



Gymboree Wandsworth – Southfields

Class Timetable - 0208 789 9007

Current from – **JULY - SEPT** – 2010

For our most up-to-date timetable please visit www.gymboree.co.uk

MUSIC & DANCE - 35mins

Enhance your child's development and love of music through song, dance, movement games and instruments.

Our Music & Dance classes are high energy and full of life, allowing children to express themselves freely and to move about when the mood strikes!

A new musical style is explored every fortnight - from African to Classical, Jazz and Disco – introducing children to a variety of new sounds and nursery rhythms from around the world

Play instruments, sing & dance to a medley of musical styles.

Class Focus / Description	Approx age range	Class Name	Code	Class Day & Time
Music fun using a variety of baby-friendly instruments and props. Discover melody, pitch and rhythm while building a repertoire of joyful songs perfect for singing at home too.	6 - 15 months	Quarter Notes	200	Mon. 10.00am
			201	Fri. 11.25am
Dance and sing to a variety of musical styles with exploration of musical instruments. Beautiful movement stories help develop listening skills and imagination and freestyle dance creates an environment which fosters musical self-expression	18 - 36 months	Half Notes / Whole Notes	211	Mon. 10.40am
Get musical with the whole family through instruments, song, dance, games and more, while building a solid foundation of musical skills.	6months - 5 years	Family Music Fun	231	Mon. 11.15am
			232	Tue. 11.30am

GYM MOVEMENT – 45mins

Developmental Level	Approx age range	Class Name	Code	Class Day & Time
Solid sitters and crawlers/shuffler	6-12 months	Gym Crawlers	95	Tue. 2.30pm
			99	Wed. 11.30am
			9	Fri. 10:30am
New standers and new walkers	10-18 months	Gym Walkers	96	Tue. 3.30pm
			14	Thu. 11.30am
			13	Fri. 9:30am
Fast and solid walkers and runners	14-24 months	Gym Runners	29	Tue. 9:30am
			20	Wed. 10:30am
			18	Thu. 10:30am
Imaginative play exploring themes and ideas	24-36 months	Gym Explorers 1	31	Wed. 9:30am
			32	Thu. 9:30am
More imaginative play exploring more complex themes and ideas but focus on fitness, co-ordination and sports skills.	3years – 5years	Gym Explorers 2/Fitness fun	302	Tue. 10:30am
OPEN GYM PLAY TIME – from 45mins – Free play fun and games for ALL ACTIVE Members – FREE Non Members - £5.00 Members sibling & Music members - £3.50				Tue. 12:15pm Wed. 12.15pm Thu. 12:30pm Fri. 12.00noon
OPEN GYM is FREE to MEMBERS Currently enrolled in our Gym or Art classes. *** Times will vary please contact centre for details ****Time available until class commences – please call centre weekly to confirm open play is taking place				

Make-up classes must be taken within 2 months and are available within most classes BUT must be booked in advance

****NEW CLASSES will only start when there is a minimum of 5 members registered in the class**

Developmental Level	Approx age range	Class Name	Code	Class Day & Time
Newborn to sitting – 35mins	0 - 6 months	Babies	301	Mon. 2.00pm
			302	Mon. 3:00pm
			303	Tues. 11:30am
			304	Wed. 1.30pm New**
			306	Fri. 2.00pm
Solid sitters and crawlers/shufflers	6 -12 months	Gym Crawlers	310	Tues. 2.00pm NEW**
		Gym Crawlers	312	Wed. 10:30am
		Gym Crawlers	314	Wed. 2.30pm
		Gym Crawlers	315	Thur. 11.30am
		Gym Crawlers	318	Thur. 2.00pm
		Gym Crawlers/Walkers	316	Sat. 10.30am
New standers and new walkers	10 -18 months	Gym Walkers	309	Mon. 9.30am
		Gym Walkers	311	Tues. 9.30am
		Gym Walkers	323	Wed. 11.30am
		Gym Walkers	322	Wed. 3.30pm
		Gym Walkers	324	Thur. 3.00pm
		Gym Walkers	326	Fri. 3.00pm
		Gym Walkers/Crawlers	316	Sat. 10.30am
Fast and solid walkers and runners	14 - 24 months	Gym Runners	331	Mon. 4.00pm
			332	Tues. 10:30am
			333	Tues. 3:00pm
			338	Wed. 9.30am
			334	Thur. 9:30am
			337	Fri. 9.30am
			325	Fri. 10:30am
			336	Sat. 9:30am
			Imaginative play exploring themes and ideas. (Emerging creative thinkers using ideas and words to convey intentions & feelings.	24 - 36 months
343	Thur. 10:30am			
354	Fri. 11.30am NEW**			
355	Sat. 11.30am NEW**			
More imaginative play exploring more complex themes and ideas but focus on fitness, co-ordination and sports skills.	3years – 5years	Explorers 2/Fitness Fun	345	Thur. 4.00pm
Family Gym Class- all ages open to a family of One or Two Children.	Crawling to 5yrs	Family Gym Fun	356	Fri. 4.00pm NEW**
Gym Arts – 1hour** - Exploring Art activities -painting, drawing, collage, sculpting, dressing up and more.	18 months – 3yrs	ART	56	Mon. 10:45am
OPEN GYM PLAY TIME – from 45mins – Free play fun and games for ALL ACTIVE Members – FREE Non Members - £5.00 Members sibling & Music members - £3.50 OPEN GYM is FREE to MEMBERS Currently enrolled in our Gym or Art classes.				Mon. 12:00pm – 1.00pm Tues. 12.30 – 1.30pm Wed. 4:15pm – 5.00pm Thu. 12.30pm – 1.30pm Fri. 12:30pm – 1.30pm Fri. 4.00pm – 4.45pm **** Sat. 12:15pm – 1:15pm
*** Times will vary please contact centre for details ****Time available until class commences – please call centre weekly to confirm open play is taking place				

