



# BOWERHAM PRIMARY & NURSERY SCHOOL & BABY UNIT

Bowerham Road, Lancaster, LA1 4BS

t: 01524 63999

[www.bowerham.lancs.sch.uk](http://www.bowerham.lancs.sch.uk)



Headteacher: Mrs Jo Banks

Assistant Headteachers: Miss Kathryn Ireland

Miss Laura Denison

Mrs Jennie Gallagher

Office Manager: Mrs Tracey Clark

e: [head@bowerham.lancs.sch.uk](mailto:head@bowerham.lancs.sch.uk)

## Re: 5NH - KS2 swimming lessons, September 2025

Dear Parents / Guardians,

As part of our ongoing commitment to promoting physical fitness and water safety, we are pleased to inform you about our KS2 swimming program this year.

This year, the Year 5 children will have the opportunity to participate in swimming lessons every other week on a Wednesday morning. This will allow every child to benefit from these important life skills, whether they are already confident swimmers or just beginning to learn. As a school we strive to ensure our children meet the end of KS2 expectations of being able to perform safe self-rescue in different water based situations, swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively, for example, front crawl, backstroke, and breaststroke. Therefore, this year we have secured an hour slot each week to be able to support your child in best meeting these swimming goals.

We believe this approach will allow us to ensure that every child has the chance to become a confident swimmer and are able to swim 25m by the end of KS2. If your child is already able to swim, we encourage you to continue supporting their development through extra-curricular or family swimming activities outside of school.

In September, the children will receive a talk from a member of the Lancaster University swimming team to discuss how the swimming lessons will run and answer any questions they may have. They will also receive a goggle permission letter which must be signed before their first lesson if you wish for your child to wear goggles during their lesson.

### **Autumn 1 Swimming dates** – highlighted below are your child's swimming dates

Week	Date
1	10 <sup>th</sup> September
2	17 <sup>th</sup> September
3	24 <sup>th</sup> September
4	1 <sup>st</sup> October
5	8 <sup>th</sup> October
6	15 <sup>th</sup> October
7	22 <sup>nd</sup> October
8	5 <sup>th</sup> November
9	12 <sup>th</sup> November
10	19 <sup>th</sup> November
11	26 <sup>th</sup> November
12	3 <sup>rd</sup> December

---

## Stand tall, reach high, love learning

The Bowerham School community is proud to nurture aspiration,  
inspire love for life-long learning and prepare children for a changing  
Society.

If you have any questions or would like to discuss your child's participation in the swimming lessons, please do not hesitate to contact us.

Thank you for your continued support.

Kind regards

Jo Banks