



24 January 2019

Dear Parent/Guardian

YEAR 7 SWIMMING/LIFESAVING PROGRAMME – TERM 1

As part of their Core Physical Education Programme, students in Year 7 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					
7A/B/C/D/E	Monday	11.02.19	18.02.19	25.02.19	04.03.19	11.03.19	18.03.19
7E/7D	Tuesday	12.02.19	19.02.19	26.02.19	05.03.19	12.03.19	19.03.19
7C/7B	Thursday	31.01.19	21.02.19	28.02.19	07.03.19	14.03.19	21.03.19
7A	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 the program where the dates are not consecutive

Uniform

Students will be required to change in the Rod Lane Centre change rooms adjacent to the pool. Under the new State Government Sun Safety legislation students in Years Prep to 7, must wear a Sun Shirt when participating in an outdoor swimming programme. Therefore, all students in Year 7 are required to wear a Coomera Anglican College Sun Shirt in 2019. (These can be purchased from the uniform shop). Students should also bring along a plastic bag to carry their wet clothing and towel. 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.

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 for 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