mum2mummarket.co.uk/m2mmrugby)

# PYO SUNFLOWER FIELD

*Wildflower meadow and play patch included.  
Family fun day out with activities for all ages!*

**ALL INFO & TICKETS AT [OVERSTONEGRANDEFARM.CO.UK](http://OVERSTONEGRANDEFARM.CO.UK)**



## VIP CLUB READER REVIEW:

# Voxblock Starter Pack



★★★★★ Written by Rachael Finlayson, Toddle About Subscriber

**Voxblock is the screen-free, easy-to-use audiobook player, that makes learning and listening fun and engaging. No need for apps, downloads, or setups. Just play and go. Anytime, anywhere. From £59.99: [www.voxblock.co.uk](http://www.voxblock.co.uk)**

We wasted no time unpacking the Voxblock as soon as it arrived and put the first story on: The Gruffalo! The quality of the story is great and gives a good atmosphere. The books themselves are so easy to place on to player. I loved how the audio books look like actual little books and on the back they say how long each story is. My son (2 years old) found it so easy to change the books that were playing.

The player itself is so user friendly for kids: one large play/power button which lights up (blue for pause/green or playing). You have the option to skip chapters and adjust the volume. I love the option to be able to have it on loudspeaker or plug in

headphones making it great for travel! We took the Voxblock on a trip out and it was so easy for little hands to hold whilst in the buggy or the car seat, and it can be conveniently packed in a bag or put in the bottom of the buggy.

I was slightly concerned that my son would be a little too young for this, but actually it's so great for any age - he can easily pick which story he wants to listen to himself and can play/pause at any point. The stories hold their place as well so if we turned it off and came back to it, it would restart at the same place which I thought was fantastic.



*Review has been edited.*



Rachael and her family were given this product **as a freebie** in return for writing this review.

Subscribe to Toddle About and you can do the same!

Discover the products up for grabs right now at [www.toddle.fun/vip-reviews](http://www.toddle.fun/vip-reviews)

## FAMILY TICKET OFFER!

A Sellador Worldwide and Theatre Royal Plymouth co-production of

**DREAMWORKS**

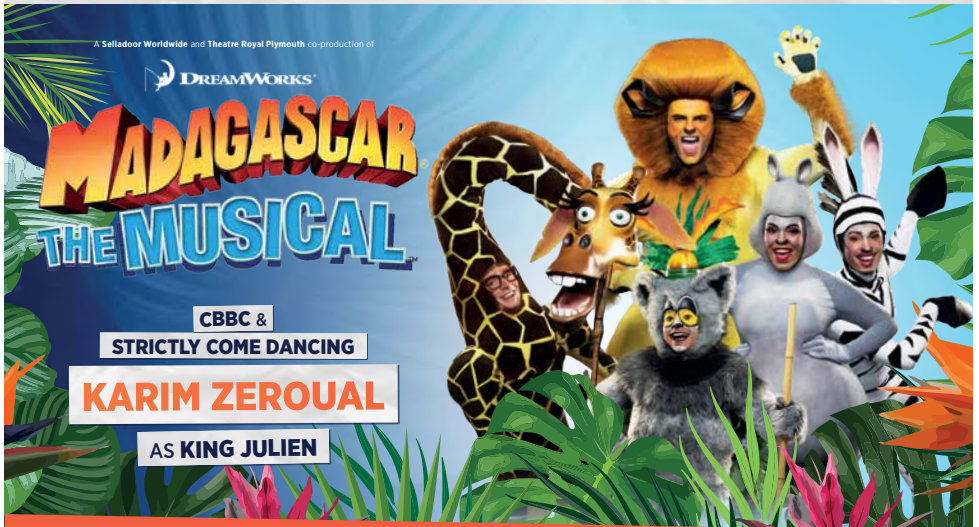
# MADAGASCAR THE MUSICAL

**CBBC &**

**STRICTLY COME DANCING**

**KARIM ZEROUAL**

**AS KING JULIEN**



ROYAL  
DERNGATE &  
NORTHAMPTON

**THU 18 - SUN 21 JUL 2024 01604 624811 • ROYALANDDERNGATE.CO.UK**

Follow us for daily updates!



# Summer Fun

SUMMER EVENTS FOR FAMILIES AND THEIR LITTLE ONES

JUL  
14

## FAMILY FUN DAY

Stanwick Lakes. 10am - 4pm

A fantastic range of activities and entertainment for all ages – and all for a good cause!

Enjoy free face painting, live entertainment and explore the beauty of Stanwick Lakes nature and heritage with a showcase of its offerings. Their Summer Craft Fair will also take place, with local artisans lining the paths to show off their talents and wares. Free to attend.

Stanwick Lakes, Stanwick, Northampton, NN9 6GY

Tel: 01933 625522  Stanwick Lakes

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

AUG  
3

## SUMMER GAMES

New Street Park. 11am - 3pm

There will be lots of sports to try, local groups and clubs to explore including upbeat combat with FightKlub, Athletics, Dance and gymnastics, plus sports day-style competitions if you're feeling competitive. Sport4Fitness will be on hand to provide opportunities to try lots of activities, assisted by the Emergency Service Cadets.

New Street Park, Daventry, NN11 4BT

Tel: 01327 301246  Daventry Town Council

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


AUG  
16-18

## NORTHAMPTON BALLOON FESTIVAL

Northampton Racecourse. 12 - 10.30pm

Watch the skies transform with colorful hot air balloons, showcasing the grace of skilled balloonists. Enjoy live arena entertainment, a vibrant funfair for all ages, and a thrilling circus workshop. Experience the majesty of birds of prey, explore trade stalls, and indulge in a hot air balloon glow at sunset, followed by dazzling fireworks. Delight your taste buds with a diverse range of festival food and drinks.

Racecourse Pavilion, Kettering Rd, NN1 4LG

 Northamptonballoonfestival

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

JUL  
18 - 21

## MADAGASCAR: THE MUSICAL

Royal & Derngate. Various times

Join all your favourite crack-a-lackin' friends as they escape from their home in New York's Central Park Zoo and find themselves on an unexpected journey to the madcap world of King Julien's Madagascar. Filled with outlandish characters, adventure galore and an upbeat score, you'll have no choice but to Move It, Move It!

19 - 21 Guildhall Rd, Northampton, NN1 1DP

Tel: 01604 624811  RoyalandDerngate

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

JUL -  
SEP

## PYO SUNFLOWERS & MAIZE MAZE

Overstone Grange Farm.

Overstone Grange Farm is a fantastic day out for all the family. With 2 maize mazes, both with fun games to play & a look out tower for the views. PYO sunflowers, when in bloom, with fun things to spot. Alongside a huge play patch with pedal tractors, play house, sand pits, games, swings, building zone, bale tower & 2 much more.

Overstone Grange Farm, Kettering Rd, NN3 7XA

 Overstone Grange Farm

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

AUG -  
SEP

## DINOSAURS IN THE PARK

Delepré Abbey. 10am - 4pm

Enter a prehistoric wonderland as the grounds of Delapré Abbey are transformed. Dinosaurs in the Park is a unique and educational event that will delight and amaze dinosaur fans of all ages. From August 16th to September 1st, families can explore the park and discover dinosaurs hidden among the trees. The event features a Dino-Fun-Zone with a bouncy castle, face painting, fossil digging and more.

Delepré Abbey, London Road, NN4 8AW

Tel: 01604 760817  Delepre Abbey

[www.delepreabbey.org](http://www.delepreabbey.org)



- New inside & outside seating
- Sandpit & Climbing wall



- Beautiful Sunflower and Wildflower PYO field
- PYO Sweetcorn
- Play area, classic tractors, pedal tractors, childrens playhouses

Book tickets on our website

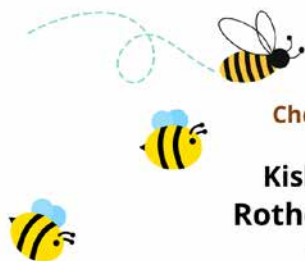
[www.kislingburysunniesandspooks.co.uk](http://www.kislingburysunniesandspooks.co.uk)

## Pick your own Sunflowers and Cafe

Open 10AM to 4.30PM

Check our social media for opening dates

Kislingbury Sunnies and Spooks  
Rothersthorpe Road, Kislingbury,  
Northampton, NN7 4EQ



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- Games Room
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- Gym
- Fishing

[www.coombemill.com](http://www.coombemill.com)  
01208 850344



# TODDLE MODELS

Winner



Arabella, 1½ years old

## Baby and Toddler Photo Competition Winner

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

Congratulations to little Arabella who has won a £100 voucher to spend on new outfits with P.O.P at [www.polarnopyret.co.uk](http://www.polarnopyret.co.uk)!

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.

# P.O.P

Find out more at  
[www.polarnopyret.co.uk](http://www.polarnopyret.co.uk)



Albie, 10 months



Alfie, 3 years



Arthur, 2 years



Calum, 2 years



Chester, 1 year



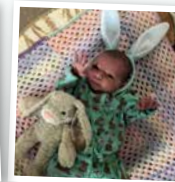
Daisy, 4 years



Eli, 1 year



Elwin, 2 years



Fern, 1 month



Finn, 3 years



Franco, 2 years



Hadley, 5 years



Hollie, 2 years



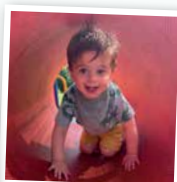
Hooriya, 2 years



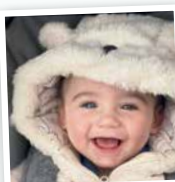
Hudson, 2 years



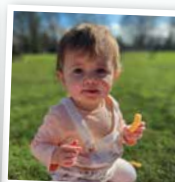
Isabel, 1 year



Jackson, 2 years



Jude, 11 months



Maisie-rose, 14 months



Matilda, 2 years



Max, 3 years



Maxwell, 3 years



Milo, 2 years



Noah, 1 year



Oscar, 5 months



Otilie, 2 years



Petra, 3 years



Robin, 2 years



Sebby, 2 years



Tara, 3 years



Teddy, 4 years



Theo, 3 years



Verity, 1 year



Violet, 2 years



William, 16 months

## COMPETITION

# TODDLE MODELS



## WIN A BUNDLE OF GAMES & PUZZLES

**THE PRIZE:** Win 1 of 2 Orchard Toys bundles of games and puzzles worth £50 each!

Bursting with fun, these educational games and jigsaws from Orchard Toys are perfect for keeping young children entertained and engaged!

This bundle is a great way to introduce children to gameplay, turn-taking and other early learning skills with chunky, wipe-clean pieces, ideal for little hands.

Including **Dress Up Nelly** a fun first colour matching game; **Old MacDonald Lotto** a fun farmyard lotto; **Doggy Doggy Woof Woof!** a hilarious card game with 2 ways to play; **First Jungle Friends** with two adorable 12-piece jigsaw puzzles in one box, and **Rescue Squad** containing six 2 & 3 jigsaw puzzles in one box!

### HOW TO ENTER:

Send us a photo of your little one enjoying some summer-time fun!

We will print as many entries as possible in the next Toddle About magazine to give you a lovely keepsake.

Enter by **Sun 15 Sept 2024**.

WORTH  
£50



ENTER AT: [www.toddle.fun/toddlemodels](http://www.toddle.fun/toddlemodels)

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



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

# PLAY POWER



Turn simple household items into educational toys and give your child's creativity, imagination and social skills a boost.

by Dr Alistair Bryce-Clegg

Do you find yourself struggling for new ways to play with your little one? Or looking for ways to make their playtime more educational?

Good news: playing is learning!

Play, in all its forms, truly is important for development. We know from research that play has huge benefits for children, especially in their early years.

## We know that play:

- Builds and strengthens connections in the brain.
- Supports babies and children to learn about their body, build strength and control (building foundations for physical skills including using tools, handwriting and sport).
- Helps children learn about themselves, other people and the society in which they live.
- Supports development of understanding of objects and how they behave.
- Supports creative thinking and imagination.
- Supports wellbeing - through providing autonomy and engagement which in turn has a positive impact on motivation.

## Play gives you both positive feelings – so it's good for wellbeing too!

Play releases four feel-good hormones: dopamine, serotonin, endorphins and oxytocin, and these make both you and your toddler feel good.

These four hormones collectively help us to bond with others and to feel good and happy. They are released when we do things that make us happy; for your toddler that would include when you play with them, and the same for you when having fun together.

## At My First Five Years™ we firmly believe that "Play is the superpower we all possess!"

It's not as difficult as it can seem to weave meaningful play into your day. Look at the skills your toddler is working towards – you can use playful games to develop them together.

Our books, as well as our free app, contain loads of ideas for learning through play all based on what stage of learning your baby, toddler or child are mastering. (And they're all simple, using household items, so no special art supplies or expensive toys needed!)



Just for *Toddle About* readers, here's a preview from *My First Five Years Toddler*:

## TASTE-SAFE PAINT SQUEEZY BOTTLE PAINTING

### What you need:

- A mixing bowl and large spoon
- Empty squeeze bottles, such as washing up liquid bottles or ketchup bottles
- Small bowls or plastic containers and a teaspoon
- A large sheet of paper (perhaps an old roll of wall paper) or a wide tray
- **For the paint:**
  - \* 250ml of corn flour
  - \* 250ml of cold water
  - \* 750ml of hot water
  - \* Food colouring – natural varieties are available

*Always make sure your toddler is safe when you are using or pouring hot water!*

### THE STEPS:

- Encourage your toddler to help you to mix the cornflour with cold water in the mixing bowl to form a paste.
- Carefully add the hot water to the paste and stir.
- Divide up the mixture into the small bowls or plastic containers and add drops of a different food colour to each portion. Encourage your toddler to help choose the colours and to stir the food colouring into each mixture using the teaspoon.
- Allow your mixtures to cool and then spoon them into the empty squeeze bottles.
- Encourage your toddler to use both hands to squeeze the bottles. Adjust the consistency of the



paint by adding more water if your toddler finds it difficult to squeeze hard enough for the mixture to flow out.

- Let your toddler get creative, squeezing the paint onto the paper or into the tray.

### Benefits for your toddler:

- Mixing the paint encourages bilateral coordination as your toddler holds the bowl with one hand whilst mixing with the other.
- Using both hands to squeeze the mixture out of the bottle develops strength in the palm arches and fingers, whilst also using larger muscles of the arm and shoulder to guide the paint around the paper or tray.

### Building on:

- Try the same activity outside with a squeeze bottle filled with water.



