

ADULT & CHILD SWIMMING LESSONS

Updated August 2023



We are pleased to confirm the continuation of our Pay As You Go afternoon Adult & Child lessons for children aged between 6mths and 3yrs (parent inclusion required).

These lessons are aimed at giving your child their first experience of water; along with your support and our teachers guidance. This fun introduction to water is delivered through games, songs and play and promotes water confidence as well as a social interaction between all the children and adults participating.

As your child progresses, we will encourage independent water movement, leading to them becoming confident in the pool and eventually progressing to our Pre-School classes. These classes will be available weekly until the end of the year

Lessons will be available in the following venues: to book please call the venue you wish to attend or drop in and speak to the team at reception:

Glasgow Club Gorbals - 0141 276 1490 (option 3)

Tuesday
12:10 - 12:40pm



Glasgow Club Bellahouston - 0141 276 0767 (option 3)

Thursday
1:40 – 2:10pm

These lessons are bookable 7 days in advance and cost £4.50 per class. Bookings can be made by contacting the venue directly.

A pay as you go membership is required to make this booking however **there is no charge for this membership**; to speed up your booking process, please register in advance by visiting <http://myglasgow.club/paygjunior> – please ensure it is your child's details (name, address, date or birth) you use when registering and then quote your child's membership number when booking.

If you would like any further information on the above sessions; please email our team at swimming@glasgowlife.org.uk

