

Education Swimming Pupil Preparation

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School Swimming

School Swimming will begin on **Friday 12th September 2025**

It will take place once a week on Friday and will continue swimming until Christmas half term.



Starting School Swimming Lessons



Welcome to Active Tameside School Swimming

You may be feeling anxious – that's totally understandable

For some of you it will be the first time you have been to swimming lessons.

For others you will have had swimming lessons already.

Don't Worry

When you arrive at the pool our swimming teachers will go through all the safety procedures and then do an assessment of your swimming.

The Swimming teachers may put a swimming aid on you initially, even though you may be able to swim. This is to make sure you are safe. Once the teachers have done their assessment you will be placed in your ability group and the aid may be removed?





How you can help us?

Your school swimming lessons will be fun but we need you to remember a few things:-

Always remember your swimming kit – you can't swim without it.

Always remember to stay safe – do not leave your group once you come into the centre.

Always use your listening ears – your swimming teacher will give you a lot of information, swimming pools are quite noisy and if you don't listen carefully, you may miss important instructions.

Always walk in the centre – there will be members of the public in the communal areas and poolside will be wet and slippery.

Always act sensibly – we know it is exciting to be in the pool, but it is a lesson just like those in school.

Always let us know if you feel unwell.

Always remember you are representing YOUR school.





How will we help you?

Our swimming teachers' number one priority is to keep you safe

They will show you where to change

They will tell you where the toilets are

They will point out the fire exits

They will go through your pre pool hygiene

They will show you where to leave any medication you might need when at the pool

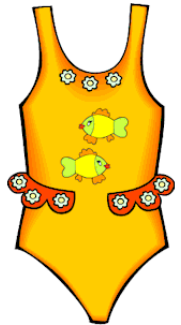
They will show you where to wait for your lesson

Most importantly they will help you feel safe so you can learn to swim.





what I need to bring ?



Girls – swimming costume
1 piece Costume or Burkini (no bikini/tankini)

Optional fitted leggings and rash vest for modesty



Swimming bag



Towel



Swimming cap – this helps to stop your hair falling in your face and mouth, which can Cause choking

Minimum - long hair tied up



what I need to bring ?



Boys – swimming trunks/shorts (must have internal netting)
mid thigh length (no Bermuda/fashion shorts)

Optional fitted leggings and rash vest for modesty



Towel



Swimming cap – this helps to stop your hair
falling in your face and mouth, which can
Cause choking

Minimum - long hair
tied up



Swimming bag

Getting to the pool



How will we get there ?

If your school is very close to our pool, you may walk



Other schools may need to come on a bus/coach



Arriving at the pool



Arriving at Active Medlock

Please be considerate and remember members of the public also use our centers.





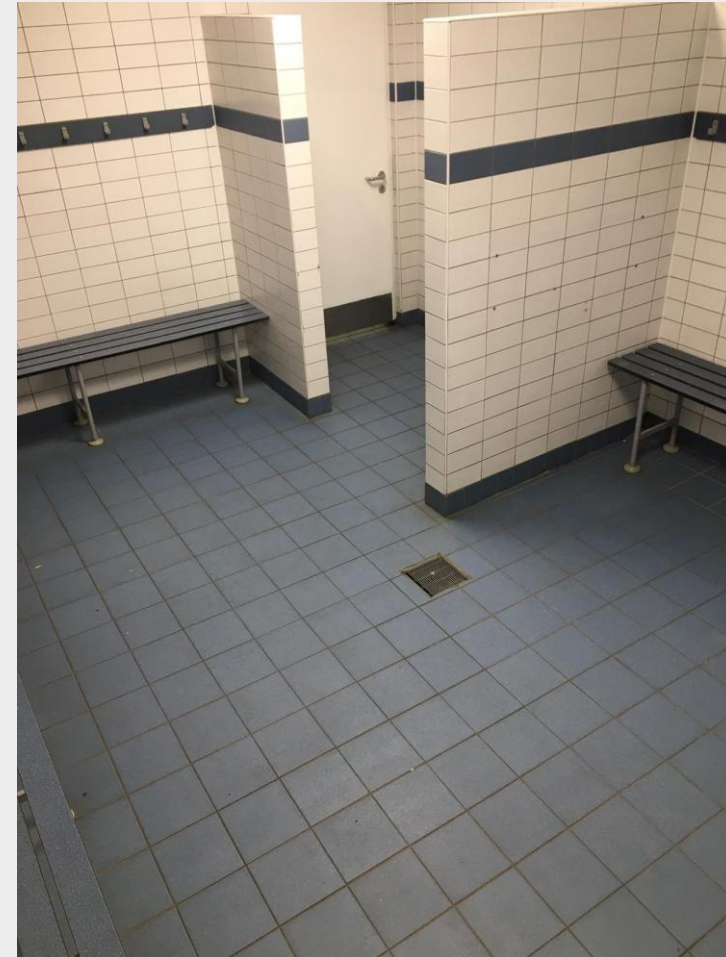
Group Change

For school swimming we use group changing rooms. There is one for boys and one for girls.

