



# FAIRVIEW HEIGHTS STATE SCHOOL

*"Growing Together, Learning Forever"*



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## FAIRVIEW HEIGHTS SWIMMING LESSONS

Dear Parents/Caregivers

**Swimming lessons at the Glennie Pool commence next Monday 20 February and will run for 3 days a week for 3 weeks - Monday, Tuesday and Thursday. The last swimming day will be Thursday 10 March.**

Please check the timetable below to see when your child will be swimming.

Class	Bus pick-up to pool	Lesson start time	Lesson finish time	Bus pick up to school	Arrive back at Fairview
1/2FS & 2H	10:30	11:00	11:30	11:45	12:00
1F & 4H	11:00	11:30	12:00	12:15	12:30
1H & 4F	11:30	12:00	12:30	12:45	1:00
1V & 4V	12:00	12:30	1:00	1:15	1:30
2F & 2V	12:30	1:00	1:30	1:45	2:00
All Yr 6	1:00	1:30	2:00	2:15	2:30

Parents and Carers please read and discuss the information provided by Glennie Aquatic Centre (opposite) with your child before swimming lessons commence. Parents and Carers are most welcome to attend your child's swimming class.

### ALL STUDENTS WILL REQUIRE:

- Small swimming bag
- Appropriate swimwear (baggy shorts/shirts restrict movement in the water)
- Towel
- Goggles (optional) Glennie will provide new swimming caps for everyone.
- **ALL ITEMS CLEARLY NAMED**

Students will change into swimming togs at school before they leave. They will need a small swimming bag to take their towel, goggles (optional but clearly named), underwear & school uniform (named) to the pool. Shoes and socks will be left at school in the classroom as these are the items which are constantly left behind in change rooms. Children may bring thongs (named) to wear to the pool if they wish. Students will get changed back into their uniform at the pool immediately after their lesson. This system will mean we only have 1 age group in the change rooms at a time.

**Please check your child's swimming bag each day and ensure ALL swimming gear and clothes are clearly named, including towels and underwear.**

Al Aston - Physical Education Teacher



# Glennie Aquatic Centre

## Information to speak to your child/ren about before lessons commence.

Swimming lessons are fast approaching and we want your children to improve as much as possible during their time with us. You can assist by;

1. Talking to your child about our school swimming pool rules;
  - Walking when inside the Glennie Aquatic Centre (GAC) on the pool deck, grandstand, corridors and toilets
  - Only using the brown stairs to move up and down the grandstand area
  - Listening to swimming instructors and school teachers at all times
  - Waiting quietly when it's not your turn to swim
2. Using positive talk when speaking to your child about swimming
3. Talking to your children about their 'best swimming' – this will be different for everyone and will assist us to streamline our assessment procedure on the first day. For example;
  - Some children may be able to swim full or part laps of freestyle with breathing to the side,
  - Some may be capable of swimming short distances using dog paddle or basic freestyle arms.
  - Some may not feel confident putting their faces in the water yet.

Please send your child/ren to swimming lessons with sensible swimwear. They will be supplied with a swimming cap. Please supply goggles if you want your child to use them as GAC does not supply goggles to lend. You can purchase goggles from us if you choose.

The air and water in GAC are heated to comfortable temperatures. Our qualified and experienced staff at GAC look forward to helping your child/ren improve their swimming skills and water confidence.

We also offer after school and holiday intensive swimming lessons to further develop the skills learned during the school swimming period. Please contact us on 46888845 for further information of bookings.