



**LARKS
HILL**

JUNIOR & INFANT SCHOOL

Larks Hill J & I School
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Dear parent/carer

Year 5 Swimming Lessons

Your child will be moving into Year 5 in September, and as part of the Curriculum they will be attending swimming lessons at Aspire Leisure Centre, Pontefract. Swimming lessons will commence on the first week back at school on Thursday 5th September and will continue every Thursday for the full academic year. The children will be picked up by coach at 12:45pm.

Children will need appropriate swim-wear which for boys would be swimming trunks or shorts and for girls a one-piece swimming costume, they will also need a towel. Long hair should be tied up and no jewellery should be worn at all during swimming lesson, this includes earrings which cannot be covered they must be removed. Swimming goggles may be used if they wish.

Pupils will be accompanied by their teacher at all times and a fully qualified aquatics instructors will take responsibility for pupils during their swimming lesson. The instructors will continually assess all pupils' progression throughout the year.

Learning to swim is an essential life skill. The ability to swim out of danger can be a lifesaver and having fun at your local pool is great for health, fitness, and confidence.

If you have any questions please contact the school office.

Kind Regards

LHS Admin Team