

Lockdown Activity Guide

toddle ^{about}

Loving life with little ones

Your Printable Lockdown Guide for families with under 5s

Let Toddle About help you to spice up your day with some new online pregnancy, baby and toddler classes and activities.

15TH - 28TH JUNE 2020

Click to see
what's on
that day



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

ALWAYS ONLINE

Special Rocket
Colouring In
Page - p.23



Photo Shoot
Competition - p.4



Lockdown Activity Guide

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Click the Name
to find out more

MONDAY

PARENTS & TOTS

[Kesgrave Library](#)

01473 626103. www.facebook.com/Kesgravelibrary/

• **Wordplay sessions:** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 15 Jun - 22 Jun.

[Southwold Library](#)

01502 722519. www.facebook.com/southwoldlibrary

• **Baby Bounce & Tot Rock Online:** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 15 Jun - 22 Jun.

[The Berin Centre](#)

01865 341944 or megan@theberincentre.co.uk.

www.theberincentre.co.uk

• **Bumps and Babies:** 14:00 - 14:30.

Rhymetime and play ideas for you and your child

Ages: Pregnancy - 1 yrs. **Cost:** Free (booking essential).

Dates: 15 Jun - 22 Jun.

MUSIC & SIGNING

[Boogie Babes Newmarket](#)

07769 883506.

www.facebook.com/BoogieBabesNewmarket/

• **Free Boogie Babes Live:** 10:00 - 10:45.

Ages: 1 - 5 yrs. **Cost:** Free (drop in). **Dates:** 15 Jun - 22 Jun.

[Boppin' Bunnies](#)

07855916496.

www.facebook.com/groups/199145248008616

• **Boppin' Bunnies Music - live musicians!:** 10:00 - 10:30.

Ages: 1 mths - 5 yrs. **Cost:** £5 per session (drop in).

Dates: 15 Jun - 22 Jun.

[Happy Hands Club Bristol](#)

07779797919. www.happyhands.club

• **Children's Music Classes (0-5 years):** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £4 per session (booking essential).

Dates: 15 Jun - 22 Jun.

Jo
Jingles

[Jo Jingles Ipswich](#)

07732 544548. www.jojingles.com

• **Live Summer Half Term:** 10:00 - 10:40.

Ages: 6 mths - 6 yrs.

Cost: £3.50 per session (booking essential).

Dates: 15 Jun - 22 Jun.

WEBSITE

BOOK NOW

Are you running online classes or events?

Add them to the Lockdown Guide for FREE at toddle.fun/lockdownlisting

Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

Hartbeeps West Suffolk

07866 487761.

www.bookmyclass.co.uk/hartbeeps/?FID=113

• **Hartbeeps @ Home:** 9:00 - 10:00.

Ages: 0 - 5 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 15 Jun - 22 Jun.

June's Chatterbox Tunes

07851 353396.

www.facebook.com/JUNESCHATTERBOXTUNES/

• **Sing and Sensory:** 11:00 - 12:00.

Music class with singing, props and sensory messy play

Ages: 0 - 3 yrs. **Cost:** £2 per session (*booking essential*).

Dates: 15 Jun - 22 Jun.

BOOK NOW

Little Signers Club Suffolk

07720 349424. www.littlesignersclub.co.uk

• **Online 6 weeks Sing, Sign and Rhyme:** 12:00 - 12:40.

Ages: 5 mths - 3 yrs.

Cost: £6.17 per session (*booking essential*).

Dates: 15 Jun.

BOOK NOW

Music Bugs Northampton

07811 771480.

www.facebook.com/groups/171211901219441/

• **Music Bugs Online session:** 10:00 - 10:40.

Ages: 0 - 5 yrs. **Cost:** £3 per session (*booking essential*).

Dates: 15 Jun - 22 Jun.

Musical Minis @home

020 8868 000. www.athome@musicalminis.co.uk

Times: 9:30 - 9:55 & 14:00 - 14:25. **Ages:** 0 - 4 yrs.

Cost: £3 per session (*booking essential*).

Dates: 15 Jun - 22 Jun.

BOOK NOW

Rhythm Time Cheshire

01270 884583. www.online.rhythmtime.net

• **Rhythm Time Cheshire (Online):** 9:00 - 9:30.

Fun, quality music and multi-sensory classes.

Ages: 0 - 6 yrs.

Cost: £5.25 per session (*booking essential*).

Dates: 15 Jun - 22 Jun.

BOOK NOW

Sing & Sign Baby Signing South Northants, North Bucks & North Oxfordshire

07906 055591.

www.bookmyclass.co.uk/singandsign/default.aspx?FID=114

• **Stage 1:** 9:00 - 10:00.

Ages: 5 mths - 1 yrs 1 mths.

• **Stage 2:** 9:00 - 10:00.

Ages: 1 yrs 2 mths - 3 yrs.

Cost: £4 per session (*booking essential*).

Dates: 15 Jun - 22 Jun.

TinyTalk Dundee

07754610381. www.tinytalk.co.uk.

• **TinyTalkTV:** 10:00 - 11:00 & 11:15 - 12:15.

Ages: 0 - 2 yrs. **Cost:** £6 per session (*drop in*).

Dates: 15 Jun - 22 Jun.

TinyTalk Waveney & Mid-Suffolk

07419 322204.

www.facebook.com/tinytalkwaveneymidsuffolk

• **Toddler Signing E-Class:** 10:30 - 11:30.

Ages: 1 yrs 6 mths - 4 yrs.

• **Baby Signing E-Class:** 11:45 - 12:45.

Ages: 0 - 1 yrs 6 mths.

Cost: £4 per session (*booking essential*).

Dates: 15 Jun.

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[WWW.ANDREWCRANER.COM](https://www.andrewcraner.com)

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SENSORY & DEVELOPMENT



Baby College at Home

01865 421879. www.babycollege.co.uk

- **Baby College @ Home:** Multiple Live Sessions

Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.

Ages: 0 - 5 yrs.

Cost: £5 per week (booking essential).

- **Baby College Massage at Home:** Multiple Live Sessions

Full body baby massage in 4 sessions including songs and movements.

Ages: 0 - 1 yrs.

Cost: £5 per week (booking essential).

WEBSITE

BOOK NOW

Baby Sensory

Salisbury, Romsey & Totton

07984051713. www.babysensory.com/salisbury

- **Baby Sensory @ Home:** 11:00 - 12:00.

Ages: 0 - 1 yrs 1 mths.

Cost: £4 per session

(booking essential).

Dates: 15 Jun - 22 Jun.

BOOK NOW

Baby Sensory Walsall

07999228959. www.babysensory.com

- **Baby Sensory @ Home:** 10:00 - 11:00 & 14:00 - 15:00.

Ages: 0 - 1 yrs 1 mths. **Cost:** £5 per session (booking

essential). **Dates:** 15 Jun - 22 Jun.

Catharine's Little Bookshop Usborne Books

07843 095186. www.usbornebooksathome.co.uk

- **Catharine's little bookshop storytelling:** 10:00 - 10:10.

Ages: Pregnancy - 100 yrs. **Cost:** Free (booking essential).

Dates: 15 Jun - 22 Jun.

Grow Together - Baby Massage, Baby Yoga and Toddler Yoga

07916 611066. www.growtogetherbabies.com

- **ONLINE Toddler Yoga:** 9:15 - 9:45.

Toddler Yoga sessions

Ages: 1 yrs 6 mths - 4 yrs. **Cost:** £2.50 per session (drop in).

Dates: 15 Jun - 22 Jun.

- **ONLINE Baby Yoga Sessions:** 10:45 - 11:15.

30 min Baby Yoga classes

Ages: 1 mths - 1 yrs. **Cost:** Free (drop in).

Dates: 15 Jun - 23 Jun.

- **ONLINE Baby Massage Course - 6 weeks:** 11:30 - 12:15.

Ages: 1 mths - 1 yrs.

Cost: £30 per session (booking essential).

Dates: 15 Jun - 22 Jun.



Kidslingo Fran Fleming

07787226406. www.facebook.com/KidslingoFranFleming/

- **Tots Frenchtastic Class:** 9:30 - 10:00.

Ages: 0 - 4 yrs.

- **Infant French Club:** 12:00 - 12:30.

Ages: 4 yrs - 7 yrs 11 mths.

- **Infant French Club:** 13:00 - 13:30.

Ages: 3 - 7 yrs.

- **Junior French Club:** 14:00 - 14:30.

Ages: 8 - 11 yrs.

Cost: £5 per session (booking essential).

Dates: 15 Jun - 22 Jun.

WEBSITE

Nanos Spanish

07940738221. www.nanospanishclub.com

Times: 10:00 - 10:30. **Ages:** 1 - 5 yrs. **Cost:** £5 per session

(booking essential). **Dates:** 15 Jun - 22 Jun.

Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

- **Virtual Phonics Sessions for Kids**

Times: 9:00 - 10:00. **Ages:** 0 - 6 yrs. **Dates:** 15 Jun - 22 Jun.

Times: 10:00 - 11:00. **Ages:** 0 - 6 yrs. **Dates:** 15 Jun.

Cost: £1 per session (booking essential).

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TinyTalk

Bognor Regis & Surrounding Areas

rachelhu@tinytalk.co.uk. <http://tinytalk.co.uk/rachelhu>

• TinyTalk Baby Signing

Times: 11:45 - 12:45. **Ages:** 0 - 2 yrs. **Cost:** £5 per session (booking essential). **Dates:** 15 Jun - 22 Jun.

Times: 13:00 - 14:00. **Ages:** 0 - 2 yrs. **Cost:** £4.50 per session (booking essential). **Dates:** 15 Jun - 24 Jun.

DANCE & DRAMA

Amanda's Action Club

07946707695. www.amandasactionclub.co.uk

• Amanda's Action Club (Zoom Sessions): 15:45 - 16:15.

Tailored dance, music and fitness sessions.

Ages: 6 mths - 4 yrs 6 mths.

Cost: £7 per session (booking essential).

Dates: 15 Jun - 22 Jun.

BOOK NOW

Bespoke Ballroom

01604 621004. www.bespokeballroom/

• Online Latin and Ballroom Technique Classes for Kids:

16:00 - 16:45 & 16:45 - 17:30.

Ages: 5 - 16 yrs.

Cost: £1.50 per session (booking essential).

Dates: 15 Jun - 22 Jun.

BOOK NOW

Boogie Beat Music & Movement - Northampton

07812494712. www.boogiebeat.co.uk

• Boogie Beat Online: 9:55 - 10:35.

Let your child's imagination come alive with Boogie Beat!

Ages: 1 mths - 5 yrs. **Cost:** £4 per session (booking essential).

Dates: 15 Jun - 22 Jun.

diddi dance Essex

07756 407162. www.diddidance.com

• diddi dance in da House!: 10:00 - 10:45.

Ages: 1 yrs 5 mths. **Cost:** £3 per session (booking essential).

Dates: 15 Jun - 22 Jun.

diddi dance North Essex & South Suffolk

07722 605395.

www.facebook.com/groups/512714662723104/

• diddi dance in da house!: 10:00 - 10:45.

Ages: 1 yrs 6 mths - 5 yrs.

Cost: £4 per session (booking essential).

Dates: 15 Jun - 22 Jun.

diddi dance Oxford & Surrounding

07922668740. www.facebook.com/diddidanceoxford

• diddi dance in da house!: 10:00 - 10:45.

Ages: 1 - 7 yrs. **Cost:** £3 per session (booking essential).

Dates: 15 Jun - 22 Jun.

diddi dance SE London

07973982790. www.diddidance.com

• diddi dance in da house!: 10:00 - 10:45 & 14:00 - 14:45.

Ages: 1 yrs 6 mths - 5 yrs.

Cost: £6 per session (booking essential).

Dates: 15 Jun - 22 Jun.

diddi dance

Shrewsbury and South Telford

07967430682. www.diddidance.com

• diddi dance in da house!: 10:00 - 10:45.

Ages: 1 - 5 yrs.

Cost: £1 per session (booking essential).

Dates: 15 Jun - 22 Jun.

