



Interim Executive Headteacher: Martin Fallon
Acting Headteachers: Fiona Barry/Lisa Watson
Business Manager: Zoe Godwin
Chair of Governors: Richard Joel

www.athelstanprimaryschool.co.uk

Tel: 0114 2692301

Email: enquiries@athelstan.sheffield.sch.uk

4th September 2026

Dear Parents/Carers

Y4 Swimming Lessons

Children in Y4 will start swimming lessons at Springs Leisure Centre on **Monday 7th September 2026**.

The lessons will take place on the same day each week until the end of January 2025. Your child will have these sessions in order to meet the requirements of the National Curriculum. The lessons will be led by a nationally qualified teacher of swimming, assisted by a member of Athelstan staff. The lessons will be in the morning. A bus will take and return the children to school. The swimming lessons and the cost of transport are free of charge.

Pupils will need to wear appropriate swimwear that makes them **feel confident, comfortable and is suitable for swimming lessons**. If pupils are required to wear long sleeve tops and leggings, then these must be lightweight and **swimwear** i.e. costume **must be worn underneath or on top**.

For each lesson, please ensure your child arrives beach ready i.e. with their swimming costume on under their school uniform. In addition, your child will need to bring a towel and underwear in a waterproof bag.

Appropriate swimwear

- Swim shorts to be no longer than knee length
- Lightweight materials only (track suits are unsuitable)
- No bikinis or tankinis
- Hair tied back

It is a LEA regulation that **no jewellery whatsoever is allowed**. This includes all forms of body piercing. If your child is unable to remove their studs or earrings, or if they forget their swimming costume and towel, they will have stay in school with another class from that year group and miss the swimming lesson.

Goggles are not to be worn, unless it is essential for medical reasons. During assessment the swimming teachers may ask pupils to remove goggles to assess water confidence.

Children who normally use an inhaler for asthmatic conditions should take their inhaler to the swimming lesson.

A brief letter will be required should you wish your child to be excused from any particular lesson.

We have very little flexibility over the rules which the swimming service put in place, but if you do have any questions, please do not hesitate to contact me.

Yours sincerely

Louise Gill
Year 4 Group Leader



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Danielle Clough
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Level 3
Practitioner Award
www.forestschools.com

