

Swimming at Parkdale - what's going on?

Last year we hosted Elite Pools to Schools at Parkdale and saw a **remarkable** amount of progress in children's swimming. In the first half of the Summer term, we will once again be hosting the pool at Parkdale, for a whole half term! All of Year 3 and 4 will access swimming lessons, in small groups on a daily basis for 2 weeks. Some children in Year 5 will be selected to swim again, if they didn't quite make the target of 25 metres independent swimming last year. All children in Year 6 will take part in a water safety session, and Year 2 will all be taking part in a swimming session.

Swimming is a compulsory part of the primary curriculum, it is also a potentially life saving lesson that all children should be taught. We encourage you to support your children outside of school with swimming, with local pool lessons, swimming clubs or swimming as a family. Please share our excitement around swimming with your children and encourage them to feel positive about this great opportunity. This isn't about becoming competitive swimmers (although some of our children are, and have been, brilliant competitive swimmers) but about ensuring that our children are all safe around water.

Swimming FAQs

Is Swimming Compulsory?

Yes swimming is a compulsory part of the Primary Curriculum and children are all expected to take part in their year group lessons.

My child is a little nervous do they have to take part?

Yes, being nervous around the water is something that the swimming teachers will support your children with. Falling in water can happen, and being able to get yourself to safety is potentially life saving. Please support your children with positive reassurance.

What do they have to wear?

Due to the pool's filtration system, **all children must wear a swimming cap**, unless they have a very short shaved hairstyle. There are fabric caps available online if your child doesn't like the texture of plastic caps. School have a limited number available to borrow.

Swimming costumes must be fitted, without frills, pockets or baggy. For boys this style is referred to as Jammers. These costumes do not billow in water and allow children to focus on their stroke and swimming. Girls must wear a one piece, unless they are wearing a fitted long sleeve costume. (Girls can wear knee-suits available online if they choose).

Children are encouraged to wear goggles to enable them to put their face in the water.

We suggest your children wear PE kit on their swimming days for ease of changing.

What should they bring?

On their swimming days children should all bring

- Costume
- Cap
- Goggles
- Dressing gown/big hoody/oodie – to cover up between pool and changing room
- Flip flops/crocs/slides/trainers- to walk between pool and changing room
- Towel!! (Please don't forget this!!!)

How do they get changed?

Children will be able to change in single-sex groups. A member of staff will be available to support with caps etc.

My child has earrings

Simple studs are fine to wear whilst swimming.

Who is teaching them?

Elite Pools to School 'arrives' with a fully qualified swimming teaching staff, and a lifeguard is always present. You may also spot some of our school teachers joining in with sessions where children need additional support.