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20th October 2026

Swimming Lessons for Year 4

Dear Parent/Carer

The children from Year 4 will soon be having swimming lessons at Hadrian Leisure Centre Pool. The children will have intensive lessons over a four-week period, beginning **Monday 9th November 2026** until **Friday 4th December 2026**. Year 4 will only have a 1-hour lesson each day between 2.15pm and 3.15pm. This is part of the National Curriculum for P.E. and is therefore compulsory for all children. The children will walk to the pool each afternoon and will need a waterproof coat and comfortable shoes.

Between **Monday 9th November 2026** and **Friday 4th December 2026** you will have the option to collect your child from Hadrian Leisure Centre Pool at 3:30pm each day. At 3:35pm any remaining Year 4 children will walk back to school where they can be collected from the main entrance at approximately 3:45pm each day. ***Children cannot be collected whilst walking back to school.***

To get the most out of these lessons I would ask you to note the following: -

- Each child will need to bring with them to school every day, swimming trunks/costume and a towel. (Costumes should be one piece bathing suits).
- The children will have to change before and after swimming and also dry themselves. In the past it has become apparent that some children are not as confident as others at drying themselves thoroughly. Could you ensure that your child is able to do this themselves as teachers will not be able to assist.
- Children who have pierced ears must leave their earrings at home on swimming days. No jewellery is allowed at all.
- Children with long hair must tie it back for swimming lessons. A swimming hat may be useful.
- As stated previously, this is a compulsory lesson and children cannot opt out. We realise that some children may be a little unsure of these lessons but the swimming instructors are very experienced and will do all they can to help children overcome any fears they have.
- If a child is unable to swim because of illness or injury, a note must be sent to the class teacher. However, something like a simple cold is really no reason for children not taking part.
- Children cannot be stopped from swimming if they have a verruca. However, it may be an idea that a verruca sock is worn if there is a problem.
- No sweets can be taken to or bought at the pool.

We feel that it is important that children learn to swim. I hope that your child gets the most that they can out of these lessons. If you have any queries, please contact your child's class teacher.

Yours sincerely

Mr W Myers, Headteacher