



Year 3 Swimming

Dear Parents

We are pleased to inform you that we have arranged for Year 3 to have swimming lessons beginning in June 2026. By the end of their Junior School education, children are expected to be able to swim 25 metres using a range of strokes. Therefore, having 6 lessons in Year 3 will give the children a great head-start before completing further lessons in Year 5 as part of the PE curriculum. The lessons will last 45 minutes and take place on the following dates:

Monday 1st June 2026
Monday 8th June 2026
Monday 15th June 2026
Monday 29th June 2026
Monday 6th July 2026
Monday 13th July 2026

The lessons will be held at Hart Leisure Centre and taught by qualified swimming instructors. The children will be taken there by coach, during the school day, and will be accompanied by staff from Heatherside. You will not be charged for these lessons as we will be using Sports Premium funding.

Kindly note that swimming lessons are a statutory part of the National Curriculum and therefore all children are expected to participate. The school will work closely with children and parents where a medical or special educational need might impact on this. Parents should contact the school at earliest opportunity to arrange a meeting to discuss this and get a plan in place.

Your child will need the following items:

- Appropriate swimwear (no long shorts or bikinis please)
- Some children may find it easier to come to school with their swimwear already on underneath their school uniform
- A towel (in a separate waterproof bag to bring wet items home)
- Underwear to wear after swimming (if children wear their swimwear to school)
- **Swimming hats are encouraged**, particularly for those with long hair
- Long hair must be tied back if your child is not wearing a swimming hat
- Goggles are not mandatory, however children can wear them if they need to
- Further information can be found below on the Swimming FAQs

In order to assist in the organisation of the programme, please complete the [ONLINE FORM](#) to indicate your child's current swimming experience by Midday on 29TH April.

We are sure that your child will benefit from these sessions and look forward to following their progress.

Yours sincerely

The Year 3 Team

SWIMMING FAQs

Who decides on the swimming groups my child is in?

Information provided by parents regarding their child's current swimming ability will be shared with the Leisure Centre in advance. However, during the Swimming lessons the children will be regularly assessed by the qualified swim instructors who will ensure they are in the correct group.

Can my child wear goggles & swimming hats?

Children are welcome to wear goggles and/or swimming hats, but this is not mandatory.

Will my child have to use the communal changing rooms?

Yes, Children will get changed for swimming at the leisure centre in group changing rooms - these will be closed to the public and there will be one for boys and one for girls. Please discuss with your child using a towel to wrap around themselves whilst they change out of their costumes at the end of the lesson - hooded towels can be good for this, such as the ones found on this [link](#) Please contact us with any specific concerns.

Will my child be able to dry their hair?

Children are unable to use the hair dryers at the Leisure Centre for several reasons:-

- Limited time when children are changing to return to school
- Only a few hair dryers and members of the public may also be using them
- If a number of children request access to the hairdryers, it would be unfair to allow only a few children

The children are very welcome to bring a hair towel, which they can keep on while they travel back to school, or a hat to keep their heads warm. The coach is waiting for them as soon as they go outside and the classrooms will be warm when they return to school. We suggest that long hair is put into a tight plait.

Does my child have to remove their earrings?

Children should take earrings out on swimming days. We would ask that children do not have their ear pierced if their Swimming Lessons are imminent. If this is not possible they can wear tape over their ears, if they cannot take their earrings out. Parents are asked to send children in with tape already applied.

Can my child swim if they have a verruca?

Yes. Advice from the Leisure Centre regarding Veruccas is as follows:

There is no set policy to restrict swimmers from attending lessons if there is a verruca, however it is down to personal responsibility to help contain/prevent spread to others with use of socks or flip flops for walking in the changing rooms.

The leisure centre still sell verruca socks and also slipfree socks – these are colourful socks/ patterned socks that can be used for general use they are less noticeable than the verruca socks (rubber white socks) as they are quite commonly used for walking in changing rooms and in the pool and can be said as for walking in changing rooms rather than for the child explaining about a verruca. Verruca socks are less commonly used now.

As long as the verruca is being treated and sealed with the bazooka treatment for protection this is fine, if possible a waterproof plaster over the top would be good as also acts as a preventative barrier for contamination to others, it also makes it less noticeable for the child to peers (can just say they have a cut and therefore need a plaster rather than someone noticing the verruca especially if it is coloured from treatment). Happy for crocs or flipflops to be worn on to poolside for wear between the pool and the changing room if this is easier for the parent.