BOOK NOW

Tot Bop

01525 237474 / 07775 582791. www.totbop.co.uk

• Tot Bop Dance Classes (Online): 9:00 - 9:45.

Ages: 1 - 9 yrs.

Cost: £5 per session (booking essential).

Dates: 15 Jun - 22 Jun.

BOOK NOW

PHYSICAL FUN

Tumble Tots (UK) Ltd

0121 585 7003. www.facebook.com/tumbletotshq

• Tumble Tots LIVE on Facebook: 10:00 - 11:00.

Ages: 6 mths - 7 yrs. **Cost:** Free (drop in). **Dates:** 15 Jun.

HEALTH & WELLNESS

ATP Health and Fitness Norwich

07824 995689. www.healthandfitness.uk.com

• Home Legs Bums and Tums with Matt: 8:30 - 9:15.

• Home Keep Fit (Over 50s) With Matt: 10:00 - 10:40.

• Totally Drum & Bass: 18:30 - 19:15.

Ages: 0 - 99 yrs.

Cost: £3 per session (drop in).

Dates: 15 Jun - 22 Jun.

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Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

Lisa Valentine Yoga

07957 215495. www.lisavalentineyoga.co.uk

- **Subscription to monthly online class's:** 10:00 - 10:00.

Cost: £9.38 per session

(*booking essential*).

Dates: 15 Jun.

BOOK NOW

Mini First Aid Suffolk

07706 068980. www.suffolk.minifirstaid.co.uk.

- **Online Mini First Aid Course:** anytime

Ages: 18 - 99 yrs. **Cost:** £20 per session (*booking essential*).

Dates: 15 Jun.

Soo Yoga

01604 621004. www.sooyoga.com

- **Online Fitness Classes with Kristina Rihanoff & Ben**

Cohen: 10:00 - 10:30.

Bodyweight Circuit Training, HIIT, Barre Sculpt & Dance Fit

- **Online Yoga with Kristina Rihanoff:** 10:30 - 11:15.

Enjoy yoga with Kristina Rihanoff - all ability levels

Cost: £0.50 per session

(*booking essential*).

Dates: 15 Jun - 22 Jun.

BOOK NOW

Suffolk Woman's

Wellness Centre

01473 730035. www.swww.as.me/online workout

- **Online Classes:** 19:00 - 20:00.

Ages: 0 - 99 yrs. **Cost:** £5 per session (*drop in*).

Dates: 15 Jun - 22 Jun.

YogaWalks and Bowen Therapy

07950 573719. www.facebook.com/YogaWalks

- **Live online Yoga with Lizzy in your home:** 19:00 - 20:00.

Ages: 0 - 99 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 15 Jun - 22 Jun.

Looking for something specific?

Search at www.toddleabout.co.uk - it's easy!



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Discover what's on for little ones online

Just enter your child's age, and away you go!



Check out the **NEW** Toddle About website today

www.toddleabout.co.uk

Subscribe to the Lockdown Guide for FREE
Get it sent straight to your inbox at toddle.fun/lockdownguide

TUESDAY

PARENTS & TOTS

EPIC Dad Community Interest Company

07717 744608.
www.facebook.com/EPIC-Dad-1827266040860933/
• **EPIC Dad Chat:** 19:00 - 20:00.

Ages: 0 - 99 yrs. **Cost:** Free (*booking essential*).
Dates: 16 Jun - 23 Jun.

Southwold Library

01502 722519. www.facebook.com/southwoldlibrary
• **Baby Bounce & Tot Rock Online:** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 16 Jun - 23 Jun.

Sunflowers Groups

www.facebook.com/groups/2573126479597142/
• **Sunflowers Groups (The Comfort Trust):** 11:00 - 11:30.
Cost: Free (*booking essential*). **Dates:** 16 Jun - 23 Jun.

The Maple Tree Children's Centre

01865 236700. www.facebook.com/TheMapleTreeWheatley/
• **Interactive Storytime & Singing Session:** 11:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 16 Jun - 23 Jun.

The Spring Charity

01604 245767. www.facebook.com/TheSpringCharity/
• **Just Karen's Stay IN and Play Group:** 10:00 - 10:30.

Cost: Free (*booking essential*). **Dates:** 16 Jun - 23 Jun.

MUSIC & SIGNING

Boogie Beat South Oxfordshire

07787 121628. www.boogiebeat.co.uk
• **Boogie Beat ZOOM Class:** 11:00 - 11:40.
Fun Boogie Beat class with your friends & family.

Ages: 0 - 6 yrs.
Cost: £4 per session (*booking essential*).
Dates: 23 Jun.

BOOK NOW

Hartbeeps West Suffolk

07866 487761.
www.bookmyclass.co.uk/hartbeeps/?FID=113
• **Hartbeeps @ Home:** 9:00 - 10:00.

Ages: 0 - 5 yrs. **Cost:** £5 per session (*booking essential*).
Dates: 16 Jun - 23 Jun.

Jo Jingles Ipswich

07732 544548. www.jojingles.com
• **Live Summer Half Term:** 10:00 - 10:40.

Ages: 6 mths - 6 yrs.
Cost: £3.50 per session (*booking essential*).
Dates: 16 Jun - 23 Jun.

WEBSITE

BOOK NOW

June's Chatterbox Tunes

07851 353396. www.facebook.com
• **Live Chatterbox Music & movement:** 13:30 - 14:00.
Music class with Movement and Dance, Instruments and Props

Ages: 4 mths - 4 yrs. **Cost:** £2 per session (*booking essential*).
Dates: 16 Jun.

BOOK NOW

Monkey MusicAylesbury & High Wycombe

01494 819138. <http://bit.ly/mmawleswyc>
• **Heigh Ho:** 9:35 - 10:05. **Ages:** 1 - 2 yrs.
• **Jiggety Jig:** 10:20 - 10:50. **Ages:** 2 - 3 yrs.
• **Rock n Roll:** 11:05 - 11:35. **Ages:** 3 mths - 1 yrs.
Cost: £5 per session (*booking essential*).
Dates: 16 Jun - 23 Jun.

Musical Minis @home

020 8868 000. athome@musicalminis.co.uk.
www.athome.musicalminis.co.uk
Times: 9:30 - 9:55 & 14:00 - 14:25.

Ages: 0 - 4 yrs. **Cost:** £3 per session (*booking essential*).
Dates: 16 Jun - 23 Jun.

BOOK NOW

Raise Your Voice

07540113340. www.ryvchoir.co.uk
• **Raise Your Voice online:** 19:00 - 20:00.

Ages: Pregnancy - 18 yrs.
Cost: £6 per session (*booking essential*). **Dates:** 16 Jun - 23 Jun.

BOOK NOW

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Rhythm Time Leamington Spa, Warwick, Kenilworth, Stratford upon-Avon

07469 186042. www.rhythmtime.net

- **Online Toddler Class:** 9:30 - 10:00. **Ages:** 1 - 2 yrs.
- **Online Pre-school Class:** 10:15 - 10:45. **Ages:** 3 - 4 yrs.
- **Online Baby Class:** 11:00 - 11:30. **Ages:** 1 mths - 1 yrs.

Cost: £4 per session (*booking essential*).

Dates: 16 Jun - 23 Jun.

WEBSITE

Rock-a-Bye Choir for mums online

emily@emilyschoirs.co.uk. www.emilyschoirs.co.uk

Times: 11:00 - 11:50. **Ages:** Pregnancy - 4 yrs.

Cost: £4 per session (*drop in*). **Dates:** 16 Jun - 23 Jun.

St Augustine's Church

01473 723960.

<https://staugustinesipswich.org.uk/kidschurconline/>

- **Music and Rhyme:** 10:00 - 10:45.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 16 Jun - 23 Jun.

The Maple Tree Centre

01865236700. www.mapletree.org.uk.

- **Interactive Storytime & singing sessions:** 11:00 - 12:00.

Ages: 0 - 5 yrs. **Cost:** Free (*booking essential*).

Dates: 16 Jun - 23 Jun.

TinyTalk Waveney & Mid-Suffolk

07419 322204.

www.facebook.com/tinytalkwaveneymidsuffolk

- **Toddler Signing E-Class:** 10:15 - 11:15.

Ages: 1 yrs 6 mths - 4 yrs.

- **Baby Signing E-Class:** 11:30 - 12:30.

Ages: 0 - 1 yrs 6 mths.

Cost: £4 per session (*booking essential*).

Dates: 16 Jun.

SENSORY & DEVELOPMENT



Baby College at Home

01865 421879. www.babycollege.co.uk

- **Baby College @ Home:** Multiple Live Sessions

Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.

Ages: 0 - 5 yrs. **Cost:** £5 per week (*booking essential*).

- **Baby College Massage at Home:** Multiple Live Sessions
Full body baby massage in 4 sessions including songs and movements.

Ages: 0 - 1 yrs. **Cost:** £5 per week (*booking essential*).

WEBSITE

BOOK NOW

Baby Sensory Grantham

07786741766. www.babysensory.com

- **Baby Sensory @ Home:** 10:30 - 11:30.

Ages: 0 - 1 yrs 1 mths.

- **Hello Baby Massage @ Home:** 15:00 - 16:00.

Ages: 0 - 3 mths.

Cost: £4 per session (*booking essential*).

Dates: 16 Jun - 23 Jun.

Baby Sensory North Bucks

07876643276. www.babysensory.com

- **North Bucks Baby Sensory @home classes:** 11:00 - 11:30 & 13:00 - 13:30.

Ages: 1 yrs 1 mths. **Cost:** £3.50 per session (*booking essential*). **Dates:** 16 Jun - 23 Jun.

Baby Sensory Northampton

07512 469881. www.babysensory.com

- **Baby sensory @Home:** 10:30 - 11:10 & 16:00 - 16:40.

Ages: 0 - 1 yrs 1 mths. **Cost:** £4 per session (*booking essential*). **Dates:** 16 Jun - 23 Jun.

Baby Sensory Stirling

07766317766. www.babysensory.com

- **Baby Sensory Stirling Classes:** 10:00 - 10:40, 11:00 - 11:40 & 12:45 - 13:25.

Ages: 0 - 1 yrs 1 mths. **Cost:** £4 per session (*drop in*). **Dates:** 16 Jun - 23 Jun.

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Babylove groups

07903674253. www.babylovegroups@gmail.com.

- **Babylove Tinies:** 11:15 - 11:55. **Ages:** 0 - 7 mths.
- **Tweenies Class:** 12:15 - 12:55. **Ages:** 7 mths - 1 yrs 6 mths.
- **Toddlers Class:** 13:15 - 13:55. **Ages:** 1 yrs 6 mths - 4 yrs.

Cost: Free (*drop in*).

Dates: 16 Jun - 23 Jun.

Captain Fantastic Entertainers

020 8245 9019. www.captain-fantastic.co.uk

- **Quiz Quest!** 14:00 - 14:30.

Ages: 3 - 11 yrs. **Cost:** Free (*booking essential*).

Dates: 16 Jun - 23 Jun.

Catharine's Little Bookshop Usborne

Books

07843 095186. www.usbornebooksathome.co.uk

- **Catharine's little bookshop storytelling:** 10:00 - 10:10.

Ages: Pregnancy - 100 yrs. **Cost:** Free (*booking essential*).

Dates: 16 Jun - 23 Jun.



Dandy Development

07890 241301. www.dandydevelopment.co.uk

- **FREE online classes FOR ALL!** 10:30 - 11:00.

Join a 'demo' version of Dandy:

www.fb.com/DandyDevelopment

Cost: Free (*drop in*).

Dates: 16 Jun - 23 Jun.

WEBSITE

BOOK NOW

Grow Together - Baby Massage, Baby

Yoga and Toddler Yoga

07916 611066. www.growtogetherbabies.com

- **ONLINE Toddler Yoga:** 10:00 - 10:30.

Toddler Yoga sessions

Ages: 1 yrs 6 mths - 4 yrs. **Cost:** £2.50 per session (*drop in*).

Dates: 16 Jun - 23 Jun.



