



ADULT & CHILD SWIMMING LESSONS

FOR CLASS DATES SEE 6 WEEK BLOCK TIMETABLE OR VISIT WWW.INVERNESSLEISURE.CO.UK.

BOOKABLE AT RECEPTION.

STAGE 1 (age 6 – 12 months)

Throughout the course, we will provide you with advice on how to support your baby in the water, build confidence and remove any water fears and worries.

STAGE 2 (age 1 year)

Throughout the course, we will provide you with advice on how to develop underwater confidence, improve water awareness and allow your child to self-discover their abilities.

STAGE 3 (age 2 years)

Throughout the course, we will provide you with advice on how to support your child with flotation aids, play underwater and have fun in the pool using songs, games and play.

STAGE 4 (age 3 years)

Throughout the course, we will provide you with advice on how to push and glide on front/back, give your child confidence when jumping into the pool, breath control, water safety and stroke development skills.

STAGE 5 (age 4 – 5 years)

Throughout the course, we will provide you with advice on how to learn ways to enter and exit the water safely, confidently fully submerge, introduce deep water activities and your child will learn to kick on their front/back for five metres.

	STAGE 1 LEISURE POOL	STAGE 2 LEISURE POOL	STAGE 3 LEISURE POOL	STAGE 4 LEISURE POOL	STAGE 5 COMPETITION POOL
MONDAY	1100 - 1130	1230 - 1300	1130 - 1200	1330 - 1400	1300 - 1330 1400 - 1430
TUESDAY	1000 - 1030	1030 - 1100	1100 - 1130	1130-1200	1130 - 1200 1100 - 1130 1800 - 1830
WEDNESDAY	1000-1030	1030 - 1100	1100 - 1130	1130 - 1200 1700 - 1730*	1330 - 1400 1400 - 1430 1730 - 1800
THURSDAY	1130 - 1200	1030 - 1100	1000 - 1030 1100 - 1130	1000 - 1030 1100 - 1130 1130 - 1200	1000 - 1030 1030 - 1100 1100 - 1130 1130 - 1200 1230 - 1300 1300 - 1330 1330 - 1400 1400 - 1430 1730 - 1800
FRIDAY	1100 - 1130	1130 - 1200 1300 - 1330	1130 - 1200 1330 - 1400	1200 - 1230 1230 - 1300	1100 - 1130 1200 - 1230 1230 - 1300 1400 - 1430
SATURDAY	0745 - 0815	0815 - 0845	0745 - 0815	0815 - 0845 1300 - 1330*	1200 - 1230 1230 - 1300

*Competition Pool

Parents/guardians are required to be in the pool with children at all times when taking part in Stages 1 – 4. Children taking part in Stage 5 must be supervised at all times from the side of the competition pool.