



17th September 2021

Dear Parent/Carers,

4SN Swimming for 2021

4SN will be starting swimming lessons on **Monday 15th November 2021**.

The lessons will take place every day for one week, from 2:00pm to 3:00pm. The lessons will take place at The Feel Good Centre, Chingford Road and we will travel to and from the centre by coach, leaving school at 1:30pm and returning by 3:30pm.

The intensive lesson programme operates as **a one-week course (5 days)** of **60-minute** lessons each day. There will be three GLL swimming teachers to one class and the focus will be **Water Safety**. Children build upon skills learnt each day to produce enhanced results, with pupils developing more **water confidence** in a short space of time. The repetition of skills over each day enables pupils to develop and master their **Essential Swimming Skills** to become safe in and around water, as well developing more effective swimming strokes.

All pupils are required to participate in the swimming lessons, therefore please ensure that your child is equipped with their swimwear (no bikinis or knee length shorts as your child will **not** be allowed to swim in shorts that are too baggy or too long), towels, **swim hats** and goggles (if required). No jewellery should be worn, although small stud earrings are allowed.

Please ensure that your child's clothes are all labelled as we often have items left behind or lost.

Do not hesitate to contact the school office if you require any further information.

Kind regards,

Ms Nadeem
Class Teacher

