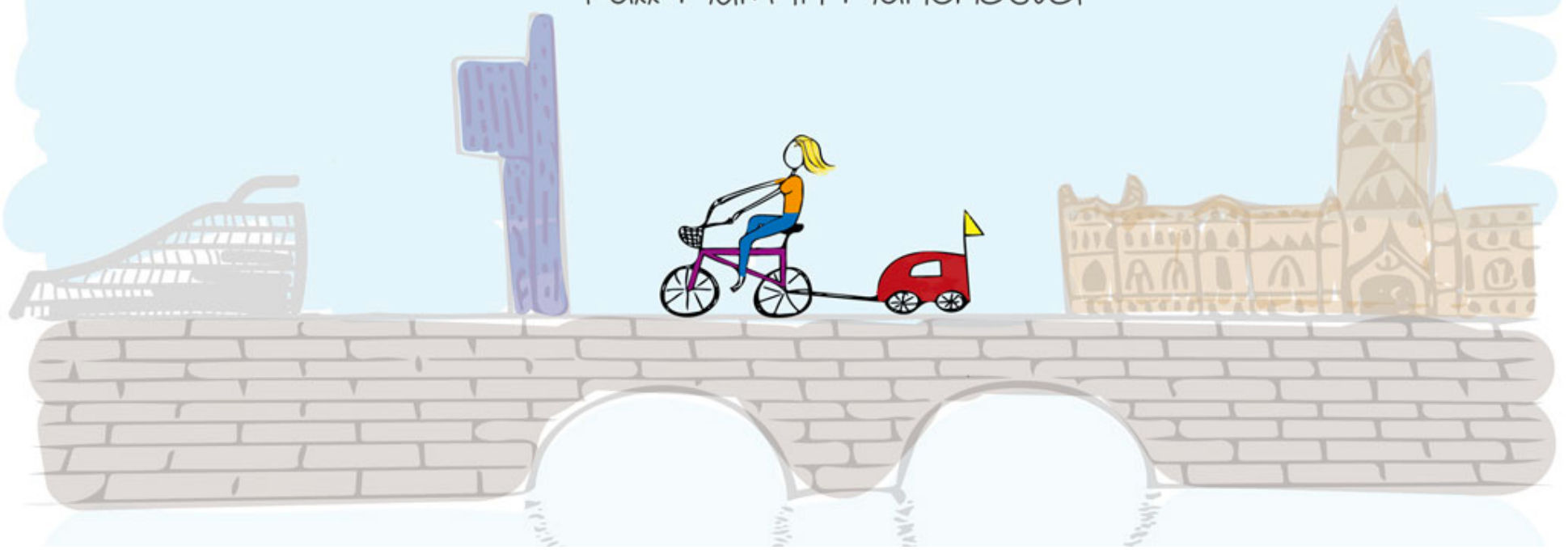


Tall Mum in Manchester



If you live in Manchester there are lots of exciting things to do as a new mum and you can take your baby with you. Finding out about them isn't always easy, so I've created this timetable, which you can save to your phone or, print and pin to your fridge if you're old school!

Last updated: October 2016

Things for new mums to do in Manchester

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Burnage							
Chorlton		<p>Postnatal Pilates 10.00-11.30 £68.00 (8 week course) The Yoga Rooms http://bit.ly/2eVIWJN</p> <p>Sling Swing 11.30-12.30, 14.00-15.00 £5.00 Chorlton Irish Centre http://bit.ly/2e2rZtP</p>	<p>Pramactive 10.00 – 11.00 £5.00 Chorlton Water Park http://bit.ly/2fusS3L</p>		<p>Pramactive 10.30 – 11.30 £5.00 Chorlton Water Park http://bit.ly/2fusS3L</p>		
Didsbury	<p>Cinebabies 11.30 Alternate weeks Cineworld, Parrs Wood http://bit.ly/2f2i1v9</p> <p>Sling Swing 14.00-15.00 £5.00 St James & Emmanuel Church Hall http://bit.ly/2e2rZtP</p>			<p>Pramactive 9.45 – 10.45 £5.00 Millgate Fields http://bit.ly/2fusS3L</p>			

Things for new mums to do in Manchester

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fallowfield		Buggy Bootcamp 11.30-12.30 Free Platt Fields Park http://bit.ly/2f3kWDo					
Gorton		Post Natal Exercise Session 9.30-10.30 £1.00 Sacred Heart Sure Start http://bit.ly/2epbWHz					
Heatons							
Levenshulme			Breastfeeding Group 13.00-15.00 Free Levenshulme Children's Centre http://bit.ly/2dALaL7				
Longsight							

Things for new mums to do in Manchester

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Manchester		Newbies Cinema Odeon Trafford Centre http://bit.ly/2fusaf	Pre & Post Natal Exercise Class 10.15-11.15 Free Heaton Park http://bit.ly/2eKbuXs	Parent/Baby film screenings 11.00 3 rd Thursday HOME http://bit.ly/2fkO24X			
Moss Side							
Stretford		Pramactive 10.00 – 11.00 £5.00 Longford Park http://bit.ly/2fusS3L					
Wythenshawe			Buggy Bootcamp 12.00–13.00 Free Wythenshawe Park http://bit.ly/2futxIJ				