

# **Swimming Information Sheet**

In Year 5, the children take part in swimming lessons. These are delivered in 2 blocks of 2 weeks. This is a compulsory part of the curriculum. During each block, they swim everyday for an hour. They swim at Fulwood Leisure Centre and are transported by private bus.

The dates for this academic year are as follows:

Block 1—weeks beginning 6th and 13th October 2025

Block 2—weeks beginning 11th and 18th May 2026

## **What do they need?**

A swimming costume

Girls—one piece not a bikini

Boys—shorts must finish above the knee

A clean, dry towel

A swimming hat—these are best bought through the School Office

A strong carrier bag or rucksack

Hairbrush—This must not be shared with others.

Sprays, shower gels or hair products are **not permitted**. Please do not send them in.

Goggles are only to be worn in case of an allergy to chlorine.

EARRINGS ARE NOT PERMITTED IN THE SWIMMING BATHS AND MUST BE REMOVED BEFORE EACH LESSON.

If you know your child is scared of the water, please try to take them to the swimming pool to reduce any fear they may have. Overcoming this worry makes a huge difference when it comes to the lessons and 'playing' in the water is the best way to get them confident.

