



KLEINE SCHWIMMER GANZ GROSS



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

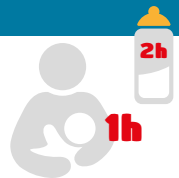
- Swim diapers, e.g. Huggies Little Swimmers
- **Swimwear** for you
- Flip-flops or non-slip socks for you **and** your child
- Mild shower gel and body lotion
- Drink and snack for a light meal **after** the swimming lesson
- Towels



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*

Water

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

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 things)
- 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. If you arranged our costs cancellation insurance at the time of the booking, the amount will be reimbursed to you through the insurer according to their Terms and Conditions
- Detailed information can be found in our Terms and Conditions on our website

* Basically, no missed lessons can be rescheduled or refunded.
Under certain conditions, we try to offer you a catch-up lesson.