*Dr Alistair Bryce-Clegg is a renowned childcare expert and co-founder of My First Five Years, the popular parent support app, as well as an award-winning author and Early Childhood consultant.*

*Each book in the My First Five Years series explains the why behind different types of play and provides 60 activities designed to support your child's physical, social and emotional development.*



# SUMMER FUN PRODUCTS

THE LATEST AND FUNKIEST PRODUCTS FOR YOUR LITTLE ONES



## ABC & NUMBER FLASHCARD SET, £19.99

These innovative flashcards from Little Letterbox Learning are designed to promote engaging hands-on learning for children of all abilities. With a focus on multi-sensory learning to help your child reach their full potential. Packed with fun facts and child-friendly illustrations, they're the perfect way to start a long-lasting love for learning.

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



## BLING20 GOGGLES, FROM £19.99

Add some bling to your swim with the Bling20 collection of truly epic swimming goggles and swim accessories. Suitable for ages 3+, they are the must-have accessory for everyone, even adults. The 100% silicone designs are latex and lead free, with anti-fog resistant lenses that also provide maximum UV protection – making them functional as they are fun. [www.bling20.co.uk](http://www.bling20.co.uk)



## SPOUTLESS TRAINING RIM CUP, £19.99

This training cup from b.box is perfect for toddlers aged 12 months+, promoting independent sipping. With clear sides for visual learning, it minimises spills. Featuring an innovative lid for controlled flow and a versatile base for various lids, it adapts to growing needs. Dishwasher safe and free from harmful chemicals, it is available in 4 colours.

Buy from Amazon



## MAPED TRAVEL BOARD, £17.63

This travel board from Maped will occupy your little ones wherever they are. The compact case is perfect for travelling, with a convenient carry handle. Place activity sheets behind the transparent board to complete the activities and pictures. The plastic shockproof board flexes and doesn't break. Marks made by the 4 markers rub out without a trace.

Available from Amazon

## BUNCH O BALLOONS OCTOPUS SPLASH PAD, £16.99



Young children can chill out with the 1.6m Octopus Splash Pad that gets kids learning while playing - this friendly sea creature includes eight numbered tentacles along with 3 x Bunch O Balloons Stems (+100 rapid filling, self-sealing balloons) and a circular sprinkler system which is activated once attached to a hose. A great way for little ones to have some fun-filled soaking on a hot summer's day!

Buy from Amazon

WIN THIS!

Scan to find out more and enter:





# Cogenhoe

Primary School



## Inspiring a life-long commitment to learning

Situated in the beautiful village of Cogenhoe, our one-form entry School and on-site Preschool (Little Explorers) provide a wonderful environment for children to learn and grow. With a 'family feel' and state-of-the-art facilities, we believe in maximising opportunities to explore learning both inside and outside of our welcoming and well-equipped setting.



### Outdoor Play

Own forest school & lots of outdoor spaces for the children to enjoy



### Modern Tech

Interactive whiteboards & opportunities to use ipads & computers



### Wrap Around Care

We provide a breakfast club from 7.30am & an after school club till 6pm



### Family Feel

We pride ourselves on our nurturing environment & community



### Extra Clubs

From music to sports, we offer a great variety of extra activities



### Our preschool:

- ✓ Welcoming children from 3 years
- ✓ Children benefit from a small class size
- ✓ Vast outdoor area & excellent facilities
- ✓ We accept government childcare funding (can be split over 2 providers)



### Our incredible forest school:

- ✓ Exploring nature through hands-on play
- ✓ A dedicated Forest School Leader
- ✓ All pupils get to enjoy this amazing space
- ✓ Story-telling, tool use, woodland crafts, dens, campfires & exploring wildlife

### Book a visit:

Email [admin@cogenhoe-school.net](mailto:admin@cogenhoe-school.net) or call 01604 890380 to book your bespoke, personalised tour or find out more.

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



**FREE**  
taster  
session

Open to the public:  
**forest tot**  
sessions for children  
aged 18m-5yrs

Call us to find out more!

Press Snooze  
Infant Sleep Consultant



www.pressnooze.co.uk

Has your toddler's bedtime become a battle?

If your toddler is fighting going to sleep, waking through the night, only wanting to sleep with you or waking too early you CAN support them with consistent boundaries and gentle reassurance.

Young children thrive on routine and sleep is a vital life skill that will benefit your toddler's immune system, enhance their well-being, help them to regulate their emotions and build their cognitive abilities.

I provide 1:1 support for families looking for a simple step-by-step and responsive sleep approach that works. You can be right by your child's side as they learn to sleep independently and have me by your side to guide, empower and cheer you on. Let's get your evenings back!

"I cannot recommend Laura enough. I have been sleeping all night in bed with my 2.5 year old for 7 months and could not leave the room. He also woke everyday between 4am and 5am and didn't go back to sleep. I tried everything and was at my wits end. Within a few days he was sleeping independently. It was also a gentle approach and we didn't even have many tears or any stress to either of us. Absolute miracle worker. For weeks he has been sleeping through until his grow clock lights up at 6am. Life changing for me and my family. Thanks so much Laura  
Lots of love Charlotte x"



Laura Kate Hirst  
Paediatric Sleep Consultant

01480647862  
laura@pressnooze.co.uk  
www.pressnooze.co.uk



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Opening October 2024 @ Whilton Locks Garden Village

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 SPRING 2024  
 ★★★★★  
 West Northants



Introducing Top of The Tots - our new feature celebrating the best baby and toddler providers in West Northants! Rankings are based on YOUR reviews on our website, so if your favourites aren't here, help them out and leave them a review



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# STRATEGIES TO HELP MANAGE STRESS AND ANXIETY AS A PARENT

by Jennifer Mann



Parenting is a journey filled with immense joy, love, and incredible experiences. However, it also comes with its share of stress and anxiety. Balancing work, household responsibilities, relationships and raising children can feel very overwhelming. Learning how to support your body as it responds to these stressors can provide valuable insights and tools to navigate life as a parent in a more effective and helpful way. It all comes down to the nervous system.

Our nervous system is the control centre for how we respond to stress and our main communication network between mind and body. Our nervous system's job is to keep us alive, and in doing so it deploys physiological processes that allow us to breathe, think, feel, decide what we want for breakfast, feel angry or calm etc. Through one of the most important nerves of the body, the vagus, it helps us find the delicate balance between stress and recovery.

When we are pushed too far outside of our balance, our body lets us know and we experience stress and anxiety leaving us often feeling physically and emotionally exhausted.

As a parent, recognising the signs of stress and anxiety in your mind and body, such as increased heart rate, muscle tension, shallow breathing, or ruminating, overthinking and catastrophising can help you understand when your nervous system is in overdrive. Listening to these signals allows you to take proactive steps to calm your nervous system, reducing the impact of stress on your health, well-being, and family.

## LISTENING TO THE LANGUAGE OF YOUR BODY

Your body communicates with you constantly, and learning to interpret its language can be a powerful tool in helping you manage stress and anxiety.

For instance, frequent headaches or stomach issues might be your body's way of signalling that you need rest. By tuning into these signals, you can take action to address the root causes of your stress. When you listen to your body, you can identify patterns and triggers that exacerbate your anxiety. Perhaps you notice that your stress levels spike after a long day of juggling work and childcare. Or maybe you find that lack of sleep significantly impacts your mood and ability to cope, or that your child's tantrum triggers your anxiety.

Understanding these patterns can help you make more informed decisions about how to structure your day and prioritise self-care.

## PRACTICAL EXERCISES AND TOOLS TO REDUCE STRESS AND ANXIETY

**1 Deep Breathing Exercises:** Deep breathing is one of the simplest yet most effective ways to activate your parasympathetic nervous system and reduce

stress. Try the 4-7-8 technique: inhale deeply through your nose for 4 seconds, hold the breath for 7 seconds, and exhale slowly through your mouth for 8 seconds. Repeat this cycle a few times whenever you feel overwhelmed. You can even do this while playing with your kids, cooking dinner or working.

**2 Progressive Muscle Relaxation:** PMR involves tensing and then slowly releasing different muscle groups in your body. This exercise can help reduce physical tension and promote relaxation. Start with your toes and work your way up to your head, holding each muscle group for a few seconds before releasing. This is a great way to wind down before sleep, helping you get the most out of your night's sleep.

**3 Vagus Nerve Massage:** Massaging certain areas of your body can stimulate the vagus nerve which activates the restorative physiology in your body. Try massaging each ear, gently for a few minutes. This will usually provide you with instant relief and relaxation.

**4 Physical Activity:** Regular physical activity is such an important stress and anxiety reliever. Exercise releases endorphins, which are natural mood lifters. You don't need to spend hours at the gym - simple activities like a brisk walk with your child, a 20 minute yoga session while playing with your toddler, or dancing to your favourite music - making it a whole family affair - can make a big difference.

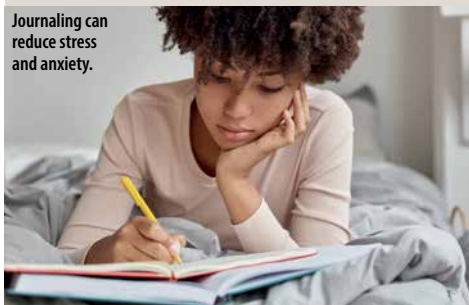
**5 Journaling:** Writing down your thoughts and feelings can be a cathartic way to process stress and anxiety. Set aside a few minutes each day to jot down what's on your mind. This practice can help you gain perspective, identify stressors, and lessen the load on your mind and body.

### IMPLEMENTING NERVOUS SYSTEM REGULATION AS A WAY OF LIFE

Integrating these stress-reducing practices into your daily routine doesn't have to be time-consuming. Start small and be consistent. For example, you might begin your day with a few minutes of deep breathing or end it with a short yoga practice. Incorporate physical activity by playing an active game with your child or taking a family walk after dinner.

Remember, it's important to be patient with yourself as you implement these practices. It may take some time to find what works best for you. The goal is not to eliminate stress completely after all - some level

Journaling can reduce stress and anxiety.



of stress is a natural part of life - but to manage it in a way that allows you to maintain your health and enjoy your role as a parent. And if you find that stress and anxiety are overwhelming despite your best efforts, it may be time to reach out to a professional.

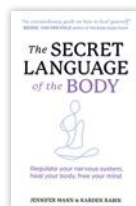
Additionally, don't underestimate the power of community. Connecting with other parents who understand your experiences can provide emotional support and practical advice. Whether through local parenting groups, online forums, or casual meetups, sharing your journey with others can make the challenges of parenting feel less isolating.

Managing stress and anxiety as a parent is a continuous process that involves understanding your body's responses, listening to its signals, and implementing practical strategies to strengthen your nervous system, prioritise self-care and build healthy resilience. By incorporating some of the practices listed above into your routine, you can create a more balanced and fulfilling parenting experience whilst being a leading example for your children and teaching them one of the most helpful life-skill: nervous system regulation.

Parenting is a demanding job, and it's normal to feel stressed and anxious at times. If I may share one tip from my own parenting experience: self-care is not a luxury, it's a necessity. Your well-being is the foundation upon which your family's well-being is built. Be kind to yourself. You've got this!



**Jennifer Mann**  
(@iamjenmann) is the co-author of *The Secret Language of the Body* out 23 May, and she is also co-founder of *Somia International*.





# ACTIVITIES & EVENTS

**10 & 11  
AUG**

## MEGA BOUNCE

Towcester Rec Ground, Towcester  
No booking required

SEN/Autism friendly session before the bounce park opens.

9am - 10am. Child £5 / Adult £1

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Tel: 01933 594000 MegaBouncePark

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

**JUL -  
SEP**

## AUTISM & SEN SESSIONS

Rock Up Rushden Lakes, Rushden  
Booking Required

Climbing is a fantastic way to burn off some energy while having mountains of fun.

Rock Up believe everyone should have a chance to reach new heights and therefore during their Autism and SEN friendly sessions they turn the music off and there will be fewer climbers in the arena to create a calmer and quieter environment. Family and siblings are of course also welcome to climb.

Thursdays 5pm (during term time)

Thursdays 9.30am (during school holidays)

Rock Up Rushden Lakes, Rushden, NN10 6FT

Tel: 01933 594000 RockUpRushdenLakes

[www.rock-up.co.uk](http://www.rock-up.co.uk)

**3 & 17  
AUG**

## AFTERNOON TEA WITH PRINCESSES

Delepré Abbey, Northampton  
Booking Required

Delapre Abbey are partnering up with Kelly's Princess Parties for an afternoon full of princess fun!

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*All activities listed will be adapted to a SEN audience – E.G music will be quieter along with other adjustments*

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£23 per child, £27 per adult

Delepré Abbey, Northampton NN4 8AW

Tel: 01604 760817 DelepreAbbey

[www.delepreabbey.org](http://www.delepreabbey.org)

**JUL -  
SEP**

## SENSORY WALKS

Salcey Forrest, Northants  
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Going for a sensory walk helps you get outside, be active and connect with nature!

Connect with the forest through the Sensory Walk at Salcey Forest.

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Salcey Forest, Wootton Road, Northants, NN7 2HX

Tel: 0300 067 4340 SalceyForest

[www.forestryengland.uk/activities/sensory-walks](http://www.forestryengland.uk/activities/sensory-walks)

Some events must be pre-booked and event details are correct at time of printing but may change, please check before attending.

# RAINBOW TOASTIES

I dare you to blow the kids' minds with these cheese toasties that stretch and ooze the colours of the rainbow!

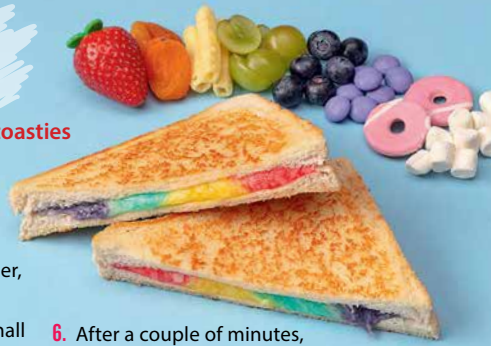
## YOU'LL NEED:

- 2 slices of bread
- A handful of grated mozzarella (or a mix of mozzarella and Cheddar)
- 4 different food colouring gels
- Butter or spreadable butter

## WHAT TO DO:

1. Butter both slices of bread then stack them, buttered sides together, on a board.
2. Split your grated cheese into 4 small dishes, add a squirt of the different food colouring to each dish and mix with a spoon to coat all of the cheese.
3. Add the cheese to the non-buttered side of the bread, from top to bottom in rows of each colour.
4. Lift the top slice of bread off its partner and put it into a hot frying pan on a medium-high heat.
5. Top with the other slice of bread, buttered side up.
6. After a couple of minutes, lift the corner of the sandwich to see if it's golden-brown underneath, then flip over and toast the other side too.
7. Once cooked, tip onto a cooling rack for a couple of minutes so the cheese isn't too piping hot but keeping the bread from going soggy while waiting.
8. Cut diagonally into two triangles\* and serve to mightily impressed kids!

