

Danson's Under 5s Sept - Oct 2021 Programme

**Danson
Children & Youth Centre**
Brampton Rd, Bexleyheath, DA7 4EZ
T. 020 8303 6052
u5.dansonyc@btconnect.com

BOOKING NOW!

Add us on Facebook!



By booking or visiting you are agreeing to follow our terms and conditions.
This also includes our current Safe Operating Procedures.

MONDAY -

| | | |
|---------------|---|------------------|
| 09.30 - 10.15 | SMART CLUB - £6.50pw | 10mths-3yrs |
| 09.30 - 10.15 | FUNKY FEET DANCE - £5pw | 18mths-5yrs |
| 10.30 - 11.15 | FUNKY FEET DANCE - £5pw | 18mths-5yrs |
| 10.00 - 11.30 | EXPLORE & PLAY - £3 (drop-in) @Northcray | Under 5's |
| 10.45 - 11.30 | SMART CLUB - £6.50pw | 10mths-3yrs |
| 12.00 - 14.00 | BABY BREASTFEEDING - FREE | Appointment only |
| 12.00 - 13.00 | BABY & YOU CLUB- £5.50pw | Pre-crawling |
| | <i>Incl. Baby sing & sign, Massage & Yoga</i> | |
| 13.00 - 13.45 | TODDLER FOOTBALL - £3pw @Falconwood | 2-3 yrs |
| 13.30 - 14.30 | BABY YOGA - £5.50pw | Pre-crawling |
| 14.00 - 14.45 | TODDLER FOOTBALL - £3pw @Falconwood | 3-5 yrs |

TUESDAY -

| | | |
|---------------|--|----------------------|
| 09.30 - 10.15 | SMART CLUB - £6.50pw | 10mths-3yrs |
| 09.30 - 11.00 | ADVENTURE PLAY- £3 (drop-in) @Falconwood | Under 5's |
| 09.30 - 11.00 | EXPLORE & PLAY - £3 (drop-in) @Northcray | Under 5's |
| 10.00 - 12.00 | MOTHER'S EMBRACE - FREE (Pre-Book) | New Parents / Carers |
| 10.45 - 11.30 | SMART CLUB - £6.50pw | 10mths-3yrs |
| 12.00 - 13.00 | BABY MASSAGE - £5.50pw | Pre-crawling |
| 13.30 - 14.30 | BABY YOGA - £5.50pw | Pre-crawling |

WEDNESDAY -

| | | |
|---------------|--|--------------|
| 09.30 - 10.30 | FUN-DEMENTALS PLAY WITH CRAFT- £4pw | 18mths-5yrs |
| 09.30 - 11.00 | ADVENTURE PLAY - £3 (drop-in) @Northcray | Under 5's |
| 09.30 - 10.15 | ZUMBINI DANCE - £5pw | 18mths-5yrs |
| 10.00 - 11.00 | SENSORY & IMPRESSIONS - £2pw | Pre-crawlers |

| | | |
|---------------|-------------------------------------|-----------------|
| 10.30 - 11.15 | BABY BALLET - £5pw | 18mths-5yrs |
| 11.00 - 12.00 | FUN-DEMENTALS PLAY WITH CRAFT- £4pw | 18mths-5yrs |
| 12.00 - 12.45 | TOT TRAMPOLINING - £5pw | 3-5 yrs |
| 12.30 - 13.30 | TOUCH OF SENSORY - £5.50pw | Under 12mths |
| 13.00 - 13.45 | TOT TRAMPOLINING - £5pw | 3-5 yrs |
| 14.00 - 15.00 | TOUCH OF SENSORY - £5.50pw | Crawling-18mths |

THURSDAY -

| | | |
|---------------|---|----------------------|
| 09.30 - 10.15 | SMART CLUB - £6.50pw | 10mths-3yrs |
| 10.00 - 11.00 | SENSORY & IMPRESSIONS - £2pw | Pre-crawlers |
| 10.00 - 12.00 | MOTHER'S EMBRACE - FREE (Pre-Book) | New Parents / Carers |
| 10.45 - 11.30 | SMART CLUB - 6.50pw | 10mths-3yrs |
| 12.00 - 13.00 | BABY & YOU CLUB - £5.50pw | Pre-crawling |
| | <i>Incl. Baby sing & sign, Massage & Yoga</i> | |
| 12.15 - 12.45 | MINI SCOOTER SESSION - £3pw | 2-4 yrs |
| 13.00 - 13.45 | TODDLER FOOTBALL - £3pw | 2-3 yrs |
| 13.30 - 14.15 | PLAY, SING & SIGN- £5.50 | 5mths-3yrs |
| 13.00 - 14.00 | TOUCH OF SENSORY - £5.50pw | Over 12mths |
| 14.00 - 14.45 | TODDLER FOOTBALL - £3pw | 3-5 yrs |

