

Inveralmond CHS Swimming Class Newsletter – April 2019

August 2019 - Block Start and Finish Dates

8 week block - Cost £22.40

- Starts week beginning Monday 19th August 2019
- **Holiday week – Monday 16th September to Friday 20th September**
- Block ends Friday 11th October 2019

Mondays	Starts 19 th August 2019 with the final class on 7 th October 2019
Tuesdays	Starts 20 th August 2019 with the final class on 8 th October 2019
Wednesdays	Starts 21 st August 2019 with the final class on 9 th October 2019
Thursdays	Starts 22 nd August 2019 with the final class on 10 th October 2019
Fridays	Starts 23 rd August 2019 with the final class on 11 th October 2019

Holiday on 16/09/2019
Holiday on 17/09/2019
Holiday on 18/09/2019
Holiday on 19/09/2019
Holiday on 20/09/2019

Class Timetable (please note minor alterations may be made to timetable)

	4.15pm	4.15pm		4.50pm	4.50pm
MON	Level 6 (L)	Level 7 (L)			Level 8 (L)
TUES	Level 3 (B)	Level 1 (B)		Level 4 (B)	Level 2 (B)
WED	Level 2 (B)	Level 5 (B)		Level 3 (B)	Level 6 (B)
THUR	Level 1 (B)	Level 4 (B)		Level 3 (B)	Level 5 (B)
FRI	Level 2 (B)	Level 4 (B)		Level 3 (B)	Level 6 (B)

Enrolment Procedures

Please re-enrol your child at Inveralmond Reception. Please provide Reception with your contact details when you enrol your child.

Useful Contacts/Information

- Swimming Co-ordinator (on site): Ian Muldoon 01506 438093
- Reception Team (Enrolments, information & bookings) 01506 439631
- Swimming Teachers: Clare McCormack; Fiona McConnell; Mark Campbell; Sam Hutchinson; ; Mhari Fleming

If you wish to discuss your child's progress our Swimming Teachers will be pleased to help.

Eating and Swimming

It is not advisable to eat a meal before swimming. At most children should have a light snack 45 minutes before their lesson. If your child has had sickness/upset stomach please be advised your child should not swim for at least 48 hours.

Note: We ask parents/carers not to wait in or spectate from the changing area. If you need to assist your child to change please take care not to obstruct access to and from the shower areas, please stay behind the blue ribbon barrier. Do not use mobile phones in changing area. Your cooperation is greatly appreciated and contributes to safety and hygiene. Café facilities available upstairs.

operated by west lothian leisure

West Lothian Leisure gratefully acknowledges the support of West Lothian Council