

# Active tots

Exercise, dance, movement & play  
for babies to preschool

FULL ACTIVITY  
PROGRAMME FROM:  
**January  
2022**



Supported by  
**Sunderland  
City Council**  
Coalfield Area Committee

Supported by:  
 **the coalfields  
regeneration trust**

Email: [kelly@activefamiliesne.co.uk](mailto:kelly@activefamiliesne.co.uk)  
Facebook: Active Families North East CIC • [www.activefamiliesne.co.uk](http://www.activefamiliesne.co.uk)  
Classes must be pre-booked via the link [www.legitfit.com/t/getactive](http://www.legitfit.com/t/getactive)



# Active **tots**

## OUR CLASSES

### BOOGIE **tots**

Boogie Tots is a structured pre-school dance class which allows children aged 18 months – 5 years to develop a love for music and dancing at a young age. At each new themed week, we learn something new and have fun with added props for sensory stimulation.

We sometimes also run this class as Boogie Babies (6 weeks - crawling). Please check our Facebook page & website for current programmes.

### BALLET **tots**

Ballet Tots is a children's programme based around beginner ballet moves and positions. We believe dance and exercise is for any one and any age so we love to encourage movement from a young age. This class will allow children to build confidence, improve co-ordination and balance, along with creating new friends for both children and adults in a fun and friendly environment. Suitable for children aged 18 months to 5 years.

### EXERCISE & **Play**

Our Exercise & Play sessions were created to allow an environment where both adults and children can attend a fun session, to exercise and socialise. The structure to our class is a 30 minute free play with refreshments, a 30 minute Boogie Tots class followed by 30 mins of Zumba (or other workout) for the adults, while the children play. We encourage adults to take time out for themselves and to keep healthy so it's our pleasure to provide that opportunity while we partially help with the child care. (Adult exercise is optional).

Get in touch if you would like **Active **tots**** for a party, community centre, school or nursery

### BUGGY **bootcamp**

Buggy Bootcamp does what it says on the tin. Bring your children along in a buggy and our pre/postnatal trained instructors will put you through a specialised workout. The class is based outdoors and aimed at new parents or grandparents who wish to achieve some new fitness goals. As long as your doctor has given you the all clear (generally 6 weeks post birth) then we are good to go. We also love to create a great social environment in class so you are welcome to join us for a hot cuppa afterwards.

## OUR timetable

ALL CLASSES EXCEPT SATURDAY ARE PAYG

### wednesday

#### Exercise & Play\*

9.30am - 11am

Broadway Youth & Community Centre SR4 8LP

#### Exercise & Play\*

9.30am - 11am

Houghton Racecourse Community Centre DH5 8EG

### friday

#### Exercise & Play\*

9.30am - 11am

Southwick Community Centre SR5 2AB

#### Exercise & Play\*

9.30am - 11am

Easington Lane Community Access Point DH5 0LE

### saturday

#### Ballet Tots

9.30am\*\*

The Hopespring Centre NE37 3BD

\*\*Block booking only (£16 for 4 weeks or £5 for a taster class)

\*With thanks to our funders

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Please note the timetable is subject to change. Always check the booking link above for the most up to date list.

