

16 October 2023

Dear Parent

## SWIMMING SESSIONS – HALF TERM 2, 2023

We are pleased to offer swim sessions for non-club level swimmers in Years 8, 9 and 10 who aspire to represent the School. For safety reasons these sessions are only for those who are competent in swimming all four strokes (breast stroke, back stroke, front crawl, butterfly) for 25 metres. The sessions will be free of charge and delivered by Wycombe District Swimming Club coaches, as part of our new partnership agreement with the club, accompanied by a member of RGS staff.

**Start Date:** Monday 13 November

**End Date:** Monday 11 December

**Timings:** 07:30-08:15

**Venue:** RGS Swimming Pool

**Capacity:** 24 students

In advance of these sessions, we are offering a taster session on Monday 6 November 07:30-08:15 for any Year 8, 9 or 10 students who are interested in this opportunity. To express interest in your son attending the taster session, please complete the form [HERE](#) by 09:00 on Tuesday 31 October.

If you are successful in securing a place for your son, you will receive an email confirmation by Friday 3 November.

### Required Kit

- RGS PE t-shirt
- Navy blue swim shorts
- Goggles
- Towel
- Swim cap (RGS branded caps available for purchase from [Hawkinsport](#))

### Optional Kit

- Navy blue knee-covering waterproof swim leggings
- Waterproof rash vest
- Sliders or flip flops for poolside

If you have a query about whether these sessions are suitable for your son, please don't hesitate to contact me prior to booking.

Yours sincerely

**Mr Huelin**  
**Head of Physical Education**  
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