



September 2020,

Dear Parents,

At Stella Maris we have organised lessons at Northern Arena Swim School.

The programme we have organised provides 10 X 30 min lessons for your child in term four.

We are being charged **\$80** per child but will be subsidising \$10 per child from our school Kiwisport fund. The cost to families will be **\$70** per child.

We will be walking to Northern Arena.

As the weather may be uncertain we ask each child has an appropriate raincoat and brings to school some warm, spare clothes which they will keep at school for the duration of their lessons in case they get wet on the way back to school.

Children will also need a waterproof swim bag, appropriate swimming togs, swim cap and goggles.

Payment options:

Online: ASB Orewa 12 3046 0362238 00 please add your child's name and "SWIM" in the reference box. Date Paid: _____

Cheque/Cash to office:

Please return this slip below with your **\$70** per child in a named envelope or clearly state above the date of payment online.

I give permission for _____

in St _____ to walk to and attend the Swimming lessons at Northern Arena.

One requirement of walking is that we will need a ratio of 1 adult to every 6 children for each time we walk. We will need the commitment of parents to ensure this ratio is maintained. We are allowing 25 mins to walk up and approx 25 mins to walk back. Each session is 30 mins so the total time is approximately 1 hour 30 mins out of school.

Please do consider assisting, even if only available for a few days, as we can not go unless we have the required number of adults. Please identify the days you can assist and put your name and phone number in the appropriate box and **return to the class teacher** if you are able to assist with walking to Northern Arena.

Week 4 and 5 Term 4.

Week 4 starting Mon 2nd November.

Week 5 starting Mon 9th November.

Class Name	Time leaving Stella	Session time	Please identify dates you can assist and put name and phone number in appropriate box.
St Leo + 5 from St Mary	8:55	9:15 to 9:45	
St Nicholas + 5 from St Mary	9:20	9:45 to 10:15	
St Lucy	9:55	10:15 to 10:45	
St Anthony	10:20	10:45 to 11:15	
St Peter	10:50	11:15 to 11:45	
INSTRUCTOR LUNCH BREAK.			
St Joachim	11:50	12:15 to 12:45	
St John	12:20	12:45 to 1:15	

Another requirement is that each parent fills in and returns a pre assessment sheet explaining the skills their child is currently able to perform in the water confidently. This, along with initial assessments from the Swim Coaches, gives a guide to the Co-ordinators at the Northern Arena and will help ensure our children are appropriately grouped.

Please see the attached Swim Assessment form and fill it in. These sheets need to be returned to the class teacher by **Friday 17th October.**

Thankyou for your support with this exciting and highly successful programme at Stella Maris.

All enquiries to Karl Hobman in St Leo. karl@stellamaris.school.nz.



Northern Arena

Swim Gym Physio

School Swimming Program 2020

<p>Current Swimming Level:</p> <p><i>Years 0-3 (approx. 5 to 7 years old)</i></p> <ul style="list-style-type: none"> • Beginner <ul style="list-style-type: none"> ➔ Lacking confidence and independence in the water, with the ability to swim on their front (freestyle) and back (backstroke) between 0M and 5M • Advanced Beginner <ul style="list-style-type: none"> ➔ Has confidence and independence in the water, with the ability to swim on their front (freestyle) and back (backstroke) between 5M and 12.5M. • Breather <ul style="list-style-type: none"> ➔ Has the ability to swim on their front (freestyle) and back (backstroke) confidently between 12.5M and 25M (1 lap). • Advanced Breather <ul style="list-style-type: none"> ➔ Has the ability to swim on their front (freestyle) and back (backstroke) confidently for 25M (1 lap) and over. 	<p><i>Years 4+ (approx. 8 years up)</i></p> <ul style="list-style-type: none"> • Beginner <ul style="list-style-type: none"> ➔ Lacking confidence and independence in the water, with the ability to swim on their front (freestyle) and back (backstroke) between 0M and 25M (1 lap) • Breather <ul style="list-style-type: none"> ➔ Has confidence and independence in the water, with the ability to swim on their front (freestyle) and back (backstroke) between 25M (1 lap) and 50M (2 laps). • Intermediate <ul style="list-style-type: none"> ➔ Has the ability to swim on their front (freestyle) and back (backstroke) confidently between 50M (2 laps) and 100M (4 laps). • Advanced <ul style="list-style-type: none"> ➔ Has the ability to swim on their front (freestyle) and back (backstroke) confidently for 100M (4 laps) and over. Has an understanding of breaststroke for 25M (1 lap) and over.
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Childs Name:..... Class:.....

Swimming Level:.....

Parents Name

Parents Email Address.....

Does your child currently swim at Northern Arena? Y / N

If yes – what level/group are they swimming at (e.g Tarakihi, Eels etc.):.....