Kidslingo Fran Fleming

07787226406. www.facebook.com/KidslingoFranFleming/

- **Tots Frenchtastic Class:** 11:00 - 11:30.

Ages: 0 - 4 yrs.

- **Infant French Club:** 13:00 - 13:30.

Ages: 4 yrs - 7 yrs 11 mths.

Cost: £5 per session (*booking essential*).

Dates: 16 Jun - 23 Jun.

WEBSITE

LullaBaby Newport

07507070394. www.lullababy.co.uk/newport

- **Step 2**

Times: 10:30 - 11:10. **Ages:** 2 mths - 1 yrs. **Dates:** 23 Jun.

Times: 12:00 - 12:45. **Ages:** 2 mths - 1 yrs. **Dates:** 16 Jun.

Cost: £3 per session (*booking essential*).

Mini Professors Oxford South

07754016612. www.miniprofessors.com

- **Mini Professors @home:** 11:15 - 11:55 & 14:00 - 14:40.

Only £20 for a 5 week block

Ages: 2 - 7 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 16 Jun - 23 Jun.

Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

- **Virtual Phonics Sessions for Kids:** 9:00 - 10:00.

Ages: 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

Dates: 16 Jun - 23 Jun.

DANCE & DRAMA

Amanda's Action Club

07946707695. www.amandasactionclub.co.uk

- **Amanda's Action Club (Facebook Live):** 10:30 - 11:00.

Ages: 6 mths - 4 yrs 6 mths.

Cost: £5 per session

(*booking essential*).

Dates: 16 Jun - 23 Jun.

BOOK NOW

Are you running online classes or events?

Add them to the Lockdown Guide for FREE at toddle.fun/lockdownlisting

Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

Bespoke Ballroom

01604 621004. www.facebook.com/bespokeballroom/

- **Online Tots Ballet and Ballroom Classes:** 9:30 - 10:00.

Ages: 2 - 5 yrs.

Cost: £1.75 per session
(*booking essential*).

Dates: 16 Jun - 23 Jun.

BOOK NOW

diddi dance Essex

07756 407162. www.diddidance.com

- **diddi dance in da House!:** 10:00 - 10:45.

Ages: 1 yrs 5 mths. **Cost:** £3 per session (*booking essential*).

Dates: 16 Jun - 23 Jun.

diddi dance North Essex & South Suffolk

07722 605395.

www.facebook.com/groups/512714662723104/

- **diddi dance in da House!:** 10:00 - 10:45.

Ages: 1 yrs 6 mths - 5 yrs.

Cost: £4 per session (*booking essential*).

Dates: 16 Jun - 23 Jun.

diddi dance SE London

07973982790. www.diddidance.com

- **diddi dance in da House!:** 10:00 - 10:45 & 14:00 - 14:45.

Ages: 1 yrs 6 mths - 5 yrs.

Cost: £6 per session (*booking essential*).

Dates: 16 Jun - 23 Jun.

diddi dance

Shrewsbury and South Telford

07967430682. www.diddidance.com

- **diddi dance in da House!:** 10:00 - 10:45.

Ages: 1 - 5 yrs.

Cost: £1 per session
(*booking essential*).

Dates: 16 Jun - 23 Jun.

BOOK NOW

Funky Monkeys

01494 912729. www.funkymonkeysLtd.co.uk

- **Funky Monkeys - Online Classes!:** 10:00 - 10:40.

Ages: 0 - 5 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 16 Jun - 23 Jun.

LoveBallet Dance Company

07921 853773. www.loveballet.co.uk

- **Online Baby Ballet:** 16:00 - 16:30.

A creative, imaginative, fun filled class

Ages: 1 yrs 6 mths - 3 yrs.

- **Intro to Ballet:** 16:30 - 17:15. **Ages:** 5 - 7 yrs.

- **Pre-Primary Ballet:** 17:15 - 18:00.

A fun introduction to ballet **Ages:** 3 - 5 yrs.

Cost: £3 per session (*booking essential*).

Dates: 16 Jun - 23 Jun.

Tappy Toes

01279 718216. www.tappytoes.com

- **Tappy Toes Online:** 10:00 - 10:30.

Ages: 1 - 5 yrs. **Cost:** £4.50 per session (*drop in*).

Dates: 16 Jun - 23 Jun.

PHYSICAL FUN

Captain Fantastic Entertainers

020 8245 9019. www.captain-fantastic.co.uk

- **Live Toddler Party Classes:** 10:00 - 10:30.

Ages: 1 - 4 yrs. **Cost:** Free (*drop in*).

Dates: 16 Jun - 23 Jun.

Tumble Tots (UK) Ltd

0121 585 7003. www.facebook.com/tumbletotshq

- **Tumble Tots LIVE on Facebook:** 10:00 - 11:00.

Ages: 6 mths - 7 yrs.

Cost: Free (*drop in*).

Dates: 16 Jun.

HEALTH & WELLNESS

ATP Health and Fitness Norwich

07824 995689. www.healthandfitness.uk.com

- **Home Legs Bums and Tums with Matt:** 18:30 - 19:15.

- **Home Cardio & Combat with Matt:** 6:30 - 7:15.

Ages: 0 - 99 yrs.

Cost: £3 per session (*drop in*).

Dates: 16 Jun - 23 Jun.

BOOK NOW

Fit with Mum

www.fitwithmum.com

- **Fit with Mum Online:** 10:00 - 11:00.

Ages: 0 - 99 yrs.

Cost: £5 per session

(*booking essential*).

Dates: 16 Jun - 23 Jun.

BOOK NOW

Lisa Valentine Yoga

07957 215495. lisavalentinyoga.co.uk

- **Mums n Bubs/Wrigglers:** 10:45 - 11:35.

Cost: £6.25 per session (*booking essential*).

Dates: 16 Jun - 23 Jun.

- **Pre-Natal Yoga Flow (Middleton Cheney):** 18:15 - 19:15.

Ages: Pregnancy.

Cost: £4.50 per session

(*booking essential*).

Dates: 16 Jun - 25 Jun.

BOOK NOW

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Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

Mini First Aid Suffolk

07706 068980. www.suffolk.minifirstaid.co.uk

• **Online Mini First Aid Course:** anytime

Ages: 18 - 99 yrs. **Cost:** £20 per session (*booking essential*).

Dates: 16 Jun.

Soo Yoga

01604 621004. www.sooyoga.com

• **Online Fitness Classes with Kristina Rihanoff & Ben**

Cohen: 10:00 - 10:30.

Bodyweight Circuit Training, HIIT, Barre Sculpt & Dance Fit

• **Online Yoga with Kristina Rihanoff:** 10:30 - 11:30.

Cost: £0.50 per session

(*booking essential*).

Dates: 16 Jun - 23 Jun.

BOOK NOW

YogaWalks and Bowen Therapy

07950 573719. www.facebook.com/YogaWalks

• **Live online Yoga with Lizzy in your home:** 8:00 - 8:20.

Ages: 0 - 99 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 16 Jun.

COMPETITION

Win

SO SAND DIY SENSORY STUDIO, WORTH £24.99

We have **THREE** So Sand DIY Sensory Studios to give away. So this competition will have **3 lucky winners!**

It's time to get creative and take your imagination to another level. Thanks to So Sand DIY, it's now possible to create your own magic sand from scratch and enjoy 100% ASMR satisfaction. Designing your own magic sand makes it easy to enjoy the fantastic sounds as you cut and mould your unique magic sand creations.

With more than 12 tools available, cut it, shape it and smash it to discover the ASMR effect! What are you waiting for?

Terms and Conditions apply, visit bit.ly/tacompetitions for further details.



Sensory Studio includes:

1 Sensory Studio, 5 Sand Bags, 5 Bags of coloured sand, 5 Decorations bags, 2 Sand Containers, 5 Tools, 3 Tools 2in1, 1 Mat with patterns

Enter at: www.toddle.fun/sensorystudio

HOW TO ENTER

Enter via our Toddle About Facebook page

Simply comment on the post to enter.

Competition closes midnight **Sun 12th July 2020.**

Are you running online classes or events?

Add them to the Lockdown Guide for FREE at toddle.fun/lockdownlisting

Follow us for
daily updates!



Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

WEDNESDAY

PARENTS & TOTS

Kesgrave Library

01473 626103. www.facebook.com/Kesgravelibrary/

• **Wordplay sessions:** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 17 Jun - 24 Jun.

Southwold Library

01502 722519. www.facebook.com/southwoldlibrary

• **Baby Bounce & Tot Rock Online:** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 17 Jun - 24 Jun.

MUSIC & SIGNING

Boogie Beat South Oxfordshire

07787 121628. www.boogiebeat.co.uk

• **Boogie Beat ZOOM Class:** 11:00 - 11:40.

Fun Boogie Beat class with your friends & family.

Ages: 0 - 6 yrs.

Cost: £4 per session

(*booking essential*).

Dates: 17 Jun.

BOOK NOW

Boppin' Bunnies

07855916496.

www.facebook.com/groups/199145248008616

• **Boppin' Bunnies Music - live musicians:** 10:00 - 10:30.

Ages: 1 mths - 5 yrs. **Cost:** £5 per session (*drop in*).

Dates: 17 Jun - 24 Jun.

Happy Hands Club Bristol

07779797919. www.happyhands.club

• **Children's Music Classes (0-5 years):** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 17 Jun - 24 Jun.

Hartbeeps West Suffolk

07866 487761.

www.bookmyclass.co.uk/hartbeeps/?FID=113

• **Hartbeeps @ Home:** 9:00 - 10:00.

Ages: 0 - 5 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 17 Jun - 24 Jun.



Jo Jingles Ipswich

07732 544548. www.jojingles.com

• **Live Summer Half Term:** 10:00 - 10:40.

Ages: 6 mths - 6 yrs.

Cost: £3.50 per session (*booking essential*).

Dates: 17 Jun - 24 Jun.

WEBSITE

BOOK NOW

Little Signers Club Suffolk

07720 349424. www.littlesignersclub.co.uk

• **Introduction to Babysigning:** 14:00 - 14:40.

Ages: 3 - 3 mths.

Cost: £5 per session

(*booking essential*).

Dates: 17 Jun.

BOOK NOW

Monkey Music

Aylesbury & High Wycombe

01494 819138. <http://bit.ly/mmayleswyc>

• **Heigh Ho:** 9:35 - 10:05. **Ages:** 1 - 2 yrs.

• **Jiggety Jig:** 10:25 - 10:55. **Ages:** 2 - 3 yrs.

• **Rock n Roll:** 11:05 - 11:35. **Ages:** 3 mths - 1 yrs.

Cost: £5 per session (*booking essential*).

Dates: 17 Jun - 24 Jun.

Monkey Music

Bicester, Kidlington and Witney

01865 428420.

<https://www.wapi.monkeymusic.co.uk/Classes/63/>

• **Monkey Music: Jiggety-Jig:** 9:40 - 10:10.

Ages: 2 - 4 yrs.

• **Monkey Music: Heigh-Ho:** 10:20 - 10:50.

Ages: 1 - 2 yrs.

• **Monkey Music Rock 'n' Roll:** 11:00 - 11:30.

Ages: 3 mths - 1 yrs.

Cost: £5 per session (*booking essential*).

Dates: 17 Jun - 24 Jun.

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Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

Moo Music Stowmarket, Debenham and Needham Market

07944 033723. www.moomusicdnm.co.uk

• **June's Moo @ Home:** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £3.50 per session (*booking essential*).

Dates: 17 Jun - 24 Jun.

Music Bugs Northampton

07811 771480.

www.facebook.com/groups/1712119012194411/

• **Music Bugs Online session:** 22:00 - 22:40.

Ages: 0 - 5 yrs. **Cost:** £3 per session (*booking essential*).

Dates: 17 Jun - 24 Jun.

Musical Minis @home

020 8868 0001. athome@musicalminis.co.uk.

www.athome.musicalminis.co.uk

Times: 9:30 - 9:55 & 14:00 -

14:25. **Ages:** 0 - 4 yrs.

Cost: £3 per session

(*booking essential*).

Dates: 17 Jun - 24 Jun.

