

Promotional feature



Play with purpose



We Rock The Spectrum is all about fun activities in a sensory-safe environment

From a zip line, indoor play structures and sensory-based toys to suspended equipment with swings, crash mats and pillows, plus a fine motor arts and crafts area, We Rock The Spectrum Kid's Gym is Dubai's ultimate edutainment venue – as highlighted by the fact it was highly commended in the Best Soft Play category at the recent Time Out Kids Awards.

"Play with purpose is about kids playing and having fun while developing physically, cognitively and socially. We're passionate and committed to creating experiences for young ones to learn and grow," says Dr Nashila Farrah Jaffer, the chiropractor and entrepreneur behind the international franchise's arrival to Dubai. Through

movement, little ones improve their range of motion, balance, muscle strength, coordination and endurance. "We encourage kids of all ages and abilities to interact with each other in harmony," adds Dr Nashila. "You'll see a two-year-old and nine-year-old playing side by side, it's beautiful."

We Rock The Spectrum Kid's Gym is a sensory hub. Every piece of equipment is designed to stimulate certain parts of the brain through movement. Kiddies get a full body workout, work up a sweat and raise their heart rate – all while having fun. Plus, you can drop the kids off and go upstairs to the "adult" gym so the family is working out together at the same time.

In addition, We Rock the Spectrum also

offers a fantastic selection of exciting afterschool clubs including Karate, Cross Fit and Ball N' Babies classes – which includes half an hour of free open play after the class. And now for the best bit, so listen up *Time Out Kids* readers because we have some great news for you. You can get take advantage of a special buy an hour, get an hour free offer at We Rock The Spectrum when you present this page of the magazine. The offer is valid for up to four children.

→ Sat-Wed 10am-8pm, Thu-Fri 10am-9pm.



→ Beach Park Plaza Centre, Jumeirah, Dubai, www.werockthespectrumdubai.com (04343 2442).