

# Nicole Weir Physiotherapy Baby Splash Classes

**90 minute classes**

**Monday 12 noon to 1.30pm**

**at Go Swimming Wanneroo**

Never underestimate the joy of your little one's first smile and splash in the pool! These classes are the most beautiful bonding experience you will have with your baby. By singing nursery rhymes and encouraging baby's movement, your baby will become confident in water as well as improving their head and neck control and promoting their development.

The Mum's Aqua class will help you regain your pre-pregnancy body whilst your baby watches on from their pram.



- 30 minute Baby Splash
- 30 Minute Break
- 30 minute Mums Aqua Fitness
- For Babies 6 weeks to 8 months
- Helps Babies Development
- Improve Mum Fitness and Strength
- Warm water (32 degrees)
- Gas Air Heating
- Private Facility

Nicole Weir Physiotherapy

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