

REF: FREE PUBLIC SWIMMING SESSIONS

DATE: FEBRUARY 2017



Dear Parent/Carer,

Your child will be attending school swimming lessons during their primary school education. We aim to teach all pupils by the end of key stage 2 (age 11), to swim unaided for at least 1 length of a pool (25 metres). We teach recognised strokes on their front and back and focus on teaching water safety. We hope that they will enjoy their swimming lessons and develop a love for swimming as they grow into adults.

Drowning is the third highest cause of death among children. By teaching simple safety rules and knowing what to do in an emergency situation we can help reduce the risk of drowning for our children.

To help to prepare your child for their swimming lessons it is important that they are confident in water. This can be as simple as laying down in the bath and being confident with water showered from overhead or perhaps by taking them to one of the FREE PUBLIC SWIMMING sessions for children aged under 16 years offered at the following centres.

Centre	Day	Time
Braunstone Leisure Centre	Sunday	12.00 -1.00pm 1.00 -2.00pm
Cossington Street Sports Centre	Saturday	2.00pm – 2.45pm 2.45pm – 3.30pm
New Parks Leisure Centre	Saturday	9.00am -10.15am 10.15am-11.45am
Spence Street Sports Centre	Saturday	1.30 -2.30pm 2.30 – 3.30pm

The national curriculum requires all schools to provide swimming instruction either in key stage 1 or 2. In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Leicester City Council is committed to providing opportunities for everybody to be able to swim. To support your child's swimming lessons and build upon the skills which they have been taught we would highly recommend that you bring your child swimming as often as you can. Swimming has many benefits for the whole family. We hope that you will take advantage of these opportunities.

Children under the age of 8 must be accompanied in the water by an over 16 year old and adhere to our admission policy. **Adult admissions fees will apply.**

Did you also know that if your child enrolls onto our Learn to Swim programme 'Swim Leicester' that they will be able to swim for free during public swim times? For more information please visit www.leicester.gov.uk/leisure-and-culture/sports-and-leisure