

PARENT/CARER CLASSES

Autumn Term

DATE	TIME	CLASS
14 TH September	9.30-10.30- GYM	LADIES FITNESS CLASS
21 ST September	9.30-10.30- GYM	LITTLE BOPPERZ – TODDLER MUSIC AND MOVEMENT CLASS Under 4's
28 th September	9.30-11.30- GYM	First Aid course *
5 th October	9.30-10.30- GYM	LADIES FITNESS CLASS
12 th October	9.30-10.30- GYM	LITTLE BOPPERZ – TODDLER MUSIC AND MOVEMENT CLASS Under 4's
19 th October	9.30-11.30- GYM	First Aid course *
2 nd November	9.30-10.30- GYM	LADIES FITNESS CLASS
9 th November	9.30-10.30- GYM	LITTLE BOPPERZ – TODDLER MUSIC AND MOVEMENT CLASS Under 4's
23 rd November	9.30-11.30- GYM	First Aid course *
30 th November	9.30-10.30- GYM	LADIES FITNESS CLASS
7 th December	9.30-10.30- GYM	LITTLE BOPPERZ – TODDLER MUSIC AND MOVEMENT CLASS Under 4's

Please note, there is no fee for any of the above classes.

FIRST AID you must pre book this class as spaces are limited – Please email Miss Lynsey at lbeavers1.307@lgflmail.org

Our parent and carer first aid class will teach you how to deal with an accident or emergency involving babies and children.

Course Content

- Treatment of an unconscious casualty
- Baby and child Recovery Positions,
- Shock, Baby and child Resuscitation & CPR,
- Baby and child Choking,
- Head injuries, Fever, Febrile Seizures,
- Bleeding, Burns, Fractures, Anaphylaxis,
- Meningitis, Other Childhood conditions.