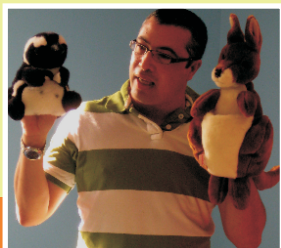


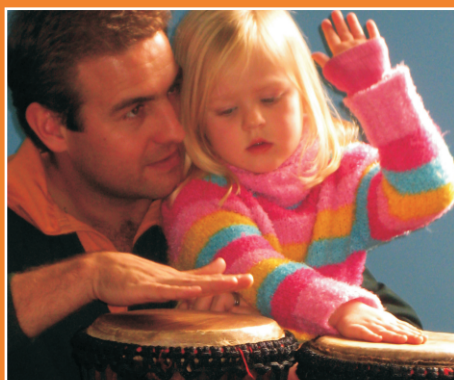
Play Times

how to get your daily dose of "happy hormones"

20th
June



Dad's Day celebrated with drumming and a puppet show was a great hit with Dads and kids alike. Moms had lots of fun too!



Ever heard the saying "a happy mom makes for a happy home?" It probably never meant much before you started your own family. What's the bets you can really relate to it now!

When last have you been to the movies with your partner or eaten a meal in a restaurant while it was still warm? Want to go to gym but have no one to babysit? The problem too is finding that valuable 30 - 45 minutes of "me time" in amongst feeding, changing nappies, dressing, cleaning, packing away, cooking....!

@play recognises all moms who are experiencing the same frustrations and has started addressing some of the challenges by designing classes that help moms regain their body, mind (we'll try!) and soul. The moms-only classes that we offer are not aimed at training you professionally, but to encourage you to have fun, get fit, increase flexibility, improve posture, tone-up, burn calories, improve confidence and most important - to have an awesome time. All this while knowing your little one is close-by, possibly looking on in awe at what mommy's doing! It's the type of exercise you may never have considered before, but since motherhood serves up a whole new reality, considering a new way of exercise may be just what you need.

Polercise

Polercise is about having lots of fun. Robyn will teach you basic moves such as how to climb the pole, twirling, spinning, and swinging plus all those important static moves. Polercise moms will find an amazing increase in upper body strength. It's not an overnight achievement, but before you realise it, you will be spinning and moving in a way you never imagined possible. Not only does your upper body benefit, but also your core and legs. The best thing about polercise is that you barely know you're exercising.

You can burn up to as many as 250 calories which is similar to a good gym session! Physical benefits may be obvious, but there are some less glaring results to be had. One of the most important may very well be an increase in self-esteem. This comes packaged with a new-found awareness of your body and the control you have over it. When a mom begins accomplishing moves and dances in her polercise class that she didn't think possible, that confidence carries over in the way she accomplishes tasks and the way she carries her self.

Oriental Dance

This is sexy and fun way to get fit. If you are looking for something exotic and energetic then Tanaya is your instructor. One may think that a dance that's so sensual and rooted in gentle flowing moves might not work up much of a sweat, but she has moves that are great for improving joint articulation and posture. You are also in for a cardiovascular workout and improvement of your stamina.

The psychological benefits are also important and include an enhanced sense of self worth and appreciation. The graceful hip drops, rolls and pivots of this type of dance form utilize muscle groups in the abdomen, pelvis, trunk, spine and neck - working with the body instead of against it. Oriental dance is based on movement that comes naturally to the female form. All you need is the desire to access your inner sensual goddess and the will to have fun in the process!

Yoga

Postnatal Yoga - You are now a mom! It is important to recognize the huge changes in your body and your life during pregnancy and after the birthing process. Tess's postnatal classes are aimed at strengthening the pelvic floor as well as the abdominal muscles, which remain lengthened and weakened after birth. There is also a special focus on strengthening the back and opening the chest as these areas suffer with all the lifting you are now doing. A new mom often tries to do too much too soon and so Tess focuses on gentle postures and breathing which will allow the body to recuperate without risking injury. Make yoga a time for yourself or bring your baby along and share the experience together.

11th
July

Wind Chime construction
Sat 11 July, 11:00 - 12:00

22nd
July

Little "Green Fingers" Gardening Workshop
Wed 22 July, 14:30 - 15:15. More details at Reception.

Prenatal Yoga - Many see pregnancy as a marathon and being fit will help you cope with the physical challenges of both pregnancy and childbirth. Exercise not only helps maintain your current physical condition, but it can improve sleep, blood flow to your brain with mood boosting endorphins, improve your endurance, and strengthen those muscles you need to keep your growing body on its feet! Exercise prepares your body for childbirth and helps you to bounce back into shape a lot quicker after birth!

It's important to always consult your doctor when considering an exercise routine, especially if you weren't particularly active before pregnancy. Come experience the benefits of yoga with Charne.

Now that you have some choices, dust off those 'pre-children' clothes and book your free trial class with the relevant instructor. Spoil yourself, you are worth it!