\* Cutting across diagonally reveals all the colours of your rainbow toastie.



THE LUNCHBOX MAMA by Rachel Stirling is out on 29th August published by Black & White (£12.99). @thelunchbox.mama

Photos  
© Susie Lowe



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Maize Maze, Play patch,  
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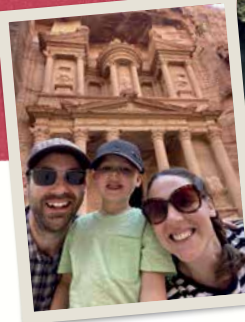
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# TRAVELLING WITH CHILDREN

by Tom Kreffer



I love to travel. I've been lucky enough to see and experience many wonders of our planet. And when my wife fell pregnant with Arlo, I was determined not to let parenthood rob me of collecting passport stamps. And I haven't.

I've travelled a lot with my family: camping, caravan holidays, and abroad to Cyprus, Jordan, Iceland and the US.

And sure, I've had to rethink my approach to travelling; bar crawls and three-day hikes have been traded in for early nights in the hotel watching Disney films, but I couldn't hack a bar crawl now anyway. And what parent is turning their nose up at an early night? Certainly not me!

Travelling with children does require some adjustments. But it's entirely possible to have a fantastic family holiday. Here are five tips for travelling with children:

- What's the purpose of your trip? Is it to kill time during the holidays? If so, a caravan park by the seaside might be your BFF. Maybe a holiday with friends and their children so the kids can all play together while you reconnect with the lost art of reading a book (remember those?). What about a road trip? There's no wrong answer here, but whatever you decide to do, think about everyone's experience, the parents' and the children's. What do you all want to get out of this holiday? Considering everyone's interests will ensure the trip is a success.
- It doesn't matter where you go or what you do as long as you prioritise play. One of Arlo's highlights in Iceland was playing with rocks, acting out scenes from his favourite movie. Whether we're in the pool or moving along a hiking trail (Arlo is

usually on my shoulders) – every activity we enjoy together is enjoyed through the lens of play.

- Pack plenty of snacks. In fact, pack all of the snacks! Whether for the aeroplane, for the car during a road trip or as backup in restaurants. Having familiar snacks on hand can be a lifesaver. Arlo did not enjoy the food in Jordan, but home-bought snacks prevented any mealtime meltdowns.
- Buy them something new for the journey: a toy, a book, a colouring book, etc. My wife shops around on Facebook Marketplace. This will delay the arrival of that question. You know the one: 'Are we there yet?' Pro tip: get them something for the journey back as well.
- Work together so that everyone gets time to do something for themselves. Arlo loves time in the pool, and I like to hike. Often, I'll get up early and go hiking alone, but then I ensure I spend some time in the pool with Arlo later in the day while my wife chills out. We work as a team so everyone can do things they enjoy.

Fantastic family holidays are possible. You just need the right mindset. Try it. Pack a bag (or ten) and go and have an awesome family trip. Just don't forget those snacks! Oh, and passports. But especially snacks! Those gold-plated holiday memories are waiting for you. And they're worth every bit of effort.

If you have any questions, you can email me at [tom@tomkreffer.com](mailto:tom@tomkreffer.com)



Tom Kreffer is the author of *Dear Dory: Journal of a Soon-to-be First-time Dad*, *Dear Arlo: Adventures in Dadding, Toddler Inc.*, *The Search for Sanity: Life with a Two-Year-Old* and he is the creator of the *Lessons in Dadding Newsletter*. He lives in Northampton with his family, whom he intends to exploit for many more story opportunities in the years to come. Find out more at [tomkreffer.com](http://tomkreffer.com)



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### Oncore Dance Academy

[oncore@hotmail.co.uk](mailto:oncore@hotmail.co.uk)  
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[www.toddle.fun/wistow](http://www.toddle.fun/wistow)

To mark this year's Summer Olympics, Wistow Maze has been designed in the shape of a javelin thrower! Visitors navigate the maze, finding the 12 quiz boards which will test their knowledge on other Olympic host nations and their iconic landmarks.

The giant 8-acre maize maze has a fun **Quiz Trail** hidden amongst its 3 miles of pathways, with high level bridges and towers giving panoramic views.

You can also enjoy a picnic and take part in a variety of mini mazes and games in the **Activity Funyard**. The **Wistow Rural Centre** is opposite with its café, garden centre, art gallery, model village and numerous shops.

WORTH £32



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**More info: 07884 403889**

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



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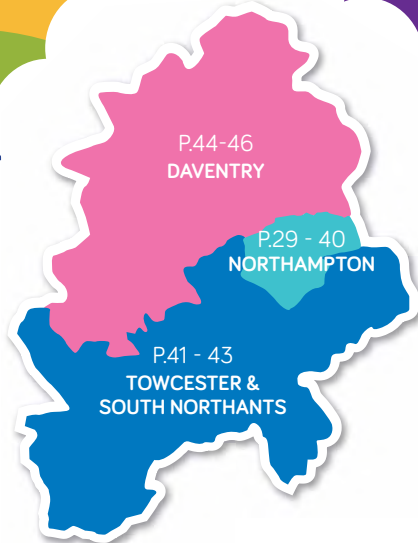


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### MONDAY

#### PARENTS & TOTS

##### Chatterbox

Mount Pleasant Baptist Church, 147-155 Kettering Road, NN1 4BS. 01604 516809.

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

**Times:** 9:30 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** £1.50 (drop in). **Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

##### Duston Parent and Toddler Group

Duston Village Hall, Sycamore Road Duston, NN5 6JS. 07717 873074.

**Times:** 10:00 - 12:00. **Ages:** 0 - 5s. **Cost:** £2 (book).

**Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

##### Earls Barton Library

Earls Barton Library, Broad Street, NN6 0ND.

• **Stay & Play:** 14:15 - 15:15.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in).

**Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

##### Grange Park Parent & Toddlers Group

Grange Park Community Centre, School Lane, NN4 5FZ.

**Times:** 10:00 - 12:00. **Ages:** 0 - 5 yrs. **Cost:** £3.50 (drop in). **Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

##### Harlestone Play Group

Harlestone Village Hall, Harlestone, NN7 4EH. 07876742634.

**Times:** 10:00 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £2 (drop in). **Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

##### Milk & You

Camrose Children's Centre, Tenby Rd, NN5 7DF [www.daventryvolunteers.org.uk](http://www.daventryvolunteers.org.uk).

• **Infant Feeding Group:** 9:30 - 11:30.

**Ages:** Pregnancy - 1 yrs. **Cost:** Free (drop in).

**Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

##### Moulton Library

Moulton Community Centre, Moulton, NN3 7AX.

• **Stay & Play under 5s:** 13:00 - 15:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (book).

**Dates:** 8 Jul - 22 Jul, 12 Aug & 2 Sep - 7 Oct.

##### The Toddle Inn

Carey Baptist Church, 34 West Street, Moulton, NN3 7SB. 01604 491966. [www.careybaptist.org.uk](http://www.careybaptist.org.uk).

• **The Toddle Inn:** 13:30 - 14:40.

**Ages:** 0 - 4 yrs. **Cost:** £0.70 (drop in).

**Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

## MUSIC & SIGNING

### Music Bugs Northampton

Hardingstone Village Hall, High Street, NN4 6DA. 07811 771480. [www.musicbugs.co.uk](http://www.musicbugs.co.uk).

• **Family Bugs (0-5yrs):** 10:00 - 10:40, 13:00 - 13:40.

• **Mini Bugs (6mths - 2yrs):** 11:00 - 11:40.

• **Baby Bugs (0-10mths):** 12:00 - 12:40.

**Cost:** £7 (book). **Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

Simon de Senlis Primary School, Hilldrop Road, NN4 0PH. 07811 771480. [www.musicbugs.co.uk](http://www.musicbugs.co.uk).

• **Family Bugs (0-5yrs):** 10:00 - 10:40.

**Cost:** £7.50 (book). **Dates:** 9 Sep - 7 Oct.



# Swimming Classes

## Babies to Big Kids



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We keep our classes small to ensure every child gets attention and help where needed.

**STA Award Scheme**  
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## SENSORY & DEVELOPMENT

### Baby Sensory Northampton

The Baby Sensory Centre, Green Lodge Barn, Nobottle, Northampton, NN7 4HD. 07512 469881. [www.babysensory.com](http://www.babysensory.com).

- **Baby Sensory (6 - 13mths):** 10:00 - 11:00.
- **Baby Sensory (0 - 9 mths):** 11:30 - 12:30.
- **Baby Sensory (0 - 13mths):** 13:00 - 14:00.

**Cost:** £8 (book).

**Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

### Kidslingo Spanish Northants, Towcester & Olney

The Hawthorns, Weedon rd, Upton, NN5 4WR. 07772536338. [www.kidslingo.co.uk](http://www.kidslingo.co.uk).

- **Kidslingo Fun Spanish Class:** 10:30 - 11:00.

**Ages:** 18 mths - 4 yrs 11 mths. **Cost:** £5 (book).

**Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

## CREATIVE

### Eat Sleep Bake Repeat

36 Summerfields, NN4 9YN. 07985 408289. [www.eat-sleep-bake-repeat.newzenler.com](http://www.eat-sleep-bake-repeat.newzenler.com).

- **School Holiday classes:** 10:00 - 10:45 & 11:30 - 12:45.

**Ages:** 2 - 11 yrs. **Dates:** 22 Jul - 5 Aug.

- **Preschool classes:** 10:00 - 10:45. **Ages:** 2 - 4 yrs.
- **Home Ed Classes:** 11:30 - 12:15. **Ages:** 2 - 8 yrs.
- **After School:** 16:30 - 17:15. **Ages:** 4 - 11 yrs.

**Dates:** 15 Jul.

## DANCE & DRAMA

### Oncore Dance Academy

Oncore Studios, Footshape House, Kingsthorpe Road, NN2 6HT. [www.oncoredanceacademy.co.uk](http://www.oncoredanceacademy.co.uk).

- **Baby Ballet:** 16:15 - 17:00. **Ages:** 3 - 4 yrs.
- **Pre-Primary 1 Ballet:** 17:00 - 17:45. **Ages:** 4 - 5 yrs.

**Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

## PHYSICAL FUN

### Northampton Gymnastics Academy

10 North Portway Close, Round Spinney Industrial Estate, Northampton, NN3 8RQ. 01604 461242.

- **Explore & Play @ NGA:** 9:30 - 11:00.

*Swing, jump, bounce and enjoy gym equipment!*

**Ages:** 0 - 5 yrs. **Cost:** £6.50 (book).

**Dates:** 8 Jul - 22 Jul & 5 Aug - 7 Oct.

### Trilogy Active - Danes Camp

Clannell Road, Hunsbury, Northampton, NN4 0RX. 01604 837400. [www.trilogyactive.co.uk](http://www.trilogyactive.co.uk).

- **Preschool Gymnastics**

**Times:** 11:15 - 12:00 & 12:15 - 13:00 **Ages:** 2 - 5 yrs.

### Trilogy Active - Lings Forum

Billing Brook Road, Weston Favell, NN3 8JR. 01604 837400. [www.trilogyactive.co.uk](http://www.trilogyactive.co.uk).

- **Soccer Cubz Football Classes**

**Times:** 10:30 - 11:00, 11:15 - 11:45.

**Ages:** 18 mths - 5 yrs. **Cost:** £4.50 (book).

**Dates:** 8 Jul - 22 Jul & 5 Aug - 7 Oct.

## EXPLORE & PLAY@NGA

*Gymnastics for all under 5s*



Sessions run Monday - Friday mornings at the Northampton Gymnastics Academy  
10 NORTH PORTWAY CLOSE, ROUND SPINNEY INDUSTRIAL ESTATE, NN3 8RQ



TO BOOK ONLINE SCAN THE QR CODE OR VISIT:  
[www.bookwhen.com/exploreandplaynga](http://www.bookwhen.com/exploreandplaynga)

[f / NorthamptonGymnasticsAcademy](https://www.facebook.com/NorthamptonGymnasticsAcademy)

## SWIMMING

### Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, NN3 2NS.  
01604 830405. [www.aqualightbabies.co.uk](http://www.aqualightbabies.co.uk).

- **1-2 years:** 9:30 - 10:00 & 11:00 - 11:30.
- **2-3 years:** 10:00 - 10:30 & 11:30 - 12:00.
- **3-4 years:** 10:30 - 11:00.

**Cost:** £12.35(book). **Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

### Trilogy Active - Danes Camp

Clannell Road, Hunsbury, Northampton, NN4 0RX.  
01604 837400. [www.trilogyactive.co.uk](http://www.trilogyactive.co.uk).

- **Family Friendly Swim:** 9:00 - 10:15.

**Ages:** 0 - 8 yrs. **Cost:** £5 (book).

**Dates:** 8 Jul - 22 Jul & 5 Aug - 7 Oct.

## TUESDAY

## PARENTS & TOTS

### Brixworth Library

Spratton Road, Brixworth, NN6 9DS. 0300 126 7000.  
[www.northamptonshire.gov.uk](http://www.northamptonshire.gov.uk).

- **Explore a Story:** 14:00 - 14:30. **Ages:** 0 - 5 yrs.

**Cost:** Free. **Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.

### Duston Library

Pendle Road, Northampton, NN5 6DT. 0300 126 7000.

- **Rhymetime:** 10:30 - 11:00. **Ages:** 0 - 5 yrs.
- **Bounce & Rhyme:** 10:30 - 11:00. **Ages:** 0 - 1 yrs.

**Cost:** Free (drop in). **Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.



## Football fun

for 18 months-7 year olds  
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LittleKickers Northampton, Daventry & Rugby

## Milk & You

Blackthorn Children's Centre, Longmead Ct, NN3 8QD  
[www.daventryvolunteers.org.uk](http://www.daventryvolunteers.org.uk)

- **Infant Feeding Group:** 9:30 - 11:30.

**Ages:** Pregnancy - 1 yrs. **Cost:** Free (drop in).

## Mini Springers

The Life Centre, 9 Tower Street, NN1 2SN. 01604 630457.

**Times:** 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1 (drop in).

**Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.

## Moulton Library

Moulton Community Centre, Readings, Moulton, NN3 7AX. [www3.northamptonshire.gov.uk](http://www3.northamptonshire.gov.uk).

- **Stay & Play under 1s:** 9:30 - 11:30. **Ages:** 0 - 1 yrs.
- **Construction Club:** 13:30 - 15:30. **Ages:** 1 - 5 yrs.

**Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct. **Cost:** Free (book).

## St Gregory's Toddler Group

St Gregory's Catholic Church, Birchfield Road East, NN3 2HS. 01604 713015.

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

**Cost:** £0.50. **Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.

## The Spring Charity

Spring Lane, Northampton, NN1 2JW. 07465231663.  
[www.thespringcharity.org](http://www.thespringcharity.org).

- **Stay and Play:** 9:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £1 (drop in).

**Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.



## Toddle In

St Giles Church Centre, St Giles Terrace, Northampton, NN1 2BN. 01604 628623. [stgilesnorthampton.org.uk](http://stgilesnorthampton.org.uk).

• **St Giles Toddle In:** 10:00 - 11:00.

Parent and Tots group with crafts, play and singing.

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

**Dates:** 9 Jul - 23 Jul & 6 Aug - 8 Oct.

## MUSIC & SINGING

### Boogie Beansies

Wootton Community Centre, Curtlee Hill, Wootton, NN4 6ED. 07766 731542. [www.boogiebeansies.com](http://www.boogiebeansies.com).

**Times:** 10:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £5 (book).

**Dates:** 9 Jul - 16 Jul & 3 Sep - 8 Oct.

### Hunsbury Library

Hunsbury Library, Overslade Close, Hunsbury, NN4 0RZ. 01604 702691. [www.northamptonshire.gov.uk](http://www.northamptonshire.gov.uk).

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

**Cost:** Free (book). **Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.

### Music Bugs Northampton

Hardingstone, Hardingstone Village Hall, High Street, NN4 6DA. 07811 771480. [www.musicbugs.co.uk](http://www.musicbugs.co.uk).

• **Family Bugs:** 10:00 - 10:40. **Ages:** 0 - 5 yrs.

• **Baby Bugs:** 11:00 - 11:40. **Ages:** 0 - 10 mths.

**Cost:** £7 (book). **Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.

### Sing and Sign - Towcester & Daventry

Wootton Community Centre, Curtlee Hill, Wootton, NN4 6ED. 07506257073. [www.singandsign.co.uk](http://www.singandsign.co.uk).

• **Sing & Sign Babies (6-14 month):** 13:50 - 14:35.

Signing Baby class - develop communication pre-speech

**Cost:** £7.50 (book). **Dates:** 3 Sep - 8 Oct.

## SENSORY & DEVELOPMENT

### Baby Sensory Northampton

The Baby Sensory Centre, Green Lodge Barn, Nobottle, Northampton, NN7 4HD. 07512 469881. [www.babysensory.com](http://www.babysensory.com).

• **Baby Sensory (6 - 13mths):** 10:00 - 11:00.

• **Baby Sensory (0 - 6mths):** 11:30 - 12:30.

• **Baby Sensory (0 - 13mths):** 13:00 - 14:00.

**Cost:** £8 (book). **Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.

## CREATIVE

### Eat Sleep Bake Repeat

36 Summerfields, West Hunsbury, NN4 9YN. 07985 408289. [www.Eat-sleep-bake-repeat.newzenler.com](http://www.Eat-sleep-bake-repeat.newzenler.com).

• **School Holiday classes:** 10:00 - 10:45, 11:30 - 12:15. **Ages:** 2 - 11 yrs. **Dates:** 23 Jul - 6 Aug.

• **Preschool classes:** 10:00 - 10:45. **Ages:** 2 - 4 yrs.

• **Home Ed Classes:** 11:30 - 12:15. **Ages:** 2 - 8 yrs.

**Dates:** 9 Jul - 16 Jul.

## DANCE & DRAMA

### Dexterity Dance, Gymnastics & Musokan Dojo

Great Houghton Hall, High Street, Great Houghton, NN4 7AG. 01604 877577. [www.dexteritydance.com](http://www.dexteritydance.com).

• **Gymnastics & Circus:** 9:30 - 10:15. **Ages:** 1 - 5 yrs.

£6 per class drop in or £5.50 if pre-booked

• **Home Ed:** 10:30 - 11:15. **Ages:** 5 - 11 yrs.

**Cost:** £6 (book).

• **Ballet:** 16:00 - 16:30 & 16:30 - 17:00. **Ages:** 3 - 5 yrs.

**Cost:** £3.50 (book).

• **Street Dance:** 16:15 - 17:00. **Ages:** 6 - 12 yrs.

• **Contemporary Dance Fusion:** 17:00 - 17:45, 18:00 - 19:00. **Ages:** 5 - 11 yrs. **Cost:** £6.50 (book).

**Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.

### Krystle Jayne's Dance Academy

Grange Park Community Centre, School Lane, NN4 5FZ. 07791 852891.

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

• **Baby Ballet:** 15:45 - 16:15. **Ages:** 2 - 4 yrs.

• **Pre-Primary Ballet & Tap:** 16:15 - 17:00.

**Ages:** 4 - 5 yrs.

**Cost:** £4 (book). **Dates:** 3 Sep - 8 Oct.

### Oncore Dance Academy

Oncore Studios, Footshape House, Kingsthorpe Road, NN2 6HT. 07971 824 759 or 07894 667 333.

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

• **Baby Ballet:** 10:00 - 10:45. **Ages:** 3 - 4 yrs.

Free trial class. Quote 'Toddle About' when booking.

**Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.

## PHYSICAL FUN

### Northampton County Lawn Tennis Club

54b Church Way, Weston Favell, NN3 3BX. 07766557122.

• **Tiny Tots Tennis:** 10:00 - 10:45. **Ages:** 2 ½ - 5 yrs.

**Cost:** £5 (book). **Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.

### Northampton Gymnastics Academy

10 North Portway Close, Round Spinney Industrial Estate, Northampton, NN3 8RQ. 01604 461242.

• **Explore & Play @ NGA:** 10:30 - 12:00 & 13:00 - 14:29.

Swing, jump, bounce and enjoy gym equipment!

**Ages:** 0 - 5 yrs. **Cost:** £6.50 (book).

**Dates:** 9 Jul - 23 Jul & 6 Aug - 8 Oct.

### Trilogy Active - Duston Sports Centre

Cotswold Avenue, Duston, NN6 5EX. 01604 837400. [www.trilogyactive.co.uk](http://www.trilogyactive.co.uk).

• **Rugby Cubz:** 13:00 - 13:30 & 13:45 - 14:15.

**Ages:** 1 ½ - 5 yrs. **Cost:** £4.50 (book).

**Dates:** 9 Jul - 23 Jul & 6 Aug - 8 Oct.

### Trilogy Active -Lings Forum

Billing Brook Road, Weston Favell, NN3 8JR. 01604 837400. [www.trilogyactive.co.uk](http://www.trilogyactive.co.uk).

• **Rugby Cubz:** 11:15 - 11:45 & 11:45 - 12:15.

**Ages:** 1 ½ - 5 yrs. **Cost:** £4.50 (book).

**Dates:** 9 Jul - 23 Jul & 6 Aug - 8 Oct.



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\* Most babies learn best when they see, hear, feel, touch, taste and smell.

**Baby Sensory**  
The Baby Sensory Centre

Our multi-award winning classes will introduce your baby (or babies) to a world of sensory delights, where you can relax, spend quality time with each other and enjoy meeting other new parents.

For **Daventry & Rugby** classes:  
**Call:** Lauren on 07849777705  
**Email:** [rugby@babysensory.co.uk](mailto:rugby@babysensory.co.uk)  
**Classes:** Tuesday, Long Lawford Memorial Hall, CV23 9BA  
Wednesday, Cedar Grove Clinic, Daventry, NN11 4HB  
Thursday, Lilbourne Village Hall, Rugby, CV23 0SX

For **Northampton** classes:  
**Call:** Sarah on 07512 469881  
**Email:** [northampton@babysensory.co.uk](mailto:northampton@babysensory.co.uk)  
**Classes:** Daily, Monday to Friday  
at The Baby Sensory Centre, Nobottle, NN7 4HD  
[www.babysensory.com](http://www.babysensory.com)

We've done the research; so you can enjoy the fun...

## SWIMMING

### Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, NN3 2NS.  
01604 830405. [www.aqualightbabies.co.uk](http://www.aqualightbabies.co.uk).

- **Swimming Lessons 3-4 years:** 10:00 - 10:30.
- **Swimming Lessons 2-3 years:** 10:30 - 11:00.
- **Swimming Lessons 1-2 years:** 11:00 - 11:30.

**Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct. **Cost:** £12.35(book).

### Aqualight Swim School - Weston Favell

Weston Favell Pool, Booth Lane South, NN3 3EZ.  
01604 830405. [www.aqualightbabies.co.uk](http://www.aqualightbabies.co.uk).

- **Swimming Lessons**

**Times:** 16:30 - 17:00 & 18:00 - 18:30. **Ages:** 4 - 5 yrs.

**Times:** 17:00 - 17:30. **Ages:** 2 - 3 yrs.

**Times:** 17:30 - 18:00. **Ages:** 3 - 4 yrs.

**Cost:** £12.35 (book). **Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.

### Turtle Tots Northamptonshire, Milton Keynes & Bedford

The Bee Hive, Harborough Road, Kingsthorpe, NN2 8LR. 01604 372747. [www.turtlelots.com](http://www.turtlelots.com).

**Times:** 9:00 - 13:00. **Ages:** 0 - 2 yrs. **Cost:** £13 (book).

**Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.

## WEDNESDAY

### PARENTS & TOTS

#### Brixworth Library

Spratton Road, Brixworth, NN6 9DS. 0300 126 7000.

- **Rhymetime:** 9:30 - 10:00. **Ages:** 0 - 5 yrs. **Cost:** Free

**Dates:** 10 Jul - 24 Jul & 4 Sep - 9 Oct.

#### Chatterbox

Mount Pleasant Baptist Church, 147-155 Kettering Road, NN1 4BS. 01604 516809.

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

**Times:** 9:30 - 11:15. **Ages:** 0 - 5 yrs.

**Cost:** £1.50 **Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

#### Duston Library

Pendle Road, NN5 6DT. 0300 126 7000.

**Baby Bounce and Rhyme:** 10:30 - 11:00.

**Ages:** 0 - 1 yrs. **Cost:** Free (drop in).

**Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

#### Earls Barton Library

Broad Street, Earls Barton, NN6 0ND. 0300 126 1000.

- **Play and Learn for Under 5s:** 10:30 - 12:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (book).

**Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

#### Emmanuel Family Tots

Emmanuel Church, Weston Favell Centre, Billing Brook Road, NN3 8JR. 07812508711.

**Times:** 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1 (drop in).

**Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

## Kislingbury & Upton Community Church

The Elgar Centre, High Street, Upton, NN5 4EN.  
07432881576. [www.kucc.co.uk](http://www.kucc.co.uk).

• **Upton Tots and Babies:** 10:00 - 12:00.

**Ages:** 0 - 5 yrs. **Cost:** £3 (drop in).

**Dates:** 10 Jul - 17 Jul & 10 Jul - 17 Jul.

## Kislingbury & Upton Community Church

The Chapel, Mill Lane, Kislingbury, NN7 4BD.  
07432881576. [www.kucc.co.uk](http://www.kucc.co.uk).

• **Summer Holiday Social:** 17:00 - 19:30.

**Ages:** All welcome. **Cost:** FREE (drop in).

**Dates:** 24 Jul - 28 Aug

## Milk & You

Wheatfield Rd S, NN3 2HH [www.daventryvolunteers.org.uk](http://www.daventryvolunteers.org.uk)

• **Feed, Stay & Play:** 12 - 13:30

**Ages:** Pregnancy - 5yrs. **Cost:** Free (drop in).

## Moulton Library

Moulton Community Centre, Moulton, NN3 7AX.

• **Stay & Play under 5s:** 9:30 - 11:30.

**Ages:** 0 - 5 yrs. **Cost:** Free (book).

**Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

## Rainbow Tots - toddler group

The Salvation Army, 8 Tower Street, NN1 2SN. 01603  
624841. [www.salvationarmy.org.uk](http://www.salvationarmy.org.uk).

**Times:** 10:30 - 12:00. **Cost:** £1.50 **Dates:** 10 Jul - 17 Jul.

## St Peter's Church Tiny Tots

76 High St, NN3 3JX.

• **Tiny Tots:** 13:30 - 15:00. **Ages:** 0 - 5 yrs.

**Cost:** £2 (drop in). **Dates:** 17 Jul & 4 Sep - 9 Oct.

## Storehouse Church

Lodge Farm Community Centre, Crestwood Road,  
NN3 8JJ. 07853 765517.

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

• **Tiny Tadpoles:** 9:30 - 11:00. **Ages:** 0 - 5 yrs.

**Cost:** £2 (drop in). **Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

## Strong Start - Kingsthorpe

Kingsthorpe Children's Centre, 31 St David's Road,  
NN2 6NS. 07880 136070. [www.westnorthants.gov.uk](http://www.westnorthants.gov.uk).

• **Baby or under 5s event:** 10:00 - 11:00.

**Ages:** 0 - 4 yrs. **Cost:** Free. **Dates:** 10 Jul - 28 Aug.

## Strong Start - Upton

Upton Meadows Children's Centre, Barring St, Upton,  
Northampton, NN5 4EZ. 07880 136070.

• **Strong Start Bumps and Babies:** 13:00 - 14:30.

**Ages:** Pregnancy - 6 mths. **Cost:** Free (book).

**Dates:** 10 Jul - 17 Jul.

## MUSIC & SIGNING

### Music Bugs Northampton

Moulton Community Centre, Sandy Hill Lane,  
Reedings, Northampton, NN3 7AX. 07811 771480.  
[www.musicbugs.co.uk](http://www.musicbugs.co.uk).

• **Family Bugs:** 10:00 - 10:40. **Ages:** 0 - 5 yrs.

**Cost:** £6.50 (book).

• **Mini Bugs:** 11:00 - 11:30. **Ages:** 6 mths - 2 yrs.

• **Baby Bugs:** 12:00 - 12:30. **Ages:** 0 - 10 mths.

**Cost:** £5.50 (book).

**Dates:** 10 Jul - 24 Jul & 4 Sep - 9 Oct.

## SENSORY & DEVELOPMENT

### Baby Sensory Northampton

The Baby Sensory Centre, Green Lodge Barn,  
Nobottle, NN7 4HD. 07512 469881.

