

24 January 2024

Dear Parents and Parent Liaisons,

RE: Year 7 Secondary School Swimming Program 2024

As part of the Years 7 Physical Education Program students will commence their swimming lessons during Term 1 at Northcote Leisure Centre (180 Victoria Rd, Northcote) and Hawthorn Aquatic & Leisure Centre (1 Grace St, Hawthorn). The lessons have been scheduled during their sport time to ensure class time will not be lost.

This is a compulsory program and therefore all students are expected to attend. In the circumstance where students have a valid reason that prohibits them from participating, they are required to send an email from parents/parent liaisons explaining the reason to or@ags.vic.edu.au

Students who are unable to participate will still travel with the year level and will be expected to complete some health theory work in their workbooks.

The swimming program will allow students to develop their swimming stroke techniques and proficiency in a range of water safety skills. This will could include swimming for a continuous distance, changing between freestyle, backstroke, breaststroke or survival backstroke; and while clothed, performing correct survival techniques, including sculling, treading water, floating and survival strokes for an extended period of time in a pool.

Students will be departing from school by bus at 12.45pm and will return to school by bus by approx. 3.30pm. If students wish to make alternate arrangements for transport home in the afternoon, Ms. Rahme will require an email from parents with full details.

Students are to attend school in their correct AGS sport uniforms on their scheduled "school sport" day and will be required to change into their bathers on arrival at all Leisure Centres. Students are to wear the AGS bathers during this program. Please visit Noone Imagewear in East Ivanhoe for the correct uniform. It is also required that students wear sunscreen and bring their own drink bottle and towels.

Year 7 Swimming Lessons –

Monday 5, 12, 19, 26 February and 4 March

Please contact Ms Olivia Rahme if you have any queries regarding the program.

Yours sincerely,



Olivia Rahme
Head of PE, Sport and Health P-12

YEAR 7 SWIMMING PROGRAM – TERM 1 2024

DATE	YEAR LEVEL	VENUE	TIME	BUSES
Monday 5 February	Year 7 - 112 students	Northcote Leisure Centre	12.45pm Departure 3.00pm Arrival	2 x 57 Seater
Monday 12 February	Year 7 - 112 students	Northcote Leisure Centre	12.45pm Departure 3.00pm Arrival	2 x 57 Seater
Monday 19 February	Year 7 - 112 students	Hawthorn Leisure Centre	12.45pm Departure 3.00pm Arrival	2 x 57 Seater
Monday 26 February	Year 7 - 112 students	Northcote Leisure Centre	12.45pm Departure 3.00pm Arrival	2 x 57 Seater
Monday 4 March	Year 7 - 112 students	Northcote Leisure Centre	12.45pm Departure 3.00pm Arrival	2 x 57 Seater