



Friezland Primary School

'A Family Committed to Making a Difference'

Church Road, Greenfield,

Oldham, OL3 7LN.

Tel No: 01457 872601

E-Mail: info@friezland.oldham.sch.uk

Website: www.friezlandschool.co.uk

Headteacher: Mr S Carver BA. (Hons) PGCE NPQH

September 2026

Swimming Lessons – Class 3

Dear Parent / Carer,

You may be aware that at Friezland School, Class 3 (Years 3 & 4) attend weekly swimming lessons at Uppermill Leisure Centre, from September to February half-term. The school swimming lessons will start on **Wednesday 9th September** and every Wednesday thereafter, until February half-term.

Arrangements are as follows:

- On Wednesdays, Class 3 will be leave school by coach at 9:00 a.m. prompt and will return by the start of morning break at 10:30 a.m.
- Children should come to school wearing their swimwear under their school uniform. Please try to avoid tricky clothing like tights on swimming days and remember to pack underwear for after the lesson. Long hair should be tied up.
- Showers are not permitted unless required for medical reasons.
- **If your child is unable to swim due to illness / medical reasons, they will still need to attend with their class to spectate.** We ask you to consider the reason why your child can't participate in swimming and if they are unwell, whether they are unfit for learning and therefore, should not be attending school. A verruca is not a reason to not swim- a verruca sock should be worn.

It is a requirement of the National Curriculum that all children attend swimming lessons during KS2. The swimming programme is designed to meet the needs of the National Curriculum and qualified swimming teachers work in partnership with the school, to deliver quality lessons. Because of this, these lessons are skill based and do **not** usually have the same format as other private swimming lessons, taught out of school. Pupils are assessed against a comprehensive awards scheme, which has levels to suit all abilities. The water safety and Personal Survival Awards are also covered.

If we are not already aware, you must inform the school of any medical conditions which may affect your child's performance during the lessons. Certain conditions will require medical clearance prior to your child taking part. If your child is asthmatic, it is essential that they take their inhaler to the pool with them. Class teachers will check for this before leaving school.

Due to health and safety regulations the LA School Swimming Service has a ***strict*** dress code which must be adhered to at **all** times.

Swimwear

Boys: Trunks or swim shorts. Shorts must have a lining and be **no longer than mid-thigh**.

Girls: 1-piece costume. Close fitting leotards and footless tights may also be worn where normal swimwear is not appropriate (e.g. medical/cultural reasons).

Hair

Hair must **not** impede vision whilst swimming. Hair must be tied back and **a swimming cap worn** by those with long hair.



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Jewellery

All jewellery **must** be removed because of the potential danger to the wearer and other swimmers. The only exception to this rule is a medical alert bracelet, which should be covered by a sweat band. If your child has newly pierced ears you should forward a letter to the class teacher which will be shared with the swimming teacher, accepting responsibility should any injury/loss occur during the initial 6-week period post piercing. At the end of this period the earrings must be removed.

Goggles

Pupils will not be allowed to wear goggles as it is important that children develop water confidence and are comfortable performing a range of activities without the use of goggles. However, if there is an underlying medical condition, which necessitates the wearing of goggles, a letter from your doctor will be required. Competent swimmers will be allowed to wear goggles at the discretion of the swimming teacher (**competency is awarded once children have achieved a range of standards from the award scheme used**).

We hope this information has provided you with the answers to the questions many of you have as your child begins swimming lessons with school, particularly when it is for the first time. Should you have any more queries, please do not hesitate to contact school. We appreciate your co-operation with both Friezland School and the Swimming Service's regulations.

Kind regards,

Mrs Smith



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