



ADULT & CHILD SWIMMING LESSONS



FOR CLASS DATES SEE 6 WEEK BLOCK TIMETABLE OR VISIT WWW.INVERNESSLEISURE.CO.UK. AVAILABLE TO BOOK AT RECEPTION. ALL ACTIVITIES ARE INCLUDED IN THE ALL INCLUSIVE HIGH LIFE MEMBERSHIP.

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

WHAT NEXT..... INVERNESS LEISURE LEARN TO SWIM SCHEME
Children will progress through the four levels of the term time scheme. Your child must be age 4 to register on the waiting list and will be eligible for a space when in P1. Register at www.invernessleisure.co.uk

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

*Class takes place in the 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 pool.