

Swimming Lessons

(FS2 to Y9 -- AY 2025-26)

Dear Parents,

Greetings from **The Apple International Community School**.

We are delighted to inform you that swimming lessons will commence soon as our students have almost settled down in the new academic year from **Monday, 15th September 2025**. The updated timetable will be shared with you through **Class Dojo** and **MS Teams** by the respective form tutors on **Saturday, 13th September 2025**.

Kindly note down the key stage wise commencement of the classes:

- Year 2 to Year 6 – Monday, 15th September 2025 onwards
- Year 7 to Year 9 (Clubs) – Monday, 15th September 2025 onwards
- Year 1 – Monday, 22nd September 2025 onwards
- FS2 – Monday, 29th September 2025 onwards

Important Notes

- 1) **FS2 to Year 6** swimming lessons are included in the weekly timetable & **Year 7 to Year 9** will have optional swimming only on Club days. FS2 will have swimming and Music/Dance on alternate weeks.
- 2) From **Year 4 onwards**, boys and girls will have **separate swimming lessons on alternate weeks** during their PE sessions.
 - Boys will begin on **15th September**.
 - Girls will begin on **22nd September**.
- 3) Students opting for swimming clubs from **Year 7 to 9** will also follow the same dates.
- 4) To support the students, **separate nannies** will be available for boys and girls.
- 5) In case child is not feeling well, he/she must be encouraged not to go for the swimming cases and parents must inform the Form Tutor regarding the same via email.

Swimming Kit

Kindly ensure your child carries the following items for each swimming lesson, as per the timetable. All items must be clearly labelled with the **student's name, class, and section**. Applicable for both boys and girls:

- Flip-flops
- Full swimming suit
- Swimming goggles
- Swimming cap (silicone or cloth fabric)
- Towel and undergarments





All items should be kept in a **separate swimming bag** that the child can carry independently to the pool area.
(Please see the swimming kit picture for reference.)

If convenient, children may come to school wearing their costumes underneath the school uniform. In that case, please ensure that the remaining items are packed separately and duly labelled.

Consent

We request you to kindly fill in the appended consent form if you wish your child to participate in the swimming lessons.

We look forward to an enjoyable swimming season for our students!

Warm regards,

Pretty Khosla

Pretty Khosla
Principal

Consent form- Swimming Activity

I hereby acknowledge and consent to my child's participation in the swimming activity.

Name of the Student : _____ Year: _____ Section: _____
Name of the Parent : _____
Contact No : _____ Date: _____
Signature : _____