



Supported by



AQUATOTS

Thursdays from 9.30-10.30 am during term time

A fun session for parents and babies /pre-school children to help build water confidence in a relaxed atmosphere.



The benefits of baby and toddler swimming are enormous.

- ✓ Increased fitness
- ✓ Increased strength
- ✓ Increased co-ordination
- ✓ Improved sleep patterns and appetites
- ✓ Increased self confidence
- ✓ Ideal opportunity for parent and child to have quality time together without interruption
- ✓ The whole family can take part together
- ✓ Helps lay the foundation for swimming and water safety skill
- ✓ Social development with other children in a fun environment

Children must be accompanied at all times by an adult in the water.

Cost: £3.40 members/£4.40 non-members

Beau Sejour Swim School offer structured courses for parent and child and pre-school children in addition to their programme for the children of school age.

For more information and application forms please contact the SwimSchool on 747240.

Accredited by the ASA as a Premier scheme for swimming programmes





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Specsavers



AQUATOTS

TREAT YOURSELF AND YOUR PRE-SCHOOL CHILD TO A FUN SESSION IN
THE POOL

**THURSDAYS DURING TERM TIME ONLY 9.30-
10.30 AM**

NO NEED TO BOOK IN ADVANCE

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