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water baby club

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Compliance with these Principles affects your satisfaction with organization of courses, cleanliness and order at the Water Baby Club Swimming Center.

***Satisfaction of your children is also your satisfaction
It is our – and we believe that also your goal.***

We ask you to read and follow these principles.

For better clarity, they are written in the form of questions (?) And brief answers (•).

The more detailed explanation (ð) is written in italics for each answer.

? When can I go swimming with my child to water baby club?

- When the child is in the age from 4 months to 5 years.

⇒ *Organized swimming with children younger than 3 months is yet not recommend by pediatricians. For children older than 5 years is our pool already small.*

? What types of courses are organized by water baby club?

- Courses for beginners and advanced children from 4 months old up to 3 years old and preparatory swimming lessons (PPV) for children up to 5 years old.

⇒ *Beginners courses are called those in which children are enrolled for the first time. If the child completes another course, it is already included in the advanced group. Similar division is also in PPV.*

? What can I expect from the course?

- Supporting the all - round development of all the abilities of the child, improving overall resilience, and condition.

⇒ *The very possibility of staying in water that is not cooling and has an optimal temperature means for every baby the possibility of spontaneous use. Such activities are always the healthiest and most prosperous for children. Therefore, the focus of the courses is not only in relation to swimming, but also, in particular, in all-round prosperity of the child. The program also includes elements such as developing the integrity of parents and children, developing social behavior in collective, but also to promote the personality of each child separately. Very important is also the development of physical abilities, physical fitness, the acquisition of habits leading to regular sports activities. Children's sauna and cooling activities reduce the susceptibility of children to various illnesses, whose common denominator is the temperature changes (rhinitis, flu, etc.). The program as a whole in its stages also ensures the psychological relaxation of all participants. We could still continue the long list of the positive effects of the course. In conclusion, we want to add that children are learning exercises that lead to easier management of swimming practice and therefore swimming as such.*

? What is the duration of the course, how often are the swimming lessons and how much is it?

- One course lasts 4 weeks and the lessons are held 2x per week. The price for 1. and 2. Course is 120 €, for 3. and next courses the price is 136 €, **each fifth course in consequence has a loyalty discount for the price of 99,60€, 20. Course with discount is in the price of 68€**
- 4 week course with the frequency of lesson 1x per week. The price for 1. and 2. Course is 75€, for 3. and next courses the price is 85€. **Each fifth course in consequence has a loyalty discount for the price of 68€.**

Siblings discount is **12,5 %** for the second child in one course.

⇒ *The course consists of 8 or 4 methodically prepared lessons. One lesson lasts 45 minutes and*

consists of two parts: preparation outside the pool (10-15 min.) and stay in water. If the baby for serious reasons cannot take part in the lesson, it is possible to substitute 3 lessons (unless otherwise stated) based on the condition that each skipped lesson is justified in the sense of the Binding Application.

? How big and deep is the swimming pool in which the courses are held?

- Approximately 5 x 4 meters with the depth of 1 m. The water capacity is 17m³.

⇒ *The swimming pool is atypical. One is able to enter it comfortably, with solid wide stairs, not a ladder. There is also a shallow part, 0.5 m deep, from which there are stairs over the whole width of the pool to pass into the section that is 1 m deep.*

? Can I enroll with my child whenever I want to?

- There is stated exact time schedule. The lessons are divided based on the children's age.

⇒ *Setting a precise time schedule is a necessary organizational and hygienic condition. Children are divided into approximately the same age groups, making methodological work more efficient in the group. Older children are expected to have a greater endurance and water pollution, therefore these children should not be in the pool before smaller children without the necessary hygiene breaks. This is why the groups are organized in certain order from 4 months to 3 years old. Lunch is followed by hygienic breaks and after that again begin children from 4 months to the evening with children up to 5 years old.*

? When the child is 4 months old, at what time can I attend the swimming lessons?

- Morning at 8:30, or 9:15 and afternoon at 13:30 or 14:15.

⇒ *Always at the beginning of each complete block of lessons, the smallest children begin.*

Objections that in that time your baby is asleep are in place only when you prefer the potential biorhythm of the child and your set schedule of the day mode instead of taking the course in the pool. We recommend that already when planning for attendance of the course, to modify the child's home regime so as to when it will be time to go to the swimming course, your child will be engaged in some activity and will not be asleep.

? Can we bring to water baby club our own toys?

- Yes but it is not allowed to bring them into the pool. The toys used in the swimming pool are properly sanitized.

