

Lewisham Swimming: Free top-up school swimming lessons.

Dear Parent,

In Partnership with Saxon Crown and Fusion Lifestyle free school top-up swimming sessions are available to students at Lewisham primary schools.

The sessions are provided to help swimmers towards achieving the National Curriculum standards in swimming. The National Curriculum requires children to be able to swim 25 metres and to tread water for 30 seconds.

The sessions are for Lewisham primary school pupils in year 3 and above.

The Lewisham Swimming Volunteer Programme provides training opportunities for volunteers in Lewisham. The Sessions will be run by fully qualified coaches with additional assistance from volunteers working towards attaining swimming qualifications.

The sessions run at Glass Mill Leisure Centre during the Autumn Half Term, from Monday 23 – Friday 27 October.

To register your interest please email: Lewishamswimming@gmail.com

You can only book via this email not through the centre directly.

There are 4 sessions:

- (1) 9.00 – 9.45
- (2) 9.45 – 10.30,
- (3) 10.30 – 11.15
- (4) 11.15 – 12.00

After you apply you will be assigned a time slot. The sessions times are based on pupil ability, so it is important to attend the session you are allocated. You need to attend the same time slot daily for each session.

Please include the following:

- Your child's name,
- School attended,
- Year group
- Stage level of swimmer – ASA stages 1 – 7 or equivalent (if known).
- Any medical information or special requirements.

If swimming ability is unknown, state the most appropriate description from below

1. Confident – can swim lengths comfortably on their front and back and in deep water.
2. Improver – can swim on their front and back.
3. Beginner – is comfortable in water but cannot swim on both front and back unaided.
4. Non-Swimmer – no or limited previous swimming experience.

Thanks,

Michael Griffin,

Lewishamswimming@gmail.com