

Aquababes



Swimming is great for babies and children of all ages. Aquababes classes are a great way to help children feel safe in the water

For babies and children up to four years old



Have fun in the water



Helps build confidence in the water



A stepping stone to swimming lessons



Aquababes

- Friendly and safe environment
- Qualified teachers
- Learn through play
- Develop motor skills
- Mixture of free and structured play
- Build confidence in the water
- Get certificates and badges

If you're not sure if this is for you and your baby, come along and see. Our teachers are happy to answer any questions you have.

Aquababes is suitable from birth to four years, although it's advisable that babies have had their inoculations. During school holidays, children up to age seven are welcome if accompanying a parent with a pre-school sibling.

All babies must wear swim nappies – you can buy these from reception.

Where

The Heights Leisure Centre
Tel (01983)405594
heights.leisure@iow.gov.uk

Medina Leisure Centre
Tel (01983) 523767
medina.leisure@iow.gov.uk

When

Classes Monday to Friday. Please check pool programme for days and times.

The pools at Medina Leisure Centre will be closed from mid-January until late April 2013. During this time, additional aquababes classes will be held at The Heights.

Pick up a leisure fees booklet for all activity prices.



The One Card gives unlimited access to selected sports and leisure activities, subject to availability, provided by the Isle of Wight Council. There are cards for adults, students and juniors. There is a monthly fee with flexible payment options.

Find out more at www.iwight.com/leisure

one1card

at the heart of fitness