



# ST ALOYSIUS

## CATHOLIC COLLEGE

23<sup>rd</sup> November 2018

Dear Parents/Guardians

### PREP, GRADE 1 and GRADE 2 SWIMMING PROGRAM

#### FRIENDS HEALTH AND FITNESS CENTRE

**Monday, 3<sup>rd</sup> December 2018 - Friday, 14<sup>th</sup> December 2018**

Prep, Grade 1 and Grade 2 students will attend swimming sessions from Monday, 3<sup>rd</sup> December until Friday, 14<sup>th</sup> December. These sessions will be held at the Friends Health and Fitness Centre and are an important component of our Physical Education Program.

The main objectives of the swimming program are:

- To help students become competent swimmers.
- To ensure that all students develop safe and sensible practices in their use of pool, beaches, rivers and other swimming facilities.
- To help students learn what to do when faced with a difficult situation in a water environment.

For each day of the swimming sessions, children must:

- Wear their bathers under their sports uniform.
- Take their underwear and towel in a strong plastic bag or bathing bag.
- **Have their own swimming cap.**
- Not wear jewellery or bring any valuable items.

NB: Girls must wear one-piece bathers. Girls with long hair please put in a plait to enable caps to be easily put on and hair to be manageable after swimming.

Boys are asked to wear swimming bathers not board shorts.

If your child cannot attend any session, please notify your child's class teacher in writing.

Yours sincerely

Mrs Nicole White  
**HPE Teacher**

Mr Brendan Gill  
**Co-Principal**

Mr Joe Sandric  
**Co-Principal**