

16<sup>th</sup> December 2025

Dear Parent/Carer,

## Primary School Swimming Programme 2026- Year 4 and 5

I am delighted to inform you that this year your child will take part in a Swimming Programme as part of their Physical Education entitlement. We hope that she/he will enjoy and benefit from the swimming course which will build on the progress they made from their lessons last year.

The swimming course at Waverley School will start on Thursday 15<sup>th</sup> January for 5B and 4B. Lessons will run throughout the Spring term until Thursday 26<sup>th</sup> March.

The Swimming Programme aims to achieve the following objectives for your child:

- To develop water confidence and water safety skills;
- To master basic stroke techniques;
- To participate in enjoyable social activity;
- To participate in activities, which can help improve health and fitness;

The clothing requirements for the programme are as follows:

**Girls:** A one-piece swimming costume  
**No bikinis or wetsuits please.**  
A swimming hat  
A towel

**Boys:** A pair of trunks.  
**Swimming shorts or sports shorts that are loose fitting or finish below the hip are not suitable, because they can hinder a pupil's progress, fall off, or fill up with air and tip the pupil over.**

A swimming hat  
A towel

**Underwear must not be worn underneath the swimming costume or swimming trunks.**

The swimming costume, towel etc should have a name tag clearly visible and carried to school in a waterproof or plastic bag. It remains our policy that **no jewellery** should be worn in the swimming pool. If possible, all jewellery should be left at home, as the swimming instructors cannot take responsibility for these items. The **use of goggles is not recommended**; as they can be dangerous and cause eye injuries. Written parental consent is required if you would like your child to wear goggles. The letter should be given to the swimming instructor, at the start of the swimming programme.

### Medical conditions and illness

Please make sure that the class teacher and the swimming instructor are aware of any medical conditions, all medication, including asthma pumps, must be brought to the swimming lesson otherwise pupils may not be allowed to swim. All medication must be marked with the pupil's name and school.

Please note that if your child has a serious medical condition a doctor's letter may be required to allow your child to take part. There are very few conditions, which prevent children from swimming and provided everyone concerned with the swimming lesson is fully informed about the particular problem, much can be done to ensure children learn to swim with confidence in a safe environment.

If your child has a newly formed verruca they may still continue with their swimming but will need to wear a plastic sock. These are available from most chemists or sports outfitters. Older verrucas will need specialised treatment and further medical advice should be obtained.

**Below are the times of your child's swimming lesson:**

<b>Swimming programme January- March 2026</b> <b>Travel arrangements: Transport to and from pool by school minibus</b>				
<b>Class</b>	<b>Day</b>	<b>Time</b>	<b>Pool</b>	<b>Time of Collection at School</b>
<b>5B</b>	Thursday	1.40-2.25pm	WAVERLEY SCHOOL	NORMAL COLLECTION TIME
<b>4B</b>	Thursday	2:25 – 3:10pm	WAVERLEY SCHOOL	3:45 PM

Please ensure that your child is aware that the swimming pool can be a potentially dangerous area and the importance of adhering to all pool and school rules.

I hope your child enjoys the swimming experience and benefits from learning this essential life-skill.

If you have any questions regarding the swimming lessons, please do not hesitate to speak to your class teacher, the office or SLT.

Yours sincerely,  
Marc May  
PE Lead