



How Pool is that?

Learn How to **Swim** On board **A-ROSA!**

Dear Guests,

During your cruise on A-ROSA SENA, our youngest guests will have the opportunity to take part in beginner, intermediate & advanced swimming lessons!

We are the first river cruise company to offer a professional **swim course** on board our family ship, where children can even receive a certificate at the end of the course.

You can find more information about this on the next page.

AGE: Children from **4.5 years**

PRICE: € 149 per child & course | € 29 per child & lesson

INFORMATION:

- Maximum of 6 participants per course
- 6 swimming lessons per cruise
- Duration of each lesson: 30–40 minutes
- Takes place at the pool on the A-ROSA SENA sun deck
- Lessons are taught by a qualified swimming instructor by the *Wasserlust* swimming school



BEGINNER

(30-minute lessons):

- For children who are completely new to swimming
- Goal: Build water confidence and learn first swimming skills and techniques
- At the end of the course, the children will receive a certificate of participation, but not an officially recognised swimming qualification

INTERMEDIATE

(40-minute lessons):

- For children who already feel confident in the water and know some basic swimming techniques
- Goal: Improving basic swimming skills and techniques, as well as endurance
- Possibility of completing the course with an officially recognised swimming qualification¹

ADVANCED

(40-minute lessons):

- For children who already have their first officially recognised swimming qualification
- Goal: Improving swimming techniques and endurance, as well as knowing common water safety guidelines
- Possibility of completing the course with an officially recognised swimming qualification¹

TIME TABLE:

DAY	CITY	INTERMEDIATE	BEGINNER	ADVANCED
Sunday	Amsterdam	14:00-14:40	14:45-15:15	15:20-16:00
Monday	Amsterdam	08:00-08:40	08:45-09:15	09:20-10:00
Tuesday	Rotterdam	08:00-08:40	08:45-09:15	09:20-10:00
Wednesday	Antwerp	15:30-16:10	16:15-16:45	16:50-17:30
Thursday	Antwerp	08:00-08:40	08:45-09:15	09:20-10:00
Friday	Cruising day	10:00-10:40	10:45-11:15	11:20-12:00

Subject to change.

GENERAL INFORMATION:

- We recommend that you book the swim course in advance (You will be asked to confirm the level of your child's swimming skills beforehand). Single swimming lessons can be booked on board.
- Register your child at: service@a-rosa.de
- Information at the reception and from the swimming instructor.
- During the first lesson, the swimming instructor uses playful interaction to see if the children meet the requirements for the course.
- Each participant must be in good physical health at the start of the course.
- Participating children must not have any serious illnesses (e.g. organ damage, contagious diseases) that would prevent them from attending the course.

Please note that the pool is reserved exclusively for the swimming school for 2 hours a day.

¹While the swimming qualification obtained upon completion of the course is officially recognized in Germany, it may not hold direct recognition in other countries. It's recommended to verify its equivalence or recognition with the relevant swimming authorities in the desired country.