Find a changing space and place your bag on the hooks. Get changed as quickly as possible and line up outside your changing room with your teacher.

Once everyone is ready to go into the pool hall your teacher will lead you through the shower area.

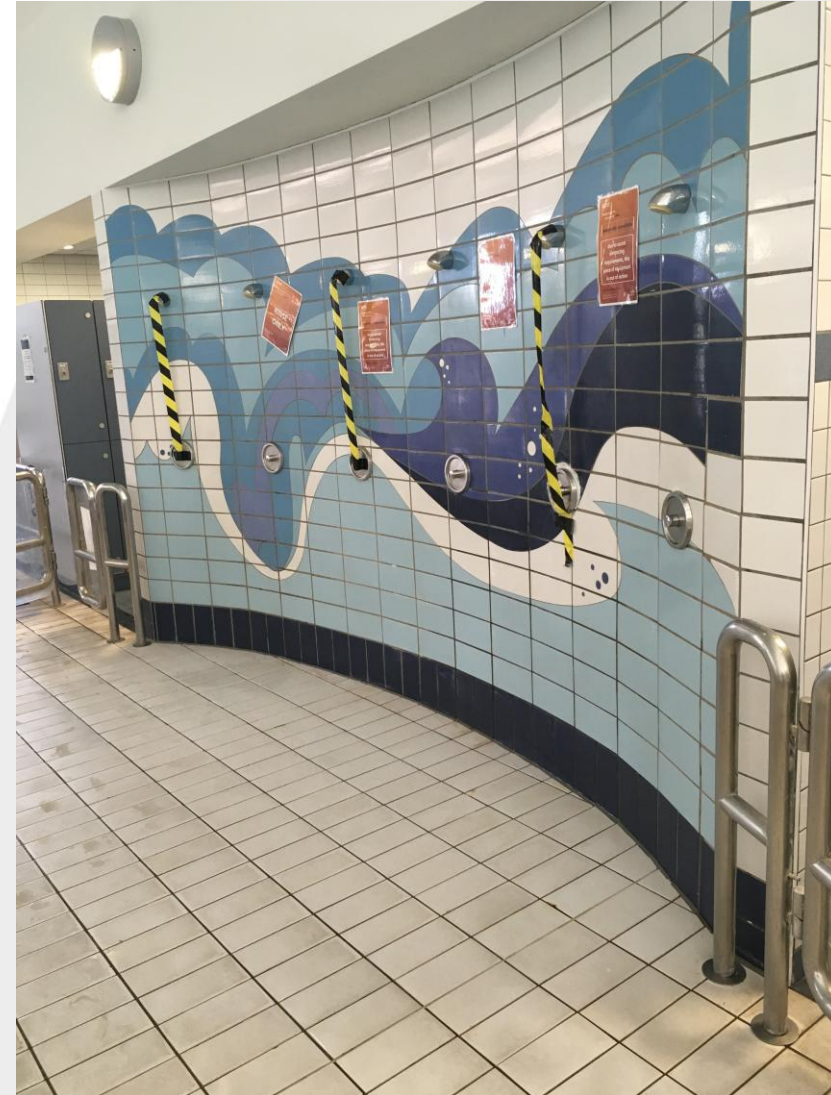
Please visit the toilet before attending your swimming lesson





Pre Cleanse

Before getting in the pool you must shower, this helps keep the pool clean.





Pool Hall

We have one pool at Active Medlock



Pool hall behaviour



Protect yourself and respect others

We ask you to protect yourself by;

- Acting sensible
- Following instructions
- Walking around poolside
- Listening to the teachers, not talking when they are talking
- Wearing the swimming aids your teacher selects

We ask you to respect others by;

- Remembering it is a lesson
- Respecting everyone has different abilities
- Show kindness and patience to your classmates





Welcome

We can't wait to see you

Lindsey



Sophie



Claire



Amy