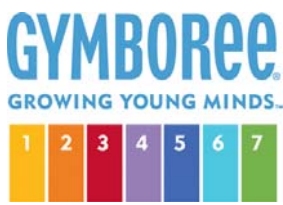
MUSIC & DANCE CLASSES at the SOUTHFIELDS CENTRE

Quarter Notes - 6 mths - 17 mths - Classes start 4TH January - REGISTER YOUR NAME NOW

Children are very receptive to musical learning at this age. Research has shown that infants can have memory for songs heard while in mum's tummy, and babies as young as 5 months can remember musical sequences and detect changes in pitch, melody and rhythm! You'll learn songs that boost memory and language and explore music elements like beat and rhythm through Gymboree's age-appropriate instruments and playful movement activities. Learn lullabies from around the world to help to build those important connections between you and your child and support their emotional development.

MUSIC - Half / Whole Notes - 18 months - 5years

Gymboree's active approach to musical learning introduces your child to 16 different musical styles. Through singing, dancing, movement games and instruments, your child learns important musical "building blocks" like rhythm, beat tempo and melody and builds a foundation of musical skills to grow on. These activities provide powerful tools that impact your child's physical, social, emotional and intellectual development too.



CLASS FEES FROM – JULY - SEPT – – 2010 (all prices include VAT)

GYM class:	£50.00 per month (£11.54 per class)
Baby Play class:	£40 per month (special rate does not incl. open gym)
MUSIC class:	£78.00 per TERM of 12 weeks (£6.50) per class)
ART class:	£50.00 per month
2 classes per week:	£75.00 per month (£8.60 per class)
3 classes per week:	£97.50 per month
Family Gymboree Classes:	£75.00 per month (per family of 2 children)
Twins:	50% off for the second twin
Pay As You Go (PAYG)	£15.00 per session

- VAT: Please note that prices above include VAT.
- PLEASE NOTE: Initial membership is for 1 term (3 months) after which you can cancel your membership giving 1 (one) calendar month's notice. Notice must be given in WRITING
- OPEN GYM PLAYTIMES: FREE for enrolled members in the GYM and ART classes - Non Members: £5.00 Music Members / Members' sibling - £3.50
- REGISTRATION FEE - £24.00 - Payable once for all new members Your membership fee entitles you to: Gympo Goodie bag - Gympo toy, T-Shirt & bag) - Old Members can purchase the above goodie bag for £16.00
- GYM & ART Make-up classes must be taken within 2 months and are available within most classes BUT must be booked in advance.
- MUSIC Make-up classes must be completed within the TERM.

****NEW CLASSES** will only start when there is a minimum of 5 members registered in the class.

CLASSES IN BRIEF

Level 1 - Gym Babies, 0-6 mos - Pre Sitting Babies

Gymboree Babies class answers the special needs of newborns and their parents. Fun, specially designed activities stimulate baby's senses using special props, songs, colour, texture and soothing movements. Gain support and share ideas and advice with other new parents.

Level 2 - Gym Crawlers, 6-12 mos - Confident sitters through to early crawlers

GymCrawlers practice emerging skills such as listening, balance, strength and co-ordination. Our teachers guide you through fun-filled exploration of tunnels, slides, climbers, songs, movement activities, parachute play and more.

Level 3 - Gym Walkers, 10-18 mos - Standers through to early walkers

Our specially designed equipment and activities present fun experiences in cause and effect, coordination, balance and motor skill development. Playful movement activities and equipment exploration build early walking skills songs enrich emerging language.

Level 4 - Gym Runners, 14-24 mos - Fast walkers, runners and climbers

Slides, ladders, balls and tunnels give growing bodies just the right amount of challenge. Language skills and confidence grow with new concepts such as "in and out" or "up and down". Class favourites like parachute time, songs and bubble time build physical coordination, explore early language skills, and pave the way for growing social development.

Level 5 - Gym Explorers 1 - 24mos - 36 mos - Introduction of imaginary play

Themes like "Dinosaur Day", "Under the Sea" and "Forest Fun" come to life through movement stories, puppetry and songs. Tunnels and ladders are transformed into ships and magical forests. Listening skills and imagination grow as your child creates roles and predicts outcomes. Playfully structured, imaginative activities provide group interaction and support social development.

Level 6 - Gym Players /Explorers 2/Fitness Fun/Sports Skills. 3 to 5 yrs

Here we focus on all the key skills as an integral component of school readiness— physical, cognitive and social development is crucial for engaging in peer activities and group play. Listening, cooperation and creativity are integrated into a variety of developmental skill building activities. The Class focus is on fitness, co-ordination and sports skills.

SOUTHFIELDS: 343 Wimbledon Park Road, Southfields SW19 6NS – Tel: 0208 789 9007
VITALITY Centre: GF 155 MERTON ROAD, WANDSWORTH SW18 5EQ – Tel: 0208 870 0068

Email: wandsworth@gymboree-uk.com Web site: www.gymboree-uk.com