



Sacred Heart Catholic Primary School and Nursery
Headteacher Mr C Beazeley
Windermere Road, Southend on Sea, Essex, SS1 2RF
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Dear Parent/Carer

1st September 2025

2025-2026 Curriculum swimming lessons

Swimming is part of the National Curriculum and as such it is an important lesson for your child and must be taught to your child during their time at primary school. Additionally, as we live so close to the coast, I believe it is particularly important to learn and continue to improve this important life-skill.

We arrange for pupils in Year 4 & Year 5 to attend lessons. Swimming lessons take place at Garons leisure centre on a Monday morning. Pupils will leave school by coach at 9:30, they will then swim from 10:00-10:30 under the direction of two swimming teachers and finally come back on the coach at approximately 10:50

St Lucy Swimming dates

17th November, 24th November, 1st December, 8th December, 5th January, 12th January

St Mary swimming dates

19th January, 2nd February, 9th February, 23rd February, 2nd March, 9th March

St Paul swimming dates

16th March, 23rd March, 13th April, 20th April, 27th April, 11th May

St Peter swimming dates

18th May, 8th June, 15th June, 22nd June, 29th June, 6th July

We kindly ask for a £28.28 contribution to help cover the cost of 6 half-hour lessons and coach transport. Contributions can be spread out to be paid on school money on the below dates.

8th September- £7.07

1st October- £7.07

1st May £7.07

1st June - £7.07

Your child will need their swimming kit each week (**no long baggy shorts / bikini's please**), a towel and a swimming hat (We have swimming hats available in the office for £2.50 each). Reminders will be sent out across the year when your child's lessons are approaching.

Kind regards,
Mr. Jarvis
PE Lead

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Southend-on-Sea