



# ASPIRE ACTIVE Children's Program

		OCTOBER 2010					
		9:00	10:00	15:00	16:00	17:00	
<b>LADIES CLUB</b>	<b>BABIES SENSORY MOTOR ROOM</b>	<b>SUN</b>	<b>Babies Sensory Motor Level 1</b> 6 months - just walking	<b>Babies Sensory Motor Level 2</b> walking - under 1½ yrs			
		<b>MON</b>					
		<b>TUE</b>			<b>Babies Sensory Motor Level 1</b> 6 months - just walking	<b>Babies Sensory Motor Level 2</b> walking - under 1½ yrs	
		<b>WED</b>	<b>Babies Sensory Motor Level 1</b> 6 months - just walking	<b>Babies Sensory Motor Level 2</b> walking - under 1½ yrs			
		<b>THU</b>					
	<b>INDOOR TENNIS COURT</b>	<b>SUN</b>			<b>Mother &amp; Toddler</b> 1½ - under 3 yrs	<b>Girls &amp; Boys</b> 3 - under 4½ yrs	<b>Girls &amp; Boys</b> +/- 5yrs
		<b>MON</b>			<b>Girls &amp; Boys</b> +/- 5yrs	<b>Mother &amp; Toddler</b> 1½ - under 3 yrs	<b>Girls &amp; Boys</b> 3 - under 4½ yrs
		<b>TUE</b>			<b>Mother &amp; Toddler</b> 1½ - under 3 yrs	<b>Girls &amp; Boys</b> 3 - under 4½ yrs	<b>Girls &amp; Boys</b> +/- 5yrs
		<b>WED</b>			<b>Girls &amp; Boys</b> +/- 5yrs	<b>Mother &amp; Toddler</b> 1½ - under 3 yrs	<b>Girls &amp; Boys</b> 3 - under 4½ yrs
		<b>THU</b>	<b>Mother &amp; Toddler</b> 1½ - under 3 yrs	<b>Mother &amp; Toddler</b> 1½ - under 3 yrs	<b>Girls &amp; Boys</b> 3 - under 4½ yrs	<b>Girls &amp; Boys</b> +/- 5yrs	

**Note:**

- \* Classes and times are subject to change and availability.
- \* During Ramadan there will be a modified timetable, during public holidays and special events (Eid Al Fitr, Eid Al Adha, Christmas and New Year), there will be no or accordingly reduced activities.
- \* Our age brackets are used as guidelines for initial class allocation.
- \* ASPIRE ACTIVE Teachers further assess individual's developmental/class levels to select best suitable/beneficial class allocation.
- \* Children may, therefore, be shifted to a younger or older age bracket for optimal development.
- \* Our ASPIRE ACTIVE Childrens classes require active participation / accompaniment of the childs mother.

## CHILDREN'S PROGRAM - CLASS DESCRIPTIONS

### **Babies Sensory Motor**

**Level 1:** 6 months - just walking

**Level 2:** walking - under 1½ yrs

Healthy and active babies have a desire to explore the world around them. By enhancing the connection between perception, cognition and motor activities through acoustic, visual and tactile stimulations we support the development of your babies first co-ordinated movements. Enjoy a varied class experience through the use of instruments/exciting equipment for rhythm and motor development. Your teacher will gently and expertly guide you with your baby to discover the joys of 'first steps' and 'fun action'.

### **Mother and Toddler**

**Age:** 1½ - under 3 yrs

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 is introduced to a mini agility course and equipment. With the active participation of each child's mother, your toddler will begin to master their individual fundamental movement profile.

### **Girls & Boys**

**Age: 3 - under 4½ yrs**

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 classes without the close presence of their mother. Watch your child's confidence and overall movement skills soar.

### **Girls & Boys**

**Age: +/- 5yrs**

This class gradually introduces your child to structured instructions/ movement tasks to improve their co-ordination and basic motor skills. Elementary exercises and basic games form the basis of this classes. Without mom actively, your child taught by our expert teachers will learn to independently master age appropriate movement challenges.