BOOK NOW

Sing and Sign Oxford

07795 005832. www.singandsign.co.uk

• **Sing and Sign BABES @ Home:** 10:30 - 11:00.

Ages: 0 - 6 mths. **Cost:** £5.20 per session (*booking essential*).

Dates: 17 Jun - 24 Jun.

The Maple Tree Centre

01865236700. www.mapletree.org.uk

• **Virtual baby group:** 10:00 - 11:00 & 12:00 - 13:00.

Ages: Pregnancy. **Cost:** Free (*booking essential*).

Dates: 17 Jun - 24 Jun.

TinyTalk Waveney & Mid-Suffolk

07419 322204.

www.facebook.com/tinytalkwaveneymid Suffolk

• **Toddler Signing E-Class:** 10:00 - 11:00.

Ages: 1 yrs 6 mths - 4 yrs.

• **Baby Signing E-Class:** 11:15 - 12:15 & 13:30 - 14:30.

Ages: 0 - 1 yrs 6 mths.

Cost: £4 per session (*booking essential*).

Dates: 17 Jun.

SENSORY & DEVELOPMENT



Baby College at Home

01865 421879. www.babycollege.co.uk

• **Baby College @ Home:** Multiple Live Sessions

Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.

Ages: 0 - 5 yrs. **Cost:** £5 per week (*booking essential*).

• **Baby College Massage at Home:** Multiple Live Sessions
Full body baby massage in 4 sessions including songs and movements.

Ages: 0 - 1 yrs. **Cost:** £5 per week (*booking essential*).

WEBSITE

BOOK NOW

Baby Sensory Darlington

07855653275. www.babysensory.com

• **Baby Sensory @ Home:** 11:30 - 12:30 & 13:00 - 14:00.

Ages: 0 - 1 yrs 1 mths.

Cost: £4 per session (*booking essential*).

Dates: 17 Jun - 24 Jun.

Baby Sensory Hertfordshire

07525775163. www.babysensory.com

• **baby sensory@home:** 10:00 - 10:30,

11:15 - 11:45 & 12:15 - 12:45.

Ages: 0 - 1 yrs 1 mths.

Cost: £5 per session (*booking essential*). **Dates:** 17 Jun.

Baby Sensory North Bucks

07876643276. www.babysensory.com

• **Baby Sensory @home classes:** 10:00 - 10:30,

11:00 - 11:30 & 13:00 - 13:30.

Ages: 1 yrs 1 mths.

Cost: £3.50 per session (*booking essential*).

Dates: 17 Jun - 24 Jun.

Baby Sensory

Salisbury, Romsey & Totton

07984051713. www.babysensory.com/salisbury

• **Baby Sensory @ Home:** 10:00 - 11:00 & 13:00 - 14:00.

Ages: 0 - 1 yrs 1 mths.

Cost: £4 per session

(*booking essential*).

Dates: 17 Jun - 24 Jun.

BOOK NOW

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Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

Baby Sensory Southwark

www.babysensory.com

Times: 12:00 - 12:45. **Ages:** 0 - 1 yrs 1 mths.

Cost: £7.50 per session (*booking essential*).

Dates: 17 Jun - 24 Jun.

Baby Sensory Stirling

07766317766. www.babysensory.com

• **Baby Sensory Classes:** 10:00 - 10:40 & 11:00 - 11:40.

Ages: 0 - 1 yrs 1 mths. **Cost:** £4 per session (*drop in*).

Dates: 17 Jun - 24 Jun.

Baby Sensory and Toddler Sense

South Reading

07855324495. www.babysensory.com

• **Baby Sensory South Reading:** 11:00 - 12:00.

Ages: 0 - 1 yrs 1 mths.

• **Toddler Sense South Reading:** 9:45 - 10:35.

Enjoy a different multi-sensory adventure each week

Ages: 1 yrs 1 mths - 5 yrs.

Cost: £4 per session (*booking essential*).

Dates: 17 Jun - 24 Jun.

Catharine's Little Bookshop Usborne

Books

07843 095186. www.usbornebooksathome.co.uk

• **Catharine's little bookshop storytelling:** 10:00 - 10:10.

Ages: Pregnancy - 100 yrs. **Cost:** Free (*booking essential*).

Dates: 17 Jun - 24 Jun.



Kidslingo Fran Fleming

07787226406. www.facebook.com/KidslingoFranFleming/

• **Tots Frenchtastic Class:** 13:00 - 13:30. **Ages:** 0 - 4 yrs.

• **Infant French Club:** 14:00 - 14:30. **Ages:** 3 - 7 yrs.

• **Frenchtastic On-line Class:** 11:00 - 11:30.

Ages: 1 yrs 6 mths - 4 yrs.

Cost: £5 per session (*booking essential*).

Dates: 17 Jun - 24 Jun.

WEBSITE

LullaBaby Newport

07507070394. www.lullababy.co.uk/newport

• **Step 3**

Times: 10:30 - 11:10. **Ages:** 1 - 2 yrs. **Dates:** 24 Jun.

Times: 12:00 - 12:45. **Ages:** 1 - 2 yrs. **Dates:** 17 Jun.

Cost: £3 per session (*booking essential*).

Nanos Spanish

07940738221. www.nanospanishclub.com

Times: 10:00 - 10:30 & 15:00 - 15:30. **Ages:** 1 - 5 yrs.

Cost: £5 per session (*booking essential*).

Dates: 17 Jun - 24 Jun.

Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

• **Virtual Phonics Sessions for Kids:** 9:00 - 10:00.

Ages: 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

Dates: 17 Jun - 24 Jun.

Suffolk Breastfeeding

07498 319230. www.suffolkbreastfeeding.com

• **Online Baby Massage Classes:** 13:15 - 14:15.

Ages: 0 - 1 yrs. **Cost:** £7 per session (*booking essential*).

Dates: 17 Jun - 24 Jun.

CREATIVE

Mini Professors Durham @home

07864841482. www.miniprofessors.com

• **Mini Professors @home science classes:** 10:00 - 10:30.

Live science with experiments you can join in with at home!

Ages: 2 - 7 yrs. **Cost:** £4 per

session (*booking essential*).

Dates: 17 Jun - 24 Jun.

BOOK NOW

St Augustine's Church

01473 723960. www.staugustinesipswich.org.uk

• **Happy Hippos:** 9:30 - 11:30.

Downloadable Toddler Group activity sheet

Ages: 4 mths - 5 yrs. **Cost:** Free (*booking essential*).

Dates: 17 Jun - 24 Jun.

DANCE & DRAMA

Amanda's Action Club

07946707695. www.amandasactionclub.co.uk

• **Amanda's Action Club (Zoom Sessions):** 10:00 - 10:30.

Tailored dance, music and fitness

sessions.

Ages: 6 mths - 4 yrs 6 mths.

Cost: £7 per session

(*booking essential*).

Dates: 17 Jun - 24 Jun.

BOOK NOW

Are you running online classes or events?

Add them to the Lockdown Guide for FREE at toddle.fun/lockdownlisting

YOU'LL NEVER BE STUCK

for something to do

AT HOME AGAIN...



By Tim Freed, Founder of Toddle About

Here at Toddle About, we want to do as much as we can to help families through this tough time. And that's not just families with little ones – but families with children of ALL ages.

That's why we've created *Family Life at Home*

Overnight, families have been thrown into home schooling their children, and many of them are struggling. Teaching at home can be hard at the best of times - believe me, I know! We've been home educating our children for the last 7 years, and it's not always a walk in the park.

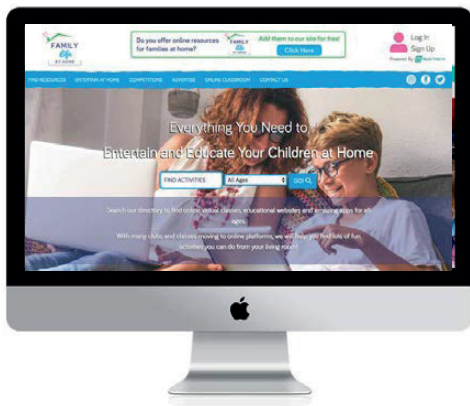
Fortunately, one upside of the COVID-19 crisis is that there has been an explosion of resources that we can tap into as parents to help us.

Want to start learning martial arts in your living room? Take a virtual tour of the Natural History Museum? Get help with a maths problem? Ask Steve Backshall a question about animals?

It's ALL possible... and much more besides. In fact, it's overwhelming.

That's where Family Life at Home comes in – it's a central hub that brings together all the different resources that are available, and makes it easy to find what you need to educate and also entertain your children at home.

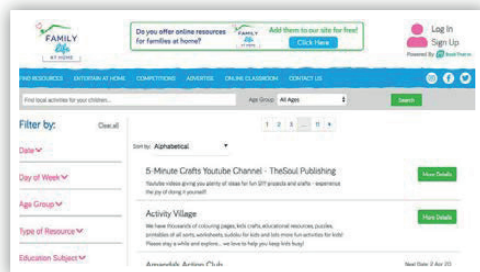
Try it now at www.familylifeathome.co.uk



It's Really Easy to Use

Pick your child's age, then filter the options available by various criteria, such as the kind of resource you're looking for, education topic or type of activity. You can even select today's date to see all the live stream sessions that are running today.

We hope you find it useful!



Try it now at www.familylifeathome.co.uk

If you know someone who offers online resources for families, tell them they can add them to our site for free!

Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

Bespoke Ballroom

01604 621004. www.facebook.com/bespokeballroom/

• **Online Latin and Ballroom Technique Classes for Kids:**

16:00 - 16:45 & 16:45 - 17:30.

Ages: 5 - 16 yrs.

Cost: £1.50 per session
(booking essential).

Dates: 17 Jun - 24 Jun.

BOOK NOW

diddi dance Essex

07756 407162. www.diddidance.com

• **diddi dance in da House!** 10:00 - 10:45.

Ages: 1 yrs 5 mths. **Cost:** £3 per session (booking essential).

Dates: 17 Jun - 24 Jun.

diddi dance North Essex & South Suffolk

07722 605395. www.fb.com/groups/512714662723104/

• **diddi dance in da House!** 10:00 - 10:45.

Ages: 1 yrs 6 mths - 5 yrs.

Cost: £4 per session (booking essential).

Dates: 17 Jun - 24 Jun.

diddi dance SE London

07973982790. www.diddidance.com

• **diddi dance in da House!** 10:00 - 10:45 & 14:00 - 14:45.

Ages: 1 yrs 6 mths - 5 yrs.

Cost: £6 (booking essential). **Dates:** 17 Jun - 24 Jun.

diddi dance Shrewsbury & South Telford

07967430682. www.diddidance.com

• **diddi dance in da house!** 10:00 - 10:45.

Ages: 1 - 5 yrs. **Cost:** £1 per session

Dates: 17 - 24 Jun.

BOOK NOW

Synergy Dance

07713254260. www.synergy-dance-online.teachable.com

• **Synergy Dance at Home:** 12:00 - 12:30.

Online Dance & Yoga classes, can be accessed at any time

Ages: 4 - 80 yrs. **Cost:** £0.99 per session (drop in).

Dates: 17 Jun - 24 Jun.

PHYSICAL FUN

Tumble Tots (UK) Ltd

0121 585 7003. www.facebook.com/tumbletotshq

• **Tumble Tots LIVE on Facebook:** 10:00 - 11:00.

Ages: 6 mths - 7 yrs. **Cost:** Free (drop in). **Dates:** 17 Jun.

HEALTH & WELLNESS

ATP Health and Fitness Norwich

07824 995689. www.healthandfitness.uk.com

• **Home Cardio & Combat:** 18:30 - 19:15.

• **Home Get Waisted/Abs:** 6:30 - 7:15.

• **Home Kettlebells Live:** 19:30 - 20:15.

Ages: 0 - 99 yrs.

Cost: £3 per session (drop in).

Dates: 17 Jun - 24 Jun.

BOOK NOW

Inner Peace Hatha Yoga

07941 279343. www.innerpeaceyoga.co.uk

• **Beginner Hatha Yoga Class:** 10:30 - 11:30.

