

MUSIC AND MOVEMENT

including song, exercise and dance (suitable for babies too:)

IN THE COMMUNITY HALL, SECOND FLOOR

15 CHANDLER STREET, WAPPING E1W 2QL

MONDAYS 9.45-10.45am and 11am-12noon

September : 10th, 17th , 24th ***** October : 1st , 8th, 15th, 29th

November : 5th, 12th, 19th, 26th ***** December : 3rd, 10th, 17th

A fun exploration of exercise through movement, music, dance and drama for parents and carers with children under 5 years. A cultural mix of familiar songs, stimulating activities and energetic exercise takes everybody on a journey that will encourage the development of their imaginative processes. An exciting opportunity for children and parents/carers to strengthen their bond, build their confidence and socialise with others.

For further information call Christine on 07891138950 or Vaida on 07462164993

Enjoy your 11th session for free when you pay for a group of 10.

Please secure your place by paying £75 in advance for 11 Monday sessions. Drop-in sessions cost £7.50

Space is limited so please secure your place as soon as possible.

You can join a class at any time in the term 😊

The first 5 people to answer our question correctly can invite a friend for free to either of the Monday classes.

Visit our website www.comunitysolutions.org to find out more!

Email us at communitysolutions1st@gmail.com with your answer!! 😊