

## CHECKLIST LITTLE SWIMMERS. WELL PREPARED.

### TIME

- Meeting point: at the pool at least **10 minutes** before the lesson begins
- Course duration MINIS 30-35 minutes
- Course duration MAXIS 30-40 minutes
- Course duration MASTERS 45-50 minutes



### SWIMMING BAG

- Swim diapers,
- **Swimwear** for you
- **Bathing shoes** or non-slip socks **are mandatory for you and your child** – provided your child can already walk independently.
- Mild shower gel and body lotion
- Drink and snack for a light meal **after** the swimming lesson
- Towels



### SAFETY

#### Food

- Breastfeeding: no later than 1 hour **before** the lesson begins
- Bottles, solid food: no later than 2 hours **before** the lesson begins
- No baked food such as bread rolls
- Drinks: only water, no fruit juices



#### Illness

- Protect your child – **your child is not allowed to swim when it is sick** – especially if it has fever, diarrhea, abdominal or ear pain! Cancel your course attendance before the lesson begins. Call us on our business phone number: 0848 577 977.  
➔ Basically, no missed lessons can be rescheduled or refunded. Under certain conditions, we try to offer you a catch-up lesson.

#### Water

- **Swim diapers are mandatory.** We recommend well-fitting, reusable or disposable diapers
- Swimwear for you
- No jewelry
- Supervise your child at all times

**Wearing bathing shoes is mandatory for safety reasons.**

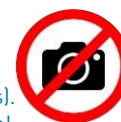
### HYGIENE

- **Showering before and after the lesson is compulsory**
- Apply body lotion on your child after swimming
- Street shoes are not allowed in the swimming area
- Food and drinks are not allowed neither in the changing rooms nor in the swimming area



### BEHAVIOUR

- Stay always in the water or close to your child (depending on the course level).
- Only one parent is allowed to accompany the child into the water.
- You are allowed to take one accompanying person (as a spectator) to the course (don't forget the non-slip shoes).  
➔ In some public indoor swimming pools an additional entrance fee must be paid for this accompanying person!
- Companions and siblings keep their distance from the pool and behave quietly.
- To protect your child: it is **forbidden** to take photographs, make films and record sounds before, during and after the lesson.  
**It is forbidden to use your mobile phone!**



### MISSED LESSON

- Provided there is a free spot, we are happy to offer you a replacement lesson in another class within the current course period. Prerequisite: a medical certificate and a free spot on the same level. With immediate effect, it is no longer possible to take out cancellation insurance via our booking platform. If you wish to take out such insurance, you must do so privately.
- Detailed information can be found in our Terms and Conditions on our website.