

Free swimming lessons this summer in Espoo swimming pools for children starting their first year of education next autumn

The swimming lessons for children starting their first year of education are intended for children starting school in autumn 2026 who have not yet learned to swim. Children's guardians can report their child for a maximum of two swimming lessons.

During the lessons, the children practise entering a children's pool, moving in water and blowing bubbles in water, and get to know swimming equipment through stories and play. All swimming lessons have the same content. The duration of each session is 30 minutes. The group size is 10 children, and each group has both girls and boys. The swimming lessons are provided in Finnish, Swedish and English. The Cetus Espoo swim club is responsible for the lessons.

The children participating in the lessons must be able to participate in a group setting under the leadership of a swimming instructor and have the courage to enter the pool without a guardian.

In the changing room and shower facilities, guardians have the responsibility for their children. The swimming pools have separate changing rooms for different genders. However, children under school age may use the same changing room with their guardian regardless of gender. The guardian must take the child to the pool. The swimming instructors have the responsibility in the pool and take care of pool safety during the swimming lesson. Outside the lesson, the guardian is responsible for the child. If the guardian has paid the entrance fee to the swimming pool, they can go for a swim for the duration of the swimming lesson. In other cases, the guardians must leave the pool facilities.

What to bring: A towel and a swimsuit. Permitted swimsuits also include burkinis. Swim goggles are also recommended.

Swimming lesson locations:

- Leppävaara swimming pool (teaching in Finnish and Swedish)
- Matinkylä swimming pool (teaching in Finnish, Swedish and English)
- Central Espoo swimming pool (teaching in Finnish and Swedish)

Registration and swimming lesson schedules:

<https://www.cetus.fi/kurssit/lasten-kurssit/yhteistyokurssit-espoo-kaupungin-kanssa/tulevien-ekaluokkalaisten-uinti/>

Registration begins on 11 May 2026.

Inquiries

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