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

• **Baby Sensory (0 - 13mths):** 10:00 - 11:00 & 13:00 - 14:00.

• **Baby Sensory (0 - 6mths):** 11:30 - 12:30.

**Cost:** £8 (book). **Dates:** 10 Jul - 24 Jul & 4 Sep - 9 Oct.

## CREATIVE

### Eat Sleep Bake Repeat

36 Summerfields, West Hunsbury, NN4 9YN. 07985  
408289. [www.Eat-sleep-bake-repeat.newzenler.com](http://www.Eat-sleep-bake-repeat.newzenler.com).

• **School Holiday cookery classes:** 10:00 - 10:45.

**Ages:** 2 - 11 yrs. **Dates:** 24 Jul - 7 Aug.

• **Preschool cookery classes:** 10:00 - 10:45.

**Ages:** 2 - 4 yrs. **Dates:** 10 Jul - 17 Jul.

• **Holiday classes (Childminder):** 11:30 - 12:15.

**Ages:** 2 - 11 yrs. **Dates:** 24 Jul - 26 Jul.

## DANCE & DRAMA

### Dexterity Dance, Gymnastics & Musokan Dojo

Great Houghton Hall, High Street, Great Houghton,  
NN4 7AG. 01604 877577. [www.dexteritydance.com](http://www.dexteritydance.com).

• **Street Dance:** 16:15 - 17:00. **Ages:** 6 - 12 yrs.

**Cost:** £6 (book). **Dates:** 10 Jul - 24 Jul & 4 Sep - 9 Oct.

### Krystle Jayne's Dance Academy

Grange Park Community Centre, NN4 5FZ. 07791  
852891. [www.krystlejayedanceacademy.co.uk](http://www.krystlejayedanceacademy.co.uk).

• **Baby Ballet:** 16:00 - 16:30. **Ages:** 2 - 4 yrs.

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

**Ages:** 4 - 5 yrs.

**Cost:** £4 (book). **Dates:** 4 Sep - 9 Oct.

### Oncore Dance Academy

Oncore Studios, Footshape House, Kingsthorpe Road,  
NN2 6HT. 07971 824 759 or 07894 667 333.

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

• **Groovy Movers:** 16:15 - 17:00. **Ages:** 3 - 5 yrs.

Free trial class. Quote 'Toddle About' when booking.

• **Junior Street Dance:** 17:00 - 17:45 & 17:45 - 18:30.

**Ages:** 4 - 5 yrs. **Dates:** 10 Jul - 24 Jul & 4 Sep - 9 Oct.

## PHYSICAL FUN

### Northampton Gymnastics Academy

10 North Portway Close, Round Spinney Industrial  
Estate, Northampton, NN3 8RQ. 01604 461242.

• **Explore & Play @ NGA:** 10:00 - 11:30.

Swing, jump, bounce and enjoy gym equipment!

**Ages:** 0 - 5 yrs. **Cost:** £6.50 (book).

**Dates:** 10 Jul - 24 Jul & 7 Aug - 9 Oct.

### Trilogy Active - Duston Sports Centre

Cotswold Avenue, Duston, NN6 5EX. 01604 837400.  
[www.trilogyactive.co.uk](http://www.trilogyactive.co.uk).

• **Soft Zone:** 9:00 - 10:30. **Ages:** 0 - 5 yrs.

An unstructured play session for parent and child

**Cost:** £4.50 (book).

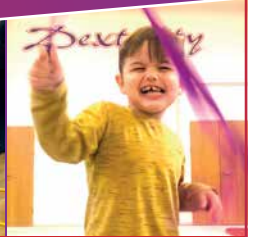
**Dates:** 10 Jul - 24 Jul & 7 Aug - 9 Oct.

# Dexterity

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


## DANCE & GYMNASTICS FOR PRE-SCHOOLERS

Classes for boys and girls aged 2-6 years in Northants



SET IN THE BEAUTIFUL GROUNDS OF AN 18TH CENTURY MANSION IN GREAT HOUGHTON. FREE ONSITE PARKING

- ▶ Gymnastics & Circus (2-5yrs): Tues, 9:30-10:15am
  - ▶ Start2Dance Ballet (3-5yrs): Sat, 9:00-9:30am
  - ▶ Tots Acrobatics (3-5yrs): Sat, 10:00-10:45am
  - ▶ Rhythmic Gymnastics (3-6yrs): Thurs, 4:15-5:00pm
  - ▶ Start2Dance Jazz (3-5yrs): Sat, 9:30-10:00am
- We have plenty of classes for older kids & adults too!*

Give us a try! Book a trial at [dexteritydance.com](http://dexteritydance.com)

Arrange a visit or for more info: [dexteritydance@gmail.com](mailto:dexteritydance@gmail.com) tel: 01604 877577

### Trilogy Active - Lings Forum

Lings Forum Leisure Centre, Billing Brook Road, Weston Favell, Northampton, NN3 8JR. 01604 837400. [www.trilogyactive.co.uk](http://www.trilogyactive.co.uk).

- **Preschool Gymnastics:** 10:00 - 10:45 & 11:00 - 11:45. **Ages:** 2 - 5 yrs.
- **Rugby Cubz:** 13:00 - 13:30 & 13:45 - 14:15.

**Ages:** 1 ½ - 5 yrs. **Cost:** £4.50 (book).

**Dates:** 10 Jul - 24 Jul & 7 Aug - 9 Oct.

### SWIMMING

#### Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, NN3 2NS. 01604 830405. [www.aqualightbabies.co.uk](http://www.aqualightbabies.co.uk).

- **1-2 years:** 9:30 - 10:00.
- **2-3 years:** 10:00 - 10:30.
- **3-4 years:** 10:30 - 11:00 & 11:00 - 11:30.

**Cost:** £12.35 (book). **Dates:** 10 Jul - 24 Jul & 4 Sep - 9 Oct.

#### Trilogy Active - The Mounts

Upper Mounts, NN1 3DN. 01604 837400.

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

- **Family Swim:** 14:00 - 15:00. **Ages:** 0 - 8 yrs.
- Cost:** £5 (book). **Dates:** 10 Jul - 24 Jul & 7 Aug - 9 Oct.

#### Trilogy Active - Danes Camp

Clannell Road, Hunsbury, NN4 0RX. 01604 837400.

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

- **Family Swim:** 9:00 - 10:30. **Ages:** 0 - 8 yrs.
- Cost:** £5 (book). **Dates:** 10 Jul - 24 Jul & 7 Aug - 9 Oct.

## THURSDAY

### PARENTS & TOTS

#### Abbey Centre Baptist Church Baby & Toddler Group

Overslade Close, Hunsbury, Northampton, NN4 0RZ. 01604 767568. [www.abbeycentre.org.uk](http://www.abbeycentre.org.uk).

**Times:** 9:30 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £2 (drop in).

**Dates:** 11 Jul - 18 Jul, 12 Sep - 26 Sep & 10 Oct.

#### Brixworth Library

Spratton Road, Brixworth, NN6 9DS. 0300 126 7000.

- **Under Ones Fun:** 10:30 - 12:00. **Ages:** 0 - 1 yrs.

Fortnightly Health Visitor Clinic runs alongside this event.

**Cost:** Free **Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

#### Kislingbury & Upton Community Church

Mill Lane, Kislingbury, NN7 4BB [www.kucc.co.uk](http://www.kucc.co.uk).

- **Kizzle Tots & Babies:** 10:00 - 12:00. **Ages:** 0 - 5 yrs.

**Cost:** £3 (book). **Dates:** 11 Jul - 18 Jul.

#### Moulton Library

Moulton Community Centre, Reedings, NN3 7AX.

- **Sling Library:** 10:00 - 11:30. **Ages:** 1 - 5 yrs. **Cost:**

Free. **Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

#### St Matthew's Minis

St Matthew's Church Hall, 27A The Drive, NN1 4RY. 01604791251 [www.stmatthews-northampton.org.uk](http://www.stmatthews-northampton.org.uk).

**Times:** 9:45 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1.50 (drop in). **Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.





**Fun Spanish for children 0-11 y**  
**Venue classes & online**  
 We bring languages to life through amazing adventures. Come and be a pirate for the day, visit the circus or explore a world of magical creatures.

**Book a 3 week trial for £12 on our website**  
[kidsingo.co.uk/area/spanish-classes-northampton-w-tewkesbury](http://kidsingo.co.uk/area/spanish-classes-northampton-w-tewkesbury)







**Hackleton Preschool**  
 Registered Charity Number: 1016388

**Spaces Available from September 2023**

Join our Pre-School Session of  
 9-3pm  
 or take advantage of extended hours 8:30am - 4pm  
 (Mon-Thurs)  
 8:30- 3pm (Fri)

AM / PM only sessions also available

Come and visit our wonderful preschool family, we take children from 2 years of age.

We accept 2 and 3 year funding as well as extended hours if eligible. Both non funded and funded places available. Please contact Charmaine Walker for more details;  
[businessmgr.hackletonpreschool@gmail.com](mailto:businessmgr.hackletonpreschool@gmail.com)  
 Tel: 07902286411  
[www.hackletonpreschool.org](http://www.hackletonpreschool.org)

## Strong Start

Blackthorn Children's Centre, Longmead Court, NN3 8QD. 07880 136070. [www.westnorthants.gov.uk](http://www.westnorthants.gov.uk).

• **Baby or under 5s event:** 10:00 - 11:00.

**Ages:** 0 - 4 yrs. **Cost:** Free. **Dates:** 11 Jul - 18 Jul.

## Sunbeams

Duston United Reformed Church, Main Road, Duston, NN5 6JF. 07751522303.

**Times:** 9:30 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £1 (drop in).

**Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

## Talking Point (Grange Park)

Grange Park, NN4 5AZ. 07725 474341.

**Times:** 10:00 - 12:00. **Ages:** Pregnancy - 1 yrs. **Cost:**

Free (drop in). **Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

## The Spring Charity

Annex Community Centre, Spring Lane, NN1 2JW. 07465231663. [www.thespringcharity.org](http://www.thespringcharity.org).

• **Stay and Play:** 9:00 - 11:00. **Ages:** 0 - 5 yrs.

**Cost:** £1. **Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

## Toddlers Group

Park Avenue Methodist Church, Park Avenue North, NN3 2HT. 01604 633436. [www.parkavenue.org.uk](http://www.parkavenue.org.uk).

**Times:** 13:15 - 15:00. **Ages:** 0 - 4 yrs. **Cost:** £1 (drop in).

**Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

## MUSIC & SIGNING

### Music Bugs Northampton

Hardingstone Village Hall, High Street, NN4 6DA. 07811 771480. [www.musicbugs.co.uk](http://www.musicbugs.co.uk).

• **Family Bugs:** 10:00 - 10:40 & 11:00 - 11:40.

**Ages:** 0 - 5 yrs. **Cost:** £7 (book).

**Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

### Northampton Central Library

Abington Street, Northampton, NN1 2BA. 0300 126 1000 - option 5 then 1.

• **Bounce and Rhyme:** 10:30 - 11:00.

**Ages:** 0 - 1 yrs. **Cost:** Free (drop in).

**Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

## SENSORY & DEVELOPMENT

### Baby Sensory Northampton

The Baby Sensory Centre, Green Lodge Barn, Nobottle, NN7 4HD. 07512 469881. [www.babysensory.com](http://www.babysensory.com).

• **(0 - 13mths):** 10:00 - 11:00 & 13:00 - 14:00.

• **(0 - 6mths):** 11:30 - 12:30.

**Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct. **Cost:** £8 (book).

## DANCE & DRAMA

### Dexterity Dance, Gymnastics & Musokan Dojo

Great Houghton Hall, High Street, Great Houghton, NN4 7AG. 01604 877577. [www.dexteritydance.com](http://www.dexteritydance.com).

• **Rhythmic Gymnastics (3-12yrs):** 16:15 - 17:00.

**Cost:** £5 (book). **Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

# MINI MUSEUM EXPLORERS AT NORTHAMPTON MUSEUMS



Join us at Northampton Museum & Art Gallery for our popular hands-on and fun pre-school sessions for the under-fives.

Explore the museum through stories, music, art and craft activities whilst making new friends and creating memories in an engaging and family friendly environment.

Held on Friday mornings during term time with a different theme each week

12th July - Colour  
- BREAK FOR SUMMER -  
20th September - Pots/Containers  
27th September - Autumn  
4th October - Trees/Leaves

£4 per child per session, refreshments included.   northamptonshoe

**N** Northampton  
Museum &  
Art Gallery



West  
Northamptonshire  
Council



→ Booking essential, places are limited – book online at [www.northamptonmuseums.com](http://www.northamptonmuseums.com)

## PHYSICAL FUN

### Little Kickers Northampton Daventry & Rugby

Moulton Community Centre, Sandy Hill, Reedings, Moulton, Northampton, NN37AX. 01327 705915. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

#### • Little Kickers

Pre-school football classes from 18months

**Times:** 9:55 - 10:35. **Ages:** 1 ½ - 2 ½ yrs.

**Times:** 10:45 - 11:30. **Ages:** 2 ½ - 3 ½ yrs.

**Times:** 11:40 - 12:25. **Ages:** 3 ½ - 5 yrs.

**Cost:** £7.49 (book). **Dates:** 11 Jul - 10 Oct.

### Northampton Gymnastics Academy

10 North Portway Close, Round Spinney Industrial Estate, NN3 8RQ. 01604 461242.

#### • Explore & Play @ NGA: 10:00 - 11:30.

Swing, jump, bounce and enjoy gym equipment!

**Ages:** 0 - 5 yrs. **Cost:** £6.50 (book).

**Dates:** 11 Jul - 18 Jul & 1 Aug - 10 Oct.

### Trilogy Active - Danes Camp

Clannell Road, Hunsbury, NN4 0RX. 01604 837400. [www.trilogyactive.co.uk](http://www.trilogyactive.co.uk).

#### • Soccer Cubz Football Classes

**Times:** 13:00 - 13:30. **Ages:** 1 yrs 6 mths - 5 yrs.

**Dates:** 11 Jul - 18 Jul & 1 Aug - 10 Oct.

**Times:** 13:45 - 14:15. **Ages:** 1 yrs 6 mths - 5 yrs. **Dates:**

11 Jul - 25 Jul & 1 Aug - 10 Oct.

**Cost:** £4.50 (book).

## SWIMMING

### Aqualight Swim School - The Beehive

Harborough Road, Kingsthorpe, NN2 8LR.

• **8-12 months:** 9:30 - 10:00 & 11:00 - 11:30.

