

Wednesday 10<sup>th</sup> December 2025

Dear Parents and Carers,

### **Year 3 Swimming Lessons**

As you may be aware, as part of the school's physical education curriculum, all children undertake a programme of swimming. The children will be taught by qualified swim instructors at Aqua Zone based at the Mountbatten Centre, with Solent Junior Staff members also in attendance.

Children will have lessons on a Wednesday afternoon commencing on Wednesday 7<sup>th</sup> January 2026, and the sessions will run for ten weeks, with the last session being on Wednesday 18<sup>th</sup> March 2026, with a break in the middle for February half term.

The trip will take place within school hours, although due to the unpredictability of Portsmouth traffic, there is the possibility that on occasion the final group (3M) could be a few minutes late to return to school for the end of the day. The school will be providing transport to the Mountbatten Centre, and all children will be back in school ready for usual collection at 3:00pm.

On these dates could you please ensure that your child has with them a swim kit; comprising of a swimming costume, a towel and a swimming hat (this is compulsory, the filters are very sensitive) and that they have clipped fingers and toenails. If your child has a verruca, could you make sure that he/she has a plastic verruca sock. Please ensure that their hair is tied up in the morning, if long enough, for hygiene reasons. If your child wishes to bring goggles, they are optional. **Please make sure that everything the children brings is named.**

**We will not be able to phone for forgotten kits.**

If your child already has an inhaler or other medication at school, this will be brought to the swimming pool with them, by a class adult. Please can you ensure that if swimming is likely to worsen their asthma, your child's class teacher is made aware of this, as soon as possible, so this can be planned for.

Please note, this will be in replacement of their games PE lesson for the Spring term, therefore the children will still need to come to school in PE kit on this day.

It would be very helpful to know your child's swimming ability in advance of these sessions, please complete the online form **HERE** by **Friday 19<sup>th</sup> December 2025** at the latest to give us this information and permission for your child to attend.

If you have any queries regarding this trip, please do not hesitate to contact your child's class teacher.

Kind regards

Mr Mason, Mrs Dodds, Miss Hill, and Miss Parsons  
Year 3 Team

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