



CHILDREN

Our concept

In our swimming school fun in and around the water ranks first. It is important to us to convey a good swimming technique to the children so that a good body posture in the water and a safe interaction with it can be learnt. We teach these to the children using playful tasks that are suitable for children. Since the technique for breaststroke swimming is hard to comprehend and additionally contradicts the natural way our bodies move, we start by learning how to swim on the back – just as the swiss modell suggests.

We reserve the right to give our current course members the chance to sign up for the following classes in advance.

If you are unsure which class suits your child best, we will be pleased to help. You can write us an e-mail to info@schwimmschule-turmweg.de or give us a call through 040 40176922.

Wateradaptation

The first goal in our wateradaptation-classes is to dispel the childrens fear of the water. A familiarisation to the new surrounding in our pool is achieved through small, playful exercises. In our classes the children learn fundamental abilities like sliding through the water, blowing bubbles, jumping from the edge of the pool and putting the full face into the water. These basics are relevant for the following classes because they make the actual process of learning how to swim easier and more safe. The course takes place weekly over a time period of eleven classes. In one course there are about eight children supervised by two instructors. It is intended for children starting at four years of age and takes place without parents.

We also offer wateradaptation crash courses in the holidays. They take place daily except for Saturdays and Sundays over a time period of ten days. The groups have a size of ten participants, supervised by two instructors. They are intended for children starting at the age of four and take place without the presence of parents.

Seepferdchen

This swimming course prepares its participants for the so called "Seepferdchen"-badge. It is intended for children that are five years old or older that already like to play in the water and are not afraid of water splashes. Since the technique for breaststroke swimming is hard to comprehend and also contradicts the natural way our bodies move, we start by learning how to



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swim on the back. Our aim is to teach the children a good swimming technique, so they are able to move in the water safely. At the end of the course all children get the chance to try the exam for the "Seepferdchen"-badge. The class takes place without parents over a time period of 22 units. The groups with a size of approximately ten children are supervised by two instructors each. We do not give out badges before children surely fulfil all conditions. Hereby we would like to point out that by reaching the „Seepferdchen“-badge the children have not reached full safety in water. We also offer an inclusive "Seepferdchen"-class and a "Seepferdchen"-class for children with handicap.

In the holidays we also provide "Seepferdchen" workshops. They take place daily except for Saturdays and Sundays over a time period of ten days. The groups have a size of ten participants, supervised by two instructors. They are intended for children starting at the age of five and take place without parents.

Seepferdchen II

This class is meant to prepare its participants for the so called "Seepferdchen"-badge. It is intended for children that have already taken a "Seepferdchen" class, starting at the age of five. Content wise the class starts where the last course ended. Techniques and skills that were previously learnt are improved and expanded in this class. At the end of the course, that takes place over 22 lessons, all children get the chance to try the exam for the „Seepferdchen“-badge. The classes have a size of about ten children and are supervised by two instructors. We do not give out badges before children surely fulfil all conditions. Hereby we would like to point out that by reaching the „Seepferdchen“-badge the children have not reached full safety in water.

Flipper

Our Flipper-classes are meant to prepare their ten participants for the bronze-badge. It is intended for children that already reached the Seepferdchen-badge and want to expand their skills even further. During the course swimming techniques are extended and improved. We are training the condition and coordination of leg and arm movements and breathing techniques. The course takes place over 22 units and supervised by two swimming teachers. At the end of the course the children have the chance to try the exam for the bronze-badge. We do not give out badges before children surely fulfil all conditions. We also offer an inclusive Flipper-class. Since our pool is not deep enough to examine the jumping- and diving-part of the bronze-badge, those parts have to be checked in a different pool. Therefore you get a paper from us that can be filled in by a lifeguard in another pool. After we receive the completed paper and the participants have passed all the criteria for the bronze-batch, we can hand out the batch and the swimming pass.



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We also offer Flipper crash courses in the holidays. They take place daily except for Saturdays and Sundays over a time period of ten units. The groups have a size of ten participants, supervised by two instructors. They are intended for children that already have the "Seepferdchen"-badge and take place without parents.

Technik

Our swimming technique practice is intended for children that have already achieved the bronze-batch and want to improve and extend their swimming techniques. During the course the children are taught the techniques for the swimming styles breaststroke, freestyle and backstroke. Abilities that the children already learnt beforehand are improved and refined. The course takes place over 22 units with a group size of about ten children and supervised by two instructors.

ADULDS

In our swimming school fun in and with the water rank first. It is important to us to convey a good swimming technique to all adults so that a good body posture in the water and a safe interaction with it can be learnt. The techniques are taught through individual tasks and exercises.

We reserve the right to give our current course members the chance to sign up for the following classes in advance.

If you are unsure which class suits you best, we will be pleased to help. You can write us an e-mail to info@schwimmschule-turmweg.de or give us a call through 040 40176922.

Aqua-Aerobic (only for women)

Paramount in these classes are the joint-gentle workout and the fun inside the water. Through the different exercises the muscles are stretched and strengthened. The dynamic movements following the beat of the music stimulate the cardiovascular system. The course takes place over 12 units with a group size of about 12 participants.

Aqua-Gymnastics

Aqua-Gymnastics gently encourage the flexibility of the joints and promote cardiovascular fitness. Through its massaging effects the water additionally encourages blood circulation. The feeling of floating and the smooth movements relax and leave a pleasant bodyfeeling. The course takes place over 12 units with a group size of about 12 participants.



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Swimming learning for adults

For adults who have not had the chance to learn how to swim yet, we offer classes with a group size of about eight participants. The classes are meant to teach the participants how to swim in a pleasant, casual, familiar atmosphere. In our 30°C warm pool the participants are led to the water through individual tasks and exercises. We also offer a course to learn swimming only for women and a course for women who fled. Our swimming learning classes take place over 12 units.

Swimming technique for adults (beginners/advanced)

In this class our participants get the chance to learn and improve the different swimming techniques. Wishes and interests by the participants can be addressed to the instructor to work on these during the course. We offer a technique class for beginners and advanced participants. Both courses contain 12 units with a group size of about eight participants.