

Swimming on Friday

On Friday afternoons P5 go swimming at Craigavon Leisure Centre.



When I get to the swimming pool I will go into the changing rooms.

I need to take off my:

- Jumper
- T- Shirt
- Shoes
- Trousers
- Socks



I will put all my clothes into my swimming bag.

I can ask Mr Brown if I need help.

A swimming teacher will be teaching us while we are in the swimming pool.

Mr Brown will be around if I need any help or feel scared.

When we finish our time in the pool, we get out and go into the changing rooms.

I will find my swimming bag and take out my towel and dry myself.

I will put on my:

- Pants
- T- Shirt
- Trousers
- Jumper
- Socks
- Shoes

I will put my towel and swimming shorts into my swimming bag.

I can ask Mr Brown if I need help.

When we are all ready, we check we have all of our belongings and then go back to school.