



30 November 2015

Dear Parent(s)/Carer(s)

**Year 7 Swimming Lessons
Southglade Leisure Centre (6th January 2016 – 10th February 2016)**

Nottingham Free School is very proud to announce that we have been able to secure swimming lessons at Harvey Haddon Leisure Centre for your daughter.

This is an exciting addition to the PE curriculum and will be taking place every Wednesday from the 6th January 2016 to 10th February 2016. Lessons are with two instructors and will last from 9.00am to 10.15am. Students will be collected from Nottingham Free School at 8.30am and will be returned back to school for 10.45am. All sessions are for female students only.

School kit requirements:

- A one piece swimming suit (no bikinis)
- If required for religious purposes, lycra/polyester leggings and a lycra/polyester t-shirt (recommended for swimming) may be worn.
- A towel
- Goggles, if desired (parents must write a note in the planner which gives students permission to wear these)
- A separate swimming bag
- Water bottle
- Necessary medications (inhalers)
- Verruca socks or plasters if necessary

If there are any concerns regarding the above school kit requirements then please do not hesitate to contact me at school or email (kgray@nottinghamfreeschool.co.uk)

In addition to this, if your daughter is unable to swim one particular week due to her period then please write a note in the planner to explain this. **It is important to note, that students are still expected to bring their PE kit (shorts and school t-shirt) even if they are not taking part.** They will still be used as coaches on poolside and we do not want their school uniform getting wet. Nottingham Free School has paid for 6 lessons for your daughter and it is expected that they swim every lesson unless it is their period. **If more than 1 lesson is missed, then we will consider asking your daughter to repeat some lessons with the boys which is taking place after February half term unless this is not allowed for religious reasons.**

If you have any further questions, then please contact me at school.

Kind regards

Kay Gray
Assistant Head