

South Lanarkshire Leisure and Culture currently has swimming pools at nine Leisure Centres. For more information on the Swimming Lesson membership, please contact one of these Leisure Centres directly.

Blantyre Leisure Centre
Glasgow Road
Blantyre
G72 0JS
Tel: 01698 727800

South Lanarkshire Lifestyles - Lanark
Thomas Taylor Avenue
Lanark
ML11 7DG
Tel: 01555 666800

Carlisle Leisure Centre
Carnwath Road
Carlisle
ML8 4EA
Tel: 01555 751384

Larkhall Leisure Centre
Broomhill Road
Larkhall
ML9 1QP
Tel: 01698 881742

Coalburn Leisure Complex
School Road
Coalburn
ML11 0LP
Tel: 01555 820848

South Lanarkshire Lifestyle Eastfield
Glenside Drive
Rutherglen
G73 3LW
Tel: 0141 642 9500

Dollan Aqua Centre
Brouster Hill
East Kilbride
G74 1AF
Tel: 01355 260000

Strathaven Leisure Centre
Bowling Green Road
Strathaven
ML10 6DR
Tel: 01357 522820

Hamilton Water Palace
35 Almada Street
Hamilton
ML3 0HQ
Tel: 01698 459950

If you need this information in a different format or language, please contact us to discuss how we can best meet your needs.

Telephone 01698 476202
Text phone 18001 01698 476202
or e-mail maggi.archibald@southlanarkshireleisure.co.uk

SLLC. 147

**South Lanarkshire Leisure and Culture has spread the cost of swimming lessons with its Swim Lesson membership!
It's so easy.....**

The membership package includes a free starter pack and all of the following benefits:

- South Lanarkshire Leisure and Culture will provide a minimum of 45 lessons per year
- Continuous lessons during holidays
- Free swimming in all South Lanarkshire Leisure and Culture pools
- Easy direct debit payment method
- Cost of lessons spread throughout the year
- Seamless pathway through class level
- No need to queue to re-book for the same class
- Regular feedback of progress
- Free badges and certificates



SOUTH LANARKSHIRE
Leisure & Culture



www.slleisureandculture.co.uk

South Lanarkshire Leisure and Culture Ltd is a recognised Scottish Charity, No. SC032549

All of our swimming pools offer lessons for a full range of swimming teaching levels from 3-4yrs to advanced and pre-club, as listed below. Lessons are continuous throughout the year and progress is assessed every eight weeks. If you are not sure of your child's level, please contact your local pool for an assessment.

It is vitally important that children complete the Learn To Swim Levels so they are competent, efficient and as safe as possible in and around water.

We also offer a range of other aquatic classes such as Pre-Club to allow children to progress to swimming clubs, Rookie Lifeguard and Snorkelling.

3/4 years

This introductory programme introduces 3 and 4 year old children to the water without their parents/carers.

The lessons aim to provide many of the basic building blocks to help develop children's confidence in a pool environment. Water safety and awareness is emphasised, with fun games and activities being used to teach basic swimming skills.

Beginner (4 years +)

These lessons are for children who are non-swimmers, or can swim a few strokes unaided. The lessons introduce basic swimming skills and movement on front and back, while continuing to build water confidence in a fun environment. The skills and confidence gained at this level will underpin the child's development as they progress through the levels.

Improver (4 years +)

The children will develop their swimming strokes and will learn correct breathing practices to help improve their swimming technique. They will learn to swim more efficiently and will be prepared for the move to deeper water.



Intermediate (4 years +)

These lessons teach children to swim in deeper water, and further develop their stroke techniques also improving their weaker strokes. The children are also introduced to a wider range of water skills and basic self preservation life-saving.

Advanced (4 years +)

This curriculum covers advanced stroke technique and water skills that will enable children to swim strongly and safely over longer distances or in more difficult conditions.

The lessons will also introduce diving where pool depth permits and prepare children for a range of other classes including: Pre-Club, Rookie Lifeguard and Snorkelling.

Pre-Club

This class will prepare children to move to one of the South Lanarkshire Swimming Clubs. The curriculum will include starts, turns, finishes, lane swimming etiquette, use of the pace clock and increased fitness.

Rookie Lifeguard

As competent swimmers, participants will be introduced to basic water safety, life saving skills in and out of the water, emergency management and the use of appropriate equipment.

Snorkelling

Snorkelling is a great introduction to underwater sports and can be the first step towards learning to dive. Participants will learn water safety, use of equipment, breathing techniques etc.



Outwith the Swim Lesson membership, we also offer:

- Adult and baby/child sessions (6 months - 3 years)
- Adult beginner/improver lessons
- Holiday crash course lessons
- Private 1-1, 1-2 and 1-3 lessons