



STRETTON CHURCH OF ENGLAND ACADEMY

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Head Teacher: Mrs Roberta Mainwaring



RM/LAB/022

19th September 2025

Dear Parents,

AFTER SCHOOL SWIMMING LESSONS – YEAR 6

We are pleased to inform you that Year 6 children have the opportunity to enhance their swimming proficiency. They will be taking part in swimming lessons at the Alan Higgs Centre as part of their Aquarius Swim School. The National Curriculum states that by the end of Key Stage 2, all children should be able to swim a minimum of 25 metres unaided. The lessons will take place every **Monday beginning 22nd September 2025 from 2.45pm until 4.25pm.**

As a minimum, children should be taught to:

- **Swim competently, confidently, and proficiently over a distance of at least 25 metres.**
- **Use a range of strokes effectively. i.e front crawl, backstroke and breaststroke.**
- **Perform safe self-rescue in different water-based situations.**

CV Life School lessons are structured to give children the opportunity to work through three key areas: water confidence/ skills, stroke development and water safety. Children are continually assessed to ensure they are meeting their full potential and encouraged to progress to the highest level possible.

Children will be assessed on their first visit to the pool and grouped according to their ability. Each group will follow a program of lessons tailored to the abilities of the group; each lesson is planned to include water skills and water safety elements.

The lessons will take place on Monday afternoons at the Alan Higgs Centre and be led by qualified swimming coaches. Staff from Stretton will accompany and supervise the children. The children will travel by mini bus. They will leave at 2.45 and will return to school at approximately 4.25pm. **Children will need to be collected from the office at this time.**

Children will need to bring their swimming kit to school and should adhere to the requirements of the Alan Higgs Centre Aquarius Swim School – if you have any issues in providing swimming attire, please let the school know:

- Long hair must be tied back
- Girls must wear full swimming costumes. No bikinis
- Boys shorts must be above the knee
- No jewellery to be worn by children, which includes earrings. Recently pierced ears may be taped over for the first 6 weeks after piercing, but after this they must be removed. If the tape comes off during the lesson, then the child will have to vacate the pool. Jewellery that cannot be removed on medical or religious grounds should be secured or covered such that it is not going to cause injury to child or any other child. Tawelling wrist bands can be used to cover bangles and chains, and can be secured with tape.

Thank you for your continued support,

Mrs R Mainwaring
HEAD TEACHER



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