



Sport In Mind

July 2025

Parent & Baby East Berkshire

These classes are fun, inclusive and open to parents who may be feeling they want to connect with other parents and use movement to support their physical and mental wellbeing; whether it be low mood, anxiety or more serious mental health factors.

Please come along and see how these free open weekly drop in classes can benefit your mood and wellness. If you have any questions just contact info@sportinmind.org or call on our free, confidential phone line on 0300 102 1400!



Attendee Sign-Up

Parent & Baby Sessions

Slough

Day	Time	Activity	Instructor	Venue
Monday	10am-11am	Parent and Baby Dance & Movement	Divneet	Chalvey Grove Children's Centre, Montem Primary School, Slough, SL1 2TE

Starts
Monday
14th July

Day	Time	Activity	Instructor	Venue
Monday	11am-12pm	Parent and Toddler Exercise to Music	Sherrel	Chalvey Community Hub, Ladbroke Road, Slough, SL1 2SR

Bracknell

Day	Time	Activity	Instructor	Venue
Tuesday	9.30-10.15am	Mum & Baby Yoga	Charlotte	Bullbrook Community Centre, Bay Road, Bracknell, RG12 2NL

Last session
for Summer -
Tues 15th July

@sportinmind info@sportinmind.org www.sportinmind.org 03001021400



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Working with

