



## SWIMMING SCHOOLS

**Enrollment for this summer's swimming schools begins on the \_\_\_\_\_ at \_\_\_\_\_ am.**

### **NOTICE!**

**All questions related to swimming schools and help requests only to Uimaseura Aquila's email: [uimakoulut@uimaseura-aquila.fi](mailto:uimakoulut@uimaseura-aquila.fi). This way we can ensure you quick responses.**

**Before enrolling, take your time to carefully read these rules and guidelines listed down below.**

All of our swimming teachers have completed the Finnish Swimming Teaching and Lifesaving Federation's (FSL) swimming teacher's degree. Uimaseura Aquila has a group accident insurance that covers all of our swimming schools.

### **BEFORE THE SWIMMING SCHOOL**

Before you enroll your child into a swimming school, get to know their abilities to work in a water environment. Take them swimming for a couple of times, making sure that they are familiar with a swimming hall.

Familiarize yourself with the different ability group's descriptions - your child learns best with children that have similar skills. In an ability group that's too demanding, children can get frustrated and swimming might become unpleasant. We hope that children maintain these skills after the swimming school: going to a higher ability group will be easier.

**DO NOT OVER- OR UNDERESTIMATE YOUR CHILD'S SKILLSET.**



## **SWIMMING SCHOOLS' ABILITY GROUPS**

### **TENAVARYHMÄ "KID GROUP"**

Minimum age limit is 4 (at the beginning of the swimming school). Also shy and wary older children belong to this ability group. This group focuses on getting children familiarized and comfortable in water f. ex. by playing different group games.

### **ALKEISRYHMÄ "BEGINNER GROUP"**

Minimum age limit is 5 (at the beginning of the swimming school). This group is meant for children that don't have . This group's goal is to give children the ability to swim 10 meters. THIS GROUP SWIMS MAINLY IN THE CHILDREN'S POOL

### **JATKORYHMÄ "CONTINUATION GROUP"**

This group requires the ability to swim for 10 meters. This group's goal is to give children the ability to swim for 50 meters with the correct technique. THIS GROUP SWIMS MAINLY IN THE DEEP POOL

### **SUORITUSRYHMÄ "ADVANCED GROUP"**

This group is meant for children that can swim for 50 meters and want to improve their swimming technique and expand their skill set (lifesaving, diving and long diving). THIS GROUP SWIMS ONLY IN THE DEEP POOL

Every child has their own individual goals. The ones listed above are the "maximum goals".



## ENROLLMENT

You can enroll into different swimming school groups via our website's MyClub -platform.

Please notice that in MyClub **every individual child is enrolled into the groups with their own personal account**. If you're enrolling more than one child into swimming schools, please make every child a personal account.

**You can create accounts into the MyClub -platform only after \_\_\_\_\_ when the enrollments open up.**

Payments are paid directly upon enrolling.

### QUICK DIRECTIONS:

1. The different ability group's minimum age limits are absolute. Fill in the basic information carefully. Into the additional information, write any possible things that might affect the child's health or learning that the swimming teacher should know beforehand. **NOTICE!** Add your (the guardian's) phone number when filling in the child's information.
2. Take a look at the different ability groups listed above. Choose a group that's suitable for the individual child. If you're unsure of the group and/or have problems with enrolling, please ask us for help via email: [uimakoulut@uimaseura-aquila.fi](mailto:uimakoulut@uimaseura-aquila.fi). **We don't accept the enrollments sent via email, only by MyClub.**
3. Be careful when picking the swimming course: the enrollment is permanent. **Make sure that you pick the correct swimming hall, either Kotkan uimala Katariina or Karhulan uimahalli.**
4. The payments are paid immediately upon enrolling via an online bank service. Remember to ensure your place by clicking "Ilmottaudu nyt ja siirry verkkomaksuun" at the end of the site!

**NOTICE! If the payment isn't made within an hour of enrolling, THE SWIMMING SCHOOL PLACE IS NOT RESERVED and is freed for the next enroller.**



## TERMS OF CANCELLATION AND PAYMENTS

The price for each swimming school course is 80 euros.

You don't need to notify us for short absences, and they will not be reimbursed. If the swimming course needs to be cancelled or quit because of sickness or injury, the remaining course times will be reimbursed (**requires a medical certificate**). You can cancel the swimming course a week before the start (7 days). The payment will be returned but a 5 euro service payment will be kept.

An uncancelled course will be charged full.

Cancellations only via email: [uimakoulut@uimaseura-aquila.fi](mailto:uimakoulut@uimaseura-aquila.fi)

**NOTICE! You can't cancel a course via the MyClub -platform!**

## IF THE WHOLE COURSE IS CANCELLED

If the course isn't organized for some reason, we will notify the enrollers before the course's start via email and the payment will be returned.

## INSTRUCTIONS FOR SWIMMING SCHOOL

Swimming courses include 8 - 10 lessons. The swimming school begins by our swim assistants taking attendance outside and ends when the children are returned to the same place. **The guardian has to be present at this time.** If the guardian is late, the assistant will stay and wait with the child. If the assistant is unable to stay, our own cashier personnel will ensure the safety of the child.

In addition to the swimming teacher, an assistant is present during the summer time. The assistant will look after the children in the dressing rooms and showers. **A swimming schooler will need a swimsuit, towel and a small towel for the sauna.** Swimming goggles and caps are optional.

During the first lesson, you have to arrive 10 minutes beforehand. The payment receipt needs to be on hand if asked. The guardians can't stay in the pool area during the lesson. With a permission from the swimming teacher, guardians can follow the lesson from the seated stands.



## THE FIRST SWIMMING SCHOOL LESSON

- Arrive about 10 minutes early.
- If you've gotten a swimming book from previous swimming schools, bring it and hand it over to the teacher.
- The first lesson is a get-to-know lesson (**1h, usually a lesson is 1.5h**)

## THE LAST SWIMMING SCHOOL LESSON

"The presentation lesson", children get to show the skills that they've learnt. The presentation can be cancelled if necessary (corona restrictions).

- Guardians are welcome
- The swimming books are given after the presentation lesson
- You can buy swimming badges by showing the swimming book to the cashier of Café Aquila (The café at Kotkan uimala Katariina)
- At Karhulan uimahalli, you can buy badges only by cash.
- **Lasts for 1h**

If you have any questions for the swimming teacher, contact [uimakoulut@uimaseura-aquila.fi](mailto:uimakoulut@uimaseura-aquila.fi)! (Remember to mention the child's name, group and the course's time of the day)

For more information, contact [uimakoulut@uimaseura-aquila.fi](mailto:uimakoulut@uimaseura-aquila.fi).

**Remember to read Uimaseura Aquila's guidelines on preventing COVID-19.**

# WELCOME!