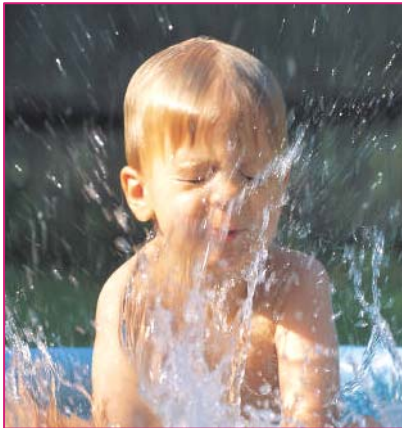




East Riding Children's Centre  
**Bridlington**

## Little Dolphins !



The Little Dolphins swim sessions sees Leisure World and Bridlington Children's Centre working together to provide a low cost introduction to the water for children under the age of five. The sessions are aimed at increasing water confidence and swimming ability in young children as well as giving families the chance to spend quality time together.

A range of **toys** and **music** provides a fun and relaxed atmosphere and helps to motivate the children in the water, while a **poolside instructor** is on hand to give **advice** to parents and help children work towards **the Aqua Start** levels 1-6, should families wish. There are two groups per week, Mondays 6-7pm and Fridays 9.30 – 10.30am.

Little Dolphins is open to all Children's Centre members, and tickets can be purchased at the subsidised rate of 50p from the Rainbow Centre.

Children's Centres are the way forward for supporting families with young children by providing access to a range of integrated services, all from under one roof. It is somewhere parents can go for support from the time they first discover they are pregnant, right through until their child goes to school. Services include health, family support, play and early development, early education and childcare, and parent training.

Anyone with a child under the age of five and living in the Bridlington area can become a member of the Children's Centre, and it's free to join.

For more information please contact Leone Pavlidou, Promotion / Events Officer for Bridlington Children's Centre.

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