

Swimming Information for Parents

Cookridge Holy Trinity Primary School includes swimming lessons as part of the curriculum, specifically for **Year 5 on Fridays**.

- **Swimming Day:**

Year 5 students at school go swimming each Friday. Your child's class teacher will notify you of when it is your child's turn to go.

- **What to Wear:**

Children should come to school wearing their swimming costume/shorts (one-piece for girls, shorts above the knee for boys) under their PE kit on swimming days.

- **What to Bring:**

- Underwear – knickers/pants to wear after swimming
- A towel
- A strong bag to carry everything
- Swimming goggles (optional)
- Hairbrush/conditioner spray (optional)

- **Jewellery:**

No loose jewellery can be worn in the swimming pool and any ear piercings should be removed or covered with a swimming cap or tape.