

# GROW UP GREAT

## @ Chase Leisure Centre

Regular activities for families with children aged under 5!

### Sessions

Aqua Natal  
Mini Kickers\*  
Post Natal  
Family Golf

### Swimming

Pre-school lessons  
from 6 months  
Parent & Toddler  
Swimming Sessions

### Advice

Health Visitor Clinic\*  
First Aid Massage\*

### Sensory

Sessions for under 5s  
with additional needs\*  
Sensory room

### Hire

Party Room Bookings  
Soft Play  
Sensory Room  
Pool Parties



Contact:

[www.chaseleisurecentre.org](http://www.chaseleisurecentre.org)  
01543 504065

\* Mini Kickers – 07515 155307  
Health Visitor Clinic – 01543 431586  
First Aid Massage – 07720 988177  
Sensory Sessions – 01543 469894



Inspiring  
healthy  
lifestyles



Staffordshire  
County Council

GROW UP  
GREAT

# GROW UP GREAT in March

Come along to our Wednesday First Steps session on the following dates,  
and find out about other services in the area:

## Wednesday 7th March

**Body MOTs & Getting Back To Being Me!**

Meet our health and exercise professionals who will be on hand to give new moms advice & support in looking after yourself after having a baby.

## Wednesday 14th March

**Cannock Chase Children's Centre**

There's lots on offer at Cannock Chase Children's Centre, with lots of groups you can enjoy, whilst meeting new parents. Come and say hello to the team!

## Wednesday 21st March

**Staffordshire Libraries – Bookstart packs**

Pick up your Bookstart pack and start your babies reading journey. Find out about all the fun for you and baby at your local library.

**And on...**

## Tuesday 27th March 10am – 11:30am

**Book & Bounce! with Staffordshire Libraries (Free activity)**

An extra special session to finish Grow Up Great Month! Are you sitting comfortably? Then come along to our soft play and story session with Staffordshire Libraries.

All above sessions take place @ Chase Leisure Centre  
First Steps session: Wednesdays 11:15am – 12pm/ £3  
Booking advised

Grow Up Great sessions will take place at the end of the First Steps class 12pm

Call 07814 460019 for further information on Grow Up Great month  
Visit [www.growupgreat.co.uk](http://www.growupgreat.co.uk)

 @IhICannockChase @ChaseLeisure