

Swimming Lessons

Highvale Primary School

JUNIOR PROGRAM



I am going to Huntingtower School in Mount Waverley for swimming lessons. My class will be going by bus.

I will need to bring a swim bag with a named towel, thongs/sandals, underwear, goggles and plastic bag (for wet bathers) in it.

I will be given a swimming cap to wear at the beginning of each lesson.



These are the dates I will be swimming:

Junior Timetable

Tuesday November 28 th	Thursday November 30 th
Tuesday December 5 th	Thursday December 7 th
Tuesday December 12 th	Thursday December 14 th



Once off the bus, I will need to wait for my teacher's instructions.

I need to show my school values: RESPECT / RESPONSIBILITY / HONESTY & INTEGRITY / COMMITMENT



As I have my bathers under my clothes, when instructed, I can take off my school clothes and put them in my swim bag.

If I need to go to the toilet I should go before my lesson (it would be even better if I went at school before getting on the bus!)



Then it will be time for me to go to the pool area.

It is important to walk in the pool area. Walking will help keep me safe.

I will wait sit patiently for my lesson to start.

My swimming teacher will tell me when it is time to start the lesson.



My teacher will show me how to enter the pool safely. It is also important to follow my teacher's instructions.

My teacher will help me to learn new skills.

It is important to have my ears above the water and listen to the teacher when they are talking.

I will wait my turn during the activities.

I will keep my hands and feet to myself when waiting my turn.



My swimming teacher will tell me when the lesson is finished.

I will get safely out of the pool.

I will walk to the change room.

I will dry myself quickly and quietly and then get dressed.

I will respect others' privacy.

I will put all my wet clothes in my plastic bag.

I will put all my items in my swim bag.

I will go outside and see my teacher.

I will wait with my class and get back on the bus to return to Highvale.