Feel stronger, calmer, better more of the time with yoga

Ages: 0 - 99 yrs. **Cost:** £10 per session (drop in).

Dates: 24 Jun.

Mini First Aid Suffolk

07706 068980. www.suffolk.minifirstaid.co.uk

• **Online Mini First Aid Course:** anytime

Ages: 18 - 99 yrs. **Cost:** £20 per session (booking essential).

Dates: 17 Jun.

P.S. Get Fit

07903516284. www.psggetfit.co.uk

• **Low Intensity Workout:** 10:00 - 10:30.

Pre/Post Natal Workout. *Baby friendly.

Ages: Pregnancy - 1 yrs.

• **Full Body Workout:** 12:30 - 13:00.

Weights required

Cost: £3 per session (booking essential).

Dates: 17 Jun - 24 Jun.

BOOK NOW

Soo Yoga

01604 621004. www.sooyoga.com

• **Online Fitness Classes with Kristina Rihanoff & Ben**

Cohen: 9:30 - 10:15.

Bodyweight Circuit Training, HIIT, Barre Sculpt & Dance Fit

• **Online Yoga with Kristina Rihanoff:** 10:30 - 11:30.

Cost: £0.50 per session (booking essential).

Dates: 17 Jun - 24 Jun.

BOOK NOW

Suffolk Woman's Wellness

Centre

01473 730035. www.swwc.as.me/online workout

• **Online Classes:** 19:30 - 20:30.

Ages: 0 - 99 yrs. **Cost:** £5 per session (drop in).

Dates: 17 Jun - 24 Jun.

YogaWalks and Bowen Therapy

07950 573719. www.facebook.com/YogaWalks

• **Live online Yoga with Lizzy in your home:** 8:00 - 8:50.

Ages: 0 - 99 yrs. **Cost:** £5 per session (booking essential).

Dates: 17 Jun.

PREGNANCY

Bump2Baby Reality

07960 323 874. www.facebook.com/bump2babyreality/

• **Virtual Coffee Morning:** 11:00 - 12:00.

Ages: Pregnancy - 1 yrs. **Cost:** Free (booking essential).

Dates: 17 Jun - 24 Jun.

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Get it sent straight to your inbox at toddle.fun/lockdownguide

THURSDAY

PARENTS & TOTS

Southwold Library

01502 722519. www.facebook.com/southwoldlibrary

- **Baby Bounce & Tot Rock Online:** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 18 Jun - 25 Jun.

The Berin Centre

01865 341944 or megan@theberincentre.co.uk.

www.theberincentre.co.uk

- **Growing Minds:** 14:00 - 14:30.

For under 1s who are signed up to the Imagination Library

Ages: 0 - 1 yrs. **Cost:** Free (*booking essential*).

Dates: 18 Jun - 25 Jun.

The Maple Tree Children's Centre

01865 236700. www.facebook.com/TheMapleTreeWheatley/

- **Interactive Storytime & Singing Session:** 11:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 18 Jun - 25 Jun.

The Spring Charity

01604 245767. www.facebook.com/TheSpringCharity/

- **Just Karen's Stay IN and Play Group:** 10:00 - 10:30.

Cost: Free (*booking essential*). **Dates:** 18 Jun - 25 Jun.

MUSIC & SIGNING

Hartbeeps West Suffolk

07866 487761.

www.bookmyclass.co.uk/hartbeeps/?FID=113

- **Hartbeeps @ Home:** 9:00 - 10:00.

Ages: 0 - 5 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 18 Jun - 25 Jun.



Jo Jingles Ipswich

07732 544548. www.jojingles.com.

- **Live Summer Half Term:** 10:00 - 10:40.

Ages: 6 mths - 6 yrs.

Cost: £3.50 per session (*booking essential*).

Dates: 18 Jun - 25 Jun.

WEBSITE

BOOK NOW

Little Signers Club Suffolk

07720 349424. www.littlesignersclub.co.uk

- **Online 12 weeks Baby Signing Basics:** 12:00 - 12:40.

Ages: 3 mths - 3 yrs.

Cost: £8.25 per session

(*booking essential*).

Dates: 18 Jun - 25 Jun.

BOOK NOW

Musical Minis @home

020 8868 0001. athome@musicalminis.co.uk.

www.athome.musicalminis.co.uk

Times: 9:30 - 9:55 & 14:00 -

14:25. **Ages:** 0 - 4 yrs.

Cost: £3 per session

(*booking essential*).

Dates: 18 Jun - 25 Jun.

BOOK NOW

Raise Your Voice

07540113340. www.ryvchoir.co.uk

- **Raise Your Voice online:** 14:00 - 15:00.

Ages: Pregnancy - 18 yrs.

Cost: £6 per session

(*booking essential*).

Dates: 18 Jun - 25 Jun.

BOOK NOW

The Maple Tree Centre

01865236700. www.mapletree.org.uk

- **Interactive Storytime & singing sessions:** 11:00 - 12:00.

Ages: 0 - 5 yrs. **Cost:** Free (*booking essential*).

Dates: 18 Jun - 25 Jun.

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Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

TinyTalk Dundee

07754610381. www.tinytalk.co.uk

• **TinyTalkTV:** 10:00 - 11:00.

Ages: 0 - 2 yrs. **Cost:** £6 per session (*drop in*).

Dates: 18 Jun - 25 Jun.

TinyTalk Waveney & Mid-Suffolk

07419 322204.

www.facebook.com/tinytalkwaveneymidsuffolk

• **Toddler Signing E-Class:** 10:30 - 11:30.

Ages: 1 yrs 6 mths - 4 yrs.

• **Baby Signing E-Class:** 11:45 - 12:45.

Ages: 0 - 1 yrs 6 mths.

Cost: £4 per session (*booking essential*).

Dates: 18 Jun.

Baby Sensory

Salisbury, Romsey & Totton

07984051713. www.babysensory.com/salisbury

• **Baby Sensory @ Home:** 10:00 - 11:00.

Ages: 0 - 1 yrs 1 mths.

Cost: £4 per session (*booking essential*).

Dates: 18 Jun - 25 Jun.

BOOK NOW

Baby Sensory Stirling

07766317766. www.babysensory.com.

• **Baby Sensory Stirling Classes:** 10:00 - 10:40 & 11:00 - 11:40.

Ages: 0 - 1 yrs 1 mths. **Cost:** £4 per session (*drop in*).

Dates: 18 Jun - 25 Jun.

Baby Sensory and Toddler Sense South Reading

07855324495. www.babysensory.com

• **Baby Sensory South Reading:** 12:25 - 13:25.

Ages: 0 - 1 yrs 1 mths.

• **Toddler Sense South Reading:** 9:45 - 10:35.

Enjoy a different multi-sensory adventure each week

Ages: 1 yrs 1 mths - 5 yrs.

Cost: £4 per session (*booking essential*).

Dates: 18 Jun - 25 Jun.

Catharine's Little Bookshop Usborne Books

07843 095186. org.usbornebooksathome.co.uk

• **Catharine's little bookshop storytelling:** 10:00 - 10:10.

Ages: Pregnancy - 100 yrs. **Cost:** Free (*booking essential*).

Dates: 18 Jun - 25 Jun.

SENSORY & DEVELOPMENT



Baby College at Home

01865 421879. www.babycollege.co.uk

• **Baby College @ Home:** Multiple Live Sessions

Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.

Ages: 0 - 5 yrs. **Cost:** £5 per week (*booking essential*).

• **Baby College Massage at Home:** Multiple Live Sessions

Full body baby massage in 4 sessions including songs and movements.

Ages: 0 - 1 yrs. **Cost:** £5 per week (*booking essential*).

WEBSITE

BOOK NOW

Baby Sensory Darlington

07855653375. www.babysensory.com

• **Baby Sensory Darlington @ Home:** 10:00 - 11:00.

Ages: 0 - 1 yrs 1 mths.

Cost: £4 per session (*booking essential*).

Dates: 18 Jun - 25 Jun.

Baby Sensory Grantham

07786741766. www.babysensory.com

• **Baby Sensory @ Home:** 11:00 - 12:00 & 12:30 - 13:30.

Ages: 0 - 1 yrs 1 mths.

Cost: £4 per session (*booking essential*).

Dates: 18 Jun - 25 Jun.

Dandy Development

07890 241301. www.dandydevelopment.co.uk

• **Online baby sign course:** 10:30 - 11:00.

Ages: 4 mths - 3 yrs.

Cost: £1 per session (*booking essential*).

Dates: 18 Jun - 25 Jun.

WEBSITE

BOOK NOW



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Kidslingo Fran Fleming

07787226406. www.kidslingo.co.uk

• **Infant French Club:** 14:00 - 14:30, 15:00 - 15:30 & 16:00 - 16:30.

Ages: 4 yrs - 7 yrs 11 mths.

Cost: £5 per session (*booking essential*).

Dates: 18 Jun - 25 Jun.

WEBSITE

LullaBaby Newport

07507070394. www.lullababy.co.uk/newport

• **Step 1**

Times: 10:30 - 11:30. **Ages:** 0 - 6 mths. **Dates:** 25 Jun.

Times: 12:00 - 13:00. **Ages:** 0 - 6 mths. **Dates:** 18 Jun.

Cost: £4 per session (*booking essential*).

Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

• **Virtual Phonics Sessions for Kids:** 9:00 - 10:00.

Ages: 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

Dates: 18 Jun - 25 Jun.

Tots Play in Rugby

07908 367264. www.totsplay.co.uk

• **Online baby development course:** 11:00 - 12:00.

Ages: 0 - 6 mths. **Cost:** £5.83 per session (*booking essential*).

Dates: 18 Jun - 25 Jun.

DANCE & DRAMA

Amanda's Action Club

07946707695. www.amandasactionclub.co.uk

• **Amanda's Action Club (Zoom Sessions):** 9:45 - 10:15.

Tailored dance, music and fitness sessions.

Ages: 6 mths - 4 yrs 6 mths.

Cost: £7 per session (*booking essential*).

• **Amanda's Action Club (Facebook Live):** 10:30 - 11:00.

Ages: 6 mths - 4 yrs 6 mths.

Cost: £5 per session (*booking essential*).

Dates: 18 Jun - 25 Jun.

BOOK NOW

Boogie Beat Music & Movement - Northampton

07812494712. www.boogiebeat.co.uk

• **Boogie Beat Online:** 13:00 - 13:40.

Ages: 1 mths - 5 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 18 Jun - 25 Jun.

diddi dance Essex

07756 407162. www.diddidance.com

• **diddi dance in da House!:** 10:00 - 10:45.

Ages: 1 yrs 5 mths. **Cost:** £3 per session (*booking essential*).

Dates: 18 Jun - 25 Jun.

diddi dance North Essex & South Suffolk

07722 605395.

www.facebook.com/groups/512714662723104/

• **diddi dance in da House!:** 10:00 - 10:45.

Ages: 1 yrs 6 mths - 5 yrs.

Cost: £4 per session (*booking essential*).

Dates: 18 Jun - 25 Jun.

diddi dance SE London

07973982790. www.diddidance.com

• **diddi dance in da House!:** 10:00 - 10:45.

Ages: 1 yrs 6 mths - 5 yrs. **Cost:** £6 per session (*booking essential*).

Dates: 18 Jun - 25 Jun.

Funky Monkeys

01494 912729. www.funkymonkeysLtd.co.uk

• **Funky Monkeys - Online Classes:** 10:00 - 10:40.

Ages: 0 - 5 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 18 Jun - 25 Jun.

LoveBallet Dance Company

07921 853773. www.loveballet.co.uk

• **Online Funky Dance:** 16:00 - 16:30.

Learn the latest moves to your favourite pop songs

Ages: 3 - 6 yrs. **Cost:** £3 per session (*booking essential*).

Dates: 18 Jun - 25 Jun.

Tappy Toes

01279 718216. www.tappytoes.com

• **Tappy Toes Online:** 10:00 - 10:30.

Ages: 1 - 5 yrs. **Cost:** £4.50 per session (*drop in*).

Dates: 18 Jun - 25 Jun.

