



## BEGINNER SWIM COURSE FOR ADULTS

All of our swimming teachers have completed the Finnish Swimming Teaching and Lifesaving Federation's (FSL) swimming teacher's degree.

### NOTICE!

All questions related to swimming courses to Uimaseura Aquila's email: [uimakoulut@uimaseura-aquila.fi](mailto:uimakoulut@uimaseura-aquila.fi). This way we can ensure you a quick response.

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

## SWIM COURSE FOR ADULTS

The course is organized at Kotkan uimala Katariina, outside of the swim hall's opening hours. The swim hall is closed to the public during the lessons.

This beginner course is for **adults** and **youth** 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 and learn the basics of different swimming techniques. **The goal of this course is to achieve the ability to swim 10-25 meters.**

**NOTICE! Aquila's courses are Finnish-speaking!**

## ENROLLMENT

You can enroll in swim courses via Uimaseura Aquila's MyClub -platform, at:

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

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

In additional information, remember to mention any factors that might affect your health or learning during the course.

**NOTICE!** Add in your own phone number. This way we can ensure quick communication in sudden situations, such as cancelations.

**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 one (1) hour of enrolling, the place is not reserved and is freed to the next enroller.**

## TERMS OF CANCELATION

A course can be canceled one week (7 days) prior to the beginning of the course. The payment will be returned minus a 5 euro service fee.

A course cannot be canceled less than a week (7 days) prior to the beginning of the course. An uncanceled course will be charged full.

If a lesson needs to be skipped or the course needs to be completely canceled due to sickness or injury, the unused lessons will be reimbursed – **a medical certificate is required.**

**Uimaseura Aquila ry only reimburses the lessons that are covered by the duration of the medical certificate. A canceled course cannot be rescheduled.**

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

### ENTIRELY CANCELED COURSE

If the course is not organized for some reason, we will notify the enrollers before the course's start via email. In this case, payments will be returned full.

## 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 cannot stay at the swimming hall during lessons.** 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](mailto:uimakoulut@uimaseura-aquila.fi).