7th October, 2015

Dear Parents

Re: Junior School Term 4 Swimming Program

This term, every student in the Junior School will undertake a 4 week swim program (weeks 5-8) as part of Thursday Sport. Details are as follows:

<table>
<thead>
<tr>
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<th>YEAR 5</th>
<th>YEAR 6</th>
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<tbody>
<tr>
<td><strong>When</strong></td>
<td>Thursday Nov 5th, 12th, 19th, 26th</td>
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<tr>
<td><strong>Where</strong></td>
<td>Macquarie University Pool (outdoor) – Uni grounds: Gymnasium Rd (off Culloden Rd)</td>
<td>Dee Why Surf Club, Corner of Dee Why Parade &amp; The Strand</td>
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<tr>
<td><strong>Time</strong></td>
<td>11am – 2.15pm</td>
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<td><strong>Focus</strong></td>
<td>Swim technique / fitness</td>
<td>Surf and Water Safety</td>
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Year 5: The program will consist of technique and fitness training in ability groups. St Pius teachers and Macquarie University swim school staff will conduct the sessions (no waiver required).

Year 6: The program will consist of practical and theoretical water safety/survival sessions conducted by Sea Australia. The emphasis will be on coastal and beach safety. Please complete the attached Surf Education Australia Waiver available (also on the school website under Junior Swimming: [http://bit.ly/1uGgCM0](http://bit.ly/1uGgCM0)) and return it to School by Fri 16th Oct (NB. Yr 6 students only).

Uniform and requirements: All boys require their normal sports clothes (including hat), spare underwear, towel, sunscreen, recess and lunch. As with normal sport, boys can purchase from the canteen at recess before departing school but not from the venues. No glass allowed at either venue. In addition to the above:

Yr 5: require speedos and the following as optional: rash shirt, goggles, swim cap

Yr 6: speedos and/or board shorts (rash shirts provided but boys may also bring their own)

Sunscreen is always provided and compulsory at St Pius. We insist and remind the students to apply it but cannot put it on for them. Nevertheless, each year I field complaints regarding sunburnt students. Please ensure your son takes personal responsibility in this regard.

Transport: Boys will be bussed back to school for dismissal at normal time or alternatively, may be collected from the pool/beach by 2.10pm. Boys not collected will return to school on the bus.

Cost: The cost ($35 for Yr 5, $60 for Yr 6) covers instructors, pool entry, lane hire etc and has been placed on Term 4 fees.

Whilst not all boys possess strong water skills, these programs are designed to cater for all and each student is expected to attend for the entire 4 weeks. Programs are graded to cater for all.

Should you have any problems with your son in this regard, please contact me at the school.

Thanks for your support

Mr G Virgona
Junior School Sportsmaster