



GULGONG PUBLIC SCHOOL
PART OF THE CUDGEGONG LEARNING COMMUNITY
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Dear Parents

The school will be running its intensive swimming program for 10 days starting Monday November 16th November 2015. This program will include all students from K-6. Students will be placed in stage and ability groups depending on their swimming level.

Each child will be required to swim each day for 40 minutes and will need to bring swimmers, towel, sunscreen and underwear daily. Lessons will be conducted using Austswim qualified instructors.

Children are asked not to wear their swimmers under their uniform before or after swimming. This is for hygiene reasons.

Due to new guidelines regarding school aquatic activity, each child will be required to wear a coloured wristband whilst in or around the pool. These wristbands will be similar to a hospital band and each student is asked to keep their given bands on for the duration of swim school.

Parents are also required to indicate the swimming level for their child. Please tick the appropriate level for your child and return to the school before Friday 13th November 2015.

Cost is \$20 per child (this price includes lessons and entry into the pool for the ten days). This equates to \$2.00 per lesson for ten days.

Thank you
Abbie Muscat

School Swimming Scheme Permission Note

I give permission for my son/daughter/ward _____ in class _____ to participate in the swimming lessons provided under the School Swimming Scheme. I understand that these lessons will take place daily for a period of two weeks starting on November 16th 2015 and concluding on November 27th 2015. My child has the swimming level indicated below:

- ☐ Water discovery: Child is not confident in the water, a non-swimmer or has never had swimming lessons.
- ☐ Water awareness: Child has some water confidence, will submerge with eyes open, can float with a flotation aid for 30 seconds and can move through the water unassisted for three metres with feet clear of the bottom. Is not confident in deep water.
- ☐ Water sense: Child can float without a flotation aid and can propel themselves through the water for at least 20 metres using an action that resembles any stroke. Is confident in deep water.
- ☐ Water wise: Child can swim 50 metres using an action that resembles any two strokes. Is confident in deep water.

Parent/Guardian