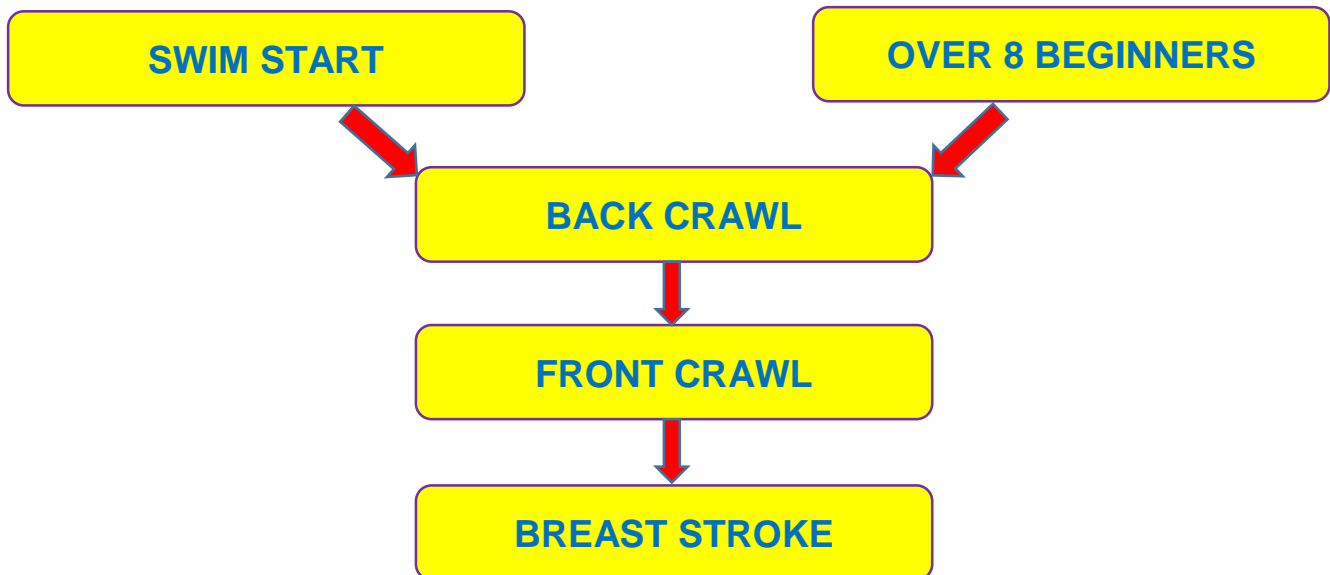


# LEARN TO SWIM SCHEME



The Inverness Leisure Learn To Swim programme is the largest of our after school activities, in which over 1,600 children are taught how to swim each week. The team teach various strokes, techniques, swimming skills and also offer personal 1-2-1 swimming lessons. Children commence in the programme as non-swimming beginners and can complete the programme as club entry standard due to the aqua skills and swim strokes taught in the scheme.

Children must be a minimum age of 4 years to enrol in the programme – a waiting list is in place for the programme but children can expect to be offered a space within two weeks of registration. Please register via the waiting list link on: <http://www.invernessleisure.co.uk/waitinglists/> Progression through the below programme will be dependent upon each individual child's ability, however, this can be undertaken at the child's own comfortable pace.



PLEASE NOTE, 1-2-1 AND 1-2-2 LESSONS ARE AVAILABLE FOR ALL LEVELS



**Please see overleaf for further information on the additional swimming programmes.**

Following successful completion of the Learn To Swim programme, children have the opportunity to enrol in the activities listed below.  
Spaces can be booked at reception on a first come, first served basis.

### **CLUB PATHWAY**

Created in conjunction with Inverness Swimming Club, the 12-week programme consists of blocks of swimming sets and assessments to prepare children for their club entry trial. Club Pathway is suitable for swimmers who have an interest in competitive swimming and are looking to progress to Inverness Swimming Club.

### **STROKE IMPROVEMENT**

The six-week programme is designed to further develop stroke technique for all four strokes whilst working on swimming fitness. Children must have completed the Learn To Swim programme before being eligible for a space on the course. Stroke improvement is ideal for swimmers who want to further develop their swimming skills but have no desire to progress to competitive swimming.

### **ROOKIE LIFEGUARD**

RLSS UK's Rookie Lifeguard programme provides your child with the skills to be confident in the pool, and is developed specifically to appeal to 8 – 12 year olds. The Rookie Lifeguard scheme teaches children how to swim and enjoy water safely (in both deep and shallow water) and built into the programme are lessons in valuable survival, rescue and sports skills. This programme is delivered in an exciting way that will get children involved and motivated.



**For further information, please contact Reception on  
01463 667500.**