



Asker Svømmeklubb

Trivsel, Trygghet og Prestasjon i vann



Sommersvøm med Asker Svømmeklubb

Sommersvøm – Free swimming lessons this summer!

Asker Swimmingclub is arranging free swimming lessons this summer, in week 28 (12-16 July) and in week 29 (19-23 July). Sommersvøm is for kids aged 5 to 14, and will be held at Risenga Swimmingpool.

What is Sommersvøm?

At Sommersvøm you will get 2 hours of free swimming lessons each day, Monday through Friday in week 28 or 29. This gives a total of 10

hours of free swimming lessons per child. Sommersvøm is for kids that are not able to swim, and each kid can only participate for one week.

Groups, times and ages:

We will divide the kids in groups based on age. Within the groups they will be divided by level of swimming skills. The times for each group is shown below:

1. **10.00-12.00:** Group 1, 5-7 years old
2. **12.00-14.00:** Group 2, 8-11 years old
3. **14.00-16.00:** Group 3, 12-14 years old

Your child should bring these things to Sommersvøm:

Swimsuit, towel and shower products like soap, shampoo and conditioner.

Other important information:

The kids needs to be dropped off and picked up by the reception area at Risenga Swimming pool. Parents cannot be present during the swimming lessons. Everyone has to shower before entering the pool. It is not possible to use the other pools before or after the allotted time for Sommersvøm.

Our swimming instructors are certified by The Norwegian Swimming Federation and has a valid Police Certificate of Conduct. The swim lessons will be held by our instructors, and participants are expected to listen to the instructors and follow the rules of the pool.

All signups will be done through the Norwegian site tryggivann.no. Please use the links provided at the original site for Sommersvøm at our website.

Information will be sent out by email to parents some weeks before Sommersvøm.

Questions can be addressed to kurs@askersvom.no