

Swimming

Please find below, ways that you can help your child with swimming.

After speaking to the coaches, they suggested that one of the best things to help children progress further in swimming is support from parents out of school. This can include activities in the bath such as encouraging children to duck their head under the water, getting them to blow bubbles in the water, splashing their face with water and other activities that will enable them to get used to having their face and head in the water. Another vital activity you can do with your child is to take them for fun swimming sessions, where they will be more likely to push their boundaries and therefore develop confidence and skills. There are free swimming sessions for adults and children in council run swimming baths around Leeds. Some of these sessions are as follows:

Morley Leisure Centre Mon 2:30 – 3:30pm Wed 2:30-3:30pm Thurs 2:30-3:30pm Sun 4:00- 5:00pm	John Charles Centre for Sport Mon 2:00 – 3:00pm Tue 2:00-3:00pm Wed 2:00- 3:00pm Thurs 2:00-3:00pm Fri 2:00- 3:00pm Sat 2:30 – 3:30pm Sun 3:00 – 4:00pm	Rothwell Leisure Centre Mon 1:00 – 2:00pm Wed 12:00 – 1:00pm Fri 12:00 – 1:00pm Sun 1:15 – 2:15pm
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If you have any questions about swimming, then please let me know.

Kind Regards,

Year 4 Team