

SWIM SCHOOL "LES SOURCES": A typical start of our summer swim camp.

Presentation: The Triathlon Club organizes swimming camps open to the public and to the club members for a preferential rate. The camps take place at the Mondzeu swimming pool and the outdoor swimming pool in Verbier. We want to allow as many children as possible to continue or to start swim safety and swim technique lessons following the Swiss Swimming program.

Our schedule runs from Monday to Friday over the holidays (year round) and on Saturdays all winter season, both from 13h30-16h30.

Hereby we present you a typical start of the week.

Dear parents, think to inform us about potential allergies and medication use. Please bring sunscreen, a snack, a cap, a swim costume, a towel (or 2!), a coin on Friday for an ice-cream and water.

Monday 1.30 pm: Children arrive at reception of the pool (indoor or outdoor pool) Distribution of children by activity and by instructor. The respective instructors call their children and then they go to the place of their activity. The evening before, the meeting point will be communicated by what's app. In case you are delayed, it will be necessary to call the referent instructor and to transport the child to the right pool and meet the instructor.

1.30 pm to 1.45 pm: The children change themselves. Rules presentation to follow in the water and outside the water for the safety and respect.

1.45-2.30 pm: Swiss Swimming exercises according to the level of the child.

2.30-2.45: Games outside the water

2.45-3.30: Swiss Swimming exercises and games according to the level of the child

3.30-3.45 pm: Shower and change

3.45-4.30 pm: Snack (bring your own), games outside the water, the end.