

WATERLOO FAMILY WELLBEING CENTRE TIMETABLE 5TH SEPTEMBER – 21ST OCTOBER 2022

DAY	Time	Session	Location	Age	Cost	Description
MONDAY	10.00 -11.00	PRAMBLES	Victoria Park – Crosby Library	Preschool MUST BOOK ON.	Free	Meet at Victoria Park Bowling Hut and enjoy a pram walk to Crosby library for Storytime.
	1.30 - 2.30	SENSATIONAL BABIES	Waterloo Family Wellbeing Centre	Parents/Carers and babies MUST BOOK ON.	Free	3 week course of sensory play, treasure baskets and pool party!
TUESDAY	9.00- 9.30	CHILL & CHAT	Waterloo Family Wellbeing Centre	Parents/Carers DROP IN	Free	Come along and have a cuppa and a chat and meet new people.
	9.30 – 11.00	BABY STAY & PLAY	Waterloo Family Wellbeing Centre	Parents/Carers and babies DROP IN	Free	A chance for you to bring your baby to share experiences and explore our lovely resources and get advice/support.
	1.45 – 2.30	RHYMETIME	Waterloo Family Wellbeing Centre	Parents and children aged over 18 months DROP IN	Free	A fun session of songs and rhymes designed to develop your child's language & communication skills.
WEDNESDAY	9.30- 10.00	BABY BALLET	Waterloo Family Wellbeing Centre	Tinies - 18mths-3 years Movers – 3 years+ Tots – 6 – 18 months MUST BOOK ON.	Free	Baby ballet classes for children of all ages,
	10.15 – 10.45					
	11.00 – 11.30					
	11.00 – 12.00	BABY MASSAGE	Waterloo Family Wellbeing Centre	Parents/Carers and babies MUST BOOK ON.	Free	Session for pre-crawling babies to promote health & wellbeing
	1.30 – 3.00	STAY & PLAY	Waterloo Family Wellbeing Centre	Parents/Carers and children over 18 months DROP IN.	Free	Play session to give children the opportunity to experience fun activities
THURSDAY	9.30 – 11.30	PARENTING ADVICE DROP IN	Waterloo Family Wellbeing Centre	Parents/Carers DROP IN	Free	Support and advice of various parenting issues.
	10.00 – 11.00	MESSY PLAY	Waterloo Family Wellbeing Centre	Parents/Carers and children over 2 years DROP IN	Free	Messy activities for children explore and enjoy without the mess at home!
	1.30 – 2.30	OUTDOOR PLAY	Waterloo Family Wellbeing Centre	Parents/Carers with preschool children DROP IN	Free	Outdoor play experiences for children to enjoy in a safe environment.
FRIDAY	9.15 – 11.30	SLEEP SUPPORT DROP IN	Waterloo Family Wellbeing Centre	Parents/Carers DROP IN	Free	Advice for parents supporting their child's sleep issues.
	10.00 – 11.00	BOOKWORMS	Waterloo Family Wellbeing Centre	Parents/Carers and children 2 years+	Free	4 week course of playing and learning through stories and sharing books

*Booking essential for some activities. Please come into the centre or call on 0151 928 6539 to secure your place.