



North Ridge Community School
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14th November 2018

Dear Parents/carers,

I am delighted to inform you that we have secured swimming sessions for the year ahead. We have also designed the swimming calendar so that your child will receive regular swimming opportunities throughout their time with us.

Typically, we will be taking students from year 5, 7 and 10. This year due to the size of the cohorts, we will be taking Year 5, 8 and 11. Each group will attend the sessions for 1 term. This means your child will have the equivalent of a full year of swimming during their time at Northridge. The sessions will take place at Armthorpe Leisure Centre.

Swimming Groups 2018-19:

Autumn Term (Sept-Jan)	Spring Term (Jan-April)	Summer Term (May-July)
Year 5	Year 8	Year 11

The sessions are beneficial as it gives an opportunity for the students to become water confident and work on personal skills such as dressing, showering etc. We understand that all students are at different levels within the water, so the sessions are designed for all abilities, including those who have never swam before.

The benefits of Swimming:

- To improve students confidence
- Low impact activity
- An inclusive activity
- Can help behaviour in school
- Links to other aquatic activities
- Essential lifesaving skills
- Best overall activity



- Extensive health benefits
- Self-help skills
- Understanding how to keep safe around water

If you have any questions about this please do not hesitate to get in touch.

Yours Faithfully,

James Cuddy

James Cuddy

PE and Health Leader

