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22nd June 2018

Dear Parents/Caregivers

Year 7 Swimming Lessons

During the first half of Term three all Year 7 students will be involved in a progressive series of swimming lessons at the Millennium Institute in Mairangi Bay. These lessons are all taken by highly experienced, professional instructors and have proven to be very popular and beneficial in the past few years.

Practical lessons will include the four basic strokes (freestyle, backstroke, butterfly and breaststroke) with basic water confidence and survival techniques.

Participating students will be out of school for two periods at a time and a copy of your child's swimming schedule will be available via Homeroom teachers during the first week of Term three. Parents/Caregivers are welcome to attend and observe any of the sessions. Students will require appropriate togs, a towel and a plastic bag to carry any wet items. Goggles and swimming caps are optional extras.

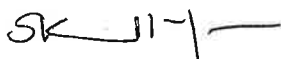
The cost of this programme is covered by the Term three subject fee for all Year 7 students. Please check that this has been paid or arrangements have been made to do so. **Please complete the permission slip below and return to your child's Homeroom teacher by Friday 6th July.**

If you have any questions or concerns regarding this programme, please feel free to contact Sarah Guise at sarah.guise@ajhs.school.nz.

Kind regards


Sarah Guise

Head of Y7 Integrated Studies



Stephen Kendall-Jones
Principal

Year 7 - Swimming Lessons

(Please complete the permission slip below and return to your Homeroom Teacher by Friday 6th July)

I give permission for my child _____ of Homeroom class _____ to attend the Swimming Lessons provided by professional instructors at the Millennium Institute.

I rate my child's swimming ability as:

- ☐ No swimming skills
- ☐ Only has basic skills
- ☐ Is able to help themselves in water and has had some previous lessons
- ☐ Competent skills and has taken part in competitions

Name: _____ Contact No: _____
(Parent/Caregiver)

Signature: _____ Email: _____

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