

MONDAY 12 TH	TUESDAY 13 TH	WEDNESDAY 14 TH	THURSDAY 15 TH	FRIDAY 16 TH	SATURDAY 17 TH
<u>PRIVATE LESSONS</u> 1230 - 1300 1300 - 1330	<u>FLIPPER FUN</u> 1400 - 1500	<u>PRIVATE LESSONS</u> 1000 - 1030 1030 - 1100 1500 - 1530 1530 - 1600 1600 - 1630	<u>PRIVATE LESSONS</u> 1300 - 1330 1330 - 1400	<u>TODDLER ZONE</u> 0900 - 1030	<u>FAMILY FUN SESSION</u> 1100 - 1200
<u>FUN RUN</u> 1500 - 1600	<u>PRIVATE LESSONS</u> 1500 - 1530 1530 - 1600	<u>FAMILY FUN SESSION</u> 1130 - 1230	<u>FLIPPER FUN</u> 1430 - 1530	<u>PRIVATE LESSONS</u> 1130 - 1200 1230 - 1300	<u>PRIVATE LESSONS</u> 1200 - 1400
	<u>STROKE DEVELOPMENT BUTTERFLY</u> 1630 - 1700	<u>STROKE DEVELOPMENT BACKSTROKE</u> 1630 - 1700		<u>FAMILY FUN SESSION</u> 1400 - 1500	

MONDAY 19 TH	TUESDAY 20 TH	WEDNESDAY 21 ST	THURSDAY 22 ND	FRIDAY 23 RD	SATURDAY 24 TH
<u>CHEERLEADING CAMP</u> 1030 - 1230	<u>FUN DAY</u> 0900 - 1500	<u>PRIVATE LESSONS</u> 1030 - 1100 1500 - 1530 1530 - 1600 1600 - 1630	<u>PRIVATE LESSONS</u> 1300 - 1330 1330 - 1400	<u>TODDLER ZONE</u> 0900 - 1030	<u>FAMILY FUN SESSION</u> 1100 - 1200
<u>PRIVATE LESSONS</u> 1230 - 1300 1300 - 1330	<u>FLIPPER FUN</u> 1400 - 1500	<u>ADULT AND CHILD</u> 0930 - 1000	<u>FLIPPER FUN</u> 1430 - 1530	<u>PRIVATE LESSONS</u> 1130 - 1200 1230 - 1300	<u>PRIVATE LESSONS</u> 1200 - 1400
<u>FUN RUN</u> 1500 - 1600	<u>PRIVATE LESSONS</u> 1500 - 1530 1530 - 1600	<u>FAMILY FUN SESSION</u> 1130 - 1230		<u>FAMILY FUN SESSION</u> 1400 - 1500	
	<u>STROKE DEVELOPMENT BREASTSTROKE</u> 1630 - 1700	<u>STROKE DEVELOPMENT FREESTYLE</u> 1630 - 1700			

MONDAY 26 TH	TUESDAY 27 TH
<u>CHEERLEADING CAMP</u> 1030 - 1230	<u>FUN DAY</u> 0900 - 1500

TODDLER ZONE

0-5 years £4.20

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!

FAMILY FUN SESSION

CHILD £4.20 ADULT £6.10

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

Pool admissions policy applies

STROKE DEVELOPMENT

£5.65

Stroke specific development each session. aimed for level 3 and above, to help improve the stroke to get into the next level.

PRIVATE LESSONS

2-1 £29.40 1-1 £22.25

30 minute 1 - 1 swimming lesson or 2 - 1 for similar abilities.

For any ages and ability, working towards any goal.

FLIPPER FUN

CHILD £4.20 ADULT £6.10

A session in the pool with use of the flippers, snorkels, big hoops and toys!

Pool admissions policy applies

FUN RUN

CHILD £4.20 ADULT £6.10

Try your best on our Pirate ship pool inflatable fun run!

Pool admissions policy applies

CHEERLEADING CAMP

£7.40 PER SESSION

A 2 hour session learning some of the basic cheerleading moves and trying some combinations to music!

ADULT AND CHILD

£5.65

a pop-up swimming class designed for children under 3yrs old.

a parent/guardian must go in the water with the child.

FUNDAY P1+

£22.70

Join us for a day filled with various activities including games, swimming, sports, adventures and crafts!

You will need to bring swimming kit, rubber boots, a drink and a packed lunch.

This activity must be booked 24hrs in advance

MORE4life
Shetland more active, more often



North Mainland Leisure Centre

12TH OCTOBER - 27TH OCTOBER

JUNIOR

ACTIVITIES



For Enquiries please call
01595 807710
online bookings available at
www.srt.org.uk



Find us on Facebook:
North Mainland Leisure Centre