FRIDAY -

| | | |
|---------------|---|--------------|
| 09.30 - 10.15 | ZUMBINI - £5 (drop-in) @Falconwood | 18mths-5yrs |
| 09.30 - 10.45 | Mini ME & MUM SENSORY PLAY - £3.50pw | Under 18mths |
| 09.45 - 10.45 | BABY MASSAGE - £5.50pw | Pre-crawling |
| 10.00 - 11.00 | SENSORY & IMPRESSIONS - £2pw | Pre-crawlers |
| 11.15 - 12.15 | ADVENTURE PLAY - £3.50pw | Under 2's |
| 11.15 - 12.15 | BABY & YOU CLUB - £5.50pw | Pre-crawling |
| | <i>Incl. Baby sing & sign, Massage & Yoga</i> | |
| 12.45 - 13.30 | PLAY, SING & SIGN - £5.50pw | 5mths-3yrs |

SATURDAY -

| | | |
|---------------|--------------------------|--------------|
| 09.30 - 10.30 | ADVENTURE PLAY - £3.50pw | Under 5's |
| Various | GYMNASTICS - DYT | 4yrs - Teens |
| 11.00 - 12.00 | ADVENTURE PLAY - £3.50pw | Under 5's |



BOOKINGS CAN BE MADE BY EMAIL OR CALL US:

Email: u5.dansonyc@btconnect.com

Call us on: 020 8303 6052 (Between Mon-Fri 10 til 14.00)

All sessions will be run as pre-booked blocks unless specified.

Payments are to be made by bank transfer. Bookings are only secured with payment.

NEW! DANSON'S PARENTING PROGRAMME -
Workshops ongoing / Fees may apply / Reserve spaces NOW

FUSSY OR PICKY EATING

Parents with Under 5's

If meal times are becoming a battle then this workshop is for you.

INTRODUCING SOLID FOODS – Weaning

Parents with Under 5's

A two hour workshop supporting you feel confident introducing solid foods.

TOILET TRAINING

Parents with Under 5's

If you are wondering when or how to start potty training? We can help.

EMERGENCY PAEDIATRIC FIRST AID - Certificated *Parents & Carers*

Be ready for a range of first aid situations which could save a child's life.

MENTAL HEALTH FIRST AID - Certificated

For Parents & Carers

A practical approach to mental health first aid based on real life scenarios.

YOUR BOY - Understanding Boys Development *For Parents with Under 5's*

Explore how and why boys behaviour certain ways & support them be more school ready.

BETTER SLEEP - Help managing sleep

For Parents with Under 3's

Sleep can be challenging & if you aren't getting enough it can feel hopeless. Let us help.

UNDERSTANDING CHILDREN'S BEHAVIOUR *Parents with Under 5's*

Understanding behaviour better can help with the frustration many parents feel.

STROPS, SULKES & POWER STRUGGLES *For Parents with Under 5's*

Come and explore why they wont listen and ways to tackle it.

WHAT IS EMOTIONAL DEVELOPMENT *For Parents with Under 5's*

Exploring how children develop emotionally & ways to support them build resilience.

TWEEN WELLBEING & MENTAL HEALTH *For Parents of 7-12yr's*

Lets understand what it is and how to support our young people better together.

UNDERSTANDING TEENAGE ANXIETY

For Parents with Teens

Exploring what it is, how it looks and how can we help teenagers understand and manage it?

OUR CHILDREN IN A DIGITAL WORLD

For Parents of 6-12yr's

Looking at research, support and practical strategies keeping children safe and well.

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Bookings are only secured with payment.

Places will not be held for anyone without payment.

Priority is on first come first serve. Waiting lists may apply.

*If sessions are cancelled families will receive a credit note.

**If we have to go into lockdown some session will continue virtually.

***You must provide full contact details.

**** Most sessions are now bookable as blocks rather than a drop-in service.

Face shields are required at indoor activity & cost £1.50. They are yours to keep and re-use.

Every visitor to Danson must agree and follow our "Safe Operating Procedure" to help us stay COVID secure. This is available online / on site.

Danson reserves the right to change programming.

All bookings must agree & follow our SAFE OPERATING PROCEDURE.

All groups have strict capacity limits and drops in admittance is not guaranteed.