



**PLEASE NOTE:
PROGRAMS
OPERATE WITHIN
SCHOOL TERM ONLY**

**Oxenford & Coomera Community Youth Centre
Early Years HUB Timetable**

8th July – 20th September

Venue: 25 Tamborine-Oxenford Road Oxenford

Phone 5580 4993

MONDAY	TUESDAY	WEDNESDAY	FRIDAY
<p>9am – 9.30am Small Sports Allows children 2-5 years to develop basic skills and simple sports concepts in a fun environment</p>	<p>9.30am-11.30am New Baby Group (0-12 months) With Child Health Nurse</p> <p>Hall 4</p> <p>FREE – No Bookings Required</p>	<p>9am – 9.30am Small Sports Allows children 2-5 years to develop basic skills and simple sports concepts in a fun environment</p>	<p>9.30am-11.30am Scrumpdiddlyumptious Cooking Program Parents can enjoy making easy and tasty treats together with your toddler aged 3-5 years Including Read and Grow Promotes development of early literacy and language skills, working to give children ages 2-5 years a good start in life.</p>
<p>9.30am – 10am Move to Music Enjoy music, rhythm, rhyme and dance for parents with infant ages 0-5 years.</p>		<p>9.30am – 10am Move to Music Enjoy music, rhythm, rhyme and dance for parents with infant ages 0-5 years.</p>	
<p>10am-10.30am Move to Music Singing, moving and dancing to music whilst using instruments for ages 0-5 years</p>	<p>9.30am-11.30am 1-2 year old group For parents and toddlers</p> <p>Move to Music, Read and Grow and regular visits from a child health nurse and other speakers.</p>	<p>10am-10.30 am Move to Music Singing, moving and dancing to music whilst using instruments for ages 0-5 years</p>	
<p>10.30am-11.30am Read and Grow Promotes development of early literacy and language skills, working to give children ages 2-5 years a good start in life.</p>	<p>FREE – No Bookings Required</p>	<p>10.30am – 11.30am Read and Grow Promotes development of early literacy and language skills, working to give children ages 2-5 years a good start in life.</p>	

Health and Wellbeing Programs for Parents

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10.30am – 11.15am Mum Zone Indoor Circuit FREE \$5 Child-minding available Bookings Essential SALLY 0412 682 008</p>	<p>9.30am – 10.15am Mum Zone Boxing Class FREE \$5 Child-minding available Bookings Essential Sally 0412 682 008</p>	<p>9.30am-10.15am ABTT – Abs, Butt and Thigh Toner FREE Bookings Essential Luke 0401 532 663</p>	<p>9.30am-10.15am Mum Zone Boxing Class FREE \$5 Child-minding available Bookings Essential Luke 0401 532 663</p>
	<p>10.30am – 11.15am Mum Zone Boxing/ Circuit combo Class FREE \$5 Child-minding available Bookings Essential Sally 0412 682 008</p>	<p>6pm-7.30pm Yoga \$10 per Session No Child-minding Available Adrian 0435 889 032</p>	<p>Saturday 7.45am-8.30am Power of 3 – Strength, Cardio & Abs FREE No Child-minding Available Bookings Essential Luke 0401 532 663</p>
			<p>11am-12.15pm Yoga \$4 per Session No Child-minding Available Adrian 0435 889 032</p>

NORTHERN GOLD COAST COMMUNITIES FOR CHILDREN INITIATIVE

Please note: Whilst all due care is taken to undertake programs regularly, they can be subject to change. Please ensure you enquire on 5580 4993 prior to attending any program to avoid disappointment.