

# Programme Planner

Sept - Dec 2008

**Courses in Cookstown - 2b Coagh Crescent**

Day	Programme	Times	Duration
<b>Mon.</b>	Stay & Play Drop In	10.30am – 12.30pm	15 <sup>th</sup> Sept – 15 <sup>th</sup> Dec (closed 3 <sup>rd</sup> Nov)
	Parentcraft	7.00pm – 9.00pm	1 <sup>st</sup> Sept – 22 <sup>nd</sup> Sept (4 weeks) 29 <sup>th</sup> Sept – 20 <sup>th</sup> Oct (4 weeks) 27 <sup>th</sup> Oct – 17 <sup>th</sup> Nov (4 weeks) 24 <sup>th</sup> Nov – 15 <sup>th</sup> Dec (4 weeks)
<b>Tues.</b>	NICMA – Drop In for REGISTERED CHILDMINDERS – ‘Tiny Toes’	10.00am – 11.30pm	<b>Every other Tuesday</b> 16 <sup>th</sup> Sept & 30 <sup>th</sup> Sept 14 <sup>th</sup> & 28 <sup>th</sup> Oct 11 <sup>th</sup> & 25 <sup>th</sup> Nov 9 <sup>th</sup> Dec
	Little Goldfish (no crèche)	11.00am – 11.30pm	16 <sup>th</sup> Sept – 21 <sup>st</sup> Oct (6 weeks) 11 <sup>th</sup> Nov – 16 <sup>th</sup> Dec (6 weeks)
	Little Goldfish for Fathers (no crèche)	7.00pm – 7.30pm	16 <sup>th</sup> Sept – 21 <sup>st</sup> Oct (6 weeks)
<b>Wed</b>	Cooking for Your Toddler (13 Milburn Park)	10.30am – 12.30pm	1 <sup>st</sup> Oct – 29 <sup>th</sup> Oct (5 weeks)
	Baby Massage (no crèche)	10.00am – 11.00am	24 <sup>th</sup> Sept – 22 <sup>nd</sup> Oct (5 weeks) 12 <sup>th</sup> Nov – 10 <sup>th</sup> Dec (5 weeks)
	Baby Movers (6months – 1 yr) (no crèche)	11.30am – 12.30pm	24 <sup>th</sup> Sept – 22 <sup>nd</sup> Oct (5 weeks)
	Mini Movers – <u>In Cookstown Primary</u> (For parents of the children on the 2 yr old programme)	10.30am – 11.30am	12 <sup>th</sup> Nov – 10 <sup>th</sup> Dec (5 weeks)
<b>Thurs</b>	Pregnancy Yoga Group	10.30am – 12noon	<b>2<sup>nd</sup> &amp; 4<sup>th</sup> Thurs of month</b> 11 <sup>th</sup> Sept & 25 <sup>th</sup> Sept 9 <sup>th</sup> Oct & 23 <sup>rd</sup> Oct 13 <sup>th</sup> Nov & 27 <sup>th</sup> Nov 11 <sup>th</sup> Dec
	Breastfeeding Support Group	10.30am – 12.30pm	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Thurs of month</b> 4 <sup>th</sup> Sept & 18 <sup>th</sup> Sept 2 <sup>nd</sup> Oct & 16 <sup>th</sup> Oct 6 <sup>th</sup> Nov & 20 <sup>th</sup> Nov 4 <sup>th</sup> Dec
<b>Fri</b>	Nurturing	10.30am – 12.30pm	26 <sup>th</sup> Sept – 5 <sup>th</sup> Dec (closed 31 <sup>st</sup> Oct)

**Parents must ring in and book a place for all activities.**

This is to ensure our crèche is not overcrowded and can be managed by the staff on duty - so each child enjoys a positive play experience with us and gets the individual attention they deserve.

# Programme Planner

Sept - Dec 2008

**Courses in Ardboe - Gold Resource Centre**

Day	Programme	Times	Duration
<b>Mon.</b>	Make Changes, Feel Good	10.15am – 11.45am	22 <sup>nd</sup> Sept – 15 <sup>th</sup> Dec (closed 3 <sup>rd</sup> Nov)
<b>Tues.</b>	Baby Massage (no crèche)	10.30am – 11.30am	23 <sup>rd</sup> Sept – 21 <sup>st</sup> Oct (5 weeks)
	Baby Movers (6 months – 1 yr) (no crèche)	10.30am – 11.30am	11 <sup>th</sup> Nov – 9 <sup>th</sup> Dec (5 weeks)
<b>Wed</b>	Nurturing <b>Venue to be confirmed.</b> (For parents of the children on the 2 yr old programme)	10.30am – 12.30pm	24 <sup>th</sup> Sept – 26 <sup>th</sup> Nov (10 weeks) (closed 5 <sup>th</sup> Nov)
<b>Thurs</b>	Hanen – ‘You make the Difference’	9.30am – 12 noon	25 <sup>th</sup> Sept – 20 <sup>th</sup> Nov (9 weeks) (closed 6 <sup>th</sup> Nov)
<b>Fri</b>	Baby Café (Babies in family must be under 18 months)	10.00 am – 12 noon	<b>Every other Friday (Please book)</b> 26 <sup>th</sup> Sept 10 <sup>th</sup> Oct & 24 <sup>th</sup> Oct 21 <sup>st</sup> Nov 5 <sup>th</sup> Dec
	Stay & Play	10.00 am – 12 noon	19 <sup>th</sup> Sept 3 <sup>rd</sup> Oct & 17 <sup>th</sup> Oct 14 <sup>th</sup> Nov & 28 <sup>th</sup> Nov 12 <sup>th</sup> Dec

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This is to ensure our crèche is not overcrowded and can be managed by the staff on duty – so each child enjoys a positive play experience with us and gets the individual attention they deserve.

**Please note**:- 2 year olds should **not** be taken out of the 2 year old programme to accommodate attendance on courses.