PRIESTMEAD PRIMARY SCHOOL
Moving Onwards and Upwards Together
A part of The Pegasus Partnership Trust

Executive Headteacher: Sash Hamidi
Associate Headteacher: Amy Creamer
Deputy Headteacher: Andrea Callender
Assistant Headteacher & SENDCO: Aliya Boghani-Shah
Assistant Headteacher & DSL: Sachin Patel
Assistant Headteacher: Alamin Miah
Premises & Income Manager: Mark Alwyn

17th July 2026

Dear Parents/Carers,

YEAR 4 SWIMMING LESSONS

As part of the Year 4 P.E lessons and the National Curriculum, your child will be starting swimming lessons at Harrow Leisure Centre from September. These lessons will teach your child to swim using a range of strokes effectively – such as front crawl, back-stroke and breaststroke. They will also learn how to swim competently, confidently and proficiently. In addition, they will be taught to perform self-rescue in different water-based situations.

Lessons will take place once a week for three half terms for two classes before rotating to the other two classes. Each lesson will last 30 minutes, so it is important that your child attends every session to ensure they get the full benefit of the programme.
If your child is well enough to be at school, they are also well enough to go swimming and no exemptions will be made for lessons to be missed, unless a letter from a doctor is provided.

Lessons will commence on the **10th of September 2026.** Lessons will occur every **THURSDAY** and your child's class will go as below. **Children leave 30 minutes before the scheduled lesson time.** Children will walk to the leisure centre during Autumn 1 and the Summer Term, during Autumn 2 and Spring Term, they will travel by coach.

Swimming Term	Class	Depart from School	Lesson Time
Autumn 1 (Walk) **Autumn 2 (Coach)** **Spring 1 (Coach)**	4 Blues	9:00am	9:30am – 10:00am
	4 Jazz	9:30am	10:00am – 10:30am
Spring 2 (Coach) **Summer 1 (Walk)** **Summer 2 (Walk)**	4 Rock	9:00am	9:30am – 10:00am
	4 Djembe	9:30am	10:00am – 10:30am

Your child must come into school on Thursdays with a named swimming bag containing:

- A swimming costume – swimming trunks for boys and a one-piece costume for girls
- A **red** swimming hat – hats are available to purchase from the school office for £3.00 **(cash only)**. You can purchase your own swim hat. We prefer red as it identifies our children whilst in the water.
- A towel

Long hair **MUST** be tied back, and **NO** jewellery is allowed. During the colder months your child **MUST** come to school with a warm coat and hat. Please do not use tape to cover jewellery as this clogs the swimming pools.

Unfortunately, due to Harrow Leisure Centre's school swimming policy children are **NOT** allowed to wear goggles. As part of one of the life skills they learn is to swim without googles.

If you have any queries or concerns, please do not hesitate to contact the class teacher or the school office.

Yours sincerely,

Mrs Creamer
Associate Headteacher

Hartford Avenue
Kenton, Harrow
Middlesex HA3 8SZ

Office & Comms Manager: Nita Patel
Telephone: 020 8907 5434
Email: office@priestmead.theppt.co.uk

www.priestmead.theppt.co.uk/
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