

2025 Swimming Lessons

Dear parents and carers,

We are excited to be offering swimming lessons for all students in Kindergarten to Year 4 for 2025 at Lane Cove Aquatic Centre. Lessons were booked following a successful program last year and parent feedback. There are 5 lessons for each student with Blue classes going to lessons Week 4 - every day (Monday 3 November till Friday 7 November) and Gold classes going to lessons Week 5 - every day (Monday 10 November to Friday 14 November).

The lessons at Lane Cove Aquatic Centre aim to develop student's confidence in the water and deliver a rounded program covering all swimming strokes. Please be aware the focus of lessons may be different from lessons that your child may attend at other swim schools or squad programs. It is an expectation that all students attend and participate safely in our school swimming program. Any student who does not participate safely during the lesson will be asked to sit out of the water. Parents will be advised if this happens two days in a row. Due to the focussed nature of the lessons, we are not able to have parents, carers or grandparents at the pool at any time during our swimming lessons.

Students should wear their sports uniform for the whole swimming week. Students may choose to wear their swimmers already under their uniform. When your child leaves for their lesson, they will wear a T-shirt, robe or hooded towel and sandals, crocs or thongs to the pool. It is very important that students bring a T-shirt, robe or hooded towel to wear on the bus, to and from the pool. Please note, their sports uniform and sports shoes will remain at school. As in previous years, children will get changed in their classrooms; boys change in one room and girls in the other. Teachers are very capable of managing this process and there are strict rules in place at all times. Students change back into their uniform once they return to school.

Please advise the office should you require your child to change in the bathrooms, noting this is not supervised.

For the 5 days of swimming, students should bring the following items in a small waterproof bag:

- [Swimming costume \(or worn under uniform\)](#)
- [T-shirt, robe or hooded towel to wear over their costume](#)
- [Sandals, crocs or thongs to wear to and from the pool](#)
- [Goggles - these are optional \(though recommended\)](#)
- [Towel](#)
- [Underwear](#)
- [Comb or brush](#)

Some important points to note:

- As students change at school, we often find missing socks, underwear, sports shirts, shorts, towels, goggles, shoes etc. around the classroom. Please make sure all of your child's belongings are clearly labelled with their name.
- Most students prefer to wear goggles as they make swimming lessons easier to participate in. Please label all goggles with your child's name.
- Caps are optional - if you wish your child to wear a cap, please supply this.
- We recommend one piece costumes which avoids straps falling or pieces moving when jumping in and out of the pool.
- All students should be covered going to and from the pool by a T-shirt, robe or hooded towel and sandals, crocs or thongs must be worn.
- It is essential that your child is able to dress themselves independently during the swimming program.

To start the program, Lane Cove Aquatic Centre has asked each parent to [complete this survey](#) in relation to the swimming ability of their child. This information will be used by the pool to place students in groups according to their swimming ability and water safety confidence. Please complete it as soon as possible so the centre can organise their swimming instructors.

Once the lessons start, the swim instructors may move students as necessary. Our teachers have no say in regard to the groups that our children are placed in and we are confident that each child will be in the best group for their skills over the 5 lessons.

We look forward to a wonderful few weeks ahead!

Kind regards,
Mrs Jane Taylor, Assistant Principal