

JUNIOR COURSE DESCRIPTIONS

LEARN TO SWIM

Following the Scottish Swimming Framework teaching the basic techniques of all four strokes, working through to more advanced techniques.

Working from 0 years through to club ready

JUNIOR HIIT

A workout for kids helping them gain the knowledge and experience of different exercise moves and equipment.

JUNIOR GYM

This class is aimed at 13-15yrs

Learn how to get the best out of your workout with our gym equipment and a member of staff on hand to assist.

This can be attended if your aim is to work towards your junior gym induction.

GYMTASTICS

Come and have fun playing games and learning basic gymnastic skills including forward rolls, handstands, cartwheels. This activity is run in the schools games hall

ATHLETICS

Learn the basics of running, jumping and throwing.

GAMES CLUB

Join us for 45mins of various games and activities.

A great way to try out different sports whilst having lots of fun!

SPLASH DISCO

A fun hour in the pool with our floats and toys, loud music and underwater lights.

Must be 8 years or over to attend or accompanied by an adult in the water

TODDLER ZONE

Choose to spend time having a splash in the pool with some floats and our coloured lights or having fun in the soft play. Or you can choose to split the time between both activities and have twice the fun!

Cancellations Policy

Please note that all classes are non-refundable. Subscription holders must cancel classes more than 6 hours prior to the start of the class or a late cancellation charge of £2 will be applied. Customer's accounts will be automatically blocked resulting in no further bookings being allowed until this charge has been paid.

Junior Courses

North Mainland Leisure Centre



For all enquiries please call

01595 807710

Online Bookings available at

www.srt.org.uk



15th April - 28th June

MORE4life

Shetland more active, more often

Funded by



Shetland
Charitable Trust



Find us on Facebook:

North Mainland Leisure Centre



North Mainland LC

Junior Courses Timetable 2024

North Mainland Leisure Centre | Brae | Shetland | ZE2 9QJ ~ Registered Charity: SC002179

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DRYSIDE	Junior HIIT 1615 - 1645 *£3.30 Per Session*	Gymnastics 1700 - 1745 £41.80	Games Club 1700 - 1745 *£3.30 Per Session*	Junior Gym 1600 - 1700 £5.50 per session	Toddler Zone 0900 - 1100 *£3.80 Per Session*
	Athletics 1700 - 1745 £41.80				* activities within the asterisks are included in MORE4life *
WETSIDE	Learn to Swim Adult & Child 0 - 1.5yrs 0915 - 0945 1.5 - 3yrs 1000 - 1030	Learn to Swim Pre-school 1500 - 1530	Learn to Swim Pre-school 1500 - 1530	Learn to Swim Level 1A 1530 - 1600	Splash Disco 1415 - 1515 *£3.80 Per Session*
	Learn to Swim Pre-school 1500 - 1530	Learn to Swim Level 1A Beginner & 1B 1530 - 1600	Learn to Swim Level 1A 1530 - 1600	Learn to Swim Level 4 1600 - 1630	
	Learn to Swim Pre-school 1530 - 1600	Learn to Swim Level 1A & 2 1600 - 1630	Learn to Swim Level 1A & 1B 1600 - 1630		
	Learn to Swim Level 1A & 2 1600 - 1630	Learn to Swim Level 3 1630 - 1700	Learn to Swim Level 3 1630 - 1700		Learn to swim 11 week block £53.35

Booking Policy

You can book and pay for classes up to 14 days in advance at Reception or Online at www.srt.org.uk.

15th April - 28th June

Funded by

