

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! For any ability of young swimmer aged 5 and up.

ADVANCED SWIM

For your advanced swimmer who is looking to get fit and better up the techniques of their strokes! This is for swimmers who have a good understanding of all 4 strokes and can swim in lane conditions. Must have completed Club Ready from the Learn to Swim programme

DEEP END

Come join this course to learn the techniques to pass your National Swim Standard! This will allow you to go up to the deep end of the pool! The pass criteria is to jump in, tread water for 1 minute and swim 50 metres in under 2 minutes.

DEEP END PLUS

Just passed your National Swim Standard? Want to get more confidence in deeper water before going on your own? Why not come to deep end plus to build on that confidence!

ROOKIE LIFESAVING

This course is for kids over 8 who want to learn about basic lifesaving skills.

JUNIOR CIRCUITS

A basic course that is aimed at improving your kids balance, coordination and fitness with our fun filled activities!

PRESCHOOL SWIMMING

This course is for kids under 5 who want to learn the basics in water confidence and being able to float on their back and front.

GYMNASTICS

Come Learn basic gymnastic skills including forward rolls, handstands, vaulting and the use gymnastic equipment.

ATHLETICS

Learn the basics of running, jumping and throwing.

LITTLE KICKERS

Introducing them to football which can then lead into them joining under 8's football once they are 5.

JUNIOR HOCKEY

Basics of hockey with lots of games and team matches.

UNDER 8'S FOOTBALL

Early football basics focused on teamwork, coordination and sportsmanship.

SPLASH DISCO/BOUNCY CASTLE

This is a time for the kids to come and run around and enjoy some time to themselves under our watchful eye before parents come and pick them up later on!

TRAMPOLINING

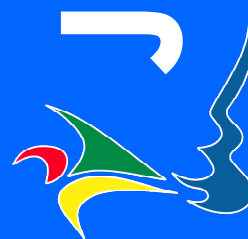
Learn the basics of trampolining with trampolining instructor

JUNIOR WEIGHTS/ADVANCED JUNIOR WEIGHTS

Junior weights is getting youths between 13 and 15 inducted and familiar with the fitness suite environment Follows on for teenagers who want to learn more about the fitness suite environment.

Junior Courses

North Mainland Leisure Centre



For all enquiries please call

01595 807710

Online Bookings available at

www.srt.org.uk



07 JANUARY - 29 MARCH 2019

Shetland Recreational
Trust is part funded by



Shetland
Charitable Trust



Find us on Facebook:

North Mainland Leisure Centre

When making bookings please ensure the booking is made under the child's name.



North Mainland LC

Junior Courses Timetable 2019

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DRYSIDE	Athletics 1700-1745 P1-7 12 weeks £34.80	Junior Hockey 1630-1715 5-8yrs 12 weeks £34.80	Junior Weights 1230-1315 13yrs+ 5 weeks (must attend Wednesday and Thursday) £22.50		Bouncy Castle 1415-1515 5yrs+ £2.50 per session
		Trampolining 1730-1800 5yrs+ 12 weeks £34.80	Little Kickers 1600-1630 3-5yrs 12 weeks £34.80	Under 8's Football 1615-1700 P1-7 12 weeks £34.80	Junior Weights Adv. 1745-1830 Must of completed Junior Weights 12 weeks £54
		Trampolining 1800-1830 5yrs+ 12 weeks £34.80	Gymnastics 1730-1815 P1-7 12 weeks £34.80	Junior Circuits 1700-1800 8-18yrs 12 weeks £34.80	
	Swim Skills 1a 1530-1600 5yrs+ 12 weeks £45	Advanced Swimming 1600-1730 £2.80 per session	Preschool 1530-1600 4-5yrs 12 weeks £45	Preschool 1500-1530 4-5yrs 12 weeks £45	Splash Disco 1415-1515 8yrs+ £2.95 per session
WETSIDE	Rookie Lifesaving 1600-1700 8yrs+ 12 weeks £45		Swim Skills 1a, 2, 3 1600-1630 5yrs+ 12 weeks £45	Deep end 1530-1600 Depending on ability 12 weeks £45	Advanced Swimming 1530-1730 £2.80 per session
	Advanced Swimming 1930-2100 £2.80 per session		Swim Skills 1b, 2, 3 1630-1700 5yrs+ 12 weeks £45	Advanced Swimming 1600-1700 £2.80 per session	
			Swim Skills 4, club ready 1700-1730 5yrs+ 12 weeks £45	Deep end plus 1700-1730 Once passed deep end 12 weeks £45	

07 JANUARY - 29 MARCH 2019

Shetland Recreational Trust is part funded by



Booking Policy

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

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.