



Thursday 17<sup>th</sup> July 2025,

Dear Parents/Carers,

Swimming for 5U starts on Tuesday 9<sup>th</sup> September 2025. The school mini-bus will take them to Shipley Pool for lessons at 10.45-11.15am and will return them to school at approximately 11.40am.

The children will need their swimming things, including a towel, a bag, or a carrier. Girls need a **one-piece swimsuit** and boys will need **swimming trunks**; in other words, close fitting costumes/trunks sold for the specific purpose of swimming. For recognised medical, cultural and religious reasons it is acceptable for close fitting Lycra leggings etc to be worn in addition to the above. It is recommended that girls with long hair wear a swim hat. Hair must be tied back for safety reasons. Jewellery must not be worn.

Children are NOT required to wear goggles. However, if a child is experienced at wearing them for medical reasons, they are permitted. If wearing them delays or disrupts the lesson the child will be asked to remove them.

As swimming is part of the National Curriculum, if for any reason your child needs to be excused, the class teacher needs a letter to this effect please. Children with asthma must bring named inhalers to the pool, even if rarely used. Children with verruca's are allowed to swim. We have been advised by the authorities, that any child who has diarrhoea should not swim for 2 weeks. Also, children with a heavy cold or an open wound should not attend. We have found that children thoroughly enjoy these lessons, even those who may be apprehensive at first through lack of confidence or have rarely, if ever been swimming. As we only have 19 weeks allocated to us it is very important that children make good use of this time to learn or improve their swimming skills. Badges and certificates will be awarded at the end of this period.

Please contact the school should you have any problems.

Yours sincerely

Mr M Ruthven  
PE Lead