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PHYSICAL FUN

Captain Fantastic Entertainers

020 8245 9019. www.captain-fantastic.co.uk

- **Live Toddler Party Classes:** 10:00 - 10:30.

Ages: 1 - 4 yrs. **Cost:** Free (*drop in*). **Dates:** 18 Jun - 25 Jun.

Tumble Tots (UK) Ltd

0121 585 7003. www.facebook.com/tumbletotshq

- **Tumble Tots LIVE on Facebook:** 10:00 - 11:00.

Ages: 6 mths - 7 yrs. **Cost:** Free (*drop in*). **Dates:** 18 Jun.

HEALTH & WELLNESS

ATP Health and Fitness Norwich

07824 995689. www.healthandfitness.uk.com

- **Home Full Body HIIT With Matt:** 8:30 - 9:15.
- **Home Rockbox With Louise:** 18:30 - 19:15.

Ages: 0 - 99 yrs.

Cost: £3 per session (*drop in*).

Dates: 18 Jun - 25 Jun.

BOOK NOW

Inner Peace Hatha

Yoga

07941 279343. innerpeaceyoga.co.uk

- **Mixed Level Hatha Yoga Class:** 12:00 - 13:30.

Feel stronger, calmer, better more of the time with yoga

Ages: 0 - 99 yrs. **Cost:** £10 per session (*drop in*).

Dates: 25 Jun.

Mini First Aid Suffolk

07706 068980. www.suffolk.minifirstaid.co.uk

- **Online Mini First Aid Course:** anytime

Ages: 18 - 99 yrs. **Cost:** £20 per session (*booking essential*).

Dates: 18 Jun.

Soo Yoga

01604 621004. www.sooyoga.com

- **Online Fitness Classes with Kristina Rihanoff & Ben Cohen:** 10:00 - 10:30.

Bodyweight Circuit Training, HIIT, Barre Sculpt & Dance Fit

Online Yoga with Kristina Rihanoff: 10:30 - 11:30.

Enjoy yoga with Kristina Rihanoff - all ability levels

Cost: £0.50 per session

(*booking essential*).

Dates: 18 Jun - 25 Jun.

BOOK NOW

Suffolk Woman's Wellness Centre

01473 730035. www.swwc.as.me/online workout

- **Online Classes:** 20:00 - 21:00.

Ages: 0 - 99 yrs. **Cost:** £5 per session (*drop in*).

Dates: 18 Jun - 25 Jun.

YogaWalks and Bowen Therapy

07950 573719. www.facebook.com/YogaWalks

- **Live online Yoga with Lizzy in your home:** 19:00 - 20:00.

Ages: 0 - 99 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 18 Jun.

Looking for something specific?

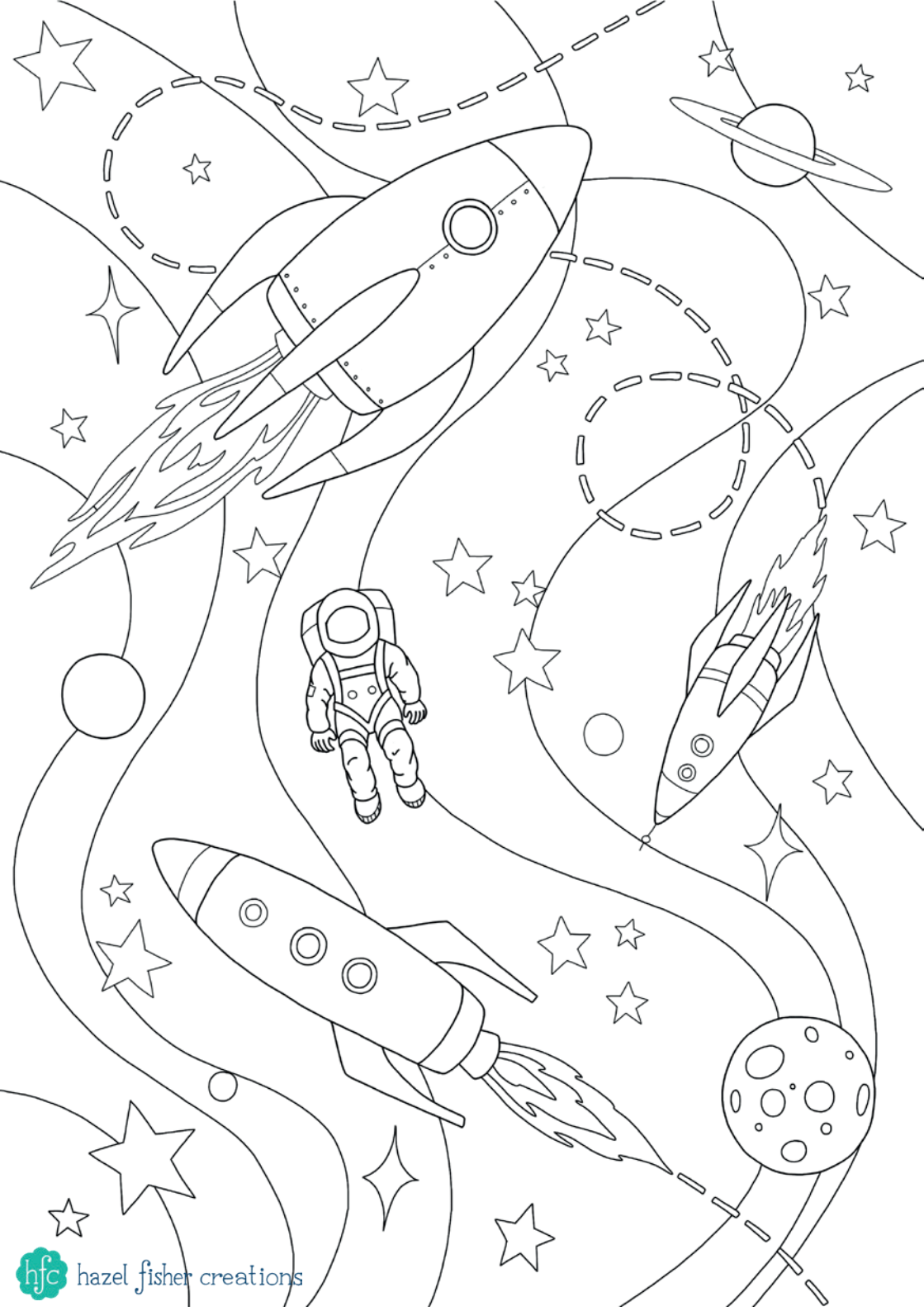
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FRIDAY

PARENTS & TOTS

Kesgrave Library

01473 626103. www.facebook.com/Kesgravelibrary/

- **Wordplay sessions:** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 19 Jun - 26 Jun.

Southwold Library

01502 722519. www.facebook.com/southwoldlibrary

- **Baby Bounce & Tot Rock Online:** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 19 Jun - 26 Jun.

Wild Tots & Wild Babies

www.facebook.com/KnettishallHeath/

- **Wild Learning with Lauren:** 10:00 - 10:05.

Ages: 1 yrs 6 mths - 11 yrs. **Cost:** Free (*booking essential*).

Dates: 19 Jun - 26 Jun.

MUSIC & SIGNING

Boogie Babes Newmarket

07769 883506.

www.facebook.com/BoogieBabesNewmarket/

- **Free Boogie Babes Live:** 10:00 - 10:45.

Ages: 1 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 19 Jun - 26 Jun.

Boogie Beat South Oxfordshire

07787 121628. www.boogiebeat.co.uk.

- **Boogie Beat Facebook Live:** 10:00 - 10:30.

Ages: 7 mths - 6 yrs.

Cost: Free (*booking essential*).

Dates: 19 Jun & 26 Jun.

BOOK NOW

Boppin' Bunnies

07855916496.

<https://www.facebook.com/groups/199145248008616>

- **Boppin' Bunnies Music - live musicians!** 10:00 - 10:30.

Ages: 1 mths - 5 yrs. **Cost:** £5 per session (*drop in*).

Dates: 19 Jun - 26 Jun.

Happy Hands Club Bristol

07779797919. www.happyhands.club

- **Children's Music Classes (0-5 years):** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 19 Jun - 26 Jun.

Hartbeeps West Suffolk

07866 487761.

www.bookmyclass.co.uk/hartbeeps/?FID=113

- **Hartbeeps @ Home:** 9:00 - 10:00.

Ages: 0 - 5 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 19 Jun - 26 Jun.

Monkey Music

Aylesbury & High Wycombe

01494 819138. <http://bit.ly/mmayleswyc>

- **Heigh Ho:** 9:35 - 10:05. **Ages:** 1 - 2 yrs.

- **Jiggety Jig:** 10:25 - 10:55. **Ages:** 2 - 3 yrs.

- **Rock n Roll:** 11:05 - 11:35. **Ages:** 3 mths - 1 yrs.

Cost: £5 per session (*booking essential*).

Dates: 19 Jun - 26 Jun.

Monkey Music

Bicester, Kidlington and Witney

01865 428420.

<https://www.wapi.monkeymusic.co.uk/Classes/63/>

- **Monkey Music: Heigh-Ho:** 10:00 - 10:30. **Ages:** 1 - 2 yrs.

- **Monkey Music: Jiggety-Jig:** 10:40 - 11:10. **Ages:** 2 - 4 yrs.

- **Monkey Music Rock 'n' Roll:** 11:20 - 11:50.

Ages: 3 mths - 1 yrs.

Cost: £5 per session (*booking essential*).

Dates: 19 Jun - 26 Jun.

Music Bees

07456 257588. www.fb.com/musicbeesuk

- **Music Bees Goes Live!** 10:30 - 11:00.

Ages: 0 - 4 yrs. **Cost:** Free (*drop in*). **Dates:** 19 Jun - 26 Jun.

Musical Minis @home

020 8868 0001. athome@musicalminis.co.uk.

www.athome.musicalminis.co.uk

Times: 9:30 - 9:55 & 14:00 - 14:25.

Ages: 0 - 4 yrs.

Cost: £3 per session

(*booking essential*).

Dates: 19 Jun - 26 Jun.

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Rhythm Time Leamington Spa, Warwick, Kenilworth, Stratford upon-Avon

07469 186042. www.rhythmtime.net

- **Online Toddler Class:** 10:15 - 10:45. **Ages:** 1 - 2 yrs.
- **Online Pre-school Class:** 9:30 - 10:00. **Ages:** 3 - 4 yrs.
- **Online Baby Class:** 11:00 - 11:30. **Ages:** 1 mths - 1 yrs.

Cost: £4 per session (*booking essential*).

Dates: 19 Jun - 26 Jun.

WEBSITE

Sing and Sign Oxford

07795 005832. www.singandsign.co.uk

- **Sing and Sign BABES @ Home:** 13:00 - 13:30.

Ages: 0 - 6 mths. **Cost:** £5.20 per session (*booking essential*).

Dates: 19 Jun - 26 Jun.

The Signing Company

07730 535325. <https://nikki.thesigningcompany.co.uk/>

- **Signing Babies (Online):** 10:00 - 10:40.

Ages: 5 mths - 2 yrs 6 mths.

- **Signing Toddlers (Online):** 11:00 - 11:40.

Ages: 1 yrs 6 mths - 3 yrs.

Cost: £5 per session (*booking essential*).

Dates: 19 Jun - 26 Jun.

TinyTalk Dundee

07754610381. www.tinytalk.co.uk

- **TinyTalkTV:** 10:00 - 11:00.

Ages: 0 - 2 yrs. **Cost:** £6 per session (*drop in*).

Dates: 19 Jun - 26 Jun.

SENSORY & DEVELOPMENT



Baby College at Home

01865 421879. www.babycollege.co.uk

• **Baby College @ Home:** Multiple Live Sessions
Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.

Ages: 0 - 5 yrs. **Cost:** £5 per week (*booking essential*).

• **Baby College Massage at Home:** Multiple Live Sessions
Full body baby massage in 4 sessions including songs and movements.

Ages: 0 - 1 yrs. **Cost:** £5 per week (*booking essential*).

WEBSITE

BOOK NOW

Baby Sensory Hertfordshire

07525775163. www.babysensory.com

- **baby sensory@home:** 11:00 - 11:30.

