Dear Parents/Carers,

Please read these instructions carefully with your child and make sure he/she understands to follow them at all times during their special swimming scheme lessons:

Bring a waterproof bag containing:

- A towel - (not large)
- Dry underclothes
- Swimming goggles (if you wear them)
- Thongs - we will be wearing these TO and FROM the pool

1. Wear your swimming costumes to school
2. If you have long hair, TIE IT BACK OR WEAR A CAP.
3. Girls with loose costume straps must tie them across the back.

Do NOT bring to the pool:

- Money
- Jewellery
- Lollies
- Chewing/bubble gum
- Glass bottles

Sit where your school teacher tells you to sit for the daily pool safety lesson. Your swimming teacher will tell you when to get into the water.

- Listen to her/him at all times
- Walk (DO NOT RUN) around the pool
- Stay with your group; do not leave the pool without permission.
- Take your goggles with you.

PLEASE ENSURE ALL YOUR BELONGINGS ARE LABELLED WITH YOUR NAME. STUDENT WILL EAT LUNCH WHEN THEY RETURN TO SCHOOL. NO RECESS ORDERS WILL BE AVAILABLE DURING THIS 2 WEEK PROGRAM. PLEASE PACK EXTRA LUNCH AS THE CHILDREN ARE VERY HUNGRY AFTER SWIMMING!