

21<sup>st</sup> March 2024

## Swimming Lessons

*Dear Families,*

I am so excited that our time to go swimming has arrived!

After Easter, on Wednesday afternoons, the children will start their swimming lessons at the leisure centre in Catterick Garrison.

Swimming is a statutory part of the National Curriculum and all schools have a duty to provide swimming lessons to their students. As well as learning the basic strokes, your child will learn how to be safe around water. Your child will know how the skills they learn in their swimming lessons can be used in an emergency situation. Your child's swimming experience will be tailored to their swimming ability.

**On a Wednesday, please send your child to school with the following:**

- **Swimwear** This may be a swimming costume, trunks, shorts (must be swimming shorts). Children may also wear a rash vest if they prefer.
- **Towels** A towel is essential for drying off after a swim.
- **Swimming caps** Swimming caps are useful for children with long hair. They keep hair out of the face and also reduce 'drag' to make swimming that bit easier. Please bear in mind that children will be walking to and from the leisure centre and there won't be time for children to dry their hair with anything other than a towel.
- **Goggles** Although not essential, wearing swimming goggles during the lesson is acceptable. Ideally pupils need to experience swimming without goggles, particularly for water safety development.
- **Snack** Swimming is hungry work! Children can bring a small snack of fruit to eat after their swim.
- **Hairbrush/comb** Useful for those with longer hair.

**Note:** Please remove your child's earrings on a swimming day.

Thank you for your support! As always, if anyone has any questions, please don't hesitate to get in touch

Kind regards,

Miss Humphrey  
**Year 4 Class Teacher**  
**Cambrai Primary School**



