



# PARENT & TODDLER SESSIONS



**Introduce your baby or toddler to swimming and improve their water skills in a cosy, relaxed environment!**

**Tuesday & Thursday 1.20pm – 2.00pm**  
**Wednesday 11.00am – 11.40am**  
**Saturday 10.00am – 10.40am**

**Limited spaces 1 adult to 1 under 5**

**! Medical form to be completed for parent and child before sessions starts so please arrive early- If you or your child have any medical conditions please phone 01397 704359 for advice. The Hydrotherapy Pool is not suitable in the first 16 weeks of pregnancy**

**! Bookings for all sessions must be made in advance. Members can book in 7 days + 2hrs in advance and pay as you go customers can book 3 days in advance**

**Please book online: <https://hlh.gs-signature.cloud/Connect/mrmLogin.aspx>**

**! Adult to be booked in online and child will be booked in for and paid for at reception**

**! Please note these sessions are not swimming lessons, but lessons are available from 6 months old**

**Admission Prices – sessions are free to All Inclusive High Life Members!**

|                   |   |
|-------------------|---|
| Adult             | £8.55   |
| Concession/Junior | £5.15, 0-2yrs free with accompanying paying adult |
| Budget option     | 50p (please ask for details)                      |

**High Life Highland Registered office Highland Archive Centre, Inverness IV3 5SS**  
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