



St Edmund's and St Joseph's Catholic Primary Schools



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7th September 2026

Dear Parents and Carers of 5F,

Class 5F Swimming Lessons every Wednesday, 9th September – 16th December 2026

Key Stage 2 are required to attend swimming lessons as part of the National Curriculum for Physical Education.

Class 5F will be attending classes each Wednesday morning at Abbeycroft Leisure in Bury starting this week on Wednesday 9th September until Wednesday 16th December 2026. These weekly swimming lessons will form one of the two PE lessons the Year 5 pupils access each week this term.

Vertas School Swimming recommends that schools have a uniform for swimming that should require children to wear close fitting swimming costumes and swimming hats. Jewellery must not be worn or taken to the pool (this includes earrings, bracelets, watches, necklaces). The children will need to arrive at school wearing their PE kit and bring with them a bag containing a towel and swimming hat, girls will require a one-piece swimming costume and boys a pair of trunks (**not** baggy shorts please). Goggles are not essential. If they are worn, the swimming provider's guidance states that they must be made of unbreakable plastic or rubber material. Children must be able to remove them correctly themselves. Please ensure everything in their bag is labelled, including writing your child's name on the elastic of the goggles.

Please send notification to the office if your child is unable to attend a swimming session.

Yours sincerely,

Angela Mulligan
Assistant Head

"We learn together in God's love by encouraging and supporting one another."



Swimming Routine

Your child will begin swimming as part of our PE provision next week.

Time is a very precious resource with Swimming. The children will have a 30-minute session and they only have 5 minutes either side of that session to be changed and ready to swim.

Please could you encourage your child to practise the following routine. I appreciate that you may find this very structured, but it is logical and will both speed up timing and reduce the risk of losing items of clothing.

Before Swimming

- Remove any earrings.
- Take towel and swimming costume (goggles) out of bag and place on bench.
- Take off hoodie, fold and place in bag
- Take off T-shirt, fold and place in bag.
- Take off trousers/shorts or skirt, fold and place in bag.
- Take off socks, put in bag.
- Take off underwear, place in bag.
- Put on swimming costume.
- Fold and place towel in top of bag,
- Pull drawstrings and take bag to locker – an adult will direct you as to which locker you should use.

After Swimming

- Take off costume and dry yourself with towel.
- Put costume in towel and fold towel.
- Place towel (with costume inside) on bench next to bag.
- Put on underwear
- Put on socks
- Put on trousers/shorts or skirt.
- Put on T-shirt.
- Put on hoodie.
- Put towel and costume in bag.
- Check on and under bench to make sure that you have not left anything.

Please make sure everything is named! It is amazing how much clothing goes for a wander!