



Inspiring classes for children

MOVE
PLAY
STRETCH
FEEL
BREATHE
BELIEVE
RELAX

Relax Kids classes help children be calm and confident. In each Relax Kids class your child will learn fantastic ways to feel happy, peaceful, calm and confident. The class will run for one hour and will incorporate movement, stretching and breathing exercises, as well as simple peer-massage and self-esteem games and relaxation exercises. The Relax Kids program is designed to help develop your child's concentration, creativity and self-esteem.

After school club at Oswald Road starting Tuesday 20 September for Years 2-6.

The theme for this half term is...



For more information, call Shelley on 07841 131484

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