

Cambridge Public Schools Elementary Swimming

Dear Parent/Guardian;

The Cambridge School Department is making it possible for all 4th grade children to be taught swimming during the school day at the War Memorial Pool. The program will last for eight weeks and the children will be away from their own school for approximately ninety minutes per week. The children will be transported by bus to the indoor swimming pool at the Cambridge Rindge and Latin School under the supervision of the school department personnel.

Students should be reminded that they should come prepared with a:

- 1.) Positive outlook
- 2.) Bathing suit and towel
- 3.) Plastic bag for wet bathing suit
- 4.) Warm hat (during cold weather) for the return trip after swimming.

The Elementary Swimming Program is designed so that every Fourth Grader in the City of Cambridge has the opportunity to become acquainted with instructional swimming and water activities. This program is not a field trip but part of the regular elementary program. The program is designed for all students whether they can or cannot swim, and accommodates various levels of swimming abilities. If your child cannot swim due to a medical problem please include a statement from your physician. Swimming is an important component of your child's Physical Education Curriculum and we appreciate your support.

On the first day, students are tested and placed in an appropriate swimming level with the staff available. The levels of swimming taught are American Red Cross level one through seven, and American Red Cross Basic Rescue course. At level 1 the student is becoming adjusted to the activities in the water; while at levels 2-7 the student builds on this water adjustment to include all major strokes and diving instruction. The American Red Cross Basic Rescue course is also taught where appropriate. This course is the first step toward attaining the certification of lifeguard. The skills in this course include survival floating, spinal injury management, use of life jackets, rescue breathing, and boating safety.

I should also mention that one of the Cambridge Rindge and Latin High School graduation requirements is being able to swim. This program assures students have an opportunity to learn to swim before entering high school. Every year the Physical Education Staff runs classes for over 500 elementary school pupils.

If you need any further information call us at the Physical Education Office at 617-349-6690 or Chris Aufiero at 617-349-6696 or Joel Burke at 617-349-6845.

Swimming Acknowledgement

I have read the information regarding the Elementary Swimming Program and understand that my child will be participating in the Cambridge Public Schools swimming program.

Name of Pupil: _____

Signature of Parent: _____

School: _____

Date: _____

Please write any additional information regarding your child or comments that is relevant to the swimming program. Thank you.