? Can I breastfeed my child on the premises of the water baby club?

- Yes!

⇒ *We are even convinced that the mother who, without shame, is willing to breastfeed the baby when the child requests it, clearly gives an example to all other mothers that she does for her child the best she can. Breastfeed your child anytime, anywhere. In developed countries (also in our country), it is absolutely common to see nursing mothers during sunny days outdoors in places that are intended for relaxation and are suitable for mothers with infants. They even consider it as pride that they are nowadays capable of doing so and they do not even think about hiding or being ashamed. Maybe in our center there is not the most ideal and peaceful place to breastfeed but when you are breastfeeding this is just a negligible drawback. We are very happy when you are breastfeeding your baby at our center.*

? How long can I stay in water baby club?

- In case you will return the key from locker within 30 minutes after the end of the lesson, you can stay there however long you want to.

⇒ *It is true that our premises are modest - in size. That is why it is very important to follow the principles so that parents who come to classes can change peacefully and in time. When we look at it from the mathematical point of view, you can spend 1.5 hours with your locker in the changing room. This means 15 minutes before the lesson, 45 minutes of the lesson and 30 for the changing after class.*

? Are the courses only for healthy children?

- No.

⇒ *The course can be attended by any child whose health condition allows one to use water and is not infective for other children. For each child, a doctor's confirmation is required, in which the doctor confirms that the child is able to attend such course. This measure is needed because there are some diseases in which a stay in water can greatly support the treatment and help the child improve one's state of health or cure the child completely. However, there are some diseases in which the stay in water could literally endanger the health and sometimes life itself of the child. Therefore it is always needed to take these preventive measures.*

? Do I need to take shower and wash myself when I already did that at home?

- Yes.

⇒ *Please be aware that every dust particle you put into the pool must be technologically discarded. Worse are biological wastes from the human body - peeling flakes of the skin, microflora on mucosal genitals, rectum. This, if we call it - biological material - is also found on your clothes. Even if you're wearing clean clothes, sweating, dying of skin cells, the life of microorganisms on the mucous membranes will not stop. That's why the better and the more thorough the personal hygiene is just before entering the pool, the cleaner the water is, in which your children will swim. Of course, personal hygiene also applies to children. If the child's parent dives, it is necessary to wash your head well or use a swimming cap. After the*

lesson it is possible to rent a hair dryer free of charge.

? How to deal with a small child in the shower?

- On the beginning of the course you will receive detailed instructions from the center's personnel.
⇒ *The most appropriate is when the parent is in the shower by oneself, and can thoroughly focus on personal cleansing. During this time, the child can be placed in a child's cot in the relax room or use the child seat. Then, after the parent is showered, one takes the child and only shower the baby. Showers are manual with the possibility of mounting on a stand.*

? How can we help so that the water in the pool is as clean as possible?

- Not diving under water with your head, preventing the hair to contact with the water level, wash and dry the swimsuit after each swimming lesson, correct use of clean slippers.
⇒ *To sum up, everything that goes into the pool should be immediately before it gets into the pool, thoroughly cleaned, or to be clean. Even if you use dirty slippers or touch between the shower and the pool on the ground, your foot brings into the pool the dirt that sticks to it. Not to mention that in this case you are threatening more your health than those in the pool. Meaning that you could have stepped on the floor on the same place where before you some other person stepped with fungus, and if by chance you have a small cut or wound on the foot that is infected, you can take that infection with you. In the pool, such transmission is prevented by constant disinfection of water.*

? Does also the child have to wear swimsuit?

- Yes.
⇒ *We know that children's swimsuit is a problem, but it is very important. Swimsuit should not be loose and it should have elastics on waist so it can fit tightly against the body of the child. This is especially the case if some "accident" happens so that the swimsuit captures as much as possible and the content does not get into the pool. In such a case the lessons must be interrupted for a required time to clean the pool, if necessary the entire water content of the pool must be replaced. Swimwear can be bought directly at our center.*

? What type of slippers should be worn for shoes changing and is it possible to just simply walk barefoot?

- The slippers – shoes for changing, must be clean and suitable to a wet environment. Walking barefoot is prohibited.
⇒ *Although the floor in the entire center is kept constantly clean, it can not be said that the floor can be 100% clean because of the number of people passing through the center daily. This is unrealistic. Therefore, you should always move in your own clean slippers on the premises. You should only take them off in the shower, but more suitable are slippers with which you can go in the shower.*

? Why is it necessary to step with bare foot only on the pool stair and not on the ground?

