



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.gladstonego.cloud/book>

! 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
Active Scheme	(please ask for details)

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