

ACTIC

Swimming lessons at Actic Delphinenbadet

Welcome to our swimming school at Actic Delphinenbadet. We offer swimming lessons for children 5 years and older with 7-8 children/group. Our focus and goals with the lessons is to teach children to be comfortable in water and the basics to different swimming styles. We are then working more to get a good start to swimming and the techniques of different swimming styles. Our goal is that every child is looking forward to their next swimming lesson and therefore we have the key concepts of fun and joy to be in the water.

We do also offer swimming lessons for adults, both beginners and experienced swimmers with 8 participants/group.

Information about the swimming lessons

- Water temperature: 27 °C
- If the child or you get cold easily it's good to have a warm drink like tea or hot chocolate with you and to use a bathing cap.
- If the child or you have long hair, the hair needs to be tied back or under a bathing cap to avoid disturbances during the lessons.
- Remember to shower before each lesson with both shampoo and soap.
- Life savings lesson: Swimwear as well as clothes (long trousers and a long-sleeved sweater) will be needed. ATTENTION: have the swimwear UNDER the clothes.
- Dropping off and fetching children: We strongly recommend parents to leave the swimming hall during classes. Drop off and fetch with one adult only to avoid crowding.

Registration

Registration and payment is done here on the website under "BOKA SIMSKOLA". Choose the group and pay. Once the payment is done, you have a spot in the group.

Payment and registration are binding and there will be no reimbursements. Read the entrance qualifications on this page carefully before registration.

Questions? Mail us at simskola.delphinen@actic.se

Our groups

Baddare Grundkurs 5-6 år / Beginners Course 5-6 years

Entrance qualification: no entrance qualification

Goal: In this group we are working on getting comfortable in water, dipping the chin, ears and head, blow bubbles in the water, jumping from the edge, gliding, and livesavings.

The child needs to be able to stand in the shallow part of the pool (90cm). Swimming goggles are not allowed. Without parents.

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Baddare Fortsättning 5-6 år / Advanced Course 5-6 years

Entrance qualification: dipping the head under water, blow bubbles in the water, jump from the edge on the shallow end of the pool, glide on the shallow end of the pool.

Goal: In this group we are working with getting comfortable in deep water through jumping from the edge into the deep water and gliding as well as blowing bubbles in the deep water. We will even work on floating on the back and on the stomach as well as rotating between those two positions. We will even work on lifesaving.

The child needs to be able to stand in the shallow part of the pool (90cm). Swimming goggles are not allowed. Without parents.

Pingvinen 6+ år/years

Entrance qualification: in both shallow and deep water: dipping the head, jump from the edge, glide, float on their stomach and their back

Goal: In this group we are working on flutter kicks which are the basis for swimming crawl. The goal is to be able to jump into the water and swim 10m on the back and the stomach on both the shallow and the deep end of the pool, to float 10 seconds and to pick up an object on the bottom of the pool with their hands. We will even work on lifesaving.

The child needs to be able to stand in the shallow part of the pool (90cm). Swimming goggles are not allowed. Without parents.

Fisken Grundkurs – Fokus Crawl 8+ år / Beginners Course – Focus Crawl 8+ years

Entrance qualification: in both shallow and deep water: swimming 10 meters on the stomach and the back, jump into the water, float 10 s, picking up an object from the ground (shallow water), rotate from the stomach to the back

Goal: In this group we are working on the basics for swimming crawl. Focus lies on the swimming techniques crawl and backstroke. We are even working on diving, getting comfortable in deep water and to pick up objects from the bottom of the deep end. Life savings are also included in the course. Swimming goggles are recommended. Without parents.

Fisken Fortsättning - Fokus Crawl 8+ år / Advanced Course – Focus Crawl 8+ years

Entrance qualification: in both shallow and deep water: swimming 10 meters on the stomach and the back, jump into the water, float 10 s, picking up an object from the ground, rotate from the stomach to the back, diving

Goal: In this group we start with diving and perfecting the technique. Later on we will swim longer distances. The goal in this course is to first swim 25m in a technique of choice, later on 50m on the stomach and 25m on the back. Life savings are also included in the course.

Swimming goggles are recommended. Without parents. This course is even suitable for those who attended Grodan previously and want to get a better technique while swimming crawl and backstroke.

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Grodan – Fokus Bröstsims 8+ / Focus Breaststroke 8+

Entrance qualification: in both shallow and deep water: swimming 10 meters on the stomach and the back, jump into the water, float 10 s, picking up an object from the ground (shallow water), rotate from the stomach to the back

Goal: In this group we are working with the technique for breaststroke. The goal with this course is to be able to swim 25m breaststroke and 25m on the back with equilateral arm- and leg movements.

Life savings are also included in the course.

Without parents. This course is even suitable for those who attend Fisken previously and want to get a better technique while swimming crawl and backstroke.

Vuxen - Lär Dig Simma Bröstsims 18+ år / Adults – Learn To Swim Breaststroke 18+ years

Entrance qualification: none

Goal: In this course we are working with getting comfortable in water, train floating and teach you the basics for swimming breaststroke. We work very individually in this course so this course is even suitable for those who want to improve their breast stroke technique.

Vuxen – Crawl 18+ år / Adults – Crawl 18+ years

Entrance qualification: swim 150m without resting whereof 50 on your back.

Attention: This group is NOT suitable for those people who never swam before.

Goal: In this course we work on the basics for swimming crawl: the body's position in water, rotation, flutter kicks, arm strokes and breathing techniques. The goal is to create a swimming technique that is as natural and relaxed as possible. We are working individually in this group, so both crawl-beginners as well as those who want to perfect their technique are welcome.

Swimming goggles are recommended.