• **4-8 months:** 10:00 - 10:30 & 10:30 - 11:00.

• **0-4 months:** 11:30 - 12:00 & 12:30 - 13:00.

• **6-12 months:** 12:00 - 12:30. **Cost:** £13.40 (book).

**Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

### Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, NN3 2NS. 01604 830405. [www.aqualightbabies.co.uk](http://www.aqualightbabies.co.uk).

• **1-2 years:** 9:30 - 10:00 & 10:30 - 11:00.

• **2-3 years:** 10:00 - 10:30.

• **3-4 years:** 11:00 - 11:30.

**Cost:** £12.35 (book). **Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

### Trilogy Active - Danes Camp

Clannell Road, Hunsbury, NN4 0RX. 01604 837400. [www.trilogyactive.co.uk](http://www.trilogyactive.co.uk).

• **Family Swim:** 9:00 - 10:15. **Ages:** 0 - 8 yrs. **Cost:** £5 (book).

## FRIDAY

## PARENTS & TOTS

### Brixworth Library

Spratton Road, Brixworth, NN6 9DS. 0300 126 7000.

• **Pre-school Play:** 10:00 - 11:00. **Ages:** 0 - 5 yrs.

**Cost:** Free. **Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.





## Join my Kids' Baking Club Today!

and get ready for a deliciously fun time with my weekly baking classes for kids!

Classes are held in my home kitchen in West Hunsbury




Preschool classes  
Mon 10am  
Tues 10am  
Wed 10am, 11.30am

Home Ed classes  
Mon 11.30am  
Tues 11.30am

Afterschool classes  
Mon 4.30pm  
Fri 4.30pm

**BOOK NOW**

[eat-sleep-bake-repeat.newzenler.com/classes](http://eat-sleep-bake-repeat.newzenler.com/classes)

### Earls Barton Library

Broad Street, Earls Barton, NN6 0ND. 0300 126 1000.

• **Rhymetime:** 14:30 - 15:00.

**Ages:** 0 - 5 yrs. **Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

### Moulton Library

Moulton Community Centre, Moulton, NN3 7AX.

• **Bounce and Rhyme:** 13:15 - 13:45. **Ages:** 0 - 1 yrs.

• **Rhymetime:** 14:00 - 14:30. **Ages:** 0 - 5 yrs.

• **Homework Club:** 15:00 - 16:30. **Ages:** 4 - 10 yrs.

**Cost:** Free. **Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

### Northampton Museum & Art Gallery

4-6 Guildhall Rd, Northampton, NN1 1DP.

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

• **Mini Museum Explorers:** 10:15 - 11:45.

**Ages:** 2.5 - 5 yrs. **Cost:** £4. **Dates:** 12 Jul & 20 Sep - 4 Oct.

### Toddle In

St Giles Church Centre, St Giles Terrace, NN1 2BN.

01604 628623. [www.stgilesnorthampton.org.uk](http://www.stgilesnorthampton.org.uk).

• **St Giles Toddle In:** 10:00 - 11:00. **Ages:** 0 - 4 yrs.

Parent and Tots group with crafts, play and singing.

**Cost:** Free **Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

## MUSIC & SIGNING

### Hunsbury Library

Overslade Close, Hunsbury, NN4 0RZ. 01604 702691.

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

**Cost:** Free **Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.



## TRY RUGBYTOTS

Our dynamic weekly play sessions enable boys and girls aged 2-7 to develop their social and physical skills in a fun, positive environment.

For more details, just call or email:  
**0345 313 0286**  
[C.lancaster@rugbytots.co.uk](mailto:C.lancaster@rugbytots.co.uk)

[rugbytots.co.uk](http://rugbytots.co.uk)  
The world's favourite rugby play programme



### Music Bugs Northampton

Pineham Barns Primary School, Dragonfly Way, NN4 9FF. 07811 771480. [www.musicbugs.co.uk](http://www.musicbugs.co.uk).

• **Family Bugs:** 10:00 - 10:40. **Ages:** 0 - 5 yrs.

• **Mini Bugs:** 11:00 - 11:40. **Ages:** 9 mths - 2 yrs.

• **Baby Bugs:** 11:00 - 11:40. **Ages:** 0 - 1 yrs.

**Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct. **Cost:** £6.50

### Northampton Central Library

Abington Street, NN1 2BA. 0300 126 1000.

• **Rhymetime:** 10:30 - 11:00. **Ages:** 1 - 5 yrs. **Cost:**

Free (*drop in*). **Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

## SENSORY & DEVELOPMENT

### Baby Sensory Northampton

Green Lodge Barn, Nobottle, NN7 4HD. 07512 469881. [www.babysensory.com](http://www.babysensory.com).

• **Baby Sensory (0 - 9 mths):** 11:30 - 12:30.

• **Baby Sensory (0 - 13mths):** 10:00 - 11:00.

Baby development classes inc. signing, massage, music & play

**Cost:** £8 (*book*). **Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

## CREATIVE

### Eat Sleep Bake Repeat

36 Summerfields, West Hunsbury, NN4 9YN. 07985

408289. [www.Eat-sleep-bake-repeat.newzenler.com](http://www.Eat-sleep-bake-repeat.newzenler.com).

• **After School:** 16:30 - 17:15. **Ages:** 4 - 11 yrs.

**Dates:** 12 Jul - 19 Jul.

## DANCE & DRAMA

### Dexterity Dance, Gymnastics & Musokan Dojo

Great Houghton Hall, High Street, Great Houghton,

NN4 7AG. 01604 877577. [www.dexteritydance.com](http://www.dexteritydance.com).

• **Ballet:** 16:15 - 17:00. **Ages:** 3 - 5 yrs. **Cost:** £6

(*book*). **Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

### Krystle Jayne's Dance Academy

Soo Yoga, Sol Central, Mare Fair, NN1 1SR. 07791

852891. [www.krystlejayedanceacademy.co.uk](http://www.krystlejayedanceacademy.co.uk).

• **Baby Ballet:** 16:00 - 16:30. **Ages:** 2 yrs - 4 yrs.

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

**Ages:** 4 yrs - 6 yrs. **Dates:** 6 Sep - 11 Oct.

Fun, friendly and interactive music classes for children aged newborn to 5 years

Come and play with our puppets, scarves, bubbles, pom poms, parachutes and percussion instruments plus lots, lots more!

Book your class today. Call Lesley on: 07811 771 480 or visit our website

Hardingstone, Moulton & Pineham, Northampton

Birthday parties also available lesley@musicbugs.co.uk

**music bugs**

www.musicbugs.co.uk

## PHYSICAL FUN

### Little Kickers Northampton Daventry

Moulton Community Centre, Sandy Hill, Reedings, NN37AX. 01327 705915. www.littlekickers.co.uk.

- **Little Kickers Pre-school football classes 18months+**

**Times:** 10:45 - 11:30. **Ages:** 2 ½ - 3 ½ yrs.

**Times:** 11:40 - 12:25. **Ages:** 3 ½ - 5 yrs.

**Times:** 9:55 - 10:35. **Ages:** 1 ½ - 2 ½ yrs.

**Cost:** £7.49 (book). **Dates:** 12 Jul - 11 Oct.

### Northampton County Lawn Tennis Club

Northampton County Lawn Tennis Club, 54b Church Way, Weston Favell, Northampton, NN3 3BX.

- **Tiny Tots Tennis:** 13:30 - 14:15.

**Ages:** 2 ½ - 5 yrs. **Cost:** £5 (book).

**Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

### Northampton Gymnastics Academy

10 North Portway Close, Round Spinney Industrial Estate, Northampton, NN3 8RQ. 01604 461242.

- **Explore & Play @ NGA:** 10:00 - 11:30.

**Ages:** 0 - 5 yrs. **Cost:** £6.50 (book).

**Dates:** 12 Jul - 19 Jul & 2 Aug - 11 Oct.

### Trilogy Active - Duston Sports Centre

Duston Sports Centre, Cotswood Avenue, Duston, NN6 5EX. 01604 837400. www.trilogyactive.co.uk.

- **Preschool Gymnastic:** 9:30 - 10:15 & 10:30 - 11:15.

**Ages:** 2 - 5 yrs.

• **Soccer Cubz Football Classes:** 13:00 - 13:30 & 13:45 - 14:15. **Ages:** 1 ½ - 5 yrs. **Cost:** £4.50 (book).

**Dates:** 12 Jul - 19 Jul & 2 Aug - 11 Oct.

## SWIMMING

### Aqualight Swim School - Barry Road

Barry Road Swimming Pool, 2 4-2 Covington Street, Northampton, NN1 5JU. 01604 830405.

www.aqualightbabies.co.uk.

- **4-5 years:** 16:00 - 16:30.

• **3-5 years:** 16:30 - 17:00 & 17:00 - 17:30.

**Cost:** £12.35 (book). **Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

### Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, NN3 2NS. 01604 830405. www.aqualightbabies.co.uk.

- **1-2 years:** 11:45 - 12:15.

• **2.5 - 4 years:** 11:15 - 11:45.

**Cost:** £12.35 (book). **Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

## TINY TOTS TENNIS

Come join the FUN learn about the game and develop fundamental skills aimed at 2½ - 5 years.

**Tuesday:** 10-10.45am

**Friday:** 1:30-2.15pm (term time).

Limited spaces available.

To book, please contact:

**Laura Mineards: 07766 557 122**

Northampton County Lawn Tennis Club,  
54b Church Way, Weston Favell, Northampton.

**lauramineards@yahoo.co.uk**

### Turtle Tots Northamptonshire, Milton Keynes & Bedford

The Bee Hive, Harborough Road, Kingsthorpe, NN2 8LR. 01604 372747. www.turtletots.com.

**Times:** 9:00 - 13:00. **Ages:** 0 - 2 yrs. **Cost:** £13.40

(book). **Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

## SATURDAY

### CREATIVE

#### Eat Sleep Bake Repeat

36 Summerfields, West Hunsbury, Northampton, NN4 9YN. 07985 408289. www.Eat-sleep-bake-repeat.newzenler.com.

- **Saturday Kitchen:** 10:30 - 11:15. **Ages:** 2 - 11 yrs.

**Dates:** 27 Jul, 31 Aug, 6 Jul, 3 Aug & 7 Sep.

## DANCE & DRAMA

### Dexterity Dance, Gymnastics & Musokan Dojo

Great Houghton Hall, High Street, Great Houghton, NN4 7AG. 01604 877577. www.dexteritydance.com.

- **Jazz Under 10's Times:** 9:30 - 10:00, 10:00 - 10:45

**Ages:** 5 - 10 yrs. **Cost:** £3.50 (book).

• **Acrobatics Times:** 10:00 - 10:45, 13:00 - 14:00

**Ages:** 2 - 4 yrs. **Cost:** £6 (book).

• **Ballet Times:** 9:00 - 9:30, 11:00 - 11:45

**Ages:** 3 - 5 yrs. **Cost:** £3.50 (book).

• **Street Dance:** 11:45 - 12:30. **Ages:** 6 - 12 yrs.

**Cost:** £6 (book).

• **Contemporary Dance Fusion:** 13:00 - 14:30.

**Ages:** 5 - 11 yrs. **Cost:** £12 (book).

• **Rhythmic Gymnastics:** 14:30 - 15:30.

**Ages:** 3 - 12 yrs. **Cost:** £9 (book).

**Dates:** 6 Jul - 20 Jul & 7 Sep - 5 Oct.

### Oncore Dance Academy - Northampton's Finest Dance School

Oncore Studios, Footshape House, Kingsthorpe Road, Northampton, NN2 6HT. 07971 824 759 or 07894 667 333. www.oncoredanceacademy.co.uk.

- **Baby Ballet:** 9:00 - 9:45. **Ages:** 3 - 4 yrs.

• **Pre-Primary 1 Ballet:** 9:45 - 10:30. **Ages:** 4 - 5 yrs.

• **Tap Beginners:** 10:30 - 11:15. **Ages:** 4 - 5 yrs.

Free trial class. Quote 'Toddle About' when booking.

**Dates:** 6 Jul - 20 Jul & 7 Sep - 5 Oct.

## SWIMMING

### Aqualight Swim School - Barry Road

Barry Road Swimming Pool, 2 4-2 Covington Street, NN1 5JU. 01604 830405. [www.aqualightbabies.co.uk](http://www.aqualightbabies.co.uk).

- **3-5 years:** 12:00 - 12:30, 12:30 - 13:00.
- **2-3 years:** 13:30 - 14:00 & 15:00 - 15:30.
- **1.5-2 years:** 14:00 - 14:30 & 15:30 - 16:00
- **1 - 1.5 years:** 14:30 - 15:00

**Cost:** £12.35 (book). **Dates:** 6 Jul - 20 Jul & 7 Sep - 5 Oct.

### Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, NN3 2NS. 01604 830405. [www.aqualightbabies.co.uk](http://www.aqualightbabies.co.uk).

- **2-3 years:** 10:00 - 10:30 & 11:00 - 11:30.
- **3-4 years:** 9:30 - 10:00 & 10:30 - 11:00. 11:30 - 12:00

**Cost:** £12.35 (book). **Dates:** 6 Jul - 20 Jul & 7 Sep - 5 Oct.

### Aqualight Swim School - NSG

Northampton School for Girls, Spinney Hill Road, Northampton, NN3 6DG. 01604 830405.

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

- **4-5 years:** 13:00 - 13:30 & 16:15 - 16:45.
- **0-5 years:** 13:30 - 14:00, 14:30 - 15:00, 15:15 - 15:45 & 15:45 - 16:15.
- **3-4 years:** 14:00 - 14:30.

**Dates:** 6 Jul - 20 Jul & 7 Sep - 5 Oct. **Cost:** £12.35 (book).

### Aqualight Swim School - The Beehive

The Beehive, Harborough Road, Kingsthorpe, NN2 8LR. 01604 830405. [www.aqualightbabies.co.uk](http://www.aqualightbabies.co.uk).

- **8-12 months:** 8:30 - 9:00 & 10:30 - 11:00.
- **4-8 months:** 9:00 - 9:30 & 10:00 - 10:30.
- **6-12 months:** 9:30 - 10:00.
- **0-4 months:** 11:00 - 11:30 & 11:30 - 12:00.

**Cost:** £13.40 (book). **Dates:** 6 Jul - 20 Jul & 7 Sep - 5 Oct.

### Trilogy Active - The Mounts

Upper Mounts, The Mounts, Northampton, NN1 3DN. 01604 837400. [www.trilogyactive.co.uk](http://www.trilogyactive.co.uk).

- **Family Friendly Swimming:** 16:00 - 17:00.

