



18th July 2019

Dear Parents/Carers,

Re: Swimming Lessons – Autumn Term 2019

Swimming lessons at Sidcup Leisure Centre will commence for Years 4 and 5 on **Thursday 12th September 2019**. There will be 13 sessions for the term on the following dates:

1. **Thursday 12th September**
2. **Thursday 19th September**
3. **Thursday 26th September**
4. **Thursday 3rd October**
5. **Thursday 10th October**
6. **Thursday 17th October**

HALF TERM

7. **Thursday 31st October**
8. **Thursday 7th November**
9. **Thursday 14th November**
10. **Thursday 21st November**
11. **Thursday 28th November**
12. **Thursday 5th December**
13. **Thursday 12th December**

Year 4 lessons will be at 1.30pm and Year 5 lessons will be at 2pm.

To minimise the cost we will be travelling by public transport to the Leisure Centre and **we would therefore very much appreciate the assistance of any parents/carers who can walk/catch the bus with the children to and from the leisure centre. If you are able to help, please speak to Jill or Sandra or return the slip below by the end of term.**

Cont'd

Page 1 of 3

During the course of the term, pupils will be taught to:

- Swim unaided for a sustained period of time over a distance of 25m;
- Use recognised arm and leg actions, lying on their front and back;
- Pace themselves in floating and swimming challenges related to speed, distance and personal survival;
- Use a range of recognised strokes and personal survival skills, for example front crawl, back crawl, breaststroke, sculling, floating and surface diving;
- Learn about water safety.

Children will be assessed at the start of the programme by qualified instructors and placed in appropriate groups for their level of swimming ability.

To enable us to support the swimming programme, we are asking for voluntary contributions of £32.50 for the cost of Autumn Term lessons, which at a cost of £2.50 per lesson I'm sure you will agree is fantastic value for money. This can be paid in a one off payment or in two instalments of £16.25 each half term.

If you wish to pay a one off payment, please select the Swimming Lesson 2019 item on ParentPay and enter a **£32.50 payment by Friday 6th September.**

If you wish to pay in two instalments, please select the Swimming Lesson 2019 item on ParentPay and enter a **£16.25 payment by Friday 6th September and the final balance of £16.25 by Monday 28th October.**

You are also able to pay by bank transfer, the bank account details are: **Lloyds Bank, Account No. 42802368, Sort Code 30-90-76. Please use your child's name and 'swimming' as a reference.**

Lessons for Pupil Premium children will be subsidised by the Pupil Premium grant and therefore no payment is required for these pupils.

Yours faithfully,



Anne Wood
Principal



Enc

Page 3

SWIMMING LESSON GUIDELINES

Girls – One-piece costume – **NO BIKINIS**

Boys – Trunks or swimming shorts (should be above the knee length) **NO BERMUDA SHORTS.**

All – All children will be required to wear a swimming hat and will have one issued free of charge on the initial visit to Sidcup Leisure Centre. Subsequent and replacement hats can be purchased for £1.00 from the Centre or alternatively children can provide their own thereafter (**long hair must be tied up underneath the swimming hat**).

Children will need:

- A towel
- A brush or comb
- A bag for wet costume/towel

No deodorants or hair gel are allowed and costumes must **NOT** be worn under clothes for quick changing otherwise they will have no dry underwear to change into.

No jewellery at all must be worn, including earrings. **Goggles** can be worn at parents' discretion.

Should your child have a verruca, it must be treated and they should wear a verruca sock; available from sports shops or chemists.

If for some reason your child is unable to go on a specific week, please send a note in to inform the teacher otherwise they will have to attend the swimming lesson.

Swimming Lessons – Autumn Term 2019

I am able to assist with escorting the children to and from the leisure centre for swimming lessons during the Autumn Term 2019:

Child's Name: Class:

Parents Name: Contact No: