



Dear Parents / Carers

Our 2018 Swimming Program will commence on Monday at the Aquatic Safety Training Academy on Best Road Seven Hills. All students will be attending the swimming program.

The swimming lessons will be **EVERY DAY between Monday 3<sup>rd</sup> December and Friday 14<sup>th</sup> December**. This includes Weeks 8 and 9. The lessons are scheduled between 9:20am and 2:00pm, with the timetable order being Year 6, Year 5, Year 4, Year 3, Kindergarten, Year 1 and the last lessons will be for Year 2. The first group will leave on the bus at 8:50am. It is very important that all students are at school on time every day. Years 5 and 6 will not attend swimming lessons on Thursdays.

The children can **wear their swimming costumes to school under their uniform** and bring a separate labelled bag containing:

- A towel
- Underwear
- **T shirt to wear to the pool (essential)**
- Thongs/sandals/crocs/other footwear to be worn on the bus to and from the pool (essential)
- Goggles (optional)
- Students who are swimming later in the day may choose not to wear their swimming costumes to school under their uniform but change into it before leaving school for their lesson
- **Swimming caps** are encouraged to keep hair dry and out of their eyes

**Please also note the requirements listed on the pool survey form completed by you.**

- No board shorts or T-shirts are allowed in the pool
- Long hair must be tied back or in a swimming cap
- Any students with any sores, open wounds or cuts need to ensure they are completely covered

Your child can wear either their full school uniform OR sport uniform for the swimming days. As the swimming program is for ten days in a row, the washing of uniforms can become difficult. The children will be leaving their uniform, school socks and shoes at school. They will be travelling on the bus directly to the Aquatic Academy in their swimming costumes, t-shirt, thongs/sandals and towel. They will return to school immediately after their swimming lesson. If it is cold, the children may also bring a warm jacket/robe to wear to and from the pool.

The children will change back into their school uniform at school. **Please remember to label all items of clothing, towels and footwear.** If your child uses goggles, they are easy to misplace, so please remember to label them as well.

All children are expected to participate in the swimming program. On any swimming day, if your child is too sick to swim, please send a note to your child's class teacher. They will be travelling to and from the pool with their class, but will not participate in the lesson.

Parents may watch the swimming lessons, but **must not** be on the pool deck at any time, lessons can be viewed from behind the glass in the viewing area. **Swimming instructors must not be approached by parents, as they are supervising and teaching the students.** Your cooperation in this matter is appreciated.

## Swimming Timetable

### Monday- Friday (excluding Thursday)

9:20-10:05	10:15-10:50	10:50-11:35	11:35-12:20	12:20- 1:05	1:05-1:50	1:50-2:35
Year 6	Year 5	Year 4	Year 3	Kindy	Year 1	Year 2

### Thursday Timetable

	10:50-11:35	11:35-12:20	12:20- 1:05	1:05-1:50	1:50-2:35
	Year 4	Year 3	Kindy	Year 1	Year 2

Yours sincerely,  
Nick Jones  
Sports Coordinator



## Appropriate Swimmwear for Swimming Lessons

Remember to select swimwear that is easy for your child to take off to go to the toilet or to get changed.

### Swimmwear for Girls

Two piece tankini  
Long top to cover stomach and bottoms



One Piece Swimsuit that covers body



### Swimmwear for Boys

Boys speedo style swimmers



Boys swim shorts



### Swimmwear for Boys and girls

A rash shirt can be worn with swimmer bottoms, speedos or swim shorts

