



Pay as you go classes (per child)
 £4.20 – Non member
 £3.80 -Active Lifestyle member
 FREE – Leisure Active member

BABY YOGA

Various dates + venues (£35.00 for 5 weeks)

(8wks+) Great bonding experience with your baby, it can also help with sleeping. Fantastic way to ease yourself into yoga and assist with your emotional wellbeing.

BOOGIE BABIES

Mondays - 9.30-10.00am - Douglas Sports Centre (£20.00 for 4 weeks)

(8wks+) A gentle movement dance class for parents with their babies and toddlers wearing slings, carriers or wraps.

BABY MASSAGE

Various dates + venues (£35.00 for 5 weeks)

From birth. Aids digestion, improves circulation and eases teething pain

BABY GYMTIME

Stimulates the minds of babies through fun, active play with parents

DAY	AGE	TIME	VENUE
Wednesdays	2-10 months	1.15pm-2.00pm	Douglas SC
Wednesdays	10-18 months	2.00pm-2.45pm	Douglas SC

FAMILY GYMTIME

Free play where children explore and play together

DAY	AGE	TIME	VENUE
Mondays	0-5 years	9.30am-11.30am (Drop in)	Menzieshill Community Hub

FAMILY FUNTIME FOR WORKING PARENTS

Multi Activity class for kids, and adults can attend fitness class for £1.

DAY	AGE	TIME	VENUE
Thursdays	4-8 years	5.15pm-6.00pm	D.I.S.C

P.T.O



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LITTLE MOVERS (children must be walking)

Movement to music dance class.

DAY	AGE	TIME	VENUE
Mondays	Under 3	10.00am-10.45am	Douglas SC
Mondays	3-5 years	1.15pm-2.00pm	Douglas SC
Monday s	3-5 years	4.00pm-4.45pm	Menzieshill Community Hub
Thursdays	Under 3	9.30am-10.15am	Douglas SC
Fridays	3-5 years	10.15am-11.00am	Douglas SC

LITTLE GYMTIME

Colourful large and small apparatus to help children develop a range of basic physical skills

DAY	AGE	TIME	VENUE
Mondays	3-5 years	1.15pm-2.00pm	Menzieshill Community Hub
Mondays	18mths-3yrs	2.00pm-2.45pm	Menzieshill Community Hub
Wednesdays	18mths-3yrs	9.45am-10.30am	Douglas SC
Wednesdays	3-5 years	10.45am-11.30am	Douglas SC
Thursdays	18mths-3yrs	10.00am-10.45am	Menzieshill Community Hub
Thursdays	3-5 years	10.45am-11.30am	Menzieshill Community Hub
Thursdays	3-5 years	1.00pm-1.45pm	Menzieshill Community Hub
Fridays	2-5years	9.25am-10.00am	Douglas SC (baby friendly circuits for £1 in studio)
Fridays	18mths-3yrs	10.00am-10.45am	Douglas SC
Fridays	3-5 years	10.45am-11.30am	Douglas SC
Fridays	3-5 years	1.15pm-2.00pm	Douglas SC

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readysteady.go@leisureandculturedundee.com



LITTLE MOVERS (children must be walking)

Movement to music dance class.

DAY	AGE	TIME	VENUE
Mondays	Under 3	10.00am-10.45am	Douglas SC
Mondays	3-5 years	1.15pm-2.00pm	Douglas SC
Mondays	3-5 years	4.00pm-4.45pm	Menzieshill Community Hub
Thursdays	Under 3	9.30am-10.15am	Douglas SC
Fridays	3-5 years	10.15am-11.00am	Douglas SC

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Mondays	18mths-3yrs	2.00pm-2.45pm	Menzieshill Community Hub
Wednesdays	18mths-3yrs	9.45am-10.30am	Douglas SC
Wednesdays	3-5 years	10.45am-11.30am	Douglas SC
Thursdays	18mths-3yrs	10.00am-10.45am	Menzieshill Community Hub
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