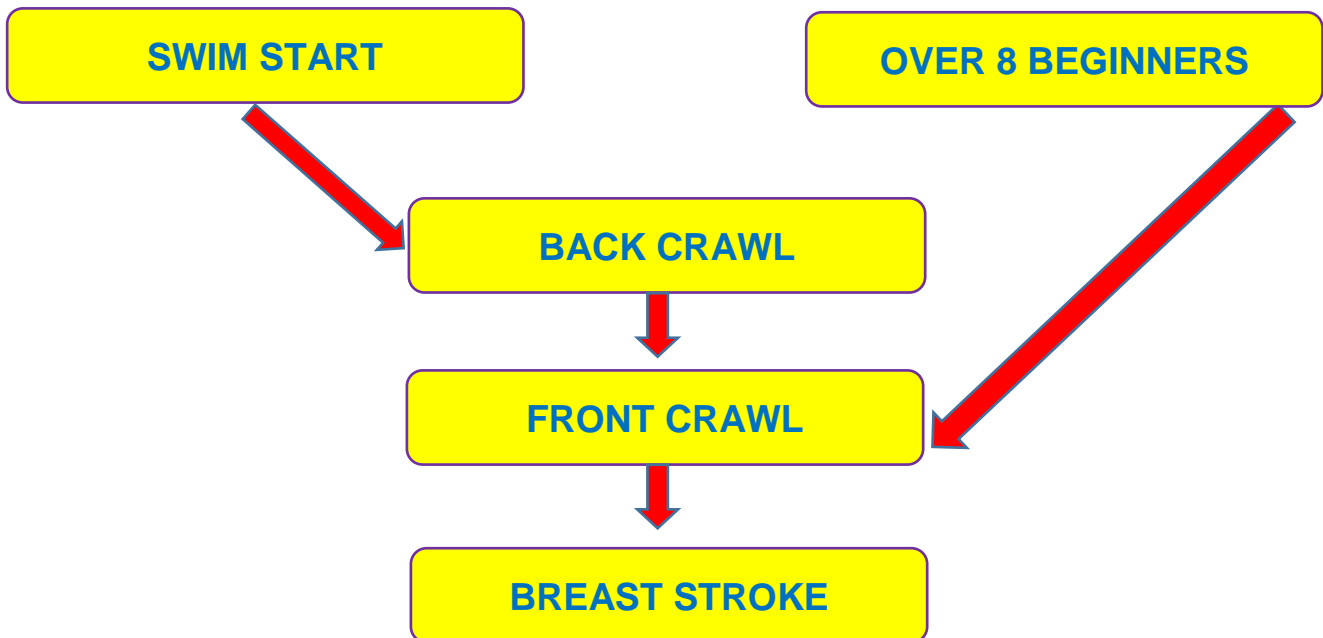


LEARN TO SWIM SCHEME



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.

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.



LOVE TO SWIM 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.

INTRODUCTION TO LIFESAVING

The six-week Introduction To Lifesaving 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 course 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.**