*Starts your tots journey in the water*

**Ages:** 0 - 8 yrs. **Cost:** £5 (book).

**Dates:** 6 Jul - 20 Jul & 3 Aug - 5 Oct.

## SUNDAY

## SENSORY & DEVELOPMENT

### Kidslingo Spanish Northants, Towcester & Olney

Caroline Chisholm School, Wooldale Rd, NN4 6TP. 07772536338. [www.kidslingo.co.uk](http://www.kidslingo.co.uk).

*Multi-award-winning fun Spanish classes*

- **Fun Spanish Class**

**Times:** 9:00 - 9:30. **Ages:** 1 ½ - 5 yrs.

**Times:** 9:40 - 10:10. **Ages:** 4 - 7 yrs.

- **Full immersion class:** 10:20 - 10:50. **Ages:** 4 - 7 yrs.

- **Fun Spanish Class:** 11:05 - 11:45. **Ages:** 7 - 11 yrs.

**Dates:** 7 Jul - 21 Jul & 8 Sep - 6 Oct.

**Cost:** £5 (book).

## PHYSICAL FUN

### Little Kickers Northampton Daventry & Rugby

Kingsthorpe College, Boughton Green Road, NN2 7HR. 01327 705915. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **3½ - 5 years:** 8:30 - 9:15, 9:25 - 10:10 & 11:15 - 12:00.
- **2½ - 3½ years:** 8:30 - 9:10, 9:25 - 10:10. 10:20 - 11:05, 11:15 - 12:00
- **5-7 years:** 9:25 - 10:10, 10:20 - 11:05 11:15 - 12:00.

**Dates:** 7 Jul - 21 Jul & 1 Sep - 6 Oct. **Cost:** £7.49 (book).

## SWIMMING

### Aqualight Swim School - Barry Road

Barry Road Swimming Pool, 2 4-2 Covington Street, NN1 5JU. 01604 830405. [www.aqualightbabies.co.uk](http://www.aqualightbabies.co.uk).

- **Swimming Lessons**

**Times:** 8:30 - 9:00, 9:00 - 9:30, 9:30 - 10:00, 10:00 - 10:30 & 11:30 - 12:00. **Ages:** 3 - 5 yrs.

**Times:** 11:00 - 11:30 **Ages:** 4 - 5 yrs. **Cost:** £12.35 (book). **Dates:** 7 Jul - 21 Jul & 8 Sep - 6 Oct.

### Aqualight Swim School - Weston Favell

Weston Favell Pool, Booth Lane South, Weston Favell, NN3 3EZ. 01604 830405. [www.aqualightbabies.co.uk](http://www.aqualightbabies.co.uk).

- **Swimming Lessons**

**Times:** 9:00 - 9:30 & 11:30 - 12:00. **Ages:** 4 - 5 yrs.

**Times:** 9:30 - 10:00. **Ages:** 3 - 4 yrs.

**Times:** 10:00 - 10:30 & 11:00 - 11:30. **Ages:** 2 - 3 yrs.

**Times:** 10:30 - 11:00. **Ages:** 3 - 5 yrs.

**Cost:** £12.35 (book). **Dates:** 7 Jul - 21 Jul & 8 Sep - 6 Oct.

### Trilogy Active - Danes Camp

Danes Camp, Clannell Road, Hunsbury, Northampton, NN4 0RX. 01604 837400. [www.trilogyactive.co.uk](http://www.trilogyactive.co.uk).

- **Family Friendly Swim:** 8:00 - 10:00.

**Ages:** 0 - 8 yrs. **Cost:** £5 (book).

**Dates:** 7 Jul - 21 Jul & 4 Aug - 6 Oct.

### Trilogy Active - The Mounts

Upper Mounts, The Mounts, Northampton, NN1 3DN. 01604 837400. [www.trilogyactive.co.uk](http://www.trilogyactive.co.uk).

- **Family Friendly Swimming:** 10:30 - 11:30, 12:00 - 13:00, 13:30 - 14:30 & 15:00 - 16:00.

*Starts your tots journey in the water*

**Ages:** 0 - 8 yrs. **Cost:** £5 (book).

**Dates:** 7 Jul - 21 Jul & 4 Aug - 6 Oct.

### Turtle Tots Northamptonshire, Milton Keynes & Bedford

The Bee Hive, Harborough Road, Kingsthorpe, NN2 8LR. 01604 372747. [www.turtletots.com](http://www.turtletots.com).

**Times:** 9:00 - 17:00. **Ages:** 0 - 2 yrs. **Cost:** £13.40 (book).

**Dates:** 7 Jul - 21 Jul & 8 Sep - 6 Oct.

## OTHER

### Northampton and Lamport Railway

Pitsford and Brampton Station, Pitsford Road, Chapel Brampton, NN6 8BA. 01604 820327 [www.nlr.org.uk](http://www.nlr.org.uk).

- **Steam Train Rides:** 10:00 - 16:00.

*Your ride on the train lasts about 50 minutes.*

**Cost:** £8 (drop in). **Dates:** 7 Jul - 21 Jul & 8 Sep - 6 Oct.





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## SOUTH NORTHANTS AREA

### MONDAY

#### PARENTS & TOTS

##### Strong Start

Towcester Children's Centre, Towcester Community Centre, Islington Road, Towcester, NN12 6AU. 07880 136070. [www.westnorthants.gov.uk](http://www.westnorthants.gov.uk).

- **Strong Start baby or under 5s event:** 9:30 - 10:30.

Book: [https://strong\\_start\\_team.eventbrite.co.uk](https://strong_start_team.eventbrite.co.uk)

**Ages:** 0 - 4 yrs. **Cost:** Free (book). **Dates:** 8 Jul - 29 Jul.

#### MUSIC & SIGNING

##### Towcester Library

The Forum, Moat Lane, Towcester, NN12 6AD. 0300 126 7000. [www.westnorthants.gov.uk](http://www.westnorthants.gov.uk).

- **Bounce & Rhyme**

**Times:** 10:00 - 10:30. & 11:00 - 11:30. **Ages:** 0 - 1 yrs.

**Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

**Cost:** Free (book).

### TUESDAY

#### PARENTS & TOTS

##### Litchborough Play Time Group

Litchborough Village Hall, Northampton, NN12 8JA. 01327 830364.

**Times:** 9:30 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £2 (drop in).

**Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.

##### Milk&You

Towcester Children's Centre, Islington Road, Towcester, NN12 6AU. 01327 220705. [daventryvolunteers.org.uk](http://daventryvolunteers.org.uk).

- **Infant Feeding Group:** 9:30 - 11:30.

*Infant feeding support group for 0-12 months.*

**Ages:** Pregnancy - 1 yrs.

**Cost:** Free (drop in). **Dates:** 9 Jul.



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

## MUSIC & SIGNING

### Brackley Library

Brackley Library, Manor Road, Brackley, NN13 6AJ.  
0300 126 7000. [www.westnorthants.gov.uk](http://www.westnorthants.gov.uk)

• **Rhymetime:** 10:00 - 10:30 & 11:00 - 11:30.

**Ages:** 0 - 5 yrs. **Cost:** Free (book).

**Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.

### Towcester Library

Towcester Library, The Forum, Moat Lane, Towcester,  
NN12 6AD. 0300 126 7000. [www.westnorthants.gov.uk](http://www.westnorthants.gov.uk)

• **Explore-a-Story:** 11:00 - 11:30.

**Ages:** 0 - 5 yrs. **Cost:** Free (book). **Dates:** 9 Jul, 23 Jul, 6 Aug, 20 Aug, 3 Sep, 17 Sep & 1 Oct.

## DANCE & DRAMA

### Krystle Jayne's Dance Academy

St. Marys Church Hall, Butlins Lane, Roade, NN7 2PU.  
Krystle: 07791 852891.

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

• **Baby Ballet:** 15:45 - 16:15.

**Ages:** 2 - 4 yrs. **Cost:** £4 (book).

• **Pre-Primary Ballet & Tap:** 16:15 - 17:00.

**Ages:** 4 - 7 yrs **Cost:** £5 (book). **Dates:** 3 Sep - 8 Oct.

## WEDNESDAY

### PARENTS & TOTS

#### Little Fishes Playtime

Baptist Church, Waynflete Close, Brackley, NN13 6AE.  
[www.brackleybaptist.org.uk](http://www.brackleybaptist.org.uk)

**Times:** 9:15 - 11:00. **Ages:** 0 - 4 yrs. **Cost:** Free (drop in).

**Dates:** 10 Jul - 9 Oct.

#### Tots @ TVC

Tove Valley Centre, Northampton Road, Towcester,  
NN12 7AH. Jane: 07713034845.

**Times:** 9:30 - 11:00. **Ages:** 0 - 4 yrs. **Cost:** £2 (drop in).

**Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

## MUSIC & SIGNING

### Roadle Library

High Street, Roade, NN7 2NW. 0300 1261000.  
[www.northamptonshire.gov.uk](http://www.northamptonshire.gov.uk)

• **Rhymetime:** 11:00 - 11:30.

**Ages:** 0 - 5 yrs. **Cost:** Free (book).

**Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

### Sing and Sign Banbury, Bicester, Brackley & Buckingham

Evenley - Evenley Village Hall, The Green, Evenley,  
NN13 5SQ. 07771550335. [www.singandsign.co.uk](http://www.singandsign.co.uk)

• **Stage 2:** 9:45 - 10:30. **Ages:** 14 mths - 2 ½ yrs.

An engaging music class for toddlers 14 months+

• **Stage 1:** 10:45 - 11:30 & 11:45 - 12:30.

**Ages:** 6 - 14 mths

An engaging music class for babies 6-14 months

**Cost:** £8 (book).

**Dates:** 10 Jul - 24 Jul & 4 Sep - 9 Oct.



**turtle tots.**  
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[NORTHAMPTONSHIRE@TURTLETOTS.COM](mailto:NORTHAMPTONSHIRE@TURTLETOTS.COM)

## THURSDAY

### PARENTS & TOTS

#### Denton Village Tots

Denton Village Hall, Vicarage Lane, Denton,  
Northampton, NN7 1DT.

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

**Cost:** £2.50 (drop in).

**Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

#### Tove Benefice - St Bartholomew's

St Bartholomew's Church, Church View, Greens  
Norton, NN12 8DL. 01327 350459.

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

• **Tots Own Tea and Toast:** 9:00 - 10:30.

Our parent and child group for under 5's

**Ages:** Pregnancy - 5 yrs. **Cost:** Free (drop in).

**Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

#### Tove Benefice - St Lawrence

St Lawrence Church, Moat Lane, Towcester, NN12 6YY.  
01327 350459. [www.tovebenefice.org.uk](http://www.tovebenefice.org.uk)

• **Little Sprouts:** 9:30 - 11:00.

Parent and child group for under 5's

**Ages:** Pregnancy - 5 yrs. **Cost:** Free (drop in). **Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

## MUSIC & SIGNING

### Brackley Library

Manor Road, Brackley, NN13 6AJ. 0300 126 7000.

• **Explore A Story:** 10:00 - 10:30.

**Ages:** 0 - 5 yrs. **Cost:** Free **Dates:** 11 Jul - 10 Oct.

### Sing and Sign - Towcester & Daventry

Pattishall Parish Hall, 44 School Road, Astcote, Towcester, NN12 8NN. 07506257073.

www.singandsign.co.uk.

• **Babes Classes:** 10:00 - 10:30. **Ages:** 1 - 6 mths.

Supporting your baby's communication from the early days

**Cost:** £5 (book). **Dates:** 5 Sep - 10 Oct.

### Sing and Sign - Banbury, Bicester, Brackley & Buckingham

The Old Farmyard, Charlton, NN13 5PJ. 07771550335.

www.singandsign.co.uk.

• **Babes Classes:** 12:00 - 12:45. **Ages:** 0 - 6 mths

A gentle music and sensory class for babies from birth

**Cost:** £8 (book). **Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

### Towcester Library

The Forum, Moat Lane, Towcester, NN12 6AD.

• **Rhymetime**

**Times:** 10:00 - 10:30 & 11:15 - 11:45 **Ages:** 0 - 5 yrs.

**Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct. **Cost:** Free

## FRIDAY

## PARENTS & TOTS

### Blisworth Baptist Church

Chapel Lane, Blisworth, NN7 3BU. 01604918405.

www.blisworthbaptistchurch.org.

• **Toddlers & Tea:** 10:00 - 12:00.

**Cost:** Free (drop in). **Dates:** 12 Jul - 11 Oct.

### Milton Malsor Tots Group

Milton Malsor Village Hall, 26 High Street, NN7 3AS. 07709052361.

**Times:** 9:30 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £3.50 (book).

**Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

## SENSORY & DEVELOPMENT

### Cogenhoe Primary School Forest Tots

Cogenhoe Primary School, Cogenhoe, York Avenue, Northampton, NN7 1NB. 01604 890380.

www.cogenhoeprimary.co.uk.

• **Forest Tots: Public Forest school explore session:** 10:00 - 11:30.

**Ages:** 1 ½ - 5 yrs. **Cost:** £7 (book).

**Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

## CREATIVE

### Silverstone Methodist

Silverstone Methodist Chapel, Murswell Lane, Silverstone, NN12 8UT.

• **Methodist Tiggers Playgroup:** 9:15 - 11:00.

**Ages:** 0 - 5 yrs. **Cost:** £2 (drop in).

**Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

## SATURDAY

## MUSIC & SIGNING

### Sing and Sign - Towcester & Daventry

Pattishall Parish Hall, 44 School Road, Astcote, Towcester, NN12 8NN. 07506257073.

www.singandsign.co.uk.

• **Sing and Sign Toddlers - 12-30 months:** 10:00 - 10:45.

Signing Toddler class - develop communication pre-speech

**Cost:** £7.50 (book). **Dates:** 6 Jul.

### Towcester Library

The Forum, Moat Lane, Towcester, NN12 6AD. 0300 126 7000. www.westnorthants.gov.uk.

• **Saturday Crafts:** 10:30 - 12:00.

**Ages:** 3 - 11 yrs. **Cost:** Free (drop in).

**Dates:** 6 Jul - 20 Jul & 7 Sep - 5 Oct.

## PHYSICAL FUN

### Little Kickers MK

Elizabeth Woodville School, Stratford Road, Road, NN7 2LP. 01494 911133. www.littlekickers.co.uk.

• **Junior Kickers:** 9:10 - 9:55. **Ages:** 2 ½ - 3 ½ yrs

• **Little Kicks:** 10:00 - 10:45. **Ages:** 1 ½ - 2 ½ yrs

• **Mighty Kickers:** 10:50 - 11:35. **Ages:** 3 ½ - 5 yrs.

