



13th June 2025



Dear Parent and Carers,

Swimming lessons

Your child will be attending swimming classes which will start the week commencing **Monday 30th June** for 2 weeks.

Lessons will take place **every day for two weeks**, from 2pm to 3pm, at The Better Centre, New Road, Chingford. We will be walking to the Better Centre.

This is an intensive two-week course consisting of 5 daily 60-minute lessons. Three GLL swimming instructors will teach the class; pupils will build on skills learnt each day to develop their water confidence in a short space of time. These sessions are designed to help pupils develop and master their essential swimming skills so they become safe in and around water, as well as teaching more effective swimming strokes.

All pupils are required to participate in the swimming lessons.

Your child **must** bring the following for their swimming session **daily**:

- A one-piece swimsuit (no bikinis) or shorts. If your child chooses to wear shorts they may wear a swim vest but not a T-shirt.
- A snack to eat in the classroom.
- A latex swim hat. The instructors will not allow them in the pool without one. We recommend adding a little talc to your child's hat to make it easier to put on at the pool.
- Swimming goggles. Please do not bring snorkel masks or any other types of goggles as your child will not be allowed to wear them in the pool.
- A plastic or swim bag to place their wet towel and swimsuit into, which will then be placed in their bag for their return journey to school.
- A towel that is labelled with their name.
- We recommend that your child bring a coat if it is cold and a hat so that they can wrap up warm after the session.



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Please note that children will change in two changing rooms that are separate from the general public's changing rooms. The boys will change in one room and the girls in another. We are not able to use the individual public cubicles.

Please note that no jewellery should be worn, although small stud earrings are allowed. Your child will **not** be allowed to swim in shorts that are too baggy or too long. All clothing (including swimwear, towels, goggles, bags and swim hats) should be labelled to avoid items being left behind or lost.

Your child must **not** bring watches, pool toys, money (all belongings will be locked in the changing rooms by the class teacher), shampoo or shower gel (there will not be time to wash hair or have anything other than a quick rinse (whilst still wearing their swim hat) under a shower.

Please contact the school office if you require any further information or if you need assistance with any of the equipment your child needs.

Kind regards,

Miss Nadeem

HEADTEACHER: Claire Nairne
DEPUTY HEADTEACHER: Afua Addai-Diawuo