

## SWIM SCHOOLS

In addition to course-based swim schools, the following guidelines and terms also apply to one-time swim school lessons.

By enrolling, you agree to the terms and service description listed below.

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 our swim schools.

**NB!** All questions and notices related to swim schools to [uimakoulut@uimaseura-aquila.fi](mailto:uimakoulut@uimaseura-aquila.fi). This way we can ensure you a quick response.

### 1. Before enrollment

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!**

**NB! Aquila's courses 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.

<p><b>Kid group - “Tenavat / Tenavaryhmä”</b></p> <p>Minimum age: <b>4 years</b>. Older children who are <b>wary of water</b> also belong to this group. Targeted to <b>children that do not have the ability to swim</b>. This group focuses on getting <b>children comfortable in water</b> and creating a strong foundation for swimming. This group trains in the <b>shallow learning pool</b>.</p>	<p><b>Beginner group - “Alkeet / Alkeisryhmä”</b></p> <p>Minimum age: <b>5 years</b>. Targeted to <b>children that do not have the ability to swim</b>. This group focuses on the <b>basics of swimming</b>: gaining <b>the</b> ability to swim 10 meters on their back or face down. The goal is to earn <b>the Beginner’s badge</b>. This group trains mainly in the shallow learning pool.</p>
<p><b>Continuation group - “Jatko / Jatkoryhmä”</b></p> <p>Entry requirement: <b>the ability to swim 10 meters</b>. For example, those who have earned <b>the Beginner’s badge</b> belong to this group. This group focuses on <b>gaining the ability to swim 50 meters with the correct technique &amp; earning different distance / skill badges</b>. This group trains mainly in the <b>deep pool</b>.</p>	<p><b>Advanced group - “Suoritus / Suoritusryhmä”</b></p> <p>Entry requirement: <b>the ability to swim 50 meters</b>. This group is targeted to children <b>aiming to improve their swim ability – correct technique as well as versatile swimming ability</b>. This group focuses on <b>earning Proficiency, Bachelor, Master and / or Primus Master badges and distance badges</b>. This group trains in the <b>deep pool</b>.</p>

Swim badges (The Finnish Swimming Teaching and Lifesaving Federation, FSL):  
<https://suh.fi/toiminta/uimaopetus/uintimerkit/> (In Finnish)

## 2. Enrollment

Enrollment for 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.

On 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 own 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.

NB! Add the guardian's own phone number. This way we can ensure quick communication in sudden situations, such as illness or cancellations.

A step-by-step guide for enrollment can be found in another file at <https://uimaseura-aquila.fi/fi/lapsille/uimakoulut>.

### 3. Payments

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

**NB.** If the payment isn't made within one (1) hour of enrolling, **the place is not reserved and is freed to the next enroller.**

### 4. Terms of cancelation and amendment

A swim school can be canceled or exchanged seven (7) days prior to the beginning of the first or only lesson. In cancellations, the payment will be returned minus a 5 euro service fee. The swim school can only be exchanged if another swim school has room for exchange.

A swim school cannot be canceled or exchanged less than seven (7) days prior to the beginning of the first or only lesson. 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 can 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](mailto:uimakoulut@uimaseura-aquila.fi). Cancellations made through other means are not valid.**

If an enrollee or participant does not comply with the terms, or causes disturbances or safety risks through their behavior, the swim school can be terminated immediately without any obligation to reimburse the payment.

#### CANCELATION OF THE SWIM SCHOOL

If a lesson or the course must be canceled due to reasons beyond the control of Uimaseura Aquila, such as a pool malfunction or hygiene incident, Uimaseura Aquila is not obliged to refund the payment for the lesson or course.

If Uimaseura Aquila has to cancel the swim course, the full course payment will be refunded. If Uimaseura Aquila has to cancel the swim course after it has begun, the course payment will be refunded for the remaining lessons.

Enrollees will be informed of any cancellations as soon as possible via email.

## 5. Guidelines for swim school

The swim school begins with taking attendance outside and ends when children are returned to the same place. **A guardian has to be present during returns.** If a guardian is late, our personnel will stay and wait with the child for a 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. Goggles and caps** are optional. We recommend tying longer hair up.

During the summers, 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 or swim teacher. 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 or assistant goes to the sauna with the kid group. With other ability groups, they stay in the immediate vicinity of the sauna to supervise.

A guardian can go swimming during the lesson by buying a ticket at the cash register or using their own wristband-ticket. **A guardian 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.**

### In course-based swim schools:

#### 1) The first lesson – get-to-know lesson

- Arrive 10 minutes early
- **The length of the first lesson is 1 h**
- 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.

**2) The last lesson – presentation lesson**

- Guardians welcome!
- **The length of the first lesson is 1 h**
- Swim booklets are given after the lesson
- You can buy swim badges by showing the 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 booklet and buy badges at Kotkan uimala Katariina's cash register after the date of the last lesson, within the opening hours.

**In one-time swim school lessons:**

- **The length of the lesson is 1.5 h**
- If you have a swim booklet from previous swim schools, hand it over to the teacher
- The booklet is not included in the payment. You can buy one separately at Café Aquila (Kotkan uimala Katariina).

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

**Uimaseura Aquila ry reserves the right to make changes.**