



## Getting Ready for Swimming Lessons!

Hello Year 3 and Year 5! 🙌

We are excited to tell you that you will soon be starting swimming lessons as part of your PE lessons. On **Tuesday 3rd February**, you will begin your '**Swim Well**' swimming lessons at **Sale Leisure Centre**, and you will go swimming every week for **12 weeks**.

On swimming days, you will have an **earlier lunch** in the hall and a short time to play outside. After that, you will travel to the leisure centre by **coach**. The coach ride will take you straight to Sale Leisure Centre.



You will sit on the coach with the **same partner each week**, and every seat has a **seatbelt**. Grown-ups will check everyone is safely on the coach, help you with your seatbelt if you need it, and then tell the driver when we are ready to go. While we are travelling, it is really important that you **stay in your seat and keep your seatbelt on**. When we arrive, a grown-up will let you know when it is safe to take it off.

When the coach parks, you will get off with your partner and **line up together**. Your teachers will check that everyone is safely off the coach before we walk along the pavement and into the leisure centre.

Once inside, your teachers will check us in. No one else will be using the **changing rooms or the swimming pool** at the same time as our school. All the boys will get changed together in one large changing room and all the girls together in another. A teacher will be waiting just outside the door. Another member of staff will be by the showers and the entrance to the pool to help you. When you are ready, you will line up by the showers with a grown-up.



*Let Your Light Shine*

St Matthew's CE Primary School

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Headteacher Miss S Lynton



During the **first week**, the specialist swimming teachers will watch how you swim so they can decide which **swimming group** is best for you.

The grown-ups who will be coming swimming with you will be your class teachers (Miss Tyrer and Mrs Cropper), Mr Glinka, and some helpful parent and carer volunteers.

## What do you need to bring?

You will need:

- A **swimming costume or swimming trunks**
- A **towel**
- **Swimming goggles** (if you use them)
- A **swimming cap** (if you would like to wear one)



The swimming pool has different areas. There is a **shallow area** where you can stand up, a **middle area** that is a bit deeper, and a **deep end** where you cannot stand up. Your swimming instructor will decide where you should swim based on your group and how confident you are. Everyone will start in the **shallow area** first.

You might also use some **swimming aids** to help you learn, such as armbands, floats, or tubes. The leisure centre will have these ready for you.



Swimming is one of the **most important life skills** you can learn. Make sure you listen carefully to your instructor, try your best, and most importantly—**have fun!** 😊

You will be in the pool for about **50–60 minutes**. After swimming, you will get dry, put your school uniform back on, and then walk back to the coach with the grown-ups to return to school.

We can't wait to see you enjoying your swimming lessons!

From

Your teachers 😊

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