

Kiddie chefs

Get the kids involved in the kitchen and sign them up for 'Mini Chef' courses at Cooking Sense in Dubai Media City. The classes have been designed to teach children to experience the taste and texture of different foods while exploring their nutritional value and flavour. Classes are divided into two age groups – six to eight years old and nine to 11 years old – and will cover different topics like basic kitchen terminology, utensils, herbs and spices.

Specialists from the Dubai Herbal and Treatment Centre will also be on-hand to answer any nutritional-based queries. Classes cost Dhs 60 per head and will have the children trying out the different recipes and eating the spoils at the end. A short etiquette lesson with regards to setting the table, greeting guests and dining table behaviour is also included. Birthday parties can also be organised at the venue. Call (04) 3616117 for more information.



Thrills and spills

Stuck for something to do on a dull afternoon? Adventureland in Sharjah has 20 exhilarating rides, video games, simulators, billiards and a sports café. Kids can ride alone on themed trips or you can pack the whole family onboard the Carousel or Adventure Train for family kicks.

Situated on the first level of the Sahara Centre, the 70,000 square foot facility also offers special day packages and tours. Call (06) 5316363 for more information or log onto www.adventureland-sharjah.com.

Focaccia Fridays

The Hyatt Regency, Dubai, should be your destination of choice for a fabulous new family Friday brunch. The tantalising buffet includes antipasti, live risotto- and pasta-cooking stations, stuffed calamari and veal escalope (yum!). You can enjoy your dining experience sans distractions while your children are kept busy in the special kids' room with an array of activities, like face-painting, under the supervision of the hotel's staff. The brunch is served from 12.30pm to 4pm and costs Dhs 89 per person including soft drinks, tea and coffee; Dhs 149 per person including sparkling wines, beer, soft drinks, tea and coffee; and Dhs 49 for children. Kids under five eat for free. Call (04) 3172222 for reservations.

Yoga for youngsters

Introduce your children to the ancient art of yoga with special classes held at the Dubai Community Health Centre. Regular practise of the exercises yields beneficial results like flexible joints, efficient working of the organs and a relaxed mind. There are no more than eight children per class and are open for 10- to 16-year-olds. They cost Dhs 60 per session. Call (04) 3953939 for more details.



And here's one for mum!

Fancy a spa treatment but don't know what to do with the kids? Grand Hyatt Dubai has come up with the perfect solution: now you can drop the kids off at The Kidz Club while you treat yourself to a day of pampering in the form of the Grand Spa's *Fusion Package*, which comprises a selection of 30-minute treatments complemented by a choice of lifestyle enhancers, allowing you to customise your own treatment and focus on those areas that need attention. After lunch, spend a lazy afternoon by the pool. The 90-minute fusion treatment and a three-course lunch at Andiamo costs Dhs 500.

Meantime, the children will be busy and entertained at The Kidz Club, which caters for children up to 12 years old. Call (04) 3172333 for spa reservations.



Birthday party-planning

Stuck for an idea for a birthday party? Leave the hassle to the professionals and choose Planet Hollywood as the venue for your child's birthday. For Dhs 45 per child, kids can enjoy a scrumptious buffet plus a barrel of fun with magicians, face painters and games. The party pad is festooned with balloons and party hats and clowns can be hired to add to the fun. Call (04) 3244777 for reservations and information. [ym](#)

