



Beginner swimming course for adults

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 courses.

NOTICE!

All questions related to swimming courses and other help requests to Uimaseura Aquila's email: uimakoulut@uimaseura-aquila.fi. This way we can ensure you quick responses.

Before enrolling, take your time to carefully read the rules and guidelines listed below.

BEGINNER SWIM COURSE FOR ADULTS

At Kotkan uimala Katariina. The course is organized outside of the swimming hall's opening hours – **the swimming hall is closed to the public during the lessons.**

This beginner course is for **adults (18+)** that **do not have the ability to swim** or can only **swim for short distances (25m)**.

During the course: students get comfortable in the water as a new environment, learn how to float in water and learn the basics of different swimming techniques.

The goal of this course is to achieve the ability to swim 10–25 metres.

ENROLLMENT

You can enroll via our website's MyClub -platform, at:

<https://uimaseura-aquila.myclub.fi/flow/events/public>

During enrolling, mention any information that might affect your health or learning during the course.

You can create accounts into the MyClub -platform only after enrollment opens.

A step-by-step guide for enrollment can be found in another file.



PAYMENTS

Payments are paid **directly** upon enrolling via an online bank service.

NOTICE! If the payment isn't made **within an hour** of enrolling, the place is **not reserved** and is freed for the next enroller.

TERMS OF CANCELATION

If the swimming course/lesson needs to be skipped or completely canceled because of sickness or injury, the remaining lessons will be reimbursed – **a medical certificate is required.**

You can cancel the course a week (7 days) before the beginning of the course. The payment will be returned, but a 5 euro service payment will be kept.

An uncanceled course will be charged full.

Cancellations only via email: uimakoulut@uimaseura-aquila.fi

CANCELED COURSE

If the course is not organized for some cause, we will notify the enrollers before the course begins via email.

In the case of cancellation, payments will be returned.

INSTRUCTIONS FOR THE COURSE:

The course begins by Kotkan uimala Katariina's front doors. Arrive ten minutes early to the first lesson.

Bring with you: a swimming suit, swimming goggles, drinking bottle, towel and personal care products. We recommend a swimming cap for longer hair.

Other people can not stay at the swimming hall during lessons – not even children.

Make sure to park your car at the swimming hall's parking lot. For safety reasons, avoid driving near the front doors.

For further information, contact uimakoulut@uimaseura-aquila.fi.

A WARM WELCOME!