



turtle tots®



The Castleknock
Hotel
Thursdays 10-12
Saturdays 10-12

Come out of your
shell and learn to swim
the Turtle Tots way!

Email: leinster@turtletots.ie

Tel: 085 8759790

www.turtletots.ie



At Turtle Tots we teach you how to teach your baby to swim, and help you keep fit at the same time!

Turtle Tots is an innovative and unique swimming programme. Not only does it focus on teaching babies and young children to swim, it also promotes pre-natal and post-natal fitness and provides you with an excellent toning workout, endorsed by personal trainers!

Our classes are fun and sociable for everyone. Taught in warm water pools to ensure everyone's comfort, your child will learn essential life saving skills whilst developing emotionally and socially; and you will make new friends too.

You can join our classes while you are pregnant, or at anytime after your baby is born. And of course the classes are open to dads as well!



**Swords
Ashbourne
Castleknock Hotel
Parkwest
Killiney
Kilmainham
Rathfarnham
Terenure
Tallaght
Dun Laoghaire
Naas**

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At Turtle Tots a percentage of each class is donated to charity. Ask your Turtle Tots teacher to find out which charity they are supporting.

**To find out more about running your own
Turtle Tots business visit our website.**

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