Ages: 0 - 1 yrs 1 mths.

Cost: £5 per session (*booking essential*).

Dates: 19 Jun.

Baby Sensory Stirling

07766317766. www.babysensory.com.

- **Baby Sensory Stirling Classes:** 9:45 - 10:25.

Ages: 0 - 1 yrs 1 mths. **Cost:** £4 per session (*drop in*).

- **Hello Baby Massage:** 11:00 - 11:40.

Ages: 0 - 4 mths. **Cost:** £5 per session (*drop in*).

Dates: 19 Jun - 26 Jun.

Baby Sensory and Toddler Sense South Reading

07855324495. www.babysensory.com

- **Baby Sensory South Reading:** 9:40 - 10:40.

Ages: 0 - 1 yrs 1 mths.

- **Toddler Sense South Reading:** 11:00 - 11:50.

Ages: 1 yrs 1 mths - 5 yrs.

Cost: £4 per session (*booking essential*).

Dates: 19 Jun - 26 Jun.

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Get it sent straight to your inbox at toddle.fun/lockdownguide

Catharine's Little Bookshop Usborne

Books

07843 095186. org.usbornebooksathome.co.uk

• **Catharine's little bookshop storytelling:** 10:00 - 10:10.

Ages: Pregnancy - 100 yrs. **Cost:** Free (*booking essential*).

Dates: 19 Jun - 26 Jun.



Kidslingo Fran Fleming

07787226406. www.kidslingo.co.uk

• **Infant French Club:** 11:00 - 11:30 & 12:00 - 12:30.

Ages: 4 yrs - 7 yrs 11 mths.

Cost: £5 per session (*booking essential*).

Dates: 19 Jun - 26 Jun.

WEBSITE

Nanos Spanish

07940738221. www.nanospanishclub.com

Times: 10:00 - 10:30. **Ages:** 1 - 5 yrs.

Cost: £5 per session (*booking essential*).

Dates: 19 Jun - 26 Jun.

Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

• **Virtual Phonics Sessions for Kids:** 9:00 - 10:00.

Ages: 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

Dates: 19 Jun - 26 Jun.

CREATIVE

Mini Professors Durham @home

07864841482. www.miniprofessors.com.

• **Mini Professors @home science classes:** 15:00 - 15:30.

Live science with experiments you can join in with at home!

Ages: 2 - 7 yrs. **Cost:** £4 per

session (*booking essential*).

Dates: 19 Jun - 26 Jun.

BOOK NOW

Mini Professors Oxford South

07754016612. www.miniprofessors.com

• **Mini Professors @home:** 10:15 - 10:55 & 14:00 - 14:40.

Only £20 for a 5 week block

Ages: 2 - 7 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 19 Jun - 26 Jun.

DANCE & DRAMA

Amanda's Action Club

07946707695. www.amandasactionclub.co.uk

• **Amanda's Action Club (Zoom Sessions):** 10:30 - 11:00.

Tailored dance, music and fitness sessions.

Ages: 6 mths - 4 yrs 6 mths.

Cost: £7 per session

(*booking essential*).

Dates: 19 Jun - 26 Jun.

BOOK NOW

Bespoke Ballroom

01604 621004. www.facebook.com/bespokeballroom/

• **Online Tots Ballet and Ballroom Classes:** 9:30 - 10:00.

Ages: 2 - 5 yrs.

Cost: £1.75 per session (*booking essential*).

Dates: 19 Jun - 26 Jun.

BOOK NOW

diddi dance Essex

07756 407162. www.diddidance.com

• **diddi dance in da House!** 10:00 - 10:45.

Ages: 1 yrs 5 mths. **Cost:** £3 per session (*booking essential*).

Dates: 19 Jun - 26 Jun.

diddi dance North Essex & South Suffolk

07722 605395.

www.facebook.com/groups/512714662723104/

• **diddi dance in da House!** 10:00 - 10:45.

Ages: 1 yrs 6 mths - 5 yrs.

Cost: £4 per session (*booking essential*).

Dates: 19 Jun - 26 Jun.

diddi dance SE London

07973982790. www.diddidance.com

• **diddi dance in da House!** 10:00 - 10:45 & 14:00 - 14:45.

Ages: 1 yrs 6 mths - 5 yrs.

Cost: £6 per session (*booking essential*).

Dates: 19 Jun - 26 Jun.

diddi dance

Shrewsbury and South Telford

07967430682. www.diddidance.com

• **diddi dance in da House!** 10:00 - 10:45.

Ages: 1 - 5 yrs.

Cost: £1 per session

(*booking essential*).

Dates: 19 Jun - 26 Jun.

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LoveBallet Dance Company

07921 853773. www.loveballet.co.uk

• **Little Tappers:** 16:00 - 16:30.

A fun & creative intro to tap dance **Ages:** 3 - 5 yrs.

• **Online Pre-Primary Tap:** 16:30 - 17:15.

A fun introduction to tap dancing **Ages:** 3 - 5 yrs.

• **Cheerleading:** 16:30 - 17:15.

Learn cheerleading tricks, stunts and routines **Ages:** 6 - 16 yrs.

• **Online Street Dance:** 17:15 - 18:00.

Learn breakdancing, tricks & moves to the latest tunes

Ages: 4 - 8 yrs.

Cost: £3 per session (booking essential).

Dates: 19 Jun - 26 Jun.

PHYSICAL FUN

Captain Fantastic Entertainers

020 8245 9019. www.captain-fantastic.co.uk

• **Fantastic Yoga:** 10:00 - 10:30.

Ages: 4 - 71 yrs. **Cost:** Free (booking essential).

Dates: 19 Jun - 26 Jun.

Tumble Tots (UK) Ltd

0121 585 7003. www.facebook.com/tumbletotshq

• **Tumble Tots LIVE on Facebook:** 10:00 - 11:00.

Ages: 6 mths - 7 yrs. **Cost:** Free (drop in). **Dates:** 19 Jun.

HEALTH & WELLNESS

ATP Health and Fitness Norwich

07824 995689. www.healthandfitness.uk.com

• **Rave It Up Fitness:** 18:00 - 18:45.

Ages: 0 - 99 yrs.

Cost: £3 per session (drop in).

Dates: 19 Jun - 26 Jun.

BOOK NOW

Lisa Valentine Yoga

07957 215495. lisavalentinyoga.co.uk

• **Yoga & Kirtan with Becky Veray:** 19:30 - 21:00.

Cost: £12 per session

(booking essential).

Dates: 19 Jun.

BOOK NOW

Mini First Aid Suffolk

07706 068980. www.suffolk.minifirstaid.co.uk

• **Online Mini First Aid Course:** anytime

Ages: 18 - 99 yrs. **Cost:** £20 per session (booking essential).

Dates: 19 Jun.

Soo Yoga

01604 621004. www.sooyoga.com

• **Online Fitness Classes with Kristina Rihanoff & Ben**

Cohen: 18:30 - 19:15.

Bodyweight Circuit Training, HIIT, Barre Sculpt & Dance Fit

• **Online Yoga with Kristina Rihanoff:** 10:00 - 11:00.

Enjoy yoga with Kristina

Rihanoff - all ability levels

Cost: £0.50 per session

(booking essential).

Dates: 19 Jun - 26 Jun.

BOOK NOW

YogaWalks and Bowen Therapy

07950 573719. www.facebook.com/YogaWalks

• **Live online Yoga with Lizzy in your home:** 8:00 - 8:50.

Ages: 0 - 99 yrs. **Cost:** £5 per session (booking essential).

Dates: 19 Jun.

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SATURDAY

PARENTS & TOTS

Southwold Library

01502 722519. www.facebook.com/southwoldlibrary

- **Baby Bounce & Tot Rock Online:** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 20 Jun - 27 Jun.

MUSIC & SIGNING

Musicland Oxford

07979 813252. www.facebook.com/MusiclandOxford/

- **Scutterbugs:** 9:40 - 10:00. **Ages:** 2 - 5 yrs.
- **Infant Singing & Rhythm:** 10:15 - 10:35. **Ages:** 0 - 2 yrs.

Cost: £4 per session (*booking essential*).

- **Junior Singing & Rhythm**

Times: 10:45 - 11:15. **Ages:** 5 - 7 yrs. **Cost:** £6 per session (*booking essential*).

Times: 10:45 - 11:05. **Ages:** 5 - 7 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 20 Jun - 27 Jun.

Piano Penguins

www.pianopenguins.co.uk

- **Piano Penguins Online:** 10:30 - 11:00.

Live streamed music class played on piano, violin & ukulele

Ages: 0 - 5 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 20 Jun - 27 Jun.

Raise Your Voice

07540113340. www.ryvchoir.co.uk

- **Raise Your Voice online:** 10:30 - 11:30.

Ages: Pregnancy - 18 yrs.

Cost: £6 per session

(*booking essential*).

Dates: 20 Jun - 27 Jun.

BOOK NOW

SENSORY & DEVELOPMENT

Baby Sensory Walsall

07999228959. www.babysensory.com.

- **Baby Sensory Walsall @Home:** 10:00 - 11:00.

Ages: 0 - 1 yrs 1 mths.

Cost: £5 per session (*booking essential*). **Dates:** 20 Jun.

Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

- **Virtual Phonics Sessions for Kids:** 9:00 - 10:00.

Ages: 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

Dates: 20 Jun - 27 Jun.

CREATIVE

Nature Makers - Nature inspired Art &

Craft for children 6 months +

07421 875177. www.wearenaturemakers.com

- **Nature Makers online:** 10:30 - 11:05.

Ages: 3 yrs. **Cost:** £3 per session (*drop in*).

Dates: 20 Jun - 27 Jun.

DANCE & DRAMA

diddi dance SE London

07973982790. www.diddidance.com

- **diddi dance in da house!** 10:00 - 10:45.

Ages: 1 yrs 6 mths - 5 yrs. **Cost:** £6 per session (*booking essential*). **Dates:** 20 Jun - 27 Jun.

diddi dance

Shrewsbury and South Telford

07967430682. www.diddidance.com

- **diddi dance in da house!** 9:30 - 10:15.

Ages: 1 - 5 yrs.

Cost: £1 per session

(*booking essential*).

Dates: 20 Jun - 27 Jun.

BOOK NOW

PHYSICAL FUN

Rugbytots Ltd - LIVE! Online!

www.rugbytots.co.uk/online-classes

- **Rugbytots LIVE Online Classes - Under 3s:** 10:00 - 10:30.

Ages: 0 - 3 yrs.

- **Rugbytots LIVE Online Classes - 3 years+:** 11:00 - 11:30.

Ages: 3 - 7 yrs.

Cost: £3.50 per session (*booking essential*).

Dates: 20 Jun - 27 Jun.

Are you running online classes or events?

Add them to the Lockdown Guide for FREE at toddle.fun/lockdownlisting

Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

HEALTH & WELLNESS

ATP Health and Fitness Norwich

07824 995689. www.healthandfitness.uk.com

- **Home Cardio & Combat with Matt:** 9:30 - 10:15.

Ages: 0 - 99 yrs.

Cost: £3 per session (*drop in*).

Dates: 20 Jun - 27 Jun.

BOOK NOW

Mini First Aid Suffolk

07706 068980. www.suffolk.minifirstaid.co.uk

- **Online Mini First Aid Course:** anytime

Ages: 18 - 99 yrs. **Cost:** £20 per session (*booking essential*).

Dates: 20 Jun.

P.S. Get Fit

07903516284. www.psgetfit.co.uk

- **Lower Body and Core Workout:** 10:00 - 10:45.

Weights required.

Cost: £4 per session

(*booking essential*).

Dates: 20 Jun - 27 Jun.

BOOK NOW

Soo Yoga

01604 621004. www.sooyoga.com

- **Online Fitness Classes with Kristina Rihanoff & Ben**

Cohen: 10:00 - 10:30.

Bodyweight Circuit Training, HIIT, Barre Sculpt & Dance Fit

- **Online Yoga with Kristina Rihanoff:** 10:30 - 11:15.

