Everton Nursery School and Family Centre

April - July 2013

Tel: 0151 233 1969

Sensory room and swimming pool open daily
(a small charge is required for using these facilities)
9.15am-11.15am

Healthy Lifestyles
A six week course starting Monday 13th May at Our Lady Immaculate Primary School. Contact us for more information on 0151 233 1969.

10.00am-11.00am

Breastfeeding and Weaning Support Group
A breastfeeding and Weaning support group for Parents/Carers, at Everton Nursery School and Family Centre. Babies and children welcome. Community Nursery Nurse attends at the end of each month.
Contact us for more information on 0151 233 1969.

10.00am-12.00pm

Card Craft
At Everton Nursery School and Family Centre, please contact us on 0151-233-1969 for more information. No Creche available.

10.00am-12.00pm

Baby Connect Memory Book
An accredited qualification based on memories of your child’s life at Whitefield School. Contact Everton Nursery School and Family Centre on 0151 233 1969 for more information or to book your place. Ends 10th June. (Unfortunately no creche available).

12.30pm-2.30pm

Baby Connect Memory Book
An accredited qualification based on memories of your child’s life at Whitefield School. Contact Everton Nursery School and Family Centre on 0151 233 1969 for more information or to book your place. Ends 10th June. (Unfortunately no creche available).

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Baby Connect Memory Book
An accredited qualification based on memories of your child’s life at Whitefield School. Contact Everton Nursery School and Family Centre on 0151 233 1969 for more information or to book your place. Ends 10th June. (Unfortunately no creche available).

Swimming Pool
Pool Sessions are:
9.45am - 10.45am
11.15am - 12.15pm
1.15pm - 2.15pm
Pool parties are available
ask in the cafe for more details
Monday and Thursday. 3.30pm - 5.00pm

1.00pm-2.30pm

Baby Massage
A five week course of promoting positive touch between you and your baby at Everton Nursery School and Family Centre. Starts 22nd April for 5 weeks. Contact us for more information or to book a place on 0151 233 1969. Limited Places.

Don’t forget that the swimming pool, sensory room and toy library are available every day. Contact our Reception Team on 0151 233 1969 to book a session at a small cost.
### TUESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9am-12pm</td>
<td><strong>Liverpool in Work</strong></td>
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<td>Drop in for advice guidance and support on your education, training or employment needs at <em>Everton Nursery School and Family Centre</em>. Free Tea/Coffee available. No booking required.</td>
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<tr>
<td>9.30am-11.30am</td>
<td><strong>Me Time</strong></td>
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<td>A support group for parents/carers of children with disabilities and/or additional needs, at <em>Everton Nursery School and Family Centre</em>. No booking required, contact us on 0151 233 1969 for more details.</td>
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<tr>
<td>9.30am-11.30am</td>
<td><strong>Let's Play Together</strong></td>
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<td>Fun and interactive play session for families at <em>Zap</em>, no booking required. Contact us for more details on 0151 233 1969.</td>
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<tr>
<td>10.00am-11.00am</td>
<td><strong>Magical Story Time</strong></td>
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<td>Magical Storytime: an adventure filled session exploring the world of literature bringing the magic of the page to life, at <em>Everton Nursery School and Family Centre</em>. Contact us for more information on 0151 233 1969. No booking required, all children and families welcome.</td>
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<tr>
<td>1.00pm-3.00pm</td>
<td><strong>Baby Clinic</strong></td>
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<td>Health Visitors drop in session at <em>Everton Nursery School and Family Centre</em>. No Appointment necessary, however there may be a wait. Contact the reception team on 0151 233 1969 for more details.</td>
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<tr>
<td>4.30pm-6.00pm</td>
<td><strong>Dad’s Active Fun Time</strong></td>
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<td>New ideas for being active with your 3-5 year old, for dads and male carers at <em>Everton Nursery School and Family Centre</em>. Starts 23rd April for 6 weeks. Contact us for more information on 0151 233 1969. No booking required. All children with a male carer welcome including older children in the family.</td>
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**WEDNESDAY**

**8.50am-10.00am**

**Let’s Play Together**
Fun and interactive play session for families at **The Beacon Primary School**. No booking required. Contact us for more information on 0151 233 1969.

