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.

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

North Mainland Leisure Centre

JUNIOR ACTIVITIES

October 26h - December 18th

MORE4life
Shetland more active, more often

Funded by
Shetland Charitable Trust

Find us on Facebook:
North Mainland Leisure Centre

Swimming lessons

Monday

Adult and Child 0-3yrs	1000 - 1030
Pre school	1500 - 1530
Level 1A Beginner	1530 - 1600
Level 1B	1530 - 1600
Level 1A	1600 - 1630
Level 2	1600 - 1630
Level 1A	1630 - 1700
Level 1B	1630 - 1700

Tuesday

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

Wednesday

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

Junior Activities

Wednesday

Junior Gym	1600 - 1700	£6.10

Friday

Toddler Zone **	0900 - 1030	£4.20
Splash Disco **	1400 - 1500	£4.20

Prices

7 week block swimming lessons : £39.55

** is included in MORE4LIFE