

### Aquila swimming lessons.

Dear Parents and Carers,

We will be taking the children in Year 3 swimming on Monday afternoons at 1.00pm starting Monday 13<sup>th</sup> September.

Your child will need:

- to come to school in their swimsuits (Beach ready is the term used)
- Girls must wear full swimsuits and boys swim shorts above the knee
- Goggles, if you want your child to wear them.
- Plastic bag, to put all very wet stuff in at the end of the lesson. (This is not vital, but in practice does save the towel from being completely soaked in the bag)
- Please remember to pack underwear for after their swim session
- Children will remove their over clothes at the poolside and put them in their bag (Please send a large shopping bag if their rucksack will not hold all their clothing, including coat and shoes)
- On leaving the pool children will be taken by school staff to the changing rooms where they will have 10 minutes to dry and change in to their clothes
- Anyone who has a large open wound will **not** be allowed to swim
- Armbands will be provided at the pool for children who need them

We always walk to the pool, at John Smeaton, come rain or shine (or even snow!) so your child will need to have suitable footwear, a warm (preferably waterproof /showerproof) coat plus gloves and hat. Even with wet hair, the hat does keep their heads and ears warm on the way back to school. They will wear a reflective jacket, provided by school, over their coat.

Please note: all children well enough for school will be expected to walk to the pool each week, even if they are not swimming. Children unable to enter the water will watch the lesson from the seating area.

The first lesson will be on Monday 13<sup>th</sup> September. There will not be as much time in the pool this first week. All children will have an introduction to the pool by pool staff. This will include vital safety procedures. Some assessment of your child's swimming abilities will then be made. This will help us determine the group they will be taught in. There are two instructors, based at the pool and all school staff support. The groups may change as the weeks go by; children can be moved up or down these groups. The main priority is that your child is happy but also suitably challenged and making progress.

#### **How you can help:**

- Ensure your child can remove their own earring(s) (and has somewhere to put them) or simply send them to school with no earrings that day. (If your child's piercing is less than six months old, please let us know).
- Remind your child to get their swimming kit ready the night before and to bring it to school.
- Double-check what your child is wearing, coat-wise and shoe-wise, when they leave for school on Mondays. The weather can change but it is likely to be cold and wet some weeks and your child needs to be protected from the elements!

- Send your child with suitable ear plugs if they have grommets in. Your doctor/pharmacy will be the best to advise you on this.
- If your child has an ear infection, have it checked by the doctor and let us know. We will keep them poolside until it has cleared.
- Re-enforce how to organise yourself when changing. We usually suggest: socks into shoes and all clothes into the bottom of the bag, leaving the towel at the top. These get placed on poolside shelves.
- Ensure you have sent your child's asthma inhaler to school, if they need one. We will take them with us.
- Ask us if you are unsure about anything!

**Thank you for your help and co-operation with this,**

**Year 3 Staff**

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### **Aquila swimming lessons check list**

- ☐ A warm coat for walking in all weathers.
- ☐ Shoes or boots for walking in all weathers.
- ☐ A hat and gloves.
- ☐ A backpack or across-body bag with my kit in.
- ☐ Large bag for life if rucksack not large enough to hold all my clothes
- ☐ Towel.
- ☐ Swimming costume (not a bikini).
- ☐ Plastic bag, for my wet things.
- ☐ Goggles (if I have some).

