

3rd December 2025

Dear Parent / Carer of **Y4JD**

As part of the Year 4 Physical Education curriculum, children will learn to swim and have 12 weeks of lessons. Lessons will be every Friday morning at Concord Leisure Centre, starting on **Friday 12th December 2025 until Friday 27th March 2026**.

Your child will be given the opportunity to learn to swim whilst they are at school, with the aim of teaching her/him to:

- Perform safe self-rescue in different water based situations;
- Swim competently, confidently and proficiently over a distance of AT LEAST 25m
- Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

As well as learning to swim, your child will learn how to be safe around different water environments e.g. beaches, lakes, canals etc. Your child will know how the skills they learn in their swimming lessons can be used in an emergency.

Children will travel to and from their swimming lesson on a coach.

There are strict rules about appropriate swim wear, please note that;

- Girls **must wear** a 1-piece bathing costume (**no bikinis or tankinis**)
- Children with long hair **must have** their hair tied up
- Boys swimming trunks **must not** be below their knee
- Earrings/jewellery **must be** removed before getting in the pool (**Children have responsibility for removing ALL jewellery independently. School will not take any responsibility for any lost jewellery.**)
- Swim caps **are allowed** to be worn
- Children **must** come with their costumes under their uniform ready to swim.

If your child would like to wear goggles, then please send back the completed slip behind this letter. Without the slip being returned **to school**, goggles cannot be worn in the lessons. Please note that there are **no spare** goggles at Concord so you will need to send your child with a pair on the day. Please also note that goggles will not be allowed during the first week and last two weeks (as these are assessment weeks).

If your child struggles to change after swimming, there will be adults available to help. We recommend in the weeks leading up to swimming, for your child to practice drying and changing themselves independently. Please label your child's clothing so they will be able to identify their clothes after swimming.

If you have any questions, please see your child's class teacher, who will be happy to help.

Yours sincerely



Mrs Costello
Principal

SCHOOL SWIMMING SERVICE

PERMISSION TO WEAR GOGGLES



Child's Name _____

School **Hartley Brook Academy**

Please allow the above named person to wear goggles during their school swimming lesson.

I understand that; -

- Goggles will be worn at the owner's risk
- There may be times that we ask that the child does not wear goggles in order to meet their National Curriculum requirement; e.g. water confidence and personal survival.
- Any misuse of the goggles will result in confiscation - to be returned at the end of the lesson.

Signed _____ **Parent/Guardian**

Print Name _____ **Parent/Guardian**