



Growing Together For Success

# ASHGROVE SCHOOL

48 Seddon Street  
Rangiora 7400  
Email: [admin@ashgrove.school.nz](mailto:admin@ashgrove.school.nz)  
Website: [www.ashgrove.school.nz](http://www.ashgrove.school.nz)

Phone: 03 313 8552  
Fax: 03 313 4992

4<sup>th</sup> June 2019

Dear Parents / Caregivers

## Pihinga Swimming Lessons

Starting on 25<sup>th</sup> July, Pihinga students will be taking part in swimming lessons at Dudley Pool. They will receive lessons on Thursday each week (ten in total) with the last lesson on the 26<sup>th</sup> September.

On these days the children will need to bring a healthy snack, a drink, togs, towel, goggles (if required). Please ensure all gear is clearly named in a suitable swimming bag.

### Swimming Schedule

- 12:35pm** Pihinga 5 leaves on bus for lesson at Dudley Pool (1:00pm - 1:30pm)
- 1:05pm** Pihinga 4 leaves on bus for lesson at Dudley Pool (1:30pm - 2:00pm)
- 1:35pm** Pihinga 3 leaves on bus for lesson at Dudley Pool (2:00pm - 2:30pm)
- 1:45pm** Pihinga 5 returns to school on bus
- 2:15pm** Pihinga 4 returns to school on bus
- 2:45pm** Pihinga 3 returns to school on bus

Please indicate your child's swimming level via Kindo (using the guide below) no later than **Tuesday 11<sup>th</sup> June** as we have to notify the pool of the children's current levels.

To cover the transport and lesson costs, we are asking for a contribution of \$25.00 per child. This is now live on Kindo. Receipts for your contributions will be given after swimming commences in term 3.

Kind regards

Nic Green, Ashleigh Tibbotts & Kaye Roberts  
PihingaTeam

## PIHINGA SWIMMING LESSONS

### Swimming Level

- Can your child put their face in the water and float (front and back) without being held or holding on to anything? No - Level 1 Yes - Level 2
- Can your child float on their front and back and do their arm strokes for freestyle and backstroke? No - Level 2 Yes - Level 3
- Can your child take a breath with their arm strokes? No - Level 3 Yes - Level 4
- Can your child breathe on both sides with their freestyle stroke (bi-lateral breathing)? No - Level 4 Yes - Level 5
- Can your child swim  $\frac{1}{2}$  a length of the lane pool freestyle and swim breaststroke? No - Level 5 Yes - Level 6
- Does your child have good breaststroke kick technique and can swim 1 length freestyle or the lane pool? No - Level 6 Yes - Level 7
- Can your child swim 2 lengths of the lane pool continuously with good technique of freestyle, backstroke, and breaststroke? No - Level 7 Yes - Level 8
- Children above Level 8 are mini-squad level and we separate these into 2 levels of those who can swim 4+ lengths in each stroke and swim butterfly and those who cannot.

**If your child currently attends, or has attended lessons, at Dudley Park Aquatic Centre, Kaiapoi Aquatic Centre or Oxford Community Pool please refer to their most recent progress report / certificate and record the level on Kindo.**