

Ages 2-4
FREE



Mini Movers

at The Parks Sports Centre

Thursday, 1.30pm-2.30pm



Numeracy skills

Literacy skills

Co-ordination

Balance

Agility

Mini Movers

Ages 2-4
FREE

Parents and carers can have fun with their child(ren), chat to other parents and take advantage of advice on healthy eating from our qualified team.

A Mini Movers session is made up of:



Physical activity



A healthy snack



Singing and dancing

Available in term time, North Tyneside residents only, an @asecard is required, spaces are available on a first come first serve basis.