



# ADULT & CHILD SWIMMING LESSONS



## STAGE 1 (Age 6-11 months)

We will provide advice on how to support your baby in the water and build confidence. We use toys to encourage 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!

## What happens when my child turns 4 years old...

They can join the new High Life Highland Learn to Swim Programme at Level 1. There is a waiting list - please go to [www.highlifehighland.com/il/activities](http://www.highlifehighland.com/il/activities) - which children can be registered for 3 months before their fourth birthday.

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

- Adult & Child Swimming Lessons take place in the Leisure Waters. A parent/guardian must be in the water at all times (**1 adult : 1 child**).
- You are only permitted to book one swimming lesson per child, in each block.
- These activities are available to **BOOK ONLINE at [booking.highlifehighland.com](http://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 booking dates in 2026.
- Please check the class information online and note any alterations because of school holidays, in-service days or events.