



Goodmayes Lane, Ilford, Essex IG3 9PX Tel: 020 8599 2263

Email: [Office@mayespark.redbridge.sch.uk](mailto:Office@mayespark.redbridge.sch.uk) Web: [www.mayesparkprimaryschool.org.uk](http://www.mayesparkprimaryschool.org.uk)

Head teacher: Ms E Davies

16 April 2026

Dear Parents/Carers,

Year 4,5,6 Swimming Lessons

Year 4, 5 and 6 will begin swimming lessons starting from Monday 20<sup>th</sup> April. These lessons are an essential and compulsory part of the National Curriculum and learning to swim is an important life skill, as well as lots of fun. There will be a series of lessons for the children and this will finish on Friday 22<sup>nd</sup> May.

The swimming pool is on site at Mayespark and therefore the children will be getting changed at school. Boys and girls will change separately. Please ensure children have footwear they can quickly put on and take off before and after lessons – this could be their school shoes. Children should bring a plastic bag to place wet clothes in after the lesson.

Boys swimwear:

Swimming shorts/trunks that are made of light material (not cotton, normally polyester), above the knee. No wetsuits or two-piece costumes are permitted.

Girls swimwear:

One-piece swimsuits for girls. Suits such as “Burkinis” covering arms/legs are permitted providing they are purpose made and of swimsuit material. No leotards, two-piece costumes or wetsuits permitted.

All Pupils:

**A swimming hat must be worn for the duration of the swimming lesson and a towel is required. A dressing gown is recommended to move between the pool and changing room. If children prefer to wear their swimming costume under their uniform coming to school, they can, but please ensure underwear is packed to change into after the lesson.**

Jewellery, accessories and any other embellishments of any type worn on the body are not permitted for the safety of all children. These must be removed prior to the start of the lesson. In the instance of a religious bangle which cannot be removed, it must be either covered with a sweat band or covered over with waterproof surgical tape to ensure that it cannot move up and down the wrist and does not pose a risk to the swimmer or fellow swimmers.



Below are the dates that each class will be having their swimming lesson. **Please ensure your child has their swimwear at school on these days.** Please note that for the weeks commencing 11<sup>th</sup> May and 18<sup>th</sup> May, a new timetable will be shared at a later date.

	20/04/26	21/04/26	22/04/26	23/04/26	24/04/26
Session 1	Sinan	ARCH	Hadid	Gaudi	Singh
Session 2	Goodall	Kalam	Aderin	Goodall	Kalam
Session 3	Singh	Gaudi	Yousafzai	Sinan	Thunberg

	27/04/26	28/04/26	29/04/26	30/04/26	01/05/26
Session 1	Yousafzai	Hadid	Sinan	Singh	Yousafzai
Session 2	Aderin	Kalam	ARCH	Goodall	Aderin
Session 3	Gaudi	Thunberg	Gaudi	Thunberg	Hadid

	04/05/26	05/05/26	06/05/26	07/05/26	08/05/26
Session 1	Bank holiday	Sinan	Gaudi	ARCH	Yousafzai
Session 2	Bank holiday	ARCH	Kalam	Goodall	Aderin
Session 3	Bank holiday	Hadid	Thunberg	Sinan	Singh

Please speak to your child's class teacher if you have any further questions.

Yours sincerely,

Mr Lawless

PE Leader

