



Elementary Swimming Lessons

December 1, 2017

Dear Parents,

As part of our physical education program, students will participate in swimming lessons at the Village Square Leisure Centre (2623 56 St NE). There will be 5 lessons lasting 48 minutes each and we expect all students to participate. Prepayment for the lessons was received during registration. The lessons and schedule are as follows:

Grades 1-6 Swimming Lessons - Monday-Friday January 8-13, 2018

Grade 1A and 1B Leave at 8:45, Lessons 9:15-10:03, Return at 10:35 a.m.

Grade 2A and 2B Leave at 9:30, Lessons 10:03-10:51, Return at 11:20 a.m.

Grade 3A and 3B Leave at 10:15, Lessons 10:51-11:39, Return at 12:00 p.m.

Grade 4A and 4B Leave at 11:00, Lessons 11:39-12:27, Return at 12:45 p.m.

Grade 5A and 5B Leave at 12:20, Lessons 12:50-1:38, Return at 2:00 p.m.

Grade 6A and 6B Leave at 1:15, Lessons 1:38-2:26, Return at 2:45

Swimming Information

1. Students need to bring their own *towel*, *swimsuit*, and nose plug (if needed) and will be responsible for their own clothes.

2. Students can rent a locker for \$1.00. The \$1.00 is returned. Students will be permitted to share a locker with other students to save space.



3. Please do not let your child bring any valuables to the pool as we cannot be responsible for lost or stolen items.

4. We appreciate parent volunteers (particularly fathers) to help with changing. There is no cost for parents who want to help their child change. Please ensure you have a current police check on file with the school.

5. Parents are not to drive their children to the pool, except ONLY if arriving later than scheduled bus departure! Attendance will be taken before the ride to the pool and after swimming lessons.

6. The students will NOT be allowed to buy candy at the pool. Please **do not** send spending money with your child.

7. Please label all swim clothes, towels and school clothes with child's name. Items can easily be mixed up.

8. Students will be allowed to wear **free dress** for the week of swimming lessons, to lessen the confusion between school uniform apparel in the changing rooms.

***Please Note – hot lunch will NOT be available for grades 3 and 4 during swimming week as they will be at the pool during our regular lunch times. Please take note of this when submitting your January order.**



Please return these forms by December 15, 2017



Elementary Swimming Lessons

To help place your child in the appropriate class (level), please indicate what level of skills your child has. If your child has participated in either the Red Cross Swim Kids program or the Lifesaving Swim for Life program previously, please indicate the highest level completed. If your child was enrolled in another program, please fill out the OTHER selection under the badges.

Red Cross Swim Kids Program

(Acadia, Bob Bahan, Canyon Meadow, Foothills, Inglewood, Renfrew, Shouldice)

<input type="checkbox"/>	Preschool Swim Kids Salamander (completed)	<input type="checkbox"/>	Swim Kids 4 (completed)
<input type="checkbox"/>	Preschool Swim Kids Sunfish (completed)	<input type="checkbox"/>	Swim Kids 5 (completed)
<input type="checkbox"/>	Preschool Swim Kids Crocodile (completed)	<input type="checkbox"/>	Swim Kids 6 (completed)
<input type="checkbox"/>	Preschool Swim Kids Whale (completed)	<input type="checkbox"/>	Swim Kids 7 (completed)
<input type="checkbox"/>	Swim Kids 1 (completed)	<input type="checkbox"/>	Swim Kids 8 (completed)
<input type="checkbox"/>	Swim Kids 2 (completed)	<input type="checkbox"/>	Swim Kids 9 (completed)
<input type="checkbox"/>	Swim Kids 3 (completed)	<input type="checkbox"/>	Swim Kids 10 (completed)

Lifesaving Swim for Life Program

(Village Square, Beltline, Glenmore, Killarney, Churchill, Thornhill, Southland)

