

MONDAY

Messy Mondays

9.30 - 11.00am

Come and join in the fun playing with sensory activities: water, sand, mud, foam, paint and gloop.

(Age group 0-4 years)

Gym Tots

1:30-2:30pm

Join us for soft play, singing and activities that support physical and social development.

(Age group 1-4 years)

TUESDAY

Baby Massage

9.30 - 10.30am

Learn basic massage techniques to support bonding, relaxation and communication in a nurturing environment.

For babies under 6 months

Please phone to book a space.

Gym Tots

9:30 - 10:30am

Join us for soft play, singing and activities that support physical and social development.

(Age group 1-4 years)

Stay and Play

1:15 - 2:30pm

Come and join us in our Nursery to explore child focused activities

WEDNESDAY

Baby Club

9.30 - 10.30am

Come along with your baby to make new friends, meet new parents and have fun together exploring sensory play, singing rhymes & treasure baskets

(Age group 0-11 months)

Story & Song Time

1:15 - 2:30pm

Come along and explore stories through play.
(Age group 0-4 years)

THURSDAY

Language a Chwarae

9.30 - 10:30am

Developing your child's holistic development by learning through play, stories and rhymes in both English and Welsh language.

(Age group 0-4)

The One Group

1:00 - 2:30pm

For families with children with additional needs, come along to play and chat!
Phone for more information

FRIDAY

Busy Feet

9.30 - 10.30am

Come and join us for music, dance, stretching and relaxation all in one!

(Age group 2-3 years)

Knit & Natter

1:00 - 3:00pm

Come along with your knitting, crochet, sewing, weaving or tapestry needles, have a cuppa and a friendly chat! Beginners welcome.

SATURDAY

Dads Club

9.30 - 11.00am

An opportunity for dad's and children to have fun together without having to tidy up the mess at home—painting, water/sand play, cooking, clay.

(Age group 0-5 years)



Come and meet the Team!

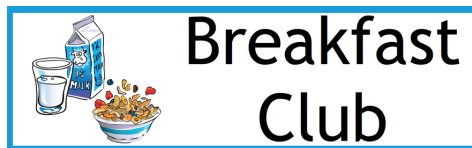


Lynda



Alice

Also, at the Centre



Free Activities at the Ely and Caerau Children's Centre



Michaelston Road
Ely
Cardiff CF5 4SX

For further information please contact
Reception on:

02920 671421

Follow us on Twitter to keep up to date
with future events.

Or on our website

www.elyandcaerauchildrencentre.co.uk

All of these activities are held
during term time only unless
otherwise specified.



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