**Cost:** £7.85 (book).

**Dates:** 6 Jul - 20 Jul & 7 Sep - 5 Oct.



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## DAVENTRY AREA

## MONDAY

## MUSIC &amp; SIGNING

## Boogie Beansies

Daventry Community , Centre Ashby Road, Daventry, NN11 9QD. 07766 731542. [www.boogiebeansies.com](http://www.boogiebeansies.com).

**Times:** 10:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £5 (book).

**Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

## Daventry Library

The Abbey Centre, St John's Square, Daventry, NN11 4XG. 0300 126 7000.

• **Bounce and Rhyme:** 11:00 - 11:45.

**Ages:** 0 - 1 yrs. **Cost:** Free (drop in).

**Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

## PHYSICAL FUN

## Little Kickers Northampton Daventry

Daventry Leisure Centre, Lodge Road, Daventry, NN11 4FP. 01327 705915. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

Pre-school football classes from 18months

• **Little Kickers 1½ - 2½yrs:** 9:20 - 10:00

• **Junior Kickers 2½ - 3½ yrs:** 10:10 - 10:55

• **Mighty Kickers 3½ - 5yrs:** 11:00 - 11:45

**Cost:** £7.49 (book) **Dates:** 8 Jul - 7 Oct.

## SWIMMING

## Turtle Tots Daventry and Rugby

Mercury Daventry Court Hotel, Sedgemoor Way, Daventry, NN11 0SG. 07972772922.

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

• **Turtle Tots:** 10:00 - 14:00. 30 min sessions

**Ages:** 3 mths - 4 yrs. **Cost:** £14 (book).

**Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

## TUESDAY

## PARENTS &amp; TOTS

## Holy Cross Church Baby &amp; Toddler Group

Holy Cross Church Daventry, 12 Abbey Court, Daventry, Nn11 4bp. 07369214054.

• **Baby and Toddler Group:** 9:00 - 10:30.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in).

**Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.

## Long Buckby Little Rascals

Long Buckby Baptist Church, Market Place, Long Buckby, NN6 7RR. 01327 842587.

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

**Times:** 9:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** Free (drop in).

**Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.

## Strong Start

Daventry Children's Centre, Staverton Road, Daventry, NN11 4EY. 07880 136070.

[www.westnorthants.gov.uk](http://www.westnorthants.gov.uk).

• **Strong Start baby or under 5s event:** 10:00 - 11:00.

Book: [https://strong\\_start\\_team.eventbrite.co.uk](https://strong_start_team.eventbrite.co.uk)

**Ages:** 0 - 4 yrs. **Cost:** Free (book). **Dates:** 9 Jul - 19 Aug.

## MUSIC &amp; SIGNING

## Daventry Library

The Abbey Centre, St John's Square, Daventry, NN11 4XG. 0300 126 7000.

• **Rhymetime:** 10:15 - 10:45.

**Ages:** 1 - 4 yrs. **Cost:** Free (drop in).

**Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.

## Sing and Sign - Towcester &amp; Daventry

Cedar Grove Clinic, Daventry, 1 8 High March, High March Industrial Estate, Daventry, NN11 4HB.

07506257073. [www.singandsign.co.uk](http://www.singandsign.co.uk).

• **Toddlers - 12-30 months:** 9:50 - 10:35.

Signing Toddler class - develop communication pre-speech

• **Babies - 6-14 months:** 10:50 - 11:35.

Communication for little ones before they can talk

**Cost:** £7.50 (book).

• **Babes Classes - up to 6 months:** 11:50 - 12:20.

Supporting your baby's communication from the early days

**Cost:** £5 (book).

**Dates:** 3 Sep - 8 Oct.

## WEDNESDAY

## PARENTS &amp; TOTS

## Toddler Time

Daventry Methodist Church, Golden Close (off Eastern Way), Daventry, NN11 4FB. 01327 843319.

[www.daventrymethodist.org](http://www.daventrymethodist.org).

**Times:** 9:30 - 11:30. **Ages:** 0 - 3 yrs.

**Cost:** £1.80 (drop in).

**Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

## SWIMMING

## Turtle Tots Daventry and Rugby

Staverton Park Hotel, Daventry Road, Daventry, NN11 6JT. 07972772922. [www.turtletots.com](http://www.turtletots.com).

• **Turtle Tots:** 11:00 - 13:00. 30 min sessions

**Ages:** 3 mths - 4 yrs. **Cost:** £14 (book).

**Dates:** 10 Jul - 24 Jul.

## Turtle Tots Northamptonshire, Milton Keynes &amp; Bedford

Hunters Shields, The Avenue, Flore, NN7 4LZ. 01604 372747. [www.turtletots.com](http://www.turtletots.com).

**Times:** 10:00 - 14:30. **Ages:** 3 mths - 4 yrs. **Cost:** £13

(book). **Dates:** 10 Jul - 24 Jul & 4 Sep - 9 Oct.

## THURSDAY

### PARENTS & TOTS

#### Byfield Baby & Toddler Group

Byfield Village Hall, The Green, Byfield, NN11 6WT.

**Times:** 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £2 (drop in).

**Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

#### Byfield Baby and Toddler Group

Byfield village hall, The green, Byfield, Daventry, NN11 6UT.

**Times:** 10:00 - 11:30. **Ages:** Pregnancy - 4 yrs. **Cost:**

£2.50 (drop in). **Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

#### Milk&You

Daventry Methodist Church, 6 Golding Close,

Daventry, NN11 4FB. 01327 220705. www.

daventryvolunteers.org.uk.

• **Feed, Stay & Play:** 12:00 - 13:30.

*Pregnancy, 0-5 years. Support, drinks & lunch.*

**Ages:** Pregnancy - 5 yrs. **Cost:** Free (drop in).

**Dates:** 11 Jul.

#### Strong Start

Towcester Children's Centre, The Community Centre,

Islington Rd, Towcester, NN12 6AU. 07880 136070.

www.westnorthants.gov.uk.

• **Strong Start Bumps and Babies:** 13:00 - 14:30.

[https://strong\\_start\\_team.eventbrite.co.uk](https://strong_start_team.eventbrite.co.uk)

**Ages:** Pregnancy - 6 mths. **Cost:** Free (book). **Dates:**

11 Jul - 29 Aug.

#### Welton Playgroup

Welton Village Hall, High Street, Welton, Daventry, NN11 2JP.

• **Summer Term:** 9:30 - 11:30.

**Ages:** 0 - 5 yrs. **Cost:** Free (book). **Dates:** 11 Jul - 18 Jul.

### MUSIC & SIGNING

#### Boogie Beansies

Daventry Town Football Club, Browns Road, Daventry, NN11 4NS. 07766 731542. www.boogiebeansies.com.

**Times:** 10:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £5 (book).

**Dates:** 11 Jul - 25 Jul & 5 Sep - 10 Oct.

#### Buckby Library & Hub

Station Road, Long Buckby, NN6 7QB. 01604 368274.

www.buckbylibraryhub.org.

• **Stories and Rhymes:** 10:30 - 11:00.

**Ages:** 1 - 5 yrs. **Cost:** £1 (drop in). **Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

#### Daventry Library

The Abbey Centre, St John's Square, Daventry, NN11 4XG. 0300 126 7000.

• **Preschool Play:** 9:30 - 11:00.

**Ages:** 0 - 4 yrs. **Cost:** Free (drop in). **Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

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## SWIMMING

### Turtle Tots Daventry and Rugby

Mercurie Daventry Court Hotel, Sedgemoor Way, Daventry, NN11 0SG. 07972772922.

www.turtletots.com.

• **Turtle Tots 30 min sessions** **Ages:** 3 mths - 4 yrs.

**Times:** 11:00 - 13:30. **Dates:** 11 Jul - 18 Jul.

**Times:** 11:00 - 14:00. **Dates:** 5 Sep - 10 Oct.

**Cost:** £14 (book).

### Turtle Tots Northamptonshire, Milton Keynes & Bedford

Hunters Shields, The Avenue, Flore, NN7 4LZ. 01604 372747. www.turtletots.com.

**Times:** 9:30 - 14:00. **Ages:** 3 mths - 4 yrs. **Cost:** £13

(book). **Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

## FRIDAY

### PARENTS & TOTS

#### Milk&You

Daventry Children's Centre, Staverton Road, NN11 4EY. 01327 220705. www.daventryvolunteers.org.uk.

• **Infant Feeding Group:** 9:30 - 11:30.

*Infant feeding support group for 0-12 months.*

**Ages:** Pregnancy - 1 yrs. **Cost:** Free (drop in).

**Dates:** 12 Jul.

## Stay & Play

Long Buckby Community Centre, 41 Station Road, NN6 7QB.

**Times:** 9:30 - 11:30. **Ages:** Pregnancy - 5 yrs.

**Cost:** £1 (drop in).

**Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

## Timken Tots

Mayfield Park Sports Club, Royal Star Drive, Timken, Daventry, NN11 9FZ. [www.facebook.com](http://www.facebook.com).

**Times:** 10:00 - 12:00. **Ages:** 0 - 4 yrs. **Cost:** £1.50 (drop in).

**Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

## Welford Babes and Tots

Welford Community Centre, West Street Playing Fields, Welford, NN6. 07895896967.

• **Welford Babes & Tots:** 9:30 - 11:00.

**Ages:** 0 - 5 yrs. **Cost:** £2 (drop in).

**Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

## MUSIC & SIGNING

### Buckby Library & Hub

Station Road, Long Buckby, NN6 7QB. 01604 368274. [www.buckbylibraryhub.org](http://www.buckbylibraryhub.org).

• **Rhyme Time:** 10:30 - 11:00. **Ages:** 1 - 5 yrs

• **Stay and Play:** 14:15 - 15:00. **Ages:** 0 - 4 yrs.

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

**Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

## SWIMMING

### Turtle Tots Daventry and Rugby

Holiday Inn Rugby, Crick, NN6 7XR. 07972772922. [www.turtletots.com](http://www.turtletots.com).

• **Turtle Tots** 30 min sessions **Ages:** 3 mths - 4 yrs.

**Times:** 10:00 - 12:00. **Dates:** 12 Jul - 26 Jul.

**Times:** 10:00 - 13:00. **Dates:** 6 Sep - 11 Oct.

**Cost:** £14 (book).

### Turtle Tots Northamptonshire, Milton Keynes & Bedford

Hunters Shields, The Avenue, Flore, NN7 4LZ. 01604 372747. [www.turtletots.com](http://www.turtletots.com).

**Times:** 9:30 - 14:00. **Ages:** 3 mths - 4 yrs.

**Cost:** £13 (book).

**Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

## SATURDAY

## MUSIC & SIGNING

### Boogie Beansies

Daventry Brass Band Hall, Daneholme Close, Daventry, NN11 0PN. 07766 731542. [www.boogiebeansies.com](http://www.boogiebeansies.com).

**Times:** 10:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £5 (drop in).

**Dates:** 13 Jul & 27 Jul.

## DANCE & DRAMA

### Krystle Jayne's Dance Academy

Brixworth Community Centre, Sprattton Road, Brixworth, NN6 9DS. Krystle: 07791 852891.

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

• **Baby Ballet:** 9:30 - 10:00 & 10:00 - 10:30.

**Ages:** 2 - 4 yrs. **Cost:** £4 (book).

• **Pre-Primary Ballet & Tap**

**Times:** 10:00 - 10:45. **Ages:** 4 - 5 yrs. **Cost:** £5 (book).

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

*Combines cheer leading with street dance.*

**Ages:** 1 - 3 yrs. **Cost:** £4 (book).

**Dates:** 7 Sep - 5 Oct.

## SWIMMING

### Turtle Tots Daventry and Rugby

Staverton Park Hotel, Daventry Road, Daventry, NN11 6JT. 07972772922. [www.turtletots.com](http://www.turtletots.com).

• **Turtle Tots** 30 min sessions **Ages:** 3 mths - 4 yrs.

**Times:** 10:00 - 14:00. **Dates:** 7 Sep - 5 Oct.

**Times:** 11:00 - 14:00. **Ages:** 3 mths - 4 yrs.

**Dates:** 6 Jul - 20 Jul.

**Cost:** £14 (book).

### Turtle Tots Daventry and Rugby

Holiday Inn Rugby, Northampton M1 J18, Crick, NN6 7XR. 07972772922. [www.turtletots.com](http://www.turtletots.com).

• **Turtle Tots:** 9:00 - 11:30. 30 min sessions

**Ages:** 3 mths - 4 yrs. **Cost:** £14 (book).

**Dates:** 7 Sep - 5 Oct.

### Turtle Tots Northamptonshire, Milton Keynes & Bedford

Hunters Shields, The Avenue, Flore, NN7 4LZ. 01604 372747. [www.turtletots.com](http://www.turtletots.com).

**Times:** 9:00 - 15:45. **Ages:** 3 mths - 4 yrs.

**Cost:** £13 (book). **Dates:** 6 Jul - 20 Jul & 7 Sep - 5 Oct.

## SUNDAY

## SWIMMING

### Turtle Tots Northamptonshire, Milton Keynes & Bedford

Hunters Shields, The Avenue, Flore, NN7 4LZ. 01604 372747. [www.turtletots.com](http://www.turtletots.com).

**Times:** 9:00 - 12:15. **Ages:** 3 mths - 4 yrs. **Cost:** £13

(book). **Dates:** 7 Jul - 21 Jul & 8 Sep - 6 Oct.

## OTHER

### Rugby Mum2Mum Market

Daventry Community Centre, Ashby Road, Daventry, NN11 0QE. [www.mum2mummarket.co.uk](http://www.mum2mummarket.co.uk).

• **Daventry - 29th September 2024 - Nearly New Stalls:** 10:00 - 12:00.

**Cost:** £2 **Dates:** 29 Sep.

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- STUART HENDERSON BRITT

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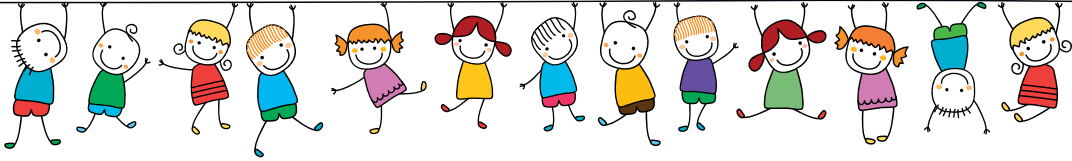


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**[www.crazy4kids.co.uk/the-radstone](http://www.crazy4kids.co.uk/the-radstone)**

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