

St. Thomas Aquinas School

P.E. Swimming Unit

Starting Tuesday April 2nd - Tuesday May 7th 2024 for 5 weeks

Dates are: 4/2, 4/4, 4/9, 4/11, 4/16, 4/18, (NO swim on 4/23), 4/25, 4/30, 5/2, 5/7

Tuesdays and Thursdays - Students will need swimsuits, a towel, comb or brush, and jacket to wear when returning from Fuller Hall to school. If wearing a swimsuit underneath clothes to school, students are reminded to bring a complete set of clothes to change into after swimming and a bag to put their wet suit in.

Tuesdays:

9 - 10 am - 2nd Grade

10 - 11am - 5th Grade

1 - 2pm - 4th Grade

2 - 3pm - 1st Grade

Thursdays:

9 - 10 am - Kinder - Group A

10 - 11am - Kinder - Group B

1 - 2pm - 6th Grade

2-3pm - 3rd Grade

Students can choose to bring goggles and diving sticks/rings, please label with their name.

Swimming improves mood and decreases anxiety. Your student will work to develop confidence, coordination, and strength. We are so excited to be able to get back in the pool!

Some of the skills your student can look forward to learning:

- Water safety - how to stay safe and how to safely help others
- Kicks: flutter, dolphin, frog, scissors
- Front and back floats and glides
- Swimming underwater, treading
- Breath control and rotary breathing
- Strokes: front, back, breast, butterfly, sidestroke, elementary backstroke
- Sitting, kneeling, and standing dives