



ST ALOYSIUS

CATHOLIC COLLEGE

PREP, GRADE 1 and GRADE 2 SWIMMING PROGRAM
FRIENDS HEALTH AND FITNESS CENTRE
Monday 4th December to Friday 15th December

=====

Dear Parents/Guardians

All Prep, Grade 1 and Grade 2 children will attend swimming sessions, which include stroke improvement and water safety, from Monday 4th December to Friday 15th 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 children to become competent in the water.
- To ensure, as far as possible, that all children develop safe and sensible practices in their use of pool, beaches, rivers and other swimming facilities.
- To help children to learn what to do when in difficulties themselves or when others get into difficulties.

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 a swimming cap.
- Have a coat for cool days.
- 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, due to illness please notify your child's class teacher in writing.

Mrs Nicole White
HPE Teacher

Mr Brendan Gill and Mr Joe Sandric
Co Principals