





Swimming course in the summer vacations 2025

Registration form

- ☐ 1st + 2nd vacation week (30.06.2025 - 11.07.2025), 10 lessons of 45 min. each in the morning, Fr. 70.-
- ☐ 5th + 6th vacation week (28.07.2025 - 08.08.2025), 10 lessons of 45 min. each in the morning, Fr. 70.-

The courses take place from Monday to Friday (**also 01.08.25**). The exact course time will be communicated.

I am registering my child for the following course (see class allocation on the next page):

	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

Surname and first name of parents: _____ First name of the child: _____

Street: _____ Place of residence: _____

Date of Birth: _____ Phone/Mobile: _____

Signature of the parents: _____

I would like to receive an automatic registration for the year 2026 to my e-mail: _____ (please write in block letters and legibly).

Important: Children may only take part in the course if the invoice has been paid before the start of the course! The number of participants is limited!


Submit this registration by Friday, May 30, 2025, to:

Vanessa Mühlheim, August- Cueni- Strasse 10, 4222 Zwingen or by e-mail scanned to:
vaneh94@hotmail.ch

If you do not receive a reply by June 15, please contact me.

Gemeinde Reinach

Die Stadt vor der Stadt

	Wassergewöhnung Requirement: Goals:	Seehund Basic willingness of the child to make contact with water and to take part in the simplest exercises and games under the guidance of their swimming instructor. <i>Gradual, cautious approach to the element "water"</i> <i>This preliminary stage is suitable for very young and rather cautious, anxious children.</i>
	Grundlagentest 1 Requirement: Goals:	Krebs Accustomed to water (not afraid of water!) Ability to take part in group lessons without parental supervision! <i>Submerge head and hold breath, exhale under water, "float" on water in prone position ("airplane"), passive gliding on surface by pulling/belly dart, jump into family pool, make Blöterli under water</i>
	Grundlagentest 2 Requirement: Goals:	Seepferd Submerge head completely under water surface, hold or blow out air under water, float on water surface in prone position ("airplane"), jump from pool edge <i>Open your eyes under water, submerge your head 4 times in succession and breathe out, float on your back ("water lily"), belly dart with leg motor, foot jump into deep water.</i>
	Grundlagentest 3 Requirement: Goals:	Frosch Controlled breathing under water (hold your breath or exhale), open eyes, gliding on water in prone position, foot jump into deep water <i>5 - 10 m locomotion with leg kick, gliding in prone position (with exhalation), back dart, forward roll from the edge of the pool (somersault), seal swimming.</i>
	Grundlagentest 4 Requirement: Goals:	Pinguin Approx. 10 m forward movement without assistance, glide in prone and supine position, dive into the large pool and dive approx. 3 m, roll forward from the edge of the pool <i>10 - 15 m alternating leg stroke with arm propulsion (polar bear swim), diving through a tire on the pool floor, handstand in chest-deep water, Superman, 5 m crawl, Rough backstroke, if possible already in deep water.</i>
	Grundlagentest 5 Requirement: Goals:	Tintenfisch 10 m locomotion with arm and leg propulsion, diving to the bottom in the large pool, controlled gliding in prone and supine position, roll and head dive into the deep pool, swimming in deep water <i>10 m crawl, 5 m slalom dive, screw crawl, log roll, shark swim, head lift.</i>
	Grundlagentest 6 Requirement: Goals:	Krokodil 25 m locomotion with arm and leg propulsion, diving to the bottom in the large pool, controlled gliding in prone and supine position, roll and head dive into the deep pool <i>Preliminary crawl with side breathing, windshield wiper, water stomp for 30 seconds, correct breaststroke, duck feet, crawl-chest mix.</i>
	Grundlagentest 7 Requirement: Goals:	Eisbär Controlled breathing, basics of crawl technique, diving to the bottom of the pool with a head dive <i>4-6 m dolphin leg stroke, 25 m breaststroke with exhalation under water (correct coordination), dive turn, water safety check: roll into the water, 1 min on the spot, 50 m swim.</i>
	Schwimmen 1 Goals:	Wal <i>50 m back crawl and crawl, 25 m crawl one-armed, 25 m super back crawl, start and turn crawl, 15 m breaststroke in supine position, crawl with dolphin movement.</i>
	Schwimmen 2 Goals:	Hecht <i>75 m 3-layers without interruption, 25 m dolphin movement flat, 25 m back rotation one-armed, 25 m breaststroke efficient, 50 m crawl one-armed, start and turn breaststroke.</i>
	Schwimmen 3 Ziele:	Hai <i>100 m Lagen (Delfin, Rückenrotation, Brust, Superman-Kraul), 50 m Rücken einarmig, 25 m Brust-Koordination, 25 m Scheibenwischer-Kraul, 8 m Delfinbeinschlag in Rückenlage, 25 m Delfinbewegung mit Armzug, Rollwende Rücken</i>
	Schwimmen 4 Ziele:	Delfin <i>25 m Delfin-Variation, 50 m Rücken-Koordination, 50 m Brust-Koordination, 100 m Lagen (Delfin, Rücken, Brust, Kraul), 50 m Spiral-Kraul (Bauch-Drehung-Rücken-Drehung-...), Start Rückenkrault, Rollwende Kraul</i>