

Children's Activities

choose the right activity for your child

Ages 0 - 3	Crawlers	This is an exciting class for parents to attend with their children. Singing rhymes with actions and movement are used along with puppets, to help children explore and develop their movement ability.	8 months - 1 year	Tuesday	11.15	30 min	SMR
	Tinies Tumble	This class allows you to continue to share in your child's development as you both participate in songs, movement and colourful play equipment. The activities are designed to build your child's co-ordination, confidence and awareness of the world around them.	1 - 2 years	Monday Tuesday Thursday	11.20 10.25 09.30	45 min 45 min 45 min	SMR SMR SMR
	Action Song & Rhymes	This class is different from the Tumble classes as it is music based, focusing on helping your child develop through sound and vision activities. It is an exciting adventure of interactive props, puppets and stimulating music, for you to experience with your child, where you can watch their speech, independence and social interaction skills develop.	18 months - 3 years	Friday	10.25	45 min	SMR
	Tumble & Stretch	Continue in the journey of your child's development, watching them develop strength, co-ordination, spatial awareness, mobility and social skills. This lively class uses songs, movement and colourful play equipment, with apparatus that is harder than Tinies Tumbles in order to help increase spatial awareness.	2 - 3 years	Monday Tuesday Wednesday Thursday Friday	09.30 09.30 10.00 11.20 09.30	45 min 45 min 45 min 45 min 45 min	SMR SMR SMR SMR SMR
Ages 3 - 5	Gym Kids	This class is a big step of independence for 3-4 year olds as no parents are allowed in this class. Movement, floor work and apparatus are combined with lively music and fun themes. Each week children increase their confidence and learn to work in a group, while developing coordination and balance.	3 - 4 years	Monday Tuesday Wednesday Thursday Friday Friday	10.25 13.15 11.20 13.00 11.20 13.15	45 min 45 min 45 min 45 min 45 min 45 min	SMR SMR SMR SMR SMR SMR
	Gym Kids Advanced	Gymkids Advance continues the development of your child's coordination and balance. It will also prepare them for Gymnastics or Judo in the future, by developing flexibility and discipline.	4 - 5 years	Monday Thursday Thursday Friday	16.00 13.55 15.45 14.10	45 min 45 min 45 min 45 min	SMR SMR SMR SMR
	Baby Ballet & Pre-Primary	Our variety of classes cater for all ages and abilities. Each term participants work towards developing increasingly difficult techniques, with Certificates of achievement presented on completion of each grade. Our classes will also work towards a show every two years, to allow your child to display their abilities and increase their confidence.	3 - 4 years 3 - 4 years pre primary 4-5 yrs pre primary 4-5 yrs	Wednesday Thursday Wednesday Wednesday	13.15 10.25 13.45 15.45	30 min 30 min 30 min 30 min	SMR SMR SMR SMR

SMR = Studio at 25 St. Mary's Road, Ealing, W5 5RE +++ SJ = Studio at St. James Church Hall, St. James Avenue, Ealing, W13 9DJ

Ages 4 - 16+

Ages 4 - 16+	Gymnastics	These classes are divided by ability rather than age. Children joining gymnastics classes work towards the British Amateur Gymnastics Awards. Our classes develop skills to achieve BAGA badges level 8 – 1, with progression to Bronze, Silver and Gold certificates in Floor and Vault/Rebounds work.	5-7 yrs level 8-5	Tuesday	16.00	45 min	SJ
			8+ level 5-1	Tuesday	17.00	1 hour	SJ
			level Advanced	Tuesday	18.00	1 hour	SJ
			5-7 yrs level 8-5	Wednesday	16.00	45 min	SJ
			8+ level 5-1	Wednesday	17.00	1 hour	SJ
			level Advanced	Wednesday	18.00	1 hour	SJ
			5-7 yrs level 8-5	Friday	16.00	45 min	SJ
			8+ level 5-1	Friday	17.00	1 hour	SJ
			level Advanced	Friday	18.00	1 hour	SJ
	Ballet	Our variety of classes cater for all ages and abilities. Each term participants work towards developing increasingly difficult techniques, with Certificates of achievement presented on completion of each grade. Our classes will also work towards a show every two years, to allow your child to display their abilities and increase their confidence.	Primary 5 yrs +	Wednesday	16.15	30 min	SMR
			Grade 1	Wednesday	16.45	30 min	SMR
			Grade 3	Wednesday	17.15	30 min	SMR
Tap Dancing	Tap dancing is an art appreciated the world over. This fun, energetic class develops fitness and tap dancing skills, through the creation of dances that are set to participants' favourite tunes from the very best of musical theatre.	Primary: 4 - 8 yrs	Thursday	16.45	45 min	SMR	
		Grade 1: 9+ yrs	Thursday	17.30	45 min	SMR	
Street Dance	Safe and effective exercises for children with appropriate warm ups, cool downs and fun street dance routines as seen on TV. Possibilities to work towards a showcase.	5+ years	Tuesday	16.00	1 hour	SMR	
		7+ years	Tuesday	17.00	1 hour	SMR	
Judo	Judo meaning "gentle way", is a modern Japanese martial art and combat sport, which can have self defence uses. Our classes give your child the opportunity to develop skills in this Olympic sport that teaches discipline, self confidence and respect.	5 - 7 years	Saturday	10.00	1 hour	SMR	
		8+ years	Wednesday	18.30	90 min	SMR	
		8+ years	Saturday	11.00	90 min	SMR	
		12+ years	Wednesday	20.00	90 min	SMR	
		11+ years	Saturday	12.30	90 min	SMR	

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