

2<sup>nd</sup> November 2017

Dear Parents,

I am writing to inform you that the PE department has organised swimming classes in the senior school according to the National Curriculum for Physical Education. Swimming is not only an excellent lifetime sport with numerous physical benefits but it also has many social and psychological benefits. The swimming lessons will offer a wide variety of skills to our pupils including swimming activities, water safety and lifesaving techniques.

The swimming lessons will take place in the indoor swimming pool of L'Hospitalet Nord during the normal PE lessons on the following dates:

- **Form 3** : Tuesday 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> November
- **Form 2** : Wednesday 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> November
- **Form 1** : Thursday 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> November

For each swimming lesson pupils must bring:


- **Girls:** swimsuit
- **Boys:** swim briefs or trunks
- Swimming cap (**compulsory**)
- Goggles
- Towel
- Sandals or flip flops

Only for the first lesson (**F3:** 7<sup>th</sup>, **F2:** 8<sup>th</sup>, **F1:** 9<sup>th</sup> November) pupils must also bring:

\*Clothes (long sleeve top and trousers) to swim in for the water safety lifesaving lesson.

The swimming classes are compulsory for all pupils. However, if there is any medical or religious reason why your son/daughter is **not** able to participate in the swimming lessons please complete the slip below and return it to the school office as soon as possible.

Kind regards,



Rafael Vanderheyden  
PE Department

✂ cut and return

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**INABILITY to participate in swimming lessons**

Pupils name: \_\_\_\_\_ Class: \_\_\_\_\_

Parents Signature: \_\_\_\_\_ Date: \_\_\_\_\_

My son / daughter **cannot** participate in swimming lessons for the following reason(s):

\_\_\_\_\_  
\_\_\_\_\_