

Going swimming with school



What happens when we go swimming?

This term **Shepherds** and **Carpenters** class are going swimming! Learning to swim is a really important life skill and learning to swim should be fun.

Mr Causebrook or **Mrs Morgan** will take the children swimming, as well as Mrs B and Mrs Tetto-Pretti, sometimes Mrs McGinley comes too.

Where are we going and what time will we leave?

The children who are going swimming will have an early lunch so that they can leave school at **12.30pm**.

Swimming lessons are taking place at **Daventry leisure centre** this term. At the centre, they have trained swimming teachers who will teach you how to swim.

Outside



Inside the entrance



You will travel to the leisure centre by coach.



What do I need to take?

You will need to bring a swimming costume, goggles, towel and a swim hat. You can put these in swim bag.



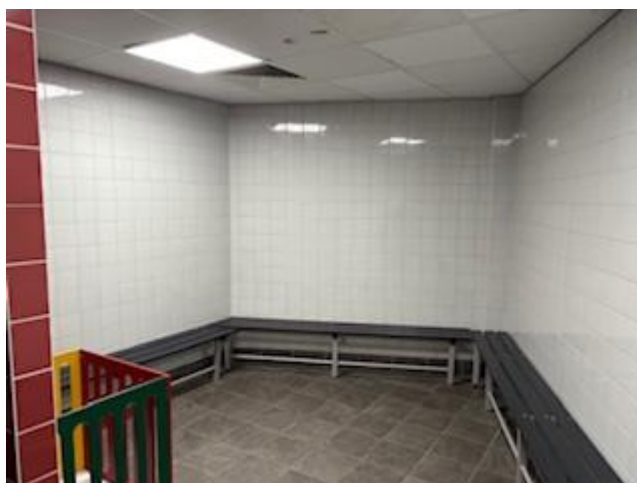
What will happen when I get there?

Mr Causebrook or Mrs Morgan will lead the children into the leisure centre. They will then take you to the changing rooms so that you can change into your swimming costume. The boys will change in one room and the girls in another, there will be staff from St. Mary's there to supervise.

Door into changing area

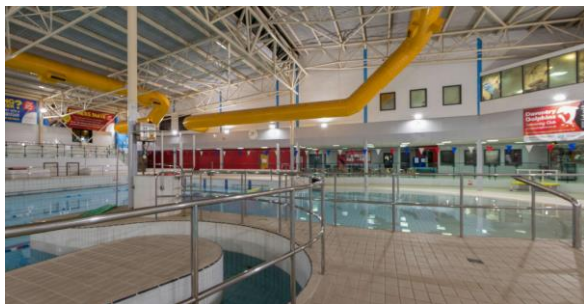


Group changing room



What will happen once I am changed?

When you are ready, you will be taken through to the pool, you can take a moment to look around and get used to the pool area. The swimming teachers will be there to meet you and your friends.



You can look at a 360-degree picture of the pool by clicking on the link here or look at the Daventry Leisure website with your parents: <https://vr.everyone-active.spinview.io/daventry/?s=pano133>

You might have to wait a few minutes before your swim lesson starts but you can wait with your friends.

What will happen during the first lesson?

The swim teachers will ask you to tell them what you can do already. Normally, they will ask you to go into the shallow pools so that they can sort everyone into smaller groups ready for teaching you. This part is exciting and should be

fun, if you have any questions you can put up your hand or ask the adults from school.

Your swim teacher will tell you when the lesson is over or you may hear a whistle being blown.



What will happen after my swim lesson?

Mr Causebrook or Mrs Morgan will lead you through to the changing area. You can dry off with your towel and get ready to go back to school. Don't forget to put all your swim stuff back in your bag! But don't worry, the teachers will check the changing rooms are empty before you leave.



Your swim lesson is over, well done!



What will happen once I am changed?

Mr Causebrook or Mrs Morgan will lead you out of the leisure centre to get back on the coach. You will get back to school in time for home time.

Time to go home!

