



SWIM SCHOOLS

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

NOTICE!

All questions related to swim schools to Uimaseura Aquila's email: uimakoulut@uimaseura-aquila.fi. This way we can ensure you a quick response.

ONE TIME SWIM SCHOOLS: The instructions below apply. Please note that the lesson does not include a swim booklet. The booklet can be purchased separately.

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

BEFORE ENROLLING

Before you enroll a child to swim school, get to know their abilities in a water environment – go swimming in advance.

Familiarize yourself with the ability groups' descriptions - a child learns best with children that are at a similar skill level. 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 swim school: going to a higher ability group will be easier.

Do not over- or underestimate the child's skill set when choosing an ability group.

NOTICE! Aquila's swim schools are Finnish-speaking!



ABILITY GROUPS

The child must be able to act independently without the presence of a guardian.

Every child has individual goals. The ones mentioned below are maximum goals.

Tenavaryhmä: *Kid group*

Minimum age limit **4-years-old**. Also wary older children belong to this group. Targeted to children that **do not have the ability to swim**. This group focuses on getting children comfortable in water and creating a strong foundation for swimming. **This group trains in the shallow learning pool.**

Alkeisryhmä: *Beginner group*

Minimum age limit **5-years-old**. Targeted to children that **do not have the ability to swim**. This group focuses on gaining the ability to swim 10 meters. The goal is to gain the Beginner's badge. **This group trains mainly in the shallow learning pool.**

Jatkoryhmä: *Continuation group*

Entry requirement for this group is **the ability to swim 10 meters**. For example, those who have gained **the Beginner's badge** belong to this group. This group focuses on gaining the ability to swim 50 meters with the correct technique & gaining different distance / skill badges. **This group trains mainly in the deep pool.**

Suoritusryhmä: *Advanced group*

Entry requirement for this group is **the ability to swim 50 meters**. This group is targeted to children who want to improve their ability to swim – correct technique as well as versatile swimming ability (diving, lifesaving, distance diving...). This group focuses on gaining Proficiency, Bachelor, Master and / or Primus Master badges. **This group trains in the deep pool.**

Beginner swimming course for 13 – 17-year-olds

This course is organized outside of the swim hall's opening hours – the swim hall is closed to the public during the lessons. Targeted to **all 13 – 17-year-olds** that **do not have the ability to swim** or can only **swim short distances**. The goal is to gain the ability to swim 10-15 meters. **This group trains in the shallow rehabilitation pool, and depending on skill level, in the deep pool.**

SWIMMING BADGE INFO IN ENGLISH

(The Finnish Swimming Teaching and Lifesaving Federation, FSL)

<https://www.suh.fi/files/247/Tavoitetaulukkoenglanti.pdf>



ENROLLMENT

You can enroll in swim school groups 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.

Please notice that in MyClub, every child is enrolled individually with their own personal account. If you're enrolling more than one child for swim schools, **make every child their personal account.**

Remember: the groups' age limits and requirements are absolute.

In additional information, remember to mention any factors that might affect the child's health or learning during the swim school.

NOTICE! Add in your own phone number. This way we can ensure quick communication in sudden situations, such as illness or 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 & CHANGE

Swim school can be canceled or changed one week (7 days) prior to the beginning of the course. In cancelations, the payment will be returned minus a 5 euro service fee. The swim school can only be changed if the other swim school has room for a change.

Swim school cannot be canceled or changed less than a week (7 days) prior to the beginning of the course. An uncanceled swim school 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 swim school cannot be rescheduled.

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

ENTIRELY CANCELED COURSE

If the swim school 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 SWIM SCHOOL

The swim school begins with taking attendance outside and ends when children are returned to the same place. **The guardian has to be present during returns.** If the guardian is late, our personnel will stay and wait with the child for the guardian to arrive.

If the child can **independently** come and go from the lessons, **fill in "kyllä" (yes) for "lupa itsenäiseen liikkumiseen" when enrolling.** If you haven't filled in "kyllä", the child will wait for their guardian after swim school to ensure safety.

A swim schooler will need **a swimsuit, towel, a small sauna towel and personal hygiene products. Swimming goggles and caps** are optional. We recommend tying longer hair up.

During summer, the swim teacher is assisted by a swim assistant that looks after the children in the changing room and showers. Swim schoolers go to a changing room as a group. The changing room depends on the gender of the swim assistant. A swim schooler can go to the other changing room independently. The swim assistant or teacher must be informed about this arrangement during the first lesson. **Uimaseura Aquila ry does not arrange an assistant to the other changing room.**

The swim teacher / assistant goes to the sauna with **the kid group. With other ability groups,** they stay in the immediate vicinity of the sauna to supervise.

Guardians can go swimming during the lesson by buying a ticket at the cash register or using their own wristband-ticket. **Guardians can not enter the pool area without paying an entry fee** (a single ticket or own wristband-ticket).

We wish that children can learn without distractions – guardians that are present need to offer the children room to focus. A guardian cannot stay in the pool with the child during the lesson.



THE FIRST LESSON – get-to-know lesson:

- Arrive 10 minutes early
- **The first lesson lasts 1h**
- If you have a swim booklet from previous swim schools, hand it over to the teacher
- If the child can independently go to the other changing room, inform the swim assistant or teacher during the first lesson.

THE LAST LESSON – presentation lesson:

- Guardians are welcome! Children get to show the skills they have learned
- **The last lesson lasts 1h**
- Swim booklets are given after the lesson
- You can buy swim badges by showing the swim booklet to the cashier of Café Aquila
- At Karhulan uimahalli, you can only buy badges **with cash**.
- **If you are unable to participate in the last lesson:** you can get the swim booklet and possible badges after the last lesson from Kotkan uimala Katariina's cashier.

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