



**Abbey Hey Primary Academy**

The best in everyone™

Part of United Learning

Dear Parent/Guardian

**Re: Manchester Primary School Swimming Programme 2021/22**

On behalf of the School Swimming Team, we would like to welcome you and your child to the Manchester School Swimming Programme. Through-out the year your child will be working towards achieving the National Curriculum standards of –

1. Swim competently, confidently and proficiently over a distance of at least 25m
2. Use a range of strokes effectively (front crawl, backstroke and breaststroke)
3. Perform safe self-rescue in different water-based situations

Please see below the uniform policy for equipment including swimwear, goggles and jewellery.

**Clothing requirements for School Swimming are as follows: -**

**Girls: -**

- One-piece swimming costume
- A swimming hat is required to be worn if the hair covers the eyes or any airways
- A towel

Please note that in order for your child to benefit from the swimming lessons, appropriate aquatic clothing must be worn. Should your child wish to wear items of clothing that cover up parts of the body, there are specific aquatic clothing designed for this purpose. Cotton leggings are detrimental to teaching and are a risk to health and safety.

**Boys: -**

- A pair of traditional swimming trunks. **No Bermuda or long shorts are allowed**, as these can be dangerous. - for reasons of safety the swimwear should be sufficiently tight fitting to allow the freedom of body and limb movement without causing unsafe water resistance.
- A swimming hat is required to be worn if hair covers the eyes or any airways.
- A towel

It remains the policy of the School Swimming Programme that **jewellery** of any description should not be worn in the School Swimming lesson. It is important that **earrings** are removed.

**Goggles** are only permitted for medical reasons. Parents must produce a letter from either a doctor or Optician to state that a child has a medical condition and is required to wear goggles in the school swimming lesson.



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Swimming times and dates are as follows:

- Owl and Kestrel: Tuesday 14:30-15:10 at East Manchester Leisure Centre
- Falcon: Thursday 13:50-14:30 at Wright Robinson High School

We will travel to both swimming pools via coach. Please note that due to the finishing time of Owl and Kestrel class, we are likely to arrive back to school around 15.30 on Tuesday.

Swimming begins on the week beginning 13<sup>th</sup> September and the last sessions for the autumn 1 half term will be the week beginning 18<sup>th</sup> October. Sessions will then continue after the half term holidays. (WB: 1<sup>st</sup> November).

Yours faithfully,

The Year 4 Team & Manchester School Swimming Programme

**Examples of appropriate tight fitting swim wear:**

