

Aquababes



Swimming is great for babies and children of all ages.
Aquababes classes are a fun, safe environment

Sessions for babies and children up to four years old ✓

Have fun in the water ✓

Help children feel safe 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 your baby has 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 & when

The Heights (small pool)

Tel: (01983) 405594

Tuesday

- 10.30am to 12 noon

Thursday

- 9.30am to 11am

Medina Leisure Centre

Tel: (01983) 523767

Tuesday

- 10am to 11.30am

Thursday

- 11am to 12 noon
- 1.30pm to 2.30pm

Waterside Pool

Tel: (01983) 563656

Monday

- 10.45am to 11.15am

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