

## Lewisham Swimming: Free Top-Up School Swimming Lessons

In partnership with Saxon Crown and Fusion Lifestyle, funded by Lewisham Council, free school top-up swimming sessions are available to students at Lewisham primary schools. The sessions are provided to help swimmers achieve the National Curriculum standard in swimming, which requires children to swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively and perform safe self-rescue in different water-based situations. The sessions are for Lewisham Primary School Pupils in Year 3 and above, and will be running at Glass Mill Leisure Centre during October half term holiday 2019 on the dates below:

**Monday 21<sup>st</sup> – Friday 25<sup>th</sup> October 2019**

To register interest please email: [developmentofficer@saxoncrown.org.uk](mailto:developmentofficer@saxoncrown.org.uk)

**Bookings can only be made via this email address, not through the centre directly. Each top up course runs for one week and participants are expected to attend for the whole of that week.**

When registering your interest, please include the following information in your email:

- Contact name and mobile telephone number
- Your child's name, date of birth, the school they attend and their year group
- Stage level of swimmer: ASA Stages 1 – 7 or equivalent, if known\*
- Any relevant medical information or special requirements

\*If you are unsure of your child's ability, please select from the following:

1. **Confident:** can swim lengths (25m) comfortably on their front and back and in deep water, and all four strokes.
2. **Improver:** can swim comfortably on their front and back for 10m + unaided.
3. **Beginner:** comfortable in water but cannot swim on both front and back unaided.
4. **Non-Swimmer:** no or limited previous swimming experience.

**NB:** Please select carefully. If the wrong session is chosen, your child may not be able to swim in that session and we may not have a place available for them in the correct session.

There will be four sessions per day:

9.00-9.45 am. 9.45-10.30 am. 10.30-11.15 am. 11.15-12.00 am.

After you apply, you will be assigned a time slot. Session times are based on swimming ability, therefore, you must attend the session you are allocated. This will be the same time slot daily for the week. Places are limited and will be allocated via email on a first come, first served basis.

Helena

[developmentofficer@saxoncrown.org.uk](mailto:developmentofficer@saxoncrown.org.uk)

