

Riddings Junior School

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Tuesday 8th September 2026

Dear Parents / Carers

School Swimming

Over the next 2 terms it will be Clarke Class's opportunity for swim sessions. These will be as follows:

Clarke Class Swimming Sessions will run from Tuesday 15th September 2026 – Wednesday 10th February 2027.

The sessions will run on the following days and times:

- **Autumn Term - Tuesday - 10:30 to 11:30**

- **Spring Term 1 - Wednesday - 11:00 - 11:30**

Your child will need a separate bag for their swimming kit, which should include swimming costume/trunks, a towel and goggles if you have indicated that your child wishes to wear them. Staff will of course help your child with their goggles if they are a little unsure about putting them on securely.

Clarke Class parents/carers - We would appreciate it if you would complete the attached Swimming – Parental Information Form and return it to school by Monday 14th September 2026.

Please be aware of the following rules that are those of the Alfreton Leisure Centre and the swimming instructors:

Swimwear must be suitable for the purpose and preferably of a dark colour to enable the swimmer to be seen clearly underwater. Girls must wear a one-piece swimming costume, and boys must wear swimming trunks/shorts; however these must not be below the knee. Large baggy shorts will impede the pupil's movements in the water, as well as restrict the view of the teachers in seeing the movements that limbs and joints are making in the water.

Goggles should be made of unbreakable plastic or rubber materials and children taught to use them correctly and safely prior to their attendance at the pool. Pupils who wish to wear goggles must have a permission slip signed by their parent/carer (included on the information Form).

Hair must be tied back if long or of a length which might impair vision. It is highly recommended that children wear swimming hats to ensure easy identification when they are in the water.

Jewellery – including ear-rings/watches must be removed prior to the swimming lesson (plasters covering newly pierced ears will not be allowed due to plasters in the water becoming a choking hazard). It is

strongly advisable that any pupils who have ears pierced don't wear earrings to school on swimming days to avoid the hassle of removing and replacing them.

The swimming is taught by qualified instructors from the Leisure Centre along with Mr Whiteman; additional staff also accompany the children from school.

Yours sincerely

Mr Newman

Headteacher