Pre-school gymnastics

Notts Tots!

Notts Tots is a pre-school gymnastics and movement class which caters for babies, toddlers and children under five years.

Nottingham City Council

What is Notts Tots?

These classes use specially designed equipment and British Gymnastics qualified coaches to encourage pre-schoolers to improve all round physical development and awareness. Classes also develop social skills through group activities.

The Notts Tots classes are gymnastics based and cover a full range of motor skills, hand/eye co-ordination, spatial awareness and movement to music.

Notts Tots can help to develop:

- Physical skills e.g. rolling, jumping, climbing
- Social skills e.g. playing, waiting in turn, group activities
- Coordination skills e.g. throwing, catching, hopping and balancing
- Basic gymnastic skills

Notts Tots classes last for 45 minutes each and are split into two age groups:

- 0 - 3 years - Parents are encouraged to actively get involved with the class.
- 3 - 5 years - Parents leave their children with the coaches for a more structured session.

Please note: parents are required to stay at the leisure centre during class.

Notts Tots sessions take place as follows:

Clifton Leisure Centre

Southchurch Drive, Clifton, NG11 8AB. Tel: 0115 915 2333

Day	Time	Age
Tuesday	9.45am - 10.30am	Under 3 years

Find us on Facebook

www.facebook.com/nottsport

Harvey Hadden Sports Complex

Wigman Road, Bilborough, NG8 4PB. Tel: 0115 915 1515

Day	Time	Age
Tuesday	9.45am - 10.30am	Under 3 years
Tuesday	10.45am - 11.30am	3 - 5 years
Wednesday	9.45am - 10.30am	Under 3 years
Wednesday	10.45am - 11.30am	3 - 5 years
Thursday	9.45am - 10.30am	Under 3 years
Thursday	10.45am - 11.30am	3 - 5 years
Thursday	1.15pm - 2pm	3 - 5 years

Ken Martin Leisure Centre

Hucknall Lane, Bulwell, NG6 8AP. Tel: 0115 915 1555

Day	Time	Age
Monday	9.45am - 10.30am	Under 3 years
Monday	10.45am - 11.30am	3 - 5 years
Friday	1.15pm - 2pm	Under 3 years
Friday	2.15pm - 3pm	3 - 5 years

Nottingham Tennis Centre

University Boulevard, NG7 2QH. Tel: 0115 915 0006

Day	Time	Age
Monday	9.45am - 10.30am	Under 3 years
Monday	10.45am - 11.30am	Under 3 years
Monday	11.45am - 12.30pm	3 - 5 years
Monday	1.15pm - 2pm	Under 3 years
Monday	2.15pm - 3pm	3 - 5 years
Wednesday	9.45am -10.30am	Under 3 years
Wednesday	10.45am - 11.30am	Under 3 years
Wednesday	11.45am - 12.30pm	3 - 5 years
Wednesday	1.15pm - 2pm	Under 3 years
Wednesday	2.15pm - 3pm	3 - 5 years
Friday	9.45am - 10.30am	Under 3 years
Friday	10.45am - 11.30am	3 - 5 years
Friday	11.45am - 12.30pm	Under 3 years
Friday	1.15pm - 2pm	Under 3 years
Friday	2.15pm - 3pm	3 - 5 years

Portland Leisure Centre

Muskham Street, The Meadows, NG2 2HB. Tel: 0115 915 0015

Day	Time	Age
Tuesday	1.30pm - 2.15pm	Under 3 years
Tuesday	2.15pm - 3pm	3 - 5 years
Thursday	9.45am - 10.30am	Under 3 years
Thursday	10.45am - 11.30am	3 - 5 years
Thursday	1.15pm - 2pm	Under 3 years
Thursday	2.15pm - 3pm	3 - 5 years

Southglade Leisure Centre

Southglade Road, Bestwood, NG5 5GU. Tel: 0115 915 1595

Day	Time	Age
Monday	1.15pm - 2pm	Under 3 years
Monday	2.15pm - 3pm	3 - 5 years

Booking information

To avoid disappointment you can pre-book your child's place on Notts Tots with the leisure centre on a weekly basis.

More information

For further information about Notts Tots please contact your local leisure centre or visit:

www.mynottingham.gov.uk/nottstots

Did you know?

We offer loads of different activities for children, young people and families in our leisure centres. These include Active Families sessions, after school activities, swimming lessons plus Hoods Hideout. For further information visit: www.mynottingham.gov.uk/fitfamilies