**9.15am-11.15am**

**Our Family Matters**
An accredited qualification that explores why our families matter so much at Faith Primary School. Contact us on 0151 233 1969 for more details or to book you place. (Unfortunately no creche available)
Starts 5th June 2013 for 8 weeks.

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**9.15am-10.15am**

**Women Get Active**
A one hour Zumba fitness session at **The Zap** followed by a Healthy breakfast. Contact us on 0151 233 1969 for more information or to book your place. (Charge £2.00)

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**12.15pm-1.00pm**

**Story and Rhyme**
A fun interactive story, rhyme and movement session for toddlers and young children to enhance listening and language skills, at **Everton Nursery School and Family Centre**. Contact us for more information on 0151 233 1969. No Booking Required

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**10.45am-11.45am**

**Boxercise**
A one hour fitness programme at **The Zap**. Contact us on 0151 233 1969 for more details or to book you place. (Charge £2.00)

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**6.00pm-7.00pm**

**Football Coaching**
Professional Football Coaching sessions for Dad’s/male carers and children, at **Everton Park Sports Centre Pitch 5**, contact us for more details. No booking required.

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**Swimming Pool**

Pool Sessions are:
- 11.15am - 11.45am Swim a Song for 0-18 months
- 2.30pm - 3.00pm Swim a Song for 0-18 months
- 3.00pm - 3.30pm Swim a Song for 0-18 months
- 3.30pm - 4.00pm Swimming Lessons 3-5 years olds
- 4.00pm - 4.30pm Swimming Lessons 5-8 years olds
- 5.00pm - 5.30pm Aqua Natal session - **£5.00**

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THURSDAY

9.00am-11.00am
**Healthy Lifestyles**
A 6 week accredited course looking at children eating and small changes for a healthier life at Four Oaks Primary School. For more information contact us on 0151-233-1969.

9.00am-10.30am
**Sunflowers**
Fun and interactive play session for families at St George's Church, St Domingo Road. No booking required. Contact us for more information on 0151 233 1969. Term time only

9.30am-10.15am
**Story and Rhyme**
A fun interactive story, rhyme and movement session for toddlers and young children to enhance listening and language skills, at Everton Nursery School and Family Centre. Contact us for more information on 0151 233 1969. No Booking Required

10.30am-11.15am
**Let’s Play Together**
Fun and interactive play session for families at St John Chrysostom Church, Queens Road. No booking required. Contact us for more information on 0151 233 1969

12.30am-2.30pm
**Let’s Play Together**
Fun and interactive play session for families at SFX Church, Shaw Street. No booking required. Contact us for more information on 0151 233 1969

1.00pm-2.30pm
**Magical Storytime**
An adventure filled session exploring the world of literature bringing the magic of the page to life, at Whitefield Primary School, delivered by the Reader Organisation. Contact us for more details on 0151 233 1969

2.45pm-3.45pm
**Magical Storytime**
An adventure filled session exploring the world of literature bringing the magic of the page to life, at Whitefield Primary School, delivered by the Reader Organisation. Contact us for more details on 0151 233 1969

Swimming Pool
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- 9.45am - 10.45am
- 11.15am - 12.15pm
- 1.15pm - 2.15pm

**Pool parties are available**
Ask in the cafe for more details
Monday and Thursday.
- 3.30pm - 5.00pm

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Sleep Clinic NEYS (Neighbourhood Early Years Service)
Referrals and by appointment only at Everton Nursery School and Family Centre.
Contact us for more information on 0151 233 1969.

Sleep Workshops
Please contact the reception if you require more information on our sleep workshops and new courses.
Look out for new courses advertised on our plasma screens and noticeboards in the school/centre.

Pool Sessions
There is a charge of £2.50 per adult, children remain free.
The Splashpool is especially designed for the use of children aged 0-5 years. There are several sessions daily Monday to Friday. Swimming lessons after 3pm also available.
The Splashpool is the perfect way to introduce swimming to your child. If you would like to book a session please call the centre on 0151 233 1969.

Session Times:
9.45am - 10.15pm  11.15a.m. - 11.45a.m.
1.15-2.15p.m.

Sensory Room
Relax with your baby/child in our beautiful sensory room
Open Daily - 50p per family

This timetable is a guide only. It is always best to ring up and check that groups are running before you come along. Some activities have a waiting list and so you will need to book early.

For more information contact us on: 0151 233 1969

We are now on Facebook and Twitter. Join us and receive daily updates.

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