

# Children's Program March 2017

Training Area		09:00 AM	10:00 AM	03:00 PM	04:00 PM	05:00 PM
Sunday	Active Hall			Girls & Boys (3 - under 4 ½ years)		
	Baby Bliss Studio	Mummy and Me (6 - 12 months)	Baby Fun (12 - 24 months)			
Monday	Active Hall			Mother & Toddler (2 - under 3 Years)	Girls & Boys (3 - under 4 ½ years)	Girls & Boys (+/- 5 Years)
	Baby Bliss Studio		Baby Fun (12 - 24 months)			
Tuesday	Active Hall			Girls & Boys (3 - under 4 ½ years)	Girls & Boys (+/- 5 Years)	
	Baby Bliss Studio	Mummy and Me (6 - 12 months)	Baby Fun (12 - 24 months)			
Wednesday	Active Hall			Mother & Toddler (2 - under 3 Years)	Girls & Boys (3 - under 4 ½ years)	Girls & Boys (3 - under 4 ½ years)
	Baby Bliss Studio		Baby Fun (12 - 24 months)			
Thursday	Active Hall	Mother & Toddler (2 - under 3 Years)	Mother & Toddler (2 - under 3 Years)	Girls & Boys (3 - under 4 ½ years)	Girls & Boys (+/- 5 Years)	

**Note:**

- \* Classes and times are subject to change and availability.
- \* During Ramadan, public holidays, summer months or other events occurring within Aspire Zone there may be an altered or suspended timetable.
- \* Our age brackets are used as guidelines for initial class allocation.
- \* ASPIRE ACTIVE Teachers further assess individual's development/class levels to select best suitable/beneficial class allocation.
- \* Children may, therefore, be shifted to a younger or older bracket for optimal development.
- \* Our ASPIRE ACTIVE Children's classes require active participation/accompaniment of the child's mother.
- \* ASPIRE ACTIVE Program and Timetables available at: [www.aspire.qa/active](http://www.aspire.qa/active).  Us on Facebook at <https://www.facebook.com/AspireActive>

## CLASS DESCRIPTION

BABY FUN (12 - 24 months)	Babies have a desire to explore the world around them and this class includes rhythmical instruments and sensory motor development activities for rolling, crawling and balancing, so your baby and you will be able to discover the joy of 'first steps'.
GIRLS & BOYS (+/- 5 YEARS)	This class teaches your child more structured instructions and movement tasks with the goal to improve their coordination and basic motor skills. Your child will be taught by our expert teachers to independently master age appropriate movement challenges.
GIRLS & BOYS (3 - UNDER 4 ½ YEARS)	This class builds on the fundamental movement and agility skills taught in our 'Mother and Toddler' classes. Children are gradually introduced to learning and participating in their fun movement activities without the close presence of mother.
MOTHER & TODDLER (2 - UNDER 3 YEARS)	In a fun and non-competitive environment, your child is introduced to age appropriate introductory play, movement, adventure activities and discovering new challenges. Your toddler will also become acquainted with our special agility course and equipment.
MUMMY AND ME (6 - 12 months)	Babies have a desire to explore the world around them and this class includes rhythmical instruments and sensory motor development activities for rolling, crawling and balancing, so your baby and you will be able to discover the joy of 'first steps'.