

**barrhead
sports centre**

**eastwood
park leisure**

**eastwood high
sports centre**

**neilston
leisure centre**



Learn to Swim

Classes to suit every level . . .

- Little Splashers from birth to three years
- Seven levels for children from three up to teens
- Awards for progress as children pass through each level
- Lessons for adults
- Classes for children with a disability
- One-to-one sessions available

Benefits of lessons...

- Learn at child's own pace
- Learn to interact with others
- Build self confidence and self esteem
- Stay fit and healthy
- Better awareness in and around water
- Contributes to day's physical activity
- Often leads to swimming as part of healthy and active life



contact Karen Baxter on **0141 577 4813**
for full details of classes and times or visit:
www.eastrenfrewshire.gov.uk/leisure