

## Welcome to Glostrup Swim Club

We welcome you to season 2019/2020 in Glostrup Swim Club. We hope you may feel at home in our community.

### Where and when do I join for practice?

Training time and day of the week is on the email confirmation you received, when you signed up for a class via [www.gskswim.dk](http://www.gskswim.dk). The first time you come to training, you must contact **AquaShoppen** I Glostrup Fritidscenter, and here state your name and team number. Please bring your mail receipt. Here you will be photographed and get a digital bracelet that ensures you access and closet in the locker room, as well as user-ID and password to your bracelet-profile.

### How do I get in for practice?

You must use your bracelet at the electronic entrance for entry. You must be leaving within 30 min. from end of your training. You should not use the handicap door, even if it is open.

The bracelet is valid for the entire season. If you change team, GSK will inform Glostrup Fritidscenter of your new team and have your bracelet updated. You only need to contact **AquaShoppen** in case the bracelet malfunction.

### You must bring the digital bracelet each time. Take good care of the bracelet.

If you lose your bracelet, you can get a new for the costs kr. 25. You must acquire a new bracelet at the **AquaShoppen**.

You enter with your bracelet 20 minutes before training and you must exit within 30 minutes after the training time ended. You have only access to swimming lessons and not Leisure Centre's other facilities.

If you want to jump on the lashes, run the slide, or swim before or after exercise, you must purchase the extra admittance. Admittance (different alternatives) can be purchased in both the AquaShoppen or by login to your admittance-/ bracelet profile using: [www.fritid-glostrup.dk](http://www.fritid-glostrup.dk) and/or <http://fritid-glostrup.halbooking.dk/newlook/default.asp> and purchase or renew the admittance. See below for further details of how-to login on your bracelet-profile.

If your parents want to swim, sit in the sauna, or otherwise use the swimming hall, while you are training, they have to purchase a regular ticket/discount vouchers at the **AquaShoppen**.

There is no supervision in the locker rooms, but there are lockable wardrobes. Your bracelet will give you access to a locker.

## If your father or mother wants to accompany you in the locker room

There are established some rules, if your father or mother will go with you into the locker room, for the sake of the other swimmers and public bathing facilities.

- Baby teams (Baby 1-4) two parents per. baby can attend classes. The bracelet will provide the access for the child. Parents must buy their own digital bracelet at DKK 25, which will allow them access to participate at their child's class.

All children must wear swim-diaper and GFC approved swim-diaper-pants. In the worst case, faecal accidents can cause closure for many hours / days. Swim-diaper-pants (Happy Nappy) are sold by GFC Information, price DKK 149.

- **Other training teams**

Your father or your mother can join you in the locker room, as long as you are under 7 years. But the parents must buy their own digital bracelet at DKK 25 for the entire season. The bracelet gives access to the locker room and to enter the balcony. If you have stated school, you must use the appropriate locker room for either man or women.

- If you are 7 years old you are expected to get dressed and wash without help. If there are special circumstances, which means that your father or mother have to be with you in the locker room, please contact the *AquaShoppen*, who decides whether to waive the rules. Glostrup Swim Club has no effect on the rules laid down by the Glostrup Municipal.
- Glostrup Municipal has stipulated that children under the age of 10 must not be alone in the swimming pool. However, this does not apply to members of the Glostrup Swimming Club who come to training week after week. It is therefore important that you proceed direct to your trainer at the pool after washing.

## Where should my father and mother be while I am swimming?

To get the most out of swimming lessons, your parents should sit on the balcony or in the café, if they want to see you swim. They will have to buy a bracelet at DKK 25 from the *AquaShoppen* to access the balcony. Please be in good time, as there can be many customers in the *AquaShoppen*.

It is not allowed to stay in the swimming pool during the lecture, unless you redeem a ticket.

## How long is my membership?

The season in Glostrup Swim Club starting September 1, 2019 and close by 31 May 2020.

Your membership will terminate if you in writing terminate your participation at your team, or if you choose not to renew / pay for your membership for a new season. There is no refund quota for an interrupted membership during the season.

## Vacation, public holidays for the season 2019/2020

The first training day: September 1th, 2019

Last training day: May 31th, 2020

Thanksgiving ..... Monday, October 14th, 2019 to Sunday, October 20st, 2019  
GSK Advent Swim meet..... Sunday 1st December 2019  
Christmas Holidays ..... Sunday, December 23rd, 2019 to Wednesday, January 1st, 2020  
Winter ..... Monday, February 17th, 2020 to Sunday, February 23rd, 2020  
Easter ..... Thursday, April 9th, 2020 to Monday, April 13th, 2020  
1st of May..... Friday, May 1st, 2020  
GSK Spring Cup Swim meet... Saturday, May 2nd and Sunday may 3rd, 2020  
Prayer Day ..... Friday, May 8th, 2020  
Ascension ..... Thursday, May 21th, 2020

During the season there will be a few swim meets at the swimming pool, and your practice will be affected.

Swimming school organizes during the season events you are invited to attend. Your education may also be affected these days, but then you have the opportunity to participate in the activity instead.

It happens from time to time by sickness can not provide replacement for coaches and there may be cancellation due to technical reasons/ faecal accident, for which the Recreation Centre (Glostrup Fritidscenter) is responsible for.

If your training is cancelled, you will receive no financial compensation for the lack of education.

Closing days or other cancellations will be announced by mail and announced on our Facebook page.

Please also check the Glostrup Fritidscenter's Facebook page: **Glostrup Idrætsanlæg**, to get further information of possible issues for using the pool.

## How to login to your bracelet.

- You can login to your admittance profile using: [www.fritid-glostrup.dk](http://www.fritid-glostrup.dk) or <http://fritid-glostrup.halbooking.dk/newlook/default.asp>
- You will receive user-ID and password when you get your bracelet in the AquaShoppen.
- You can anytime purchase or renew admittance to the pool, the training centre and more.
- The bracelet is linked to your personal admittance profile via the chip in the bracelet.
- The bracelet can withstand water and is allergy tested.
- If you loose your bracelet, you can purchase a new at DKK 25 in the **AquaShoppen**. The lost bracelet will be cancelled from your profile and replace by the new bracelet.
- The bracelet is personal and can only be used by you / affiliate owner.

### **If you have any questions**

Send an Email to Member Register [medlem@gkswim.dk](mailto:medlem@gkswim.dk). You will usually get a response within 24 hours. Here we can answer all questions regarding team changes and coaches, address changes, signup and resignation and in general everything that has to do with administration of the swimming school to do.

For other inquiries please contact one of the club's board of directors, which you can find on the website under "club info". If you are unsure, you can always send an email to President Mette Dam Mikkelsen: [formand@gkswim.dk](mailto:formand@gkswim.dk)

Remember to update your GSK profile if you change your email address, phone number or mailing address - messages from GSK are using information from your profile. You can also change the user ID and password.

We hope you will have a fun and educational season at Glostrup Swimming Club.

Friendly greetings

Glostrup Svømmeklub

**Click below to visit us on the website or on Facebook**

[www.gkswim.dk](http://www.gkswim.dk)

[GSK Facebook](#)