

SWIMMING AT KENAMJU

EASYSWIM METHOD

At Kenamju, children learn to swim using the EasySwim method. They swim with an EasySwim vest. This vest is provided during the first lesson and collected via automatic direct debit. Write the swimmer's first name on the left side of the vest with a waterproof marker. This ensures it won't be confused with others, and the swimming instructor can quickly learn the swimmer's name.

The EasySwim method consists of 5 phases, followed by a diploma group. The swimmer starts in phase 1 and progresses to the next phase when all the skills are mastered. In phase 3, the floaters are gradually removed from the back of the vest. In phase 4, the vest is removed, and the swimmer can swim with floaties. Once the swimmer can swim without floaties, they move on to the Diploma A group as preparation for the diploma swimming.

ZWEMSCORE

You have received login details via email to create a password for Zwemscore. If you haven't received them, please email zwemles@kenamju.nl, mentioning the swimmer's first and last name. Zwemscore is used to track progress. Some lessons involve testing specific skills. In Zwemscore, you can see the swimmer's performance on these skills. When the swimmer advances to the next phase, the results from the previous phase disappear.

Unable to attend a lesson? Use Zwemscore to cancel a swimmer's lesson. Once the swimmer is canceled, it's not possible to rebook them for that lesson. If you cancel at least 6 hours in advance, you'll receive makeup credit. Failing to cancel on time won't grant you makeup credit. No exceptions will be made. With makeup credit, the swimmer can book a makeup lesson on another day. You can book a makeup lesson up to 3 hours in advance. Zwemscore will only show options with available spots. It is recommended to check regularly.

LESSON CONTENT

A swimming lesson lasts for 55 minutes, starting at a quarter to the hour and ending 10 minutes before the hour. The swimmers begin with group exercises. Then the group is split into three and placed at the yellow, green, and red cones to practice independently. They start doing this from the first lesson. Instructors stand at the white cone to assist swimmers with exercises like learning to dive and swim underwater through the hole. Afterward, the group is brought back together for a collective exercise.

The last 5 minutes are dedicated to play. At the end of playtime, a count to ten is done, and the swimmers stand on the platform to say goodbye. Parents wait in the changing room to take over the swimmers.

DIPLOMA ACHIEVED

When a swimmer achieves a diploma, they can proceed to the next swimming diploma. The new lesson will be scheduled for a different time and/or day. You'll receive an email with a link to choose a new swimming time or to indicate if the swimmer is stopping lessons.

NOT READY FOR DIPLOMA SWIMMING YET

It's not possible to predict in advance how long it will take a swimmer to achieve Diploma A. If a swimmer isn't ready for Diploma A, there's a chance they will be moved to a different time and/or day. You'll receive an email with the option to choose a new swimming time.

HOLIDAYS

During school vacations, swimming lessons will continue according to the regular schedule. The only exceptions are April 27 (King's Day), December 5 (Sinterklaas), and the period from December 25 to January 1. You will be informed about this via email.

PARKING

You can park in our parking lot using the Kenamju membership card. This card is available at the reception. Use the card only for entry; exit is automatic.

OTHER INFORMATION

If a swimmer cannot go to the toilet alone, please be present in the changing room to assist them. You can observe the swimming lessons through the lobby windows. These windows are one-way-view, meaning swimmers cannot see outside. Please refrain from knocking on the windows, as it distracts the swimmers. Watching from the parking lot is also not allowed.

Try to avoid using adhesive bandages (plasters) during swimming lessons. They are not effective in the pool.