<input type="checkbox"/>	Preschool L'il Swimmer 1 (completed)	<input type="checkbox"/>	Swimmer 3 (completed)
<input type="checkbox"/>	Preschool L'il Swimmer 2 (completed)	<input type="checkbox"/>	Swimmer 4 (completed)
<input type="checkbox"/>	Preschool L'il Swimmer 3 (completed)	<input type="checkbox"/>	Swimmer 5 (completed)
<input type="checkbox"/>	Preschool L'il Swimmer 4 (completed)	<input type="checkbox"/>	Swimmer 6 (completed)
<input type="checkbox"/>	Preschool L'il Swimmer 5 (completed)	<input type="checkbox"/>	Rookie Patrol (completed)
<input type="checkbox"/>	Swimmer 1 (completed)	<input type="checkbox"/>	Ranger Patrol (completed)
<input type="checkbox"/>	Swimmer 2 (completed)	<input type="checkbox"/>	Star Patrol (completed)

Other: [REDACTED]

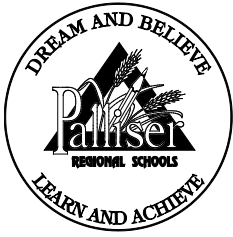
Skills: If your child has not taken lessons or are unsure of their level, please place an 'X' beside those skills that you KNOW they can do comfortably:

<input type="checkbox"/>	Submerge (whole head under water)	<input type="checkbox"/>	Jump into deep water unassisted
<input type="checkbox"/>	Blow bubbles	<input type="checkbox"/>	Support self at surface in deep water
<input type="checkbox"/>	Front float (hold the position for 5 seconds)	<input type="checkbox"/>	Front and/or back swim (using arms and legs)
<input type="checkbox"/>	Back float (hold the position for 5 seconds)		

If you have any questions or concerns about this program, please feel free to contact the Village Square Leisure Centre at 403.366.3900. Please return this entire sheet by Monday December 15, 2018.

Name _____ in class _____ (indicate A or B if applicable i.e. 1B, 3A,) has permission to travel on the bus to take swimming lessons at the Village Square Leisure Centre on Monday January 8 – Friday January 12, 2018.

Parents Signature: _____ Date: _____



PALLISER REGIONAL SCHOOLS
Informed Consent/Permission Form
for Minor Tours

DETAILS OF TOUR

Grades 1-6 Swimming Lessons _____

Date: January 8-12, 2018

Destination: Village Square Leisure Centre

Summary of Activities (Itinerary Attached): swimming lessons at the pool

Supervisor(s): Elementary teachers

Transportation Arrangements: School Bus _____ Car: _____
(Name of volunteer providing vehicle with whom child will be traveling)

Commercial Bus Other: _____

Contact Person: Deanna Liou Phone: 403-219-3201

ELEMENTS OF RISK

Educational activity programs such as swimming lessons involve certain elements of risk. Injuries may occur while participating in these activities. The following list includes, but is not limited to, examples of the types of injuries which may result from participating in swimming.

1. slipping and falling
2. transportation issues
3. drowning

The risk of sustaining these types of injuries result from the nature of the activity and can occur without fault of either the student or the School Board, Heritage Christian Education Society Board, its employees/agents or the facility where the activity is taking place. By choosing to take part in this activity, you are accepting the risk that your/your child may be injured.

The chance of an injury occurring can be reduced by carefully following instructions at all times while engaged in the activity.

If you choose to participate in swimming lessons on January 8-12, 2018, you must understand that you bear the responsibility for any injury that may occur.

The Board of Trustees of Palliser Regional Schools has invested in IAP Student Accident Insurance, with enhanced coverage for the school year. This provides insurance coverage for all students, teachers and non-teachers on Palliser staff from the time they leave their residence to travel to school to the time they arrive at their residence (or their first destination) after school. This coverage also applies during approved and supervised school trips/activities.

ACKNOWLEDGEMENT

We have read the above. We understand that by participating in the activity described above, we are assuming the risks associated with doing so.

Signature of Student

Date

Signature of Parent/Guardian

Date

PERMISSION

I give _____ (name of student) permission to participate in
swimming lessons to be held on or about January 8-12, 2018.

Signature of Parent/Guardian

Date