

Dive Into Family Fun & Wellness!



Join Our Programme! 
For Parents of Children aged 8-13 Years



INCREDIBLY ELEV8ED CIC
POSITIVELY PURSUING POTENTIAL

This programme is funded by the Sports England Movement Fund.

Triple P Fearless Parenting Programme: (Times to be confirmed)

Parents and carers you will learn key anxiety management skills to support and teach your children. Together, we'll nurture resilience and strength, supporting each other every step of the way. You will gain skills to create a positive environment for your family.

Wildhearted Wellness Programme (Fridays 6:30pm - 8pm)

Take part in a six week journey where parents and carers build water safety skills, improve confidence, and feel calmer in and out of the swimming pool. Following the completion of this course, further sessions will be arranged for children to join their parents as a group, promoting fun, safety, and a deep opportunity to bond as a family.



**A six week programme starting this April
at Hillingdon Sports and Leisure Centre**



With a special focus on mental wellbeing, this programme uses water therapy and swimming to support emotional regulation and enhance mental health. By taking a holistic approach, families will learn breathing and grounding techniques, to connect with the body, and find the joy in being present.

As a grand finale, families will be invited to a celebratory open water dip at a local lake, marking the achievements and cherished memories made throughout the programme.

Scan the QR code for more information and to register your interest.



Register Now!

Let's make a splash and create unforgettable family memories!