# Ashmead Combined School

*"Ashmead gives its children two everlasting things… one is roots, the other wings"*

Head Teacher Michael Pearse

11th September 2026

Dear Parent/Guardian,

Re: Year Four Swimming Lessons

This term, children in your child's class will be given the opportunity to have swimming lessons. These are a statutory part of the curriculum for all children and take place every Friday afternoon **starting on Friday 18th September 2026.** The lessons take place at Aqua Vale Swimming and Fitness Centre where pupils receive a half hour lesson, taught in ability groups by a fully qualified swimming instructor.

Children are transported to and from the pool by coach accompanied by staff from the school. They will need to bring their swimming kit (girls will need to wear a one piece swimming costume) and towel to school in a named bag, ready for each session. Please see below items not permitted by the pool:

- Glass goggles
- Goggles that cover the nose
- Leggings - unless Lycra material
- Long sleeve tops - Unless Lycra tops or swim swear tops
- Wetsuits
- Tracksuit shorts - all shorts must be a swim wear material
- Underwear under swimming costumes/shorts
- Oversized baggy clothing

**As swimming is part of the National Curriculum, all children are expected to participate on the dates listed below:**

| | |
|---|---|
| Friday 18th September<br>Friday 25th September<br>Friday 2nd October<br>Friday 9th October<br>Friday 16th October<br>HALF TERM | Friday 6th November<br>Friday 13th November<br>Friday 20th November<br>Friday 27th November<br>Friday 4th December |

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Insignis Academy Trust

The swimming lessons at Aqua Vale are £3.23 per session, and the cost of the coach per child is £3.83 per week. This gives a total cost of £7.06 per child per week.

We are requesting a voluntary contribution of £3.00 per lesson, this will be invoiced weekly. To make payment, please log into Arbor app and follow these instructions:

1. Under activities select Trips
2. Select "Trips Open to (Child's Name)"
3. Select "Sign Up (Child) for trip"
4. This will take you to the payment section, under "Make a Payment" enter the amount you would like to pay. (weekly payment or full-term payment) select the green "Make Payment" button.
5. This will take you to the payment section, you can pay by apple/google pay or enter your bank details.

Should you wish to discuss payment, please don't hesitate to contact your child's class teacher.

All children will need to wear a swimming hat. If your child has a hat that they already use for swimming lessons, or have one that a sibling used in previous years, they can use this. If you need to purchase a swimming hat, they are available to buy at sports shops such as Sports Direct.

Children are not permitted to wear goggles for these lessons unless there is a medical reason for needing them. If your child does have a medical reason for wearing goggles, you will need to write a written letter of permission and provide the goggles. This must be completed by the first swimming lesson so that this information can be passed on to the instructor at the pool.

Children with other medical conditions, such as asthma, must have their inhalers or medication in school on Fridays or they will not be permitted to go with their class to the swimming pool.

You will receive a medical/consent google form via email along with an ability questionnaire. There is also a box that you can tick to give permission for Aqua Vale to have a record of your child's name, birthdate, gender and medical requirements. The information that will be sent over will be encrypted and strictly adhere to the General Data Protection Regulation, the Data Protection Act 2018, and other relevant legislations.
All of the questions will need to be completed online by Monday 14th September.

Thank you in advance,

Mr Stocks