



VESIRALLI

NOTICE!

All questions related to Vesiralli to Uimaseura Aquila's email: uimakoulut@uimaseura-aquila.fi.

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

NOTICE! Aquila's courses are Finnish-speaking!

3 GROUPS:

VESIRALLI #1

Vesiralli #1 is suitable for **children aged 5 to 10**, who have the ability to swim **25 meters continuously**. **Vesiralli #1 trains mainly in the deep pool**. In addition, the child must be able to act independently **without the presence of a guardian**.

Vesiralli #1 focuses on improving **swimming confidence** and **body control in the water**. The focal point is in **freestyle** and **backstroke**.

VESIRALLI #2

Vesiralli #2 is suitable for **children aged 5 to 12**, who have the ability to swim **50 meters continuously**. **Vesiralli #1 trains in the deep pool**. In addition, the child must be able to act independently **without the presence of a guardian**.

Vesiralli #2 focuses on **strengthening previously learned skills**: improving **freestyle** and **backstroke** plus **swimming position**. In addition the group learns new skills, such as **breaststroke** and **butterfly stroke**.

VESIRALLI #3

Vesiralli #3 is suitable for **children aged 7 to 12**, who already have **previous experience in swimming as a hobby**: f.ex. in a previous hobby group. In addition, the child must be able to act independently **without the presence of a guardian**.

Vesiralli #3's swimmers can **already** swim **hundreds of meters** during the 60 min training session and **already master the basics of all swimming strokes**.

It is possible to later move to a competitive swimming group from Vesiralli #3, if the hobby becomes more goal-oriented.



WHY VESIRALLI?

Vesiralli is a **versatile swimming group**. In a fun, yet challenging way children learn **the basics of different water sports**. Vesiralli aims to teach the fundamentals, such as **body control, breathing and confidence in a water environment**.

The goal of Vesiralli is to create a strong foundation for the future: ensuring the life-saving ability to swim or **even continuing swimming as a hobby**.

As **body control is one of the main goals** in Vesiralli, this course fits excellently to **all children** – not just those who swim as their hobby. **Moving in the water effectively supports skills, which are also important in other sports**.

ENROLLMENT

You can enroll in Vesiralli 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 Vesiralli, **make every child their personal account**.

Remember: Vesiralli's age limits and requirements are absolute.

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

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.

BILLING AND PAYMENTS

The monthly payment for Vesiralli is sent once a month **as a bill to the email provided in enrollment**. **The billing cycle** for Vesiralli is **one (1) calendar month**. The terms of the bill are detailed in the email that contains the bill.



TERMS OF CANCELATION

Vesiralli's **monthly payment will be billed** (see BILLING AND PAYMENTS), **if the Vesiralli has not been canceled.**

You can cancel Vesiralli at any time. **The cancellation will become effective at the end of the current billing cycle (1 calendar month).** The **current calendar month will be billed**, so you can still participate in Vesiralli until the end of the calendar month. The next calendar month **will no longer be billed.**

If a lesson needs to be skipped or the Vesiralli 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 Vesiralli cannot be rescheduled.

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

ENTIRELY CANCELED COURSE

If Vesiralli 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 for the unorganized lessons.

GROUP INSURANCE

Uimaseura Aquila ry insures every child participating in Vesiralli with "Vesipeto-harrastepassi"-group insurance. The group insurance is included in the course price.

For insurance, we need the information listed below:

- **Child's full name**
- **Child's social security number / personal identity code**
- **Child's address, postcode and city / municipality**
- **Guardian's full name**
- **Guardian's email address**
- **Guardian's phone number**

Make sure to fill in this information while enrolling!

If you want to participate in Vesiralli with your own insurance, a copy of your insurance must be provided before the course begins to: uimakoulut@uimaseura-aquila.fi



ADDITIONAL INFORMATION

Fill in "permission to photograph" carefully when enrolling: you can follow the progress of the course on our Instagram page @uimaseura_aquila.

Vesiralli 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.

The swimming hall is closed to the public during the lessons. Our personnel wait by the front doors until Vesiralli begins. After this, the doors are closed.

Guardians are not allowed inside the swimming hall during the lessons. During the last "presentation lesson", guardians are welcome inside.

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 the lesson to ensure safety.

A child will need a **swimsuit, swim goggles, towel, a small sauna towel and personal hygiene products.** A **swimming cap** is optional. We recommend tying longer hair up.

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