

Ottawa

Mom and Child Classes

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Guide's Local Picks

Ottawa.ParentZone.com



Newsletter > Week of 2.26.2007

City of Ottawa

Exercise programs for mom and baby. Prenatal and post natal fitness programs and many more fitness classes. Check their website for the Activity Guide. [More Information](#)

Tiny Hoppers

Offers playing classes and techniques for parents and their children. [More Information](#)

Ontario Early Years Centre

This organization provides many programs for mothers and their children. A Strollercize program is offered at the Hemmingwood Community Centre. A place for parents and caregivers to get answers to ... [More Information](#)

Gymboree

Gymboree offers great music classes and playgroups for moms, dads and their infants and toddlers. Check their website for locations and times. *New location: 373 Vantage Drive, Orleans. phone... [More Information](#)

Making Music Meaningful

A music and movement program for babies and toddlers in Alta Vista, Bells Corners, Merivale, Orleans and Westboro. Please check the web site for schedules, fees and more information. [More Information](#)

The RA Centre

The RA centre offers many fitness programs for all ages. Please visit website for more information. [More Information](#)