

## Welcome to Poseidon Swimming Club – Autumn semester 2026



Here you will find all the important information before the start of the semester. Thank you for reading through and following the guidelines – it makes the business safe and smooth for everyone.

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### Semester information

**Week 35–50** at Högevallsbadet, Delphinenbadet and Habogård  
**Babysim: week 35-49** Högevallsbadet

### **Break (no swimming/diving school):**

- Autumn break week 44 (26/10-1/11)
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### **Cancellation**

- Cancellation must be made **no later than 2 weeks before the start of the course**.
  - After this, the fee will be charged regardless of attendance.
  - In special circumstances, we make individual assessments.
  - The demand is great – thank you for respecting this.
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### **SportAdmin Member App**

Download the app via App Store or Google Play. In the app you can see all training sessions and at the end of the semester also group recommendations for the next semester. Here you can also register you/your child as absent if you are unable to attend.

Log in with your email and the one-time code sent to you.

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## Our swimming pools

### Högevallsbadet

We use four pools. The letter in the group name indicates which:

- **U** – Undervisningsbassängen (Teaching pool)
- **K** – Kombibassängen (Combination pool)
- **TR** – Träningsbassängen (Training pool/ 50 meters)
- **TÄ** – Tävlingsbassängen (Competition/Diving Pool)

A map is attached and signage is available in the swimming pool.

**Gathering always takes place at the edge of the pool.**

### HT 26 Entryband

- Everyone needs to deposit an entrance ribbon at the reception (130 SEK).
- If you still have the band from previous semesters, it is enough to update it.
- Arrive well in advance at the first opportunity – there may be a queue.
- The band is used for latches, pool doors and cabinets.
- The passage is open 30 minutes before and 30 minutes after the lesson.
- Each band has two entrances (children + accompanied).
- The deposit will be refunded when the band is returned.

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### Delphinenbadet

Delphinenbadet is adjacent to **Actic** – you enter via the same entrance.

- If you want to swim at the same time as your child, you need to find your own entrance.
  - Bring your own lock for the lockers.
  - Gathering takes place at the edge of the pool.
  - Tell the reception that you are going to swimming school with Poseidon to be admitted.
  - **Important:** Do not go out through the emergency doors – the alarm goes off.
  - **Sundays before 10:00:**  
Enter through the grey door on the short side of the building.
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## Habogård

- One parent is with the child in the water.
  - Water depth 1.25 m.
  - Clothes, shoes, bags are not allowed into the pool - use the lockers.
  - You can bring your own lock if you want to lock the lockers.
  - Children who use diapers must wear **baby swimming trunks**.
  - Swim diapers are not accepted.
  - Baby swimming trunks are available in Poseidon's Badshop and at [www.badgrejor.se](http://www.badgrejor.se).
  - Shower thoroughly **without swimwear** before class – including your hair. This reduces the amount of chlorine needed in the pool.
  - If you have long hair, feel free to put it up or wear a swimming cap
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## Before and during the lesson in all swimming pools

### Hygiene

- Shower thoroughly **without swimwear** before class – including your hair. This reduces the amount of chlorine needed in the pool.
- If the child has long hair, feel free to put it up or use a swimming cap

### Included

- An accompanying person may accompany the child to the changing room.
- You can watch the lessons in **the Combi, Competition and Teaching Pools** as well as at **Delphinenbadet**.
- **No spectators/accomplices are allowed at the Training Pool.** We understand that it can feel safe to be involved in the beginning, but here you need to wait outside from the start.
- Wear clothing in functional materials at the pools.
- Shoes and outerwear are not allowed inside.
- Don't sit by the windows – it blocks the ventilation.

## Focus and work environment

- In **the Combi and Teaching pool**: wait outside until the group is finished.
- Do not stand at the edge of the pool – it disturbs both your child and others.
- Avoid talking to your child during class or to help with glasses/swimming cap. It makes it easier for the children to listen to the leader and creates a safe working environment for our young coaches.
- Keep a low voice if you are talking to other parents.
- Questions to the coach are taken **before or after the lesson**. Sometimes there is a **Floater** on the edge who can help you during the session.

## Other

- Do not run in the swimming pool – risk of slipping.
- Inform the coach or office if there is anything special we should know about your child.
- In case of schedule changes or arrangements, information is sent via email or text message.
- If you want to swim before or after the lesson, you need to buy an entrance ticket.
- When showering in changing rooms for the opposite sex, the maximum age applies **7 years**.
- There is a **ban on screens and photos at all pools**. Our leaders are allowed to use screens for work tasks, as well as attendance control.

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## Brainswim – our method

On our website there is a film that explains our pedagogy **Brainswim**. Watch the video here: *What is Brainswim*.

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## Our leaders

Poseidon is a non-profit association and many of our coaches are young people. Feel free to show them respect and turn to the office if you have any questions or comments:  
**kansliet@skposeidon.se**

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## Cancelled lesson

- You will be informed via email or text message if a lesson has to be cancelled.
  - Feel free to check your emails before each training session.
  - Cancelled lessons may be due to illness, technical problems or faeces in the pool.
  - In the case of faeces, the swimming pool refers to Force Majeure and we usually carry out **land training** instead.
  - We are unable to offer replacement lessons or financial compensation.
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## Photo and publishing

We sometimes photograph the business for website and social media. Let us know if you **do not** want your child to be seen. It is also possible to fill this in under member info in Sport Admin.

## Group-specific information

### Babysim & Miniplask

- Children who use diapers must wear **baby swimming trunks** (without diaper underneath).
- Swim diapers are not accepted.
- Baby swimming trunks are available in Poseidon's Badshop and at [www.badgrejor.se](http://www.badgrejor.se).
- One parent is with the child in the pool.
- Baby swimming changes on the lower floor of the handicap changing rooms.
- Mini splash changes on the upper floor of the group changing room "Förening".

### Plask & Lek

- One parent is with the child in the pool.
- Changing takes place on the upper floor in the group changing room "Förening".

## **Crawl 2, Crawl 3 & Medley – Land Training**

- Crawl 2 & 3: land training **once a week**.
- Medley group at Högevall: Medley Grön & Lila have land training at both training sessions. Medley Blå has land training on Sundays.
- See the schedule on the website for times.
- The children must wear **T-shirts and shorts** to the land training.
- After the land training, you shower and change into swimwear.

## **Funkisgrupp**

- We do not conduct any rehabilitation or habilitation activities.
- The children need to be able to receive instructions to a certain extent.
- If an assistant is needed in the water, you are responsible for this yourself and inform us in advance.

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## **Shop**

Visit our bath shop at Högevallsbadet or our webshop: [www.badgrejor.se](http://www.badgrejor.se)

Check the website for current opening hours.

## **Contact information**

**Phone:** 046-128260 Phone hours: Monday & Thursday 10.00–11.30, Tuesday 13.00–15.00

**Email:** kansliet@skposeidon.se

**Website:** [www.skposeidon.se](http://www.skposeidon.se)

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**We look forward to a fun and developing semester together!**

**Regards**

**Poseidon Swimming Club**