

# Mums & Bubs

Our Mums and Bubs classes are designed for 1½ to 2 year olds. They encourage a love of music, rhythm and dance – with the comfort of Mum or Dad in the studio. Parents/carers join their children as they explore basic concepts in a relaxed and friendly environment. The benefits are endless – movement, balance, co-ordination, listening skills, and above all, fun!