



Hej alla babysimmare!

Now we finally get to meet all of you baby swimmers! We will sing, splash, dip our heads and learn to be safe in water but above all that we will have a great time together with all the other children and parents!

During the lesson, ONE parent can be with the child in the pool. The other parent can join and watch the lesson at a few occasions, but this should be notified to the office in advance.

Poseidon's baby swimming goals can be described:

WATER SAFETY - Water safety thinking is important. The children must learn to be able to handle a possible accident situation, the child learns to hold his breath if he/she ends up below the surface, to kick himself up to the surface to get air, to turn over on his/her back to rest, turn back to the edge to hold on independently and wait for an adult or even to be able to get up from the pool on their own.

ENJOYMENT - We think it is important that you and your baby enjoy being in the water. Basic security must be built up so that you can relax together with the child. Baby swimming should be fun and wonderful.

DEVELOPMENT – The water provides a unique opportunity to provide the child with stimulation in different ways. In the water, you can move completely different muscles than on land.

SWIMMING – Our goal is not to teach your baby to swim. With small children, it is more about being able to move independently in the water from one point to another.

Important to know:

Swim only as long as the child thinks it is fun. The lesson time is 25-30 minutes, but get out of the water earlier if the child is tired. It is important that it is a positive experience. The swimming must be entirely on the child's terms - but on the parents' responsibility.

Never force the child to do something they don't want to do. Swimming should be fun. Do not feel that your child must have performed certain steps during a certain time. All children develop differently.

If there is anything in particular we should know about your child, we would be grateful if you could inform us about it.

If the child is ill, you should NOT swim. Unfortunately, we are still living with Covid-19 and therefore it is extra important NOT to be present at the slightest symptom. If you have impetigo (swine pox) or other skin rashes, they must be completely dry before you return. This also applies to eye inflammation and so on.

If you can't join a lesson please report it directly in the SportAdmin Member App (download this from the Appstore or Google Play store). Log in to the app and cross **Ej tillgänglig** (not available).

This applies at Högevallsbadet:

It is very important that both child and parent shower and wash themselves without swimwear, before and after the lesson - don't forget the hair of both adults and children!

This reduces the amount of chlorine in the water (at Högevall, this is automatically dosed depending on the amount of dirt in the water). If the child's skin gets dry easily, you can use bath oil in the bathtub in the evening at home, not in the pool (risk of slipping).

You will change in the changing room on the lower floor. When you go through the spinner in the entrance you will see these on the left side.

You need to deposit (SEK 125) a pink entrance band at the reception at Högevall. This band is needed to get in and out of the spinner in the entrance and to lock the lockers in the changing rooms. At the end of the semester, you return the band to get the deposit back. Please come a little earlier to the first lesson so that you have time to pick up the entrance band with the reception.

In the changing room there are children's chairs or mattresses to make it easier for you to shower. Please hang them up after use.

You will swim in the **Kombibassängen** eller **Undervisningsbassängen** (depending on which group you are registered for). You can park a trolley (bring your own lock) in the lobby. See the attached map of Högevall and you will find the right place.

All children who are going to babysim (who are usually in diapers) must have a special baby swimming trunk. Swimming diaper is not allowed. The baby should not wear a diaper under the babytrunks. We have several babytrunks in different colors in our shop: www.badgrejor.se



In Högevall, screens and photos are prohibited, which we ask you to respect. Poseidon's coaches are allowed to use screens as work material for e.g. to register presence or alarm in case of emergency.

If there are "accidents" in the pool, Högevallsbadet must close the pool to clean the water. Then it may happen that we are forced to cancel a lesson. Högevall then refers to force majeure, which means that we do not compensate financially for the missed lesson.

For questions please contact us by phone or email:

Phone: 046-128260 tel. time: Monday-Tuesday and Thursday-Friday 09.30-11.30 Wednesdays CLOSED

Email: kansliet@skposeidon.se

See you in the pool!

Warm greetings

SK Poseidon

