



Head Teacher:

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Dear Parent / Carer,

### Class 3LR - Swimming Sessions

I would like to inform you that your child will be participating in Tees Actives School Swimming Programme at Thornaby Pool from Monday 10<sup>th</sup> March until Friday 21<sup>st</sup> March.

Children will be placed in groups according to their ability and will participate in a 45-minute lesson everyday over a 2-week programme. Lessons are delivered by Tees Active School Swimming Teachers (Swim England Level 2 Swimming Teachers) assisted by school staff. The pools will be supervised by fully qualified RLSS Pool Lifeguards.

**School swimming lessons are part of the National Curriculum and therefore it is kindly requested that parents do not attend the pool specifically to watch their child participate in school swimming lessons. This often causes more of a distraction to the child and their class mates.**

Our aim is to remove as many barriers as possible so that children can enjoy their lessons. The following information should help you prepare for your child's lessons.

- **Swimwear**
  - Girls – one piece swimsuit
  - Boys – swimming shorts or trunks (no long / baggy shorts or football shorts please)
  - If required, a close fitting / dark coloured t-shirt / leggings can be worn over the top of appropriate swim wear.
- **Towel**
  - You may also want to pack a smaller towel for your child to stand on while they get dry.
- **Goggles**
  - If using goggles, children must be able to put them on independently.
  - Please be aware that elements of the school swimming programme will at times require the children to remove their goggles. Teachers may also request for goggles to be removed while instruction is being given, to ensure they have eye contact with children.
- **Swimming Hat**
  - Hats are not compulsory, but it is strongly recommended that children with longer hair wear a hat to avoid potential problems occurring during their swimming session
- **Pyjamas (Day 10)**
  - During the programme of lessons, your child will be asked to swim in pyjamas as part of our water safety programme.
- **Jewellery**
  - Must be removed before swimming to prevent any injury to either your child or another swimmer.
  - In the case of newly pierced ears, Tees Active will not stop your child from swimming, however, they will support the advice given by school in this situation.

Yours sincerely

**Mr Rix – Class Teacher**

