



Dear Parent,

This term - Term 4 2020, Skillz4life will be running swimming lessons at Dairy Flat school.

These lessons will be run in the school pool during school hours.

Dates are from the 23rd, 24th, 25th, 26th, 27th and 30th of November and 1st, 2nd & 3rd of December.

Each class will come to the pool during the school day for a 30min lesson.

Children are split into 3 ability groups and then taught skills appropriate to their current skill levels by one of our amazing instructors.

Having lessons in term 4 will help prepare the children for summer - improving swimming technique and fitness and teaching them valuable survival skills.

Children participating will need to wear appropriate swimwear, (rash shirt or wetsuits permitted) and hair tied up if long. Goggles and swimming caps are encouraged but optional.

We teach all four competitive swimming strokes (Free, Back, Breast and Fly) and also 2 survival strokes – Survival back (breaststroke kick on back with sculling arm action) and side stroke. We also teach many personal survival skills during our lessons such as treading water and basic rescue techniques.

Ability groups: We will assess the children on the first day of lessons.

Payment details 2020

The cost of the lessons is \$48 per child for 8 x 30min lessons this needs to be paid before lessons commence.

Payment options:

Option 1: Online.

Pay via online banking into our bank account

Account name Skillz4life. 06 0294 0152826 00

Please use your child's initial and surname as a reference plus DF (for

Dairy Flat as we do take payments from other schools)

The cost will be \$48 per child for 8 x 30mins lessons.

To contact the skillz4life Team

Email Us: skillz4life@gmail.com