

LEARN TO SWIM SCHEME

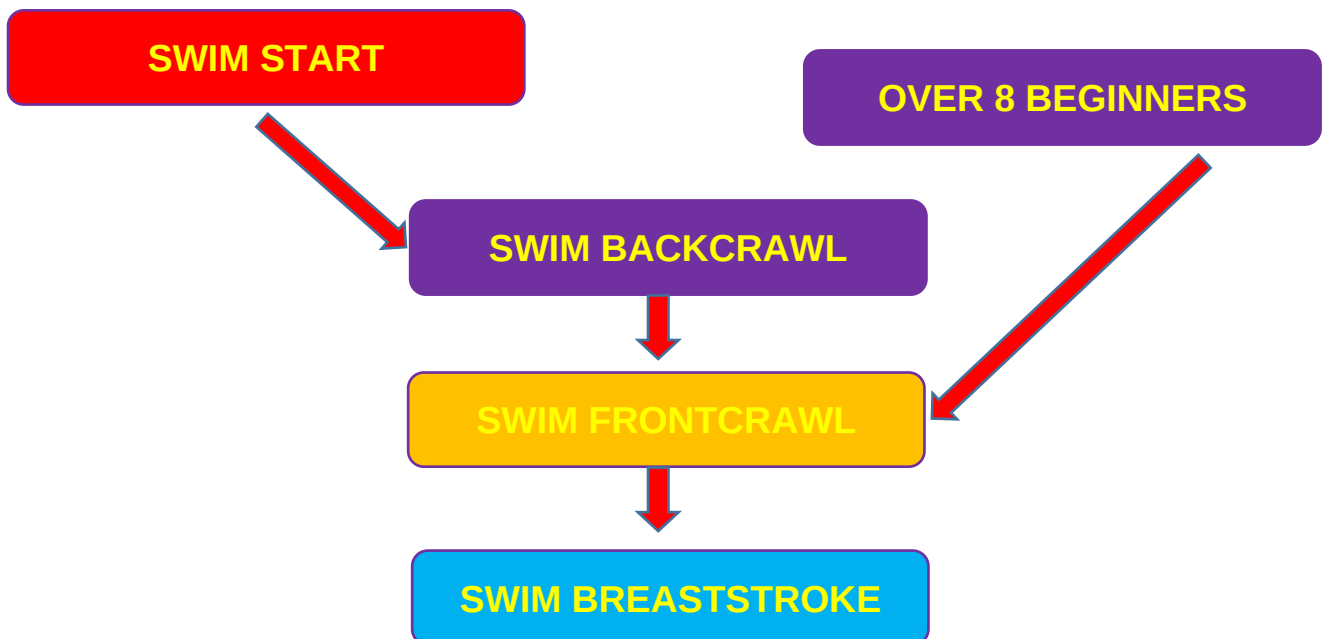


The Inverness Leisure Learn to Swim Scheme is our largest after-school activity, in which over 1,600 children are taught how to swim each week.

The programme includes all the key swimming strokes and skills your child needs to become a competent and safe swimmer, so that they can enjoy swimming as a life-long activity for fun, fitness, or even competition.

Children can register on the waiting list for Learn to Swim when they turn 4 years old, then they are eligible for a place in the scheme once they begin Primary 1.

Progression through the programme is dependent upon a continuous assessment of each pupil's ability, against the criteria for each level. We want to ensure that children get the most out of their swimming lessons, so our instructors will support every pupil to complete the programme at their own comfortable pace.



LOVE TO SWIM 1:1 AND 1:2 LESSONS ARE AVAILABLE FOR ALL LEVELS

Following successful completion of the Learn to Swim programme, children can enrol in the activities listed below.

Spaces can be booked at reception on a first-come-first-served basis.

CLUB PATHWAY (P3 – S2)

Created in conjunction with Inverness Swimming Club, this 12-week course will develop all four strokes, and important skills such as diving and turns, to prepare children for their club entry trial. Club Pathway is specifically for swimmers who have an interest in competitive swimming, and are looking to progress to Inverness Swimming Club.

JUNIOR STROKE IMPROVEMENT (P3 – S4)

The six-week course is designed to further develop stroke technique for all four strokes and other swimming skills, whilst working on swimming fitness. Junior Stroke improvement is ideal for swimmers who enjoy being active in the pool, and want to develop their skills and fitness, but have no desire to progress to competitive swimming.

INTRODUCTION TO LIFEGUARDING (P4 – S4)

The six-week Introduction to Lifeguarding course includes valuable lifesaving and water safety skills, delivered in an exciting way that will get young people involved and motivated. Participants will learn about rescue techniques and basic first aid - all the while developing their communication, teamwork, and confidence.



For further information, please contact Reception on 01463 667500 (Option '0').