Babysitting service

On 1st August (17:00 - 20:00) Bronwyn and Lilly will be babysitting a maximum of 10 children (cost of R40 per child). This gives you the opportunity to have a romantic dinner with your partner or just catch a movie like "normal" couples do. Bronwyn will be in the @play playroom on Saturday 25th July (09:00 - 12:00) to introduce herself to any interested parents and spend some time with the children in the playroom. To reserve a spot for your child, please leave your details at reception or email us on info@atplay.co.za.

Let's party the @play way!

Birthdays are a special time in both a parent's and their child's life. @play would love to be part of the festivities with you. This is how we can play a part:

For parents who want to get involved in each aspect of their child's party, the suitable option is the @play Basic package offered at the cost of R450. This entitles you to two hours exclusive use of the @play activity centre, full use of the playroom with its variety of play and climbing equipment, and we set up the tables and chairs in the studio for the children's party area. We provide tea, coffee, cutlery and crockery for the adults and do the big clean up afterwards.

For the parents who would like @play to get more involved, we provide our Hip-Hip Hooray package. This option entitles you to all the elements of the basic package, as well as party buckets/boxes (contents to be selected by the parent), tablecloths, balloons and jelly and popcorn for the table. As an added @play touch we clear up after the party feast and then provide dough and art for the children to enjoy as part of the festivities. This package is tailor-made and is quoted as a price per child.

In addition, you can contact any of the @play instructors to offer, for example, dance, music, tai-chi or art. This is an added cost that you negotiate with the instructor depending on their availability and the number of children present. To view an @play party in action go to the Party tab on our website www.atplay.co.za and view the photo's in our gallery.

Small Ads

We have added a tab for "Small Ads" to our website. This facility is for members to advertise any child-related item or service they would like to sell or buy. Please email your exact wording to info@atplay.co.za so that we can include your ad with our weekly updates.

Reflexology speaker: 18th July, 11:00 - 12:00

Charne will be speaking on the Benefits of *Reflexology for Tiny Feet*. Book at reception or info@atplay.co.za. Cost is R40 and refreshments will be served.

Wind chime making: 11th July, 11:00 - 12:00

Thank you to the moms for contributing to our wind chime project. Our collection of plastic lids and bottle tops is sufficient to get the little hands working and start creating wind chimes. This project serves as an opportunity to talk to our children about the importance of recycling and how they can make a difference in helping save the environment. All ages are welcome and moms with under two's please be prepared to get involved. The aim is that each child create their own wind chime that will be hung outside the playroom, on the awning.

Hope to see all moms taking advantage of the awesome classes on offer!

Come on, let's play!

Kind regards

Wendy, Jackie and the @play team



Some @players caught in action

Recycle, Reuse, Reduce

It's time to become enviro-wise

The time is "ripe" to start getting real about environmental issues without beating ourselves over the head. The sentiment "ignorance is bliss" is so true. Once you empower yourself with the knowledge you need to take action, there's no looking back. The little each of us do can make a difference, especially when it serves as an example to our children on how to care for their environment. Start making *your* difference today.

Recycle: Don't throw away anything that can be recycled. Take your recyclables to your nearest drop-off facility, school, or recycling organization. Many municipalities are now coming onboard with their own recycling programmes. Find out more about those in your area. Think before you throw away these items: Acid batteries, Oil, Aluminum cans, Paint, Building materials, Paper, Cardboard, Plastic bags, Chemicals, Plastic bottles, Electronic equipment, Steel cans, Glass bottles/jars, Appliances, Lead, Wood, Magazines, Writing/copy paper, Newspaper, Yard waste.

Reuse: Think *reusable*, not disposable, when you buy. When traveling, take along washable cups or travel mugs. Many restaurants and convenience stores will fill or refill your own mug. Remember, many plastic disposables - including cups, plates, utensils, and food storage bags - can be washed and reused. Think *repair*, not replace. Donate items that you *are* replacing, such as appliances and old bicycles. Hold a yard sale or give away items you no longer use. Use cloth instead of paper - cloth bags for shopping, cloth napkins at your table, and cloth diapers for baby. There are some eco-friendly nappy options that you can consider.

Reduce: Buy in larger volumes to reduce the amount of waste from packaging. The "large economy size" can save you money and has only one package to dispose of, not two or three. When you buy only one or two items at the store, say "no" to a paper or plastic bag to hold them. Say "no" to junk mail. Call toll-free numbers in unwanted catalogues and ask to be removed from mailing lists. When possible, use the Internet for paying bills and reading the news, catalogues, and other information. Start a veggie/fruit garden to get food that isn't processed and packaged. Compost biodegradable waste to create rich soil for your garden and to cut down on trash.

In summary, moms are the best networkers you will find. If you want to find out more chat to other moms. We are a wealth of information and often a good starting point to increased awareness and being more proactive.