

## **Lewisham Swimming: Free top-up school swimming lessons**

In Partnership between Saxon Crown and Fusion Lifestyle free school top-up swimming sessions are available for students at Lewisham primary schools. The sessions are offered to help swimmers progress towards the National Curriculum standards in swimming. The National Curriculum aims for children to be able to swim competently using a variety of strokes, and develop skills in safe self-rescue.

The sessions available are for Lewisham Primary School Pupils in Year 3 and above.

The sessions will be running at Glass Mill Leisure Centre during the February half term from the 18<sup>th</sup> to 22<sup>nd</sup>.

To register interest please email: [Lewishamswimming@gmail.com](mailto:Lewishamswimming@gmail.com)

**Note: You can only book via this email, not through the centre directly.**

### **There are 4 sessions:**

1. 9.00 – 9.45 a.m. Confident – can swim lengths (25m) comfortably using different strokes and in deep water.
2. 9.45 – 10.30 a.m. Improver – can swim on their front and back competently for 10m +
3. 10.30 – 11.15 a.m. Beginner – can swim and is comfortable in water but cannot swim on both front and back.
4. 11.15 – 12.00 a.m. Non-Swimmer – no or limited previous swimming experience.

Once you apply you will be assigned a time-slot for the five days. The sessions times are based on pupil ability, so you must attend the session you are allocated. This will be the same time slot daily for each session. Please be aware that if your child is not suitable for a level you have requested they may have to attend another time slot.

Please include the following:

- A contact number,
- Your child's name,
- School attending,
- Year group (3 – 6 or only)
- Stage level of swimmer – Swim England 1 – 7 or equivalent (if known).
- Any medical information or special requirements. If there are none, please state “no requirements”.

Michael Griffin,  
[Lewishamswimming@gmail.com](mailto:Lewishamswimming@gmail.com)

