



20 February 2017

Year 4-6 Swimming Training 2017

Dear Parents,

Before school swimming training commences on Wednesday 22nd February at Aquinas Pool, and continues on Wednesday and Friday mornings to the end of Term One.

The aim of these squad sessions is for students to develop endurance and speed, and to practice correct race finishes and dive starts from the blocks.

The students will swim laps for the duration of the 40 minute session so it is therefore essential that students are able to confidently swim at least 25m in one stroke. Please be reminded that these are not swimming lessons.

Students are required to be waiting outside the pool gate at Aquinas by 7.25am. Staff will accompany the children to the pool area to commence training at 7.30am. This will continue until 8.10am when children are permitted to shower and change into their school uniforms. Parents must collect children from inside the pool area by 8.20am and return students to school. Alternatively, if your child is walking or riding back to school or leaving with another parent, it would be appreciated if a teacher is notified.

Things to note:

- Students should arrive on time and be ready in their bathers.
- Students should pack goggles, swim cap, towel, school or sport uniform, underwear, shoes and socks to shower and change at the pool.
- Parents are welcome to wait at the pool or return at 8.15am to collect your children.

Training Session Dates:

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|--------------------|-------------|--------|-------------|
| Wednesday | 22 February | Friday | 24 February |
| Wednesday | 1 March | Friday | 3 March |
| Wednesday | 8 March | Friday | 10 March |
| No training | 15 March | Friday | 17 March |
| Wednesday | 22 March | Friday | 24 March |
| Wednesday | 29 March | Friday | 31 March |

If you have any queries or concerns, please contact me at school or via email, matthews.linda@cathednet.wa.edu.au

Linda Matthews
Physical Education Specialist