



Autumn



Our sessions run term time only

Monday

1.30pm—2.30pm

**Baby and Me with Baby
Yoga**

Age: 6 Weeks to
pre-crawling. Please
book in advance.

Tuesday

10.00am—11.30am

Stay and Play

Age: 0-5 years

Please book in advance

Wednesday

1.30pm-2.30pm

Baby Sign

Best for 3 months to pre-
crawling

Please book in advance

Thursday

10.00am—11.30am

Stay & Play

Age: 0-5 years

Please book in advance



Coronavirus guidance

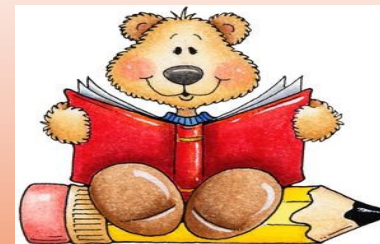
Our sessions will only be accessible to limited numbers of adults and children/babies. You will need to book for sessions in advance.
We will ask you to follow the centre's coronavirus procedures. Thank you for your co-operation and support during this time.

To book

please phone 020 8525 6410

or e-mail fsigmund@millfields.hackney.sch.uk

If you are already in a bubble and would like to book together
please do so.



Please see next page for more information



Monday

Baby & Me with Baby

Yoga Talk about reading books, creating routines and baby's language learning. Learn simple baby yoga moves. Learn new songs and make friends. For babies from 6 weeks to pre-crawling. Term-time only.

Numbers will be limited to 4 adults (maximum 4 babies) per session. Please book in advance.

Pre-crawling babies only to enable social distancing

Tuesday

Stay and Play

A pre-book session with area for babies to roll and crawl and other activities for toddlers up to age 5.

Numbers will be limited to 6 adults (maximum 6 children) per session. Please book in advance.

Adults will be expected to social distance from one another but children will not be expected to social distance.

Wednesday

Baby Sign Learn simple signs to communicate with your baby, develop language and reduce frustration. Have fun using signs with songs. Term-time only.

Numbers will be limited to 4 adults (maximum 4 babies) per session. Please book in advance.

Pre-crawling babies only to enable social distancing

Thursday

Stay and Play

A pre-book session with area for babies to roll and crawl and other activities for toddlers up to age 5.

Numbers will be limited to 6 adults (maximum 6 children) per session. Please book in advance.

Adults will be expected to social distance from one another but children will not be expected to social distance.

All sessions are free



Elmcroft Street

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020 8525 6410

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