



Lydgate Junior School

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5 September 2022

To Parents/Carers of 4CW and 4S/W

Swimming Lessons

Pupils in **4CW and 4SW** will be attending Goodwin Swimming Pool for their allocation of swimming lessons this term. Lessons will start on **Tuesday 6th September** for **9** weeks.

Lessons will take place during normal school hours and transport will be provided.

Please note that children should come to school 'beach ready'. This means that they should wear their swimming costumes underneath their clothes and bring a towel and underwear in a separate bag. We would recommend that the children wear PE kits rather than school uniform as we are counting this as a PE activity. This should also make changing a bit easier for them. Also, we won't be able to use the showers at the pool so we ask that the children shower at home on their swimming day.

Pool guidelines for swimming are as follows:

Swim shorts to be no longer than knee length

No bikinis/tankinis

New piercing will prevent your child attending swimming lessons for six weeks

No jewellery

Hair tied back

Goggles are not necessary (or recommended) but if your child would like to use them, please be aware that they should be able to put them on and adjust them by themselves.

Yours sincerely,

Mrs Wymer and Mrs Smith

