



St Mary's Swimming Program



Dear Parents and Carers,

Each year the students at St Mary's School participate in a whole school intensive swimming program run by accredited swimming instructors from WIRAC. This program is a compulsory part of our school's Health and Physical Education Program. It supports students in broadening the range and complexity of fundamental movement skills that they can perform in water. It also allows students to demonstrate, with guidance, practices and behaviours that keep themselves safe and healthy around water. Therefore, if your child is unable to go swimming on a certain day, a note, signed by a parent/guardian **must** be brought to your child's teacher. Your child will stay with another class back at school if they are not swimming. There is no additional cost to you, as this activity is already covered in your school fees Activity Levy. A bus will transport students to and from school under the supervision of their classroom teacher.

Swimming lessons will be conducted on a weekly basis. The Year 3-6 students will swim on Mondays and the Prep-Year 2 students will swim on Fridays. The exception is the first week where Prep and Year 3 will swap due to the Prep excursion on Friday, 31st October. Please refer to the swimming timetables below for exact times and dates.

Please note the following information to ensure your child has the necessary equipment needed for swimming lessons.

- Swimming caps must be worn by all children. These will be provided at the first lesson. It is strongly recommended that children wear goggles.
- A one-piece swimming tog, rash vest over two-piece togs, trunks/boardshorts with a rash vest are all recommended swimming attire.
- Students are required to wear sports uniform on swimming days.
- **Prep students are to wear their togs under their uniform to school on their swimming days.**
- In their swimming bag please send a towel, undies, spare undies (in a zip lock bag), goggles and either thongs, crocs or sandals. The students will leave their school shoes at school.
- Thongs, crocs or sandals must be worn to the pool.
- Please ensure ALL clothing, towels, footwear and hairbrushes are **clearly named**.

Some classes may need parent helpers to assist with student supervision after lessons, especially the younger students] for getting changed back into uniforms. Parents who wish to help must complete the Student Protection Video and fill in the Student Protection Declaration Form to volunteer. Some people may have already completed these volunteer requirements. If not, this link will take you to the necessary site - [Volunteers and Visiting Service Providers | Work and learn with us | Diocese of Toowoomba Catholic Schools \(twb.catholic.edu.au\)](#) Once complete please return paperwork to the office and contact your child's classroom teacher and offer your much needed assistance.

Kind regards,
Sharon Young
Assistant Principal: Mission & Identity



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Prep – Year 2 Swimming Timetable

Fridays Weeks 4 – 8 Term 4, 2025

Week 4	Friday 31 st Oct *
Week 5	Friday 7 th Nov
Week 6	Friday 14 th Nov
Week 7	Friday 21 st Nov
Week 8	Friday 28 th Nov

* Prep will swim on Monday 27th October due to their excursion on Friday, 31st October

Year Level	Swimming Times	Depart from school	Depart from WIRAC
Prep Walker	9:00 – 9:30	8:45	9:55
Prep Box	9:30 – 10:00	9:15	10:25
Year 1 Doyle	10:00 – 10:30	9:45	10:55
Year 1 Hopkins	10:30 – 11:00	10:15	11:25
Year 2 Stevenson	11:00 – 11:30	10:45	11:55
Year 2 Delisser	11:30 – 12:00	11:15	12:25

Years 3-6 Swimming Timetable

Mondays Weeks 4 – 8 Term 4, 2025

Week 4	Monday 27 th Oct *
Week 5	Monday 3 rd Nov
Week 6	Monday 10 th Nov
Week 7	Monday 17 th Nov
Week 8	Monday 24 th Nov

* Year 3 will swim on Friday 31st October due to the Prep excursion on that day

Year Level	Swimming Times	Depart from school	Depart from WIRAC
Year 3 Lawson	9:00 – 9:30	8:45	9:55
Year 3 Hamlin	9:30 – 10:00	9:15	10:25
Year 4 King	10:00 – 10:30	9:45	10:55
Year 4 Lewis	10:30 – 11:00	10:15	11:25
Year 5 Fox	11:00 – 11:30	10:45	11:55
Year 5 Dearden	11:30 – 12:00	11:15	12:25
Year 6 Harper	12:00 – 12:30	11:45	12:55
Year 6 Grambauer	12:30-1:00	12:15	1:20