



# Monkhouse Primary Academy

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3<sup>rd</sup> September 2025

Dear Parents/Carers

## Swimming Lessons - Terms 1 & 2 - Owls - Mrs Roberts' class

Your child will be going swimming every Tuesday from 9<sup>th</sup> September 2025 until 16<sup>th</sup> December 2025 inclusive (14 weeks). We ask for a voluntary contribution of £4.00 a week to cover the cost of the coach to and from Spalding Swimming Pool. To make payment you need to use the Arbor Parent Porta lor Parent App; Activities/Clubs/Year 5 swimming Terms 1 & 2. There will be an option to pay weekly or in full for the fourteen weeks.

Swimming does form part of the National Curriculum for PE, hence it is important that your child participates in these lessons. The National Curriculum states that pupils should be able to swim competently, confidently and proficiently over a distance of at least 25 metres by the time they finish KS2. The lessons will follow the STA International Learn to Swim Programme. If your child is already able to swim 25m confidently their sessions will include developing swimming techniques (all 4 strokes) as well as learning rescue and survival skills. If, on the other hand, your child lacks confidence in the water they may benefit from additional opportunities to swim as these lessons are relatively short.

Children will need a towel and suitable swimwear—a one piece swimming costume for the girls and **tight swimming trunks (not shorts)** for the boys. Children are now required to wear a swim hat. School has purchased some for the children to wear so please do not go out and buy one. If, however, your child already owns a swim hat then they can, of course, wear that. These are rules insisted on by the swimming teachers for safety. It is also recommended that the children wear swimming goggles as this will optimise their chances of reaching their maximum swimming potential.

Yours sincerely,

*Andrew Clarke*

Mr A Clarke  
Principal

University of Lincoln Academy Trust.

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