

Activities For Kids In Cairns Under 5

Music

Kindermusik with Nicole 0 to 7 year olds tel 40342219

Playgroups

Northern Beaches Playtime ,Marlin Coast Neighbourhood Centre.Mon 10am to noon
\$4 per family tel 40381644

Spunky Monkey playgroup ,Community Church Hall ,Hardy Road,Bentley Park Mon 9.30 to
11.30am tel 0424735692

Please call to book first

Little Squirts playgroup,Community Church Hall,Hardy Road,Bentley Park 0 to 5year olds
Wed 9.30 to 11.30 am tel 40360081

Gordonvale playgroup Wed 9.30 to 11.30am 0 to 5 year olds tel 40561638

To find out where your nearest playgroup is or to start one ,call Playgroup Australia Inc
on 1800171882 or visit www.playgroupaustralia.com.au

Help Groups & Associations

Australian Breastfeeding Association tel 40579237
www.breastfeed.asn.au helpline 24hrs 40580007

Far North Queensland Multiple Birth Associations Inc.
For coffee mornings & support tel 0439797221

The Young Women's Centre. Support Group for women under 25yrs expecting & with
children. 230 Mulgrave Road tel 074031519366

Westcourt Community Health Centre . Run a Positive Parenting Program, New parents group
0 to 6mnths Mon 10 to 11.30 am & child health & immunisation clinic .tel 40529333

Movement & Gyms

Mumbalales ,pilates with babies at Active On Edge Friday 10.30 tel 40538600

PCYC Kindy gym for walkers to school age Mon,Tue,Wed & Thurs am's 9 till 10am& 10 till 11am tel 40531532

Barron Valley Gymnastics Club kindergym 18months to 5years mon to fri 9.30 to 10.30am & 10.30 to 11.30am ,as well as sat 8 to 9am .Also Sat Rec for 4 to 6 yrs 9 to 10am Sat tel 40551711

Gymbaroo from 6 weeks to preschoolers tel 40414140 or www.gymbaroo.com.au

Pramercise thursdays at 8.15am Draper Street Family Medical Centre tel 40511074

Massage

Baby & pregnancy massage with Debbie Savage tel 40559218

Baby massage at Body & Breath Yoga Centre tel 40310606 or 0410795578

Swimming Clubs

Southside Aquatics classes for 6 mnths up mon to Sat all year. Tel 0409347064

Janet Evans swim school 5mnths up tel 40532549

Cme swim the classes are aqua bubs 5mnths to 1yr,aqua tots 1 to 2 yrs,transition tots 16mnths to 3yrs level 1, 2 & 3 swim classes 2 to 7 yr olds tel 0740532549

Yoga

**Mother & baby yoga for up to crawling. Tue 10 to 11.30 am
Pregnancy Yoga Mon 4 to 5.15pm, Tue 5.30 to 6.45pm,Wed 9.30 to 10.45am & Sat 9 to 10.15am
at Body & Breath Yoga Academy tel 40310606 or 0410795578**

Pregnancy yoga tues 9.15 to 10.15am Yoga Academy tel 0413942938 or see www.yoga8.com

Dance Classes

moondance from teeny tots tel 40355838 or www.moondust.com.au

**Dancehouse from 4 years at the end of June called little ballerinas tel 40577055
or www.dancehouse.info**

Cairns Libraries

Storytimes

10.30-11.30am booking essential

Babinda 3rd Wednesday tel 40671112

City 2nd Wednesday tel 40443720

Earlville 4th Thursday tel 40545976

Edmonton 1st Thursday tel 40554121

Gordonvale 1st Tuesday tel 40561365

Smithfield 3rd Tuesday tel 40577755

Stratford 2nd Tuesday tel 40551264

Manunda Library also has a Baby rhyme time starting in April for 0 to 2year olds booking on 40443727.