

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 (Swimsuits for babies are allowed, but not required)
- **Bathing shoes** or non-slip socks **are mandatory for you and your child** – provided your child can already walk independently. (for the route from the cloakroom to the bathroom and around the pool).
- 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 or directly with your course instructor (you will find the course instructor's cell phone number on your invoice).
→ 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 (Swimsuits for babies are allowed, but not required)
- 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. The following applies to accompanying persons: Normal clothing is fine, but bathing shoes are mandatory.
→ 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.
- Detailed information can be found in our Terms and Conditions on our website.