



## SWIMMING SCHOOLS

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 schools.

### NOTICE!

All questions related to swimming schools and other help requests to Uimaseura Aquila's email: [uimakoulut@uimaseura-aquila.fi](mailto: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.**

## BEFORE SWIMMING SCHOOL

Before you enroll your child to swimming school, get to know their abilities in a water environment – take them swimming to ensure that they are comfortable in water.

Familiarize yourself with ability groups' descriptions - your 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 swimming school: going to a higher ability group will be easier.

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

### ABILITY GROUPS

**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 metres. The goal is to gain the Beginner's badge. **This group trains in the shallow learning pool.**



### **Jatkoryhmä: Continuation group**

Entry requirement for this group is **the ability to swim 10 metres**. For example, those who have gained **the Beginner's badge** belong to this group. This group focuses on gaining the ability to swim 50 metres 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 metres**. 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 swimming hall's opening hours – the swimming 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 metres. **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 different swimming school groups via our website's MyClub -platform, at:

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

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

During enrolling, mention any information that might affect the child's health or learning during the swimming school.

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.**

[www.uimaseura-aquila.fi](http://www.uimaseura-aquila.fi)  
[www.facebook.com/UimaseuraAquila](https://www.facebook.com/UimaseuraAquila)

Puistotie 9-11  
48100 Kotka  
Y-tunnus 2631057-6



## 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](mailto:uimakoulut@uimaseura-aquila.fi)

**NOTICE!** You can't cancel a course via the MyClub -platform!

## CANCELED COURSE

If the swimming school isn't organized for some cause, we will notify the enrollers before the course's start via email.

In the case of cancellation, payments will be returned.

## INSTRUCTIONS FOR SWIMMING SCHOOL

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

If your child can independently come and go from the lessons, **fill a permit slip.** If a permit slip is not given, the child will wait after the lesson. **Ask our staff for a permit slip.**

In addition to the swimming teacher, an assistant is present during the summer time. The assistant will look after the children in the dressing rooms and showers.

A swimming schooler will need a swimsuit, towel and a small towel for the sauna. Swimming goggles and caps are optional. We recommend tying longer hair up.



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 could learn without any distractions – in other words, guardians that are swimming at the same time need to offer the children room to focus.**

#### **THE FIRST SWIMMING SCHOOL LESSON – get-to-know lesson:**

- **The first lesson lasts 1h (typically a lesson lasts 1.5h)**
- Arrive 10 minutes early.
- If you have a swimming booklet from previous swimming schools, bring it with you and hand it over to the teacher.

#### **THE LAST SWIMMING SCHOOL LESSON – presentation lesson:**

- **The last lesson lasts 1h (typically a lesson lasts 1.5h)**
- Guardians are welcome! Children get to show skills they have learnt
- Swimming booklets are given after the last lesson
- You can buy swimming badges by showing the swimming booklet to the cashier of Café Aquila (The café at Kotkan uimala Katariina)
- At Karhulan uimahalli, you can buy badges only with cash.

**For further information, contact [uimakoulut@uimaseura-aquila.fi](mailto:uimakoulut@uimaseura-aquila.fi)**  
(Remember to mention the child's name, group and the course's time of the day)

## **A WARM WELCOME!**