

Ages 2-4 years

FREE

MINI MOVERS

Mini Movers sessions give your child the freedom to explore a wide range of sounds, movements, textures and foods in a safe and friendly place.

Mini Movers includes play, dance, movement and songs. Parents and carers can enjoy having fun with their children and chat to other adults. Parents and carers also get the opportunity to make their little one a healthy snack to enjoy at the end of the session.

These sessions run term time only.

The Parks Sports Centre

Howdon Road, North Shields

Thursdays 1.30pm – 2.30pm

active
NORTH TYNESIDE

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 (0191) 643 7171

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