



ADULT & CHILD SWIMMING LESSONS



STAGE 1 (Age 6-11 months)
 In this course we will provide advice on how to support your baby in the water, build confidence and remove any water fears and worries. We use toys to encourage the babies to interact with the water and make a splash!

STAGE 2 (Age 1 year)
 In this course we will provide advice on how to develop underwater confidence, introduce basic swimming skills like blowing bubbles and kicking, and making swimming fun!

STAGE 3 (Age 2 years)
 At this stage we will provide you with advice on how to support your child swimming with flotation aids, play underwater and have fun in the pool with songs and games!

STAGE 4 (Age 3 years)
 At this stage we will provide you with advice on how to begin developing basic stroke skills, give your child confidence when jumping into the pool, and encourage them to explore the pool environment safely!

STAGE 5 (Age 4 years – 5 years 6 months)
 This stage takes place in the Competition Pool. We will support children to enter and exit the water safely, further develop stroke skills on their front and back, and embrace play in the pool with games!

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5
MONDAY	1100	1130	1230	1300	1330 1400
TUESDAY	1000	1030	1100	1130	1100 1130 1730
WEDNESDAY	1000 1130	1030 1100	1030 1100	1000 1130	1200 1330 1300 1400
THURSDAY	1000	1030	1100 1300	1130 1330	1000 1130 1030 1230 1100 1400 1730
FRIDAY	1100	1000 1100 1130	1000 1030	1030 1130	1230 1330 1300 1400
SATURDAY		0815	0745	0745 0815 1200*	1230 1300

- Stage 1 - 4 take place in the Leisure Waters unless noted otherwise. Stage 5 takes place in the Competition Pool. (*Stage 4 lesson in the Competition Pool)
- For Stage 1 - 4 a parent/guardian must be in the water at all times (1 adult : 1 child). At Stage 5 parents/guardians are required to sit at the side of the competition pool.
- You are only permitted to book one swimming lesson per child, in each block.
- These activities will be available to **BOOK ONLINE** at <https://booking.highlifehighland.com/> on a first-come-first-served basis. Login and go to **Inverness Leisure Activities - Block #**, then use the search form. If you have any difficulty getting logged in you can contact our reception team on 01463 667500.
- Please see the separate Block-Bookable Activities Schedule for details of each block, and the respective booking dates in 2024.