

# Junior Activities Descriptions

## LEARN TO SWIM 0+

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 GYM 13yrs – 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 P1 – P7

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.

## GAMES CLUB P1 – P7

Join us for 45mins of various games and activities. A great way to try out different sports whilst having lots of fun!

This activity is run in the schools games hall.

## TODDLER ZONE 0–5yrs

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

## SPLASH DISCO 8+yrs

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.**



For Enquiries please call  
**01595 807710**  
online bookings available at  
**[www.srt.org.uk](http://www.srt.org.uk)**

*North Mainland Leisure Centre*

# JUNIOR ACTIVITIES

21st April – 27th June

**MORE4life**  
*Shetland more active, more often*

Funded by



# Swimming lessons

Monday

Pre school	1500 - 1530
Pre school	1530 - 1600
Level 1A Beginner	1600 - 1630
Level 2	1600 - 1630
Level 1A	1630 - 1700

Tuesday

Pre school	1500 - 1530
Level 1A	1530 - 1600
Level 1A	1600 - 1630
Level 1B	1600 - 1630
Rookie Lifeguarding	1630 - 1700
Level 4	1700 - 1730

Wednesday

Adult and Child 0-3yrs	0930 - 1000
Level 1A	1530 - 1600
Level 2	1530 - 1600
Level 1A	1600 - 1630
Level 1B	1600 - 1630
Level 3	1630 - 1700

Thursday

Level 3	1530 - 1600
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# Junior Activities

Monday

Gymnastics	1700 - 1745	£40.00
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Wednesday

Games Club **	1700 - 1745	£3.50
Junior Gym	1630 - 1730	£5.10

Friday

Toddler Zone **	0900 - 1100	£4.00
Splash Disco **	1400 - 1500	£4.00

Prices

10 week block swimming lessons   £53.50
  
10 week dry side course   £40.00
  
\*\* is included in MORE4LIFE