

10th September 2026

Swimming Lessons – Year 4

Dear Parent/Carers,

Swimming is a compulsory part of the primary physical education curriculum and lessons begin next term for Year 4.

Year 4 will attend swimming lessons every **Monday afternoon** from **Monday 2nd November** up until the end of the term in December.

Our school swimming lessons take place at Swimstars & Dolphins at Quest Park.

Swimming kit

On swimming days, kit and a towel need to be brought to school in a named, separate bag. Children without the correct swimming kit will still attend the sessions and observe from the side. The pool's requirements for swimming kit are as follows:

- Boy: fitted swim shorts/trunks not beach shorts
- Girls: full swimming costume not a bikini
- Goggles and swim hats are optional
- Long hair needs to be tied up
- No jewellery
- No deodorant or body sprays
- Toenails and fingernails should not be painted.

Please advise us of any medical conditions that we are not already aware of that may affect your child so we can liaise with the relevant medical practitioner. If your child is unable to take part in the swimming lessons due to medical reasons, please provide a valid medical certificate to your child's class teacher or the school main office.

If you have any queries at all please do not hesitate to email or phone the school office or your child's teacher.

Yours sincerely,
Chris Metcalfe