



Wednesday 14th January 2026

Dear Parents and Carers,

Please find information regarding Year 4 swimming lessons with Splash Swim School, which are starting this Friday (16/1/26). The children travel by coach to St Regis Church of England Academy. The session takes around two hours in total; to travel to and from St Regis, with half an hour swimming lessons. Changing facilities and lessons are split into boys and girls.

The order of the swimming lessons is as followed:

4LC 9:00 - 11:00

4JF 10:00 - 12:00

4HS 11:00 - 1:00

Swimming is replacing Monday's PE lesson. On Monday, children need to wear their school uniform. On Wednesday and Friday, PE kit is needed. Please label all of your children's belongings before swimming as things can get mixed up in the changing rooms!

The children need to have suitable swimming clothes (shorts for boys, costume for girls). They can wear these underneath their PE kit to make it easier to change when we arrive at the pool if they want to. If boys want to wear a top in the pool, it must be a swimming top, not a cotton t-shirt. The children also need to bring a towel. If your child wants to bring goggles or a swimming hat, they can but aren't essential. Long hair must be tied up and jewellery, particularly earrings need to be removed.

The children's swimming ability will be assessed in their first lesson and will determine which group they are in. Both swimming groups have an instructor in the water with the children and a lifeguard is present. Equipment such as armbands, floats and noodles are provided by the swimming school should your child need them. Your child's class teacher, teaching assistant and year leader will also be at the swimming lessons. We will support the children in any way we can, to encourage and ease anxiety around swimming. Please remember, this is a national curriculum subject and an important life skill for the children the have.

If you have any further questions, please email the Year 4 email (year4@fallingspark.twp.school).

Thank you for your support,
Miss Mason

