

# Vauvainti Kultakalat Info



Welcome to Baby Swimming with Vauvainti Kultakalat! In this information letter, we provide practical instructions for the first baby swimming sessions and how to prepare before swimming. Additionally, the letter contains important information about washing and swimsuits for the baby.



## Arrival at the Swimming Location

The sessions are held at Vauvainti Kultakalat's own warm water pool at Pellervontie 39 A, Helsinki. There is free parking along the streets. You can also reach us by tram 1, with the terminal stop about 100 meters from our swimming location. The Käpylä train station is about 750 meters away.

The entrance to our swimming location is from Pellervontie, and the doors have large Vauvainti Kultakalat signs. Immediately after the vestibule, there are designated spots for strollers and prams. Strollers or prams are not allowed in the lobby area. For hygiene reasons, outdoor shoes are not allowed beyond the entrance area to keep the floors clean and safe for babies to crawl, so please always leave your outdoor shoes near the entrance coat rack.

Outerwear should also be removed in the entrance area and preferably left on the entrance coat rack. If you decide to take your outerwear into the changing room, please always remove it in the entrance area.

## Our Swimming Facilities

After the entrance area, there is a lounge with sofas and chairs, as well as small chairs and tables for children. The entrance hall also has a few changing tables where you can, if you wish, remove your baby's outerwear. The lounge area also has a microwave and plenty of space to feed your baby/child after swimming. Please note that

for hygiene reasons, food is not allowed in the pool area, including the changing rooms and the baby care space between the changing rooms. On the right, there is a door leading to the pool area. From the pool area lobby, there is access to the changing, washing, and sauna facilities - women's on the left and men's on the right. Between the changing rooms, there is a baby care room with several changing tables.

## Washing

Before entering the pool, it is important that **every adult washes thoroughly without a swimsuit** using soap (pay special attention to the lower body, armpits, and soles of the feet!). Tie long hair back. If you do not wet your hair, make sure it does not get wet in the pool water. **Remove jewelry, watches, and fitness trackers**, etc., as they can harbor bacteria that dissolve into the pool water. Preferably leave jewelry at home!!

Babies, older children, and siblings also need to wash thoroughly without a swimsuit before entering the pool, and their hair should be wetted in the washing area. You can skip washing the baby before entering the pool for the first time. If the baby has pooped, please wash their bottom in the toilet area. During the parents' washing, you can place the baby wrapped in a towel in a car seat. There are a few seats available for general use in the washing area. Remember to fasten the seat belts. You can protect the car seat with a plastic-coated terry cloth. If you use your own car seat, place it on the edge of the pool during swimming to make more space in the changing and washing areas. However, do not move the car seats available for general use into the pool area so they are available for the next swimmers. There are also tubs available in the washing area for older children.



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## Feeding Babies

Feed your baby well in advance before swimming. There should be at least an hour and a half since the last feeding to minimize the risk of accidents.

## Baby Swimsuits

Swimsuits for babies are for preventing accidents, so regular swimsuits or swim trunks are not suitable for baby swimming.

**The baby's swimsuit should be specifically designed for baby swimming, with an absorbent diaper part built-in, such as i play / green sprouts swimsuits. However, the swimsuit does not need to be a full-body suit; for example, i play / green sprouts swim trunks are sufficient.** Swim trunks have the added advantage over full-body suits in that they allow the child's skin to come into more contact with the water, letting the child feel the softness of the water better. See [www.vauvainti.fi/verkkokauppa](http://www.vauvainti.fi/verkkokauppa). Small pants and bodysuits are not swimwear. There are also swimsuits sold under the name "diaper swimsuit" that have a plastic-coated terry cloth inner part. However, these are not allowed in our swims because, in our experience, they do not prevent accidents effectively enough. Disposable swim diapers, such as Pampers or Libero, can also be used, but a regular swimsuit must always be worn over them to ensure the disposable diaper's tightness.

You can purchase a diaper swimsuit from us either at the swimming location before the session starts or in advance from our online store at [www.vauvainti.fi/verkkokauppa](http://www.vauvainti.fi/verkkokauppa). At the swimming location, you can pay with MobilePay.

## Swimsuits for Siblings

All children under 2 years old must wear a diaper swimsuit in the pool, just like babies. Older siblings over 2 years old must also wear a diaper swimsuit unless parents are 100% sure that the child can tell in time if they need to go. The swimsuit must, in any case, be snug around the legs. **Make sure older children use the potty/toilet before entering the pool.**

## Your Swimming Session

Arrive at the swimming location on time, about 15 minutes before your swimming session starts. For general comfort, you can only enter the pool when your session begins. You can check your swimming time in the Online system (<https://vauvainti.innogenet.fi>). If you are early and waiting by the pool for your session to start, wrap your baby in a towel.

During the first swimming session, you will get used to the water and calmly practice holding the baby in the pool. For the first swimming session, 20-25 minutes of swimming may be enough for the baby. After a few swimming sessions, most babies can swim for half an hour. After swimming, babies should also be showered without a swimsuit.

## Compensation System

You can only participate in swimming sessions if you are healthy (no colds, flu, stomach bugs, etc.).

We organize four swimming sessions per month. You can cancel your session due to illness or any other reason in our Online system and reschedule under certain conditions in another group. Detailed instructions on cancellations and replacement sessions can be found on our website [www.vauvainti.fi/korvaussysteemi](http://www.vauvainti.fi/korvaussysteemi).



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We do not offer monetary refunds, as the monthly fee secures the baby's swimming spot for that month. You can only participate in swimming sessions if you are healthy (no colds, flu, stomach bugs, etc.). We organize four swimming sessions per month. You can cancel your session due to illness or any other reason in our Online system and reschedule under certain conditions in another group. Detailed instructions on cancellations and replacement sessions can be found on our website [www.vauvainti.fi/korvaussysteemi](http://www.vauvainti.fi/korvaussysteemi). We do not offer monetary refunds, as the monthly fee secures the baby's swimming spot for that month.

Note: The front door opens 20 minutes before the first swimming group starts.

SEE YOU AT THE POOL!



## Preparing for Swimming



At home, you can gradually lower the bathwater temperature to around 35 degrees to ensure the pool water (32-33 degrees) does not feel too cold. When bathing the baby on their back, you can position the baby so that their ears are below the water surface. This helps the baby relax and get used to underwater sounds.

## Swimming Groups

Babies starting in the Minikultakalat groups move to the Kultakalat groups when swimming becomes familiar, usually after 1-3 months of swimming. The transfer is done centrally, so no action is required from you. Swimming can continue in the Kultakalat group until the baby is 12 months old and in the Kuutit sibling swimming group until the younger child turns one year old. Separate registration is required for the Meritähdet and Sammakot continuation groups. [If you decide to stop swimming, you must notify us by email by the end of the month preceding the last swimming month.](#)