Enjoy yoga with Kristina Rihanoff - all ability levels

Cost: £0.50 per session

(*booking essential*).

Dates: 20 Jun - 27 Jun.

BOOK NOW

Suffolk Woman's Wellness Centre

01473 730035. www.swwc.as.me/onlineworkout

- **Online Classes:** 9:00 - 10:00.

Ages: 0 - 99 yrs. **Cost:** £5 per session (*drop in*).

Dates: 20 Jun - 27 Jun.

PREGNANCY

NCT

0300 330 0700. www.nct.org.uk

- **National Childbirth Trust (NCT):** 12:00 - 12:19.

Live online antenatal courses.

Ages: Pregnancy. **Cost:** £15 per session (*booking essential*).

Dates: 27 Jun.

NowBaby Live

0333 121 0230. www.nowbabylive.co.uk/freeclass

- **NowBaby free 'Coronavirus and Pregnancy' Antenatal Class:** 14:30 - 15:15.

Ages: Pregnancy.

Cost: Free (*booking essential*).

Dates: 27 Jun.

BOOK NOW

Looking for something specific?

Search at www.toddleabout.co.uk

- it's easy!



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SUNDAY

PARENTS & TOTS

Southwold Library

01502 722519. www.facebook.com/southwoldlibrary

- **Baby Bounce & Tot Rock Online:** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 21 Jun - 28 Jun.

MUSIC & SIGNING

Hartbeeps West Suffolk

07866 487761.

www.bookmyclass.co.uk/hartbeeps/?FID=113

- **Hartbeeps @ Home:** 9:00 - 10:00.

Ages: 0 - 5 yrs. **Cost:** £5 per session (booking essential).

Dates: 21 Jun - 28 Jun.

Piano Penguins

www.pianopenguins.co.uk

- **Piano Penguins Online:** 10:30 - 11:00.

Live streamed music class played on piano, violin & ukulele

Ages: 0 - 5 yrs. **Cost:** £5 per session (booking essential).

Dates: 21 Jun - 28 Jun.

SENSORY & DEVELOPMENT

Baby Sensory Grantham

07786741766. www.babysensory.com

- **Baby Sensory @ Home:** 11:00 - 12:00.

Ages: 0 - 1 yrs 1 mths. **Cost:** £4 per session (booking essential).

Dates: 21 Jun - 28 Jun.

Baby Sensory Hertfordshire

07525775163. www.babysensory.com

- **baby sensory@home:** 10:30 - 11:00.

Ages: 0 - 1 yrs 1 mths.

Cost: £5 per session (booking essential). **Dates:** 21 Jun.

DANCE & DRAMA

diddi dance

Shrewsbury and South Telford

07967430682. www.diddidance.com.

- **diddi dance in da house!** 10:00 - 10:45.

Ages: 1 - 5 yrs.

Cost: £1 per session

(booking essential).

Dates: 21 Jun - 28 Jun.

BOOK NOW

Zumbini With Sarah

07578991211. www.facebook.com/ZumbiniWithSarah

- **Zumbini with Sarah - Virtual Classes:** 10:00 - 10:30.

Ages: 6 mths - 4 yrs. **Cost:** £3 per session (drop in). **Dates:**

21 Jun - 28 Jun.

PHYSICAL FUN

Rugbytots Ltd - LIVE! Online!

www.rugbytots.co.uk/online-classes

- **Rugbytots LIVE Online Classes - Under 3s:** 10:00 - 10:30.

Ages: 0 - 3 yrs.

- **Rugbytots LIVE Online Classes - 3 years+:** 11:00 - 11:30.

Ages: 3 - 7 yrs.

Cost: £3.50 per session (booking essential).

Dates: 21 Jun - 28 Jun.

HEALTH & WELLNESS

P.S. Get Fit

07903516284. www.psgetfit.co.uk

- **Full Body HIIT Workout (No equipment):** 10:00 - 10:45.

High Intensity Full Bodyweight Workout - for all levels

Cost: £4 per session

(booking essential).

Dates: 21 Jun - 28 Jun.

BOOK NOW

Soo Yoga

01604 621004. www.sooyoga.com

- **Online Yoga with Kristina Rihanoff:** 10:00 - 11:00.

Enjoy yoga with Kristina Rihanoff - all ability levels

Cost: £0.50 per session

(booking essential).

Dates: 21 Jun - 28 Jun.

BOOK NOW

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Always
Online

toddle^{about}
Loving life with little ones

Just want to dip in to classes at a time that suits you?
Discover pre-recorded sessions, for you to access any time.

British Motor Museum

The British Motor Museum has organised a range of 'stay at home' activities for all the family to enjoy. From puzzles and crafts, science experiments and more!

Ages: All ages

Cost: Free - donations welcome

Email: enquiries@britishmotormuseum.co.uk
www.britishmotormuseum.co.uk/whats-on/tag/family

diddi dance Shrewsbury

Online fun and funky preschool dance classes for energetic little movers. Sessions encourage a love of movement to last a lifetime through dancing games, learning songs and changing dance themes.

Ages: 1½-4½ years

Cost: £3/week

Phone: 07967 430 682

Email: charlotte.burgess@diddidance.com
www.diddidance.com/diddi-dance-shrewsbury/

BOOK NOW

June's Chatterbox Tunes

Watch some pre-recorded music sessions with singing, signs, puppets, instruments, guitar and props, and also a storytime lullaby songs video.

Ages: 2 months to 4 years

Cost: FREE

Phone: 07851 353396.

Email: jl.chatterbox@gmail.com
www.facebook.com/JUNESCHATTERBOXTUNES

Magical World of Stories

Stories, songs and either activities and ideas to help your little one learn through play or step by step guides to complete a crafting activity. All based around a theme.

Ages: 4 months - 6 years

Cost: £14 for 7 week term

Email: Jennifer.herbert@virginmedia.com
www.facebook.com/MagicalWorldofStories

Mini First Aid Suffolk

Learn valuable first aid skills in the comfort of your own home with the fantastic ONLINE version of the 2-hour baby & child first aid class, with an option to attend a top-up session for hands-on practice at a later date.

Ages: 18-99 years

Cost: Free

Phone: 01473 723960.

Email: julierdaniels@btinternet.com
www.staugustinesipswich.org.uk

MiniJam

Join MiniJam's jazz, funk & latin nursery rhyme remixes alongside DIY instruments to get creative with at home. Tasks & tricks to keep your little one engaged.

Ages: 0-5 years

Cost: £3 per video + Free track downloads

Phone: 07723 510320

Email: hello@minijam.uk
www.minijam.uk

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Musical Bumps S. Leicestershire

Watch some pre-recorded music sessions with singing, signs, puppets, instruments, guitar and props, and also a storytime lullaby songs video.

Ages: 2 months to 4 years

Cost: FREE

Phone: 07851 353396.

Email: jl.chatterbox@gmail.com

www.facebook.com/JUNESCHATTERBOXTUNES

Nature Makers

Access to our private Facebook group with 4 lessons recorded in multiple short videos covering topics of weather, rainbows, spring and worms using nature art & stories to learn.

Ages: 1 - 6 years

Cost: £12 per month (4 classes)

Email: faye@nature-makers.co.uk

www.nature-makers.co.uk

Rhythm Time (Cheshire)

Award-winning online classes to enjoy in your own space with exclusive access to our Online Members Hub full of fantastic music-based resources to both entertain and develop your little ones.

Ages: 0-5 years

Cost: £22.50 per month
(75p a day)

Phone: 01270 884583.

Email: fdonkin@gmail.com

<https://online.rhythmtime.net/3/>

BOOK NOW

Ride On Time

Weekly ride-on videos including singing & dancing - lots of fun!

Ages: 1 - 5 years

Cost: Free

Phone: 07789 887636.

Email: info@rideontimehire.com

www.facebook.com/rideontimehire/

Shake Rattle and Boogie

Online boogie classes providing dance and music sessions for babies, toddlers and pre-schoolers.

Ages: 0-4 years

Cost: £4 per session - discounts for block bookings

Phone: 07984 158281

Email: info@shakerattleandboogie.com

www.shakerattleandboogie.com

SingSongStories

Short videos containing songs and, sometimes a story, linked to different themes. Themes so far include: Easter, Numbers, Garden and Farm.

Ages: 0 - 5 years

Cost: Free

Phone: 07871 450140.

Email: info@singsongstories.co.uk

[View on Youtube](#)

Suffolk Libraries

Access singing sessions, crafts, storytimes and various activities for children on the Suffolk Libraries website. All videos are also being uploaded to Youtube.

Ages: 0-5 years

Cost: Free

Email: hannah.foulstone@suffolklibraries.co.uk

www.suffolklibraries.co.uk

St Augustine's Church

Enjoy a weekly activity sheet on St Augustine's website. Each week there is a different theme with lots of activity suggestions and songs to sing.

Ages: 4 mths - 5 years

Cost: Free

www.staugustinesipswich.org.uk

Suffolk Wildlife Trust

Every Friday morning there is a new video uploaded with an activity your child can do in your back garden! The activities are simple and require only household items.

Ages: 1yr 6 mths - 11 yrs

Cost: Free

Email: lauren.mack@suffolkwildlifetrust.org

www.facebook.com/KnettishallHeath

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Get it sent straight to your inbox at toddle.fun/lockdownguide

Sunnymead Minnows

Search Sunnymead Minnows for regular posts featuring activities, nature, songtime and storytime.

Ages: 0-5 years

Cost: Free

www.facebook.com/SunnymeadMinnows

Synergy Dance at Home

Professional online dance & yoga sessions to allow children, teens and families to keep up their activities at home, open to all. Includes courses for Special Needs, the visually impaired and the elderly.

Ages: 4 years +

Cost: £7 for a course (less than £1 per class)

Phone: 07713 254260.

Email: rachael.swann@gmail.com

www.synergy-dance-online.teachable.com/

Tadpole Tunes

Weekly videos uploaded to the Facebook page - [Tadpole Tunes IP31 IP32 IP30](#). Mini Tadpole Tunes sessions for you to enjoy at home in June and July!

Ages: 9 months to 4 years

Cost: Free

Email: angela@tadpoletunes.co.uk

www.tadpoletunes.co.uk

Teddies Music Club

Sessions include real, live music, led by two musicians. Painted props drawing demos with every session (these two are also artists!) with an original picture to download and colour in afterwards.

Ages: 0 - 4 years

Cost: £1.99 per month for unlimited access

Phone: 01628 671146.

Email: zitanewcome@hotmail.com

www.teddiesmusicclub.co.uk

Tot Bop

Tot Bop dance classes available weekly. Fun, funky and imaginative dance classes, for each age and stage: Tiny Tots: 1-2½yrs; Baby Boppers: 2½-3½yrs; Funky Monkeys: 3½-5 yrs; Groovy Movers: 5-9 yrs; Tot Bop Tap: 4/5-9 yrs.

Ages: 1 - 9 years

Cost: £30 for 6 sessions

Phone: 01525 237474.

Email: rachelkenning79@gmail.com

www.totbop.co.uk/online-members-area/

BOOK NOW

Tumble Tots Basingstoke

A new video is released every Monday, Wednesday and Friday at 2.30pm. Also available on YouTube.

Ages: Walking to school age

Cost: Free

Phone: 07368 500820.

Email: basingstoke@tumbletots.com

www.tumbletots.com/basingstoke

Tumble Tots Epsom

Enjoy these Tumble Tots at Home videos. They have lots of songs, body identification rhymes and co-ordination activities to help keep active in body and mind, while having fun.

Ages: 0-5 yrs

Cost: Free

Phone: 07539 468002.

Email: epsom@tumbletots.com

www.facebook.com/tumbletotsepsom/

Wriggle Dance Theatre

Wriggle Dance Theatre have produced 2 series of 'Wriggle at Home' videos: fun, bite-sized creative dance sessions for children aged 2-5yrs and their grown-ups.

Ages: 2-5yr olds and their grown-ups

Cost: Free

Phone: 7771888157.

Email: lucy@wriggledancetheatre.co.uk

www.wriggledancetheatre.co.uk

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