- This is because the dirt from the ground sticks to your foot and then it gets transferred straight to the pool.
⇒ *Just in the area in front of the pool, there is the highest concentration of floor soiling, because everybody is passing through. To prevent the transfer of dirt into the pool, you need to make sure that the foot from which you remove your slipper from, no longer touches the ground, but it goes straight on the first stairway to the pool. This also applies to children who are already walking.*

? Does the child go to the pool by oneself or should one be accompanied by a parent?

- All children go to the pool accompanied by one parent or authorized person. Only for preparatory swimming courses can children go even without parents.
⇒ *Such a young child that can go to the pool in our center has absolutely no precondition for being in the pool by oneself. For several reasons, we are interested in having the children working directly with their parents. The reason that only one parent can go into the water is given by the fact that the pool is small and then the space for games and exercises would be restricted. However, we love it and it is very beneficial for the child and the whole family when the lessons are attended by both parents, even if one is just a viewer.*

? Can family members also take part in the course?

- Yes.
⇒ *We also recommend that both parents take part in the course. Also the viewing part of father or alternatively mother "from the shore" also has its meaning for the satisfaction of the child. This does not, of course, exclude the participation of other family members. It is advisable to bring clean slippers to a wet environment.*

? How can I use all the potties available?

- Whenever you need a baby to sit on the potty, and if the child uses the potty, please inform about this used potty our staff. Do not use only potties that are located in the corridor below the corner washbasin.
⇒ *All potties are washed and disinfected after use. Therefore, do not try to clean the potty by yourself but rather leave it to the staff who knows how to clean the potty to go back to use. The potties that*

are under the corner washbasin are treated with a disinfectant solution. After the necessary time for the disinfectant to fully absorb they will be rinsed with water, wiped, and then provided for further use. The use of just disinfected and not rinsed potty does not endanger the health of the child, but unnecessary irritation of the skin may occur with the disinfectant solution. However its concentration is not health-related.

? What should I do when the child accidentally pees somewhere or otherwise soils the place?

- You should immediately inform the personnel of the center.

⇒ *Do not try to clean up anything. We count on such cases and the exact procedure is set how to proceed in such cases and how to remove various types of pollution (pee, food, drinks, etc.). In case that you will not report the matter and try to clean it yourself, you will prevent our staff from securing the necessary cleanliness of the place. There is no shame when the child pees somewhere, smears something with yogurt or chocolate etc. However it is irresponsible not to report such a thing to the staff. Of course we take it that you are trying to avoid such things unnecessarily.*

? Can I go to the sauna immediately after the lesson is over, directly from the pool?

- No.

⇒ *Before entering the sauna, it is necessary to dry well and not to sit in wet swimsuit on the wood. If possible and if the towel is not very wet, it is advisable to use it as a sitting pad (small babies should use diaper and older ones potty). Water in the sauna degrades the wood.*

? Isn't sauna dangerous for small children? How long can a child stay in the sauna?

- Our sauna for children is only 50 ° C, so it is adapted for children. The stay of the child in the sauna is necessary to regulate according to one's mood.

⇒ *People mostly connect the sauna with a high temperature around 100 ° C. This is a true for the saunas for adults; in no case is such a sauna suitable for small children. Getting the child accustomed to a sauna requires gradual adherence to lower temperatures and shorter stays, gradually to higher temperatures, and longer stay. The length of stay in a sauna should not be measured by time but by feeling. So when the child is dissatisfied, immediately leave the sweat room.*

? Can we eat in the sauna?

- No.

⇒ *It is forbidden to eat food in the sauna. In this environment it is harder to keep the necessary cleanliness than in other areas. In the sauna it is possible to breastfeed or to give the child a plastic bottle with a drink. Juices from straw boxes and bottles without bottle teet are also forbidden. GLASS BOTTLES are forbidden in all areas!*

? Where can we store our personal belongings during the lesson?

- In lockable lockers.

⇒ *Upon arrival to the center, the parent will have lockable lockers available for storing personal items. You can request the Center's staff to store things that cannot be locked in the cabinets.*

Your good mood and mental well-being has a significant impact on the overall atmosphere. Try to be happy and nice during your stay at the water baby club - as our staff is doing. The result will be the satisfaction of your child, which is ours and we believe also your goal. Your child is an individual and is the best child we have ever met. Therefore, do not compare him or her with others.

We wish you all the best in bringing up your children.

Employees of the swimming center: water baby club