



Alban City School  
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4<sup>th</sup> September 2019

Dear Parents,

I am writing to let you know that I have organised swimming lessons for Year Four for the Autumn. Lessons will take place weekly using the pool at St Albans High School for Girls on a Monday afternoon. We are extremely grateful to the High School for allowing us to use their pool. Lessons will start on Monday 9<sup>th</sup> September for eleven weeks. The dates of the lessons are as follows: 9/9, 16/9, 23/9, 7/10, 14/10, 21/10, 11/11, 18/11, 25/11, 2/12, 9/12. There will not be a lesson on 30<sup>th</sup> September due to the pool being unavailable. Each class will have a separate lesson lasting for 30 minutes and will walk to and from the school supervised by school staff and parent helpers.

Please be aware that if the weather is wet St Albans High School will require the use of their pool so the children will be unable to go on these days.

The lessons will be taught by Lisa McLeod and the Swimming4everyone Swim School. The children will be ability grouped dependent on their swimming skills and experience and then taught accordingly.

There is no charge for these lessons because swimming is part of the PE curriculum.

Please note for health and safety reasons, any pupil who has been absent from school due to sickness or diarrhoea should not swim until they are fully recovered from the illness.

- Pupils **must** wear a swimming hat (latex or cloth) for lessons. They will not be allowed to swim without one (available from Stevensons)
- The swim school recommend that the children wear goggles (available from Argos and Stevensons)
- All jewellery should be removed before swimming lessons. (This includes all earrings)
- Girls will need a one piece swimsuit.
- Long baggy shorts for boys are not appropriate and boys should wear trunks.
- Please pack a towel, swimming costume, hat and goggles in a bag that your child can carry easily. They will also need a coat.

It is expected that all children will participate as swimming is part of the PE curriculum unless there is a medical reason why they should not. Children will be expected to remember their swimming things every Monday as we are unable to phone home for any forgotten items.

Please complete and return the reply slip below by **Friday 6<sup>th</sup> September.**

Yours sincerely

*Mrs Stray*

Headteacher

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**Swimming Lessons Autumn 2019**

I understand that my child: \_\_\_\_\_ Class: \_\_\_\_\_ will be taking part in swimming lessons at St Albans High School for Girls.

The Swim School require the following information which will be passed directly to them:

Name of Swimmer(s).....

Parent/Guardian's Signature.....

Medical Conditions..... Date of Birth.....

Any previous awards achieved:.....

A short statement on your child's swimming ability or any other details relevant to participating in swimming lessons:

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