



Friday 1st March 2019

Dear Parents

3DL SWIMMING SESSIONS

I am delighted to inform you that 3DL will be beginning their swimming lessons at the Northampton High School as part of their PE curriculum. Each class will have six weekly lessons, with 3DL starting their lessons on Monday 11th March and finishing 13th May 2019.

The timings in the swimming pool will be 2.00pm to 2.40pm. This will give all children time to eat and digest their food, before their swimming lesson.

Please remember that your child will need to bring their swimming costume and a towel in a plastic carrier bag. Swimming goggles are allowed but please ensure that these are clearly labeled. Pool regulations require girls to wear all-in-one costumes and boys to wear trunks or baggy shorts. If your child requires an inhaler for their asthma, please ensure that it is in school, named, and with the dosage and instructions cleared labeled. During the first lesson, a fully qualified swimming instructor will review your child’s progress and group accordingly. Your child will need to bring in £1.00 to cover the cost of a swimming hat.

Preston Hedges has a very high regard for safety and Jackie Spragg, who is a trained lifeguard and swimming teacher, will lead and assist our staff during every swimming lesson. For safety reasons we are unable to allow the children to wear earrings or jewellery.

To ensure that we have the most up to date information please complete the form below and return it to your child’s class teacher.

If you have any queries or questions regarding your child’s swimming sessions, please email them to claire.clayson@prestonhedges.org and we will respond to them as soon as possible.

Yours sincerely

Adam Perry
PE Leader

Please return this slip to the School Office by Friday 8th March

3DL SWIMMING SESSIONS

Name Class

Swimmer Non-swimmer

Comments about your child’s confidence:

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Medical Needs
.....

Emergency Contact: Name.....

Tel. No.....

Signed (parent/guardian)



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