



Growing Together For Success

ASHGROVE SCHOOL

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17 March 2017

RATA SWIMMING LESSONS

Kia Ora Rata Whanau,

Starting on Tuesday 2 May (week 1, term 2), Rata students will be taking part in swimming lessons at Dudley Pool. They will receive lessons on a Tuesday of each week (ten in total) until the end of the term, Tuesday 4 July.

On these days the children will need to bring a healthy snack, a drink, togs, towel, goggles (if required) and any medication the children may need while participating. Please ensure all gear is clearly named in a suitable swimming bag.

Swimming Schedule

12:20	Rata 1 (Mrs Heeman) leaves on bus for lesson at Dudley Pool (12:45 - 1:15)
12:50	Rata 2 (Miss Bourke) leaves on bus for lesson at Dudley Pool (1:15: - 1:45)
1:20	Rata 3 (Mrs Keane) leaves on bus for lesson at Dudley Pool (1:45: - 2:15)
1:30	Rata 1 (Mrs Heeman) returns to school on bus
1:50	Rata 4 (Mrs Bester) leaves on bus for lesson at Dudley Pool (2:15: - 2:45)
2:00	Rata 2 (Miss Bourke) returns to school on bus
2:30	Rata 3 (Mrs Keane) returns to school on bus
3:00	Rata 4 (Mrs Bester) returns to school on bus (arriving at approximately 3:10)

As noted above, Rata 4 will not be arriving back to school until approximately 3.10pm. If your child has extra-curricular commitments after school which this may interfere with, **we may be able to** arrange for them to go to lessons with another Rata ngāhere. Please discuss this with your child's ngāhere kaiako.

Please ask your child to return the swimming levels slip to their ngāhere kaiako drop box in Rata by **Thursday 23 March** as we have to notify the pool of the children's current swimming levels. The swimming fee of \$16 is due on Wrap It Up by **Friday 7 April**. Please ensure this fee is paid **before** swimming starts to ensure your child is able to take part.

Nāku noa

Sharon Heeman, Angelina Bourke, Sharon Heeman and Jo Keane

Rata Team

RATA SWIMMING LESSON LEVELS

Swimming Level

- Can your child put their face in the water and float (front and back) without being held or holding on to anything? *No - Level 1 Yes - Level 2*
- Can your child float on their front and back and do their arm strokes for freestyle and backstroke? *No - Level 2 Yes - Level 3*
- Can your child breathe with their arm strokes? *No - Level 3 Yes - Level 4*
- Can your child swim 1/2 length of the lane pool and breath on both sides with their stroke (bi-lateral breathing)? *No - Level 4 Yes - Level 5*
- Can your child swim a length of the pool freestyle and swim breaststroke? *No - Level 5 Yes - Level 6*
- Does your child have good breaststroke technique with the timing of pull, kick and glide and can swim 2 lengths freestyle? - *No - Level 6 Yes - Level 7*
- Children above Level 6 are mini-squad level and we separate these into 2 levels of those who can swim 4+ lengths in each stroke and swim butterfly and those who cannot.

If your child currently attends, or has attended lesson at Dudley Park Aquatic Centre, Kaiapoi Aquatic Centre or Oxford Community Pool please refer to their most recent progress report/certificate and record the level on the return slip.

RATA SWIMMING LEVEL RETURN SLIP

Please ask your child to return this slip to their ngāhere kaiako drop box in Rata by **Thursday 23 March.**

Child's name: _____ Rata ngāhere: _____

Swimming level: _____

I have made the \$16 payment via Wrap It Up (due by **Friday 7 April**)

Parent/Caregiver signed: _____