

Extra Activities

Cascade

Baby signing

Signing is a great way of allowing your baby or toddler to communicate before they can talk. It eases frustration and tantrums and enhances their speech development. If you enjoy having fun with your child and meeting new friends over coffee and biscuits, then baby signing is for you.

Every Sunday 3.30–4.30 p.m. Age Under 2's Cost 3KD per class or 25 KD for 10 classes

Art/Craft

Dress for mess and artistic success. Come along and paint, draw and make models or learn how to make jewellery and do embroidery. We will provide all the materials you just bring your imagination.

Every Monday 3.30 - 4.30 p.m Age 3-6 years
Cost 3 KD per class or 25 KD for 10 classes

Music and Dance

Music and dance activities to develop self confidence, listening skills, rhythm and coordination and also to have fun.

Every Wednesday 3.30- 4.30 p.m Age 3-6 years

Cost 3 KD per class or 25 KD for 10 classes

Play Afternoons

Cascade is now open for parents to bring their children along to in the afternoons. If you would like to get out of the house and enjoy some fun and healthy activities with your children then this is the place to be. Your children will have fun playing on the indoor playground and outside in our extensive garden and you can meet new friends.

Sunday to Thursday 3-5 p.m Age Under 7's

Cost 2 KD for 1st child and 1KD for siblings

For more information on the above activities or to reserve a place please call **97596308**

Ju-Jitsu - Martial Arts

Ju -Jitsu offers your child the opportunity to have fun and learn practical self defence, develop all aspects of physical, social and emotional learning, build upon awareness and self confidence and test for the different level belts. Classes are taught by a British qualified and licensed instructor.

For more information please call 66763011

Adult classes also available.

Something else in mind?

At Cascade we are constantly striving to provide activities and clubs for younger children, so if there is an activity or club you would like to see at Cascade just give us a call and we will do our best to make it happen.

9759 6308