



24 January 2019

Dear Parent/Guardian

### YEAR 8 SWIMMING PROGRAMME – TERM 1

As part of their Core Physical Education Programme, students in Year 8 will be participating in a Swimming/Lifesaving programme this term at the Coomera Anglican College Swimming Pool.

#### Swimming Days and Times

Class	Swimming Day	Lesson Dates					
8A/B/C	Tuesday	05.02.19	12.02.19	26.02.19	05.03.19	12.03.19	19.03.19
8B	Wednesday	06.02.19	13.02.19	20.02.19	27.02.19	06.03.19	13.03.19
8A/C/D	Thursday	31.01.19	21.02.19	28.02.19	07.03.19	14.03.19	21.03.19
8D	Friday	01.02.19	15.02.19	22.02.19	01.03.19	08.03.19	15.03.19

\*Please note that the College Swim Carnivals/Excursions interrupt where the dates are not consecutive.

#### Uniform

Students will be required to change in the Rod Lane Centre change rooms adjacent to the pool. Students are **not** permitted to wear the taslon sports shorts over the top of their normal swimmers. The College swimmers can be ordered and purchased from the uniform shop. A College Sun Shirt may also be purchased from the uniform shop, however, this is **not** a compulsory item of clothing for this year level.

#### Sun Protection

Students are expected to provide and apply their own sunscreen (with an SPF of at least 15) prior to their lesson. Sunscreen will also be provided at each lesson.

#### Non-Participation

The swimming programme is a compulsory component of the Health and Physical Education programme at the College, and as such, all students are required to participate. If a student is unable to swim during one week, parents should provide a written note explaining their child's non-participation. If a student is unable to participate in the entire programme, then a medical certificate is required. Students who miss one lesson without a valid excuse will have a lunchtime detention whilst subsequent non-participation will result in an after school detention. Non-participants are still required to attend the swimming lessons with their class.

If you have any questions or queries about the swimming/lifesaving programme, please feel free to contact me at the College.

Yours sincerely

Mr Craig Crossley

**HEAD OF HEALTH AND PHYSICAL EDUCATION**