

READY SET MOVE



TODDLER AND GROWN UP PROGRAM

READY SET MOVE is a creative movement and music class for toddlers and their grownup. The class consists of 3 sections - **ENGAGE**, **EXPLORE** AND **EXPRESS**.

The **ENGAGE** section is a playful exploration of music, nursery rhymes, lap play and parachute fun.

The **EXPLORE** section is set up as a circuit around the room with obstacles like stepping stones, tunnels and sensory activities designed to encourage investigation and build coordination skills.

The **EXPRESS** section of the class involves free dance movement which develops creativity with instruments, feathers and bubbles.

Join our community and learn new ways to interact with your toddler. Young children at this age are in the period of highest brain growth and development in their lifespan.

Participating in **READY SET MOVE** with the support of a grown up can make a significant contribution to play, development and learning. So come and bounce like a bunny, be slow like a sloth and create memories with your special little mover.