



Aylesbury High School | #AHSWalksTall

Developing uniquely talented young adults, who are independent, strong and confident

19 November 2024

Dear Parent/Carer

Aylesbury High School Aquatic Club

We are writing to let you know about our popular AHS Aquatic Club. The club is aimed at Year 7 pupils who wish to improve their swimming and aquatic skills in a fun environment. Each half term there will be a varied programme which will include opportunities to:

- Improve stroke technique and take part in inter club competitions
- Develop water skills
- Improve fitness
- Try new skills such as Mini Polo, Synchronised Swimming, Lifesaving; Rescue Skills
- Have fun and meet new people

Mrs Evans is a qualified swimming teacher and, along with a lifeguard, will be on poolside at all times, with overarching responsibility for the pupils and the sessions. The sessions will be run by Aquatic Leaders who are students at AHS. We are proud to be one of the first School Aquatic Clubs in the Country to have been developed by and with students following training we received from Swim England.

The Spring Term Aquatic Club will run every Thursday from 16 Jan - 3 April 2025 (excluding half term - 20 Feb) from 3.30pm to 4.30pm (pick up at 4.45pm) and will be at Aylesbury Grammar School Pool across the road from AHS. The cost for the 11 weeks will be £62.70 to cover pool, teacher and lifeguard costs and includes a swimming hat. If your daughter would like to take part, please make payment on ParentMail by Friday 13 December. Owing to teacher/pupil ratios, there are limited places available and, if your daughter is unable to take part in a session or withdraws from the sessions, we regret we are unable to refund payment. Payments will go live at 7pm on **Tuesday 26 November**.

Your daughter will need the following equipment:

- A one-piece swimming costume
- Towel
- Goggles (please refer to information below for goggles)
- Swimming hat (which we provide and which your daughter can keep)

Goggles:

Students are responsible for putting on and removing goggles in the correct and safe fashion. Our advice would be to read the manufacturer's instructions for putting them on and taking them off. This is important



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to ensure protection of eyes from impact damage through stretching the eyepieces away from the face with wet fingers. Please ensure that goggles are of a good quality. Goggles should be British Standard Institution (BSI) Goggles which include makes such as Speedo or Zoggs. You should be aware that, on occasions, your child will be asked to remove their goggles in order to safely perform certain aquatic activities such as Water Safety and Mini Polo.

We look forward to helping your daughter make progress and learn new skills in swimming whilst having fun.

Yours faithfully
Mrs Carey
PE Department





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