



Meet Nikki and her beautiful daughter Ellie...

Nikki is originally from Yorkshire, but has lived in Salford for over 10 years. Nikki was first involved in the Cornerstone when she started attending Zumba classes here a few years ago and then went on to qualify and become one of our instructors. She was unable to carry on with the classes after getting pregnant and after the birth of Ellie was eager to get active and fit once again.

Noticing a gap in the market for fun, fitness for new Mums Nikki came across Sling Swing which has been running in the UK for the past 2 years. She loved the idea of a class where Mums (and Dads!) could feel close to their baby through babywearing, whilst also having fun, getting fit and having a good dance. She felt that the Cornerstone was a great location having taught here before and also attending lots of groups at the Children's Centre here.

Nikki has been running Sling Swing classes here since March and has loved teaching Mums the mixture of routines in Salsa, Pop, Street and Ballroom; whilst seeing their confidence grow, getting fit, meeting new friends and bonding with their babies even more.

There are so many benefits to the classes Nikki tells us. There is the babywearing aspect that allows Mums to move freely, but also has been shown to increase the bond with the parent, assist in postnatal depression, building confidence and even have a positive impact on the central nervous system of the baby. Although she laughs that it's not a money back guarantee; most babies are happily asleep by the end of the class, by finding the movement and music calming. But most of all its lots of good fun!



Nikki is Babywearing peer support trained and has carriers available to use in class for those who do not have their own and is happy to sign post Mums to local Sling Libraries should they want to find out more.

Classes are £4.50 or £20 for 5 and can be booked via <https://bookwhen.com/slingswingmcr> or through facebook



Classes at The Cornerstone:
Thursday's 11am – 12pm

Nikki also teaches classes in Worsley, Didsbury and Prestwich

You can find out more via:
<https://www.facebook.com/slingswingmanchester>
<http://slingswing.co.uk/>