

Thursday 28th November 2024

Year 4 Swimming Lessons

Dear Parent or Guardian,

We are delighted to inform you that your child will be attending Waverley School Pool for swimming lessons, as part of their Physical Education entitlement, on Friday afternoons from **Friday 17th January 2025 to Friday 28th March 2025**.

Weekday Swim Ltd will be providing the swimming lessons for us at Waverley School each Friday over the Spring Term.

The lessons aim to achieve the following objectives:

- Develop water confidence & water safety skills.
- Introduce and master basic stroke techniques.
- To participate in a lifesaving activity which can also improve fitness and promote good health.
- To participate in group activities away from the classroom promoting good social skills and social awareness.

Clothing requirements

Costumes: A once piece swimming costume - no bikinis or swimwear with sequins, tassels or anything which could come loose in the water.



Swimming burqas can be worn or alternatively, Lycra leggings & long-sleeved leotards or a close-fitting tee-shirt can be worn under a regular swimming costume if the swimmer requires more cover. If other clothing is worn, please ensure that the material is not too heavy to avoid drag and extra weight for the swimmer while in the water.

Swimming trunks or close fitted shorts - no long shorts or loose-fitting sports shorts. Loose shorts can hinder progress, slip off while swimming, or fill with air and unbalance the swimmer in the water.



Underwear must not be worn under swimwear under any circumstances.

A **Swimming hat** – all children must wear a swimming hat in the water. Please ensure you provide this.

Please also ensure that the swimmers have:

- A towel.
- A waterproof bag to carry wet swimming things.

Please clearly label all items as the School/Swimming Pool will discard any unidentified swimming kit

No jewellery of any description can be worn during swimming lessons. Jewellery should be left at home as the swimming instructors or teachers will not take responsibility for these items.

No footwear, other than verrucae socks should be worn to avoid causing trip hazards on poolside.

The use of goggles is not recommended, however, if you would like your child to wear goggles during the lesson, please provide a letter of consent. Children without a letter will not be permitted to wear goggles.

Medical conditions and illness

Please make sure that we are aware of any medical conditions your child may have. All medication including asthma pumps must be available and be brought to every swimming lesson marked with the pupil's name & school.

If your child has a serious medical condition, a doctor's letter will be required to allow your child to participate. There are very few conditions which exclude swimming, but we must be prepared and ensure that the safety and wellbeing of individual participants and the whole group.

A bit about the venue

Waverley School is an excellent facility which educates students aged 3-19 with profound and complex learning difficulties. We are fortunate to have the use of the facility as Waverley is allowing use of their pool during a working school day.

Please ensure that your child is aware that there may be sensitivities surrounding pupils at Waverley School should there be any crossovers in the corridor areas of the school.

We ask that you emphasise that your child adheres to the rules set out by the School, Waverley School and the Swimming teachers as the swimming pool is a potentially dangerous area. It is useful for us to know if your child has previously had any particularly bad experiences surrounding swimming or water.

Spring 1 – Friday 17th January – Friday 21st February 2025

(Please note No Swimming on Friday February 14th due to Inset Day)

4 Amber – 13:40 – 14:25

4 Quartz – 14:25 – 15:10 (children will be at Kingfisher Hall school at approx.15:25 for collection)

Spring 2 – Friday 28th February – Friday 28th March 2025

4 Quartz – 13:40 – 14:25

4 Amber – 14:25 – 15:10 (children will be at Kingfisher Hall school at approx.15:25 for collection)

We hope your child enjoys the swimming experience and benefits from learning this essential life-skill.

If you have any questions, please do not hesitate to speak to your class teacher.

Yours sincerely,

The Year 4 Team.