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Cir no: HBT ATH / AC GR/01/24-25 Date: 29.04.2024

## **SWIMMING CLASSES**

## Dear Parent,

Swimming is not just fun, it also provides lots of health benefits which can help to keep your child's heart and lungs healthy, improves strength and flexibility, increases stamina and improves balance and posture and make them healthy and happy at the same time.

We are pleased to announce that we are starting the swimming classes for our students.

For swimming lessons they require swimming costumes, therefore kindly send the swimming costumes for your ward as per the following specifications.

Boys	Girls
Swimming Suit	<ul> <li>Islamic Swimming Suit/Full Suit</li> </ul>
<ul> <li>Swimming Goggles</li> </ul>	<ul> <li>Swimming Goggles</li> </ul>
<ul> <li>Swimming Cap</li> </ul>	Swimming Cap
Big Towel	Big Towel
• Extra inner wears	<ul> <li>Extra inner wears</li> </ul>

Note: 1. The Students are not permitted to enter the pool without proper swimming costume.

2. The Students should follow the rules and regulations of the swimming pool.

Kindly fill the acknowledgment slip and send to class Teachers by 01.05.2024

Regards

Principal/-

Ms. Mariyam Nizar Ahamed

Cir no: HBT ATH / AC GR/01/24-25	Date: 29.04.2024	
Full Name of Student:		
Student Date of Birth:		
Does your child suffer from any medical conditions/allergies that the Schoo	ol Physical Education	
department should be aware of (including any current medication)?		
Emergency contact details:		
Name:	Relationship to	
Student:		
<ul> <li>CONSENT (please read carefully)</li> <li>I agree to my child taking part in the swimming classes.</li> <li>I confirm to the best of my knowledge that my child does not suffer from any medical condition other than those listed above.</li> <li>I confirm to the best of my knowledge that my child is not taking any medications, other than those listed above.</li> </ul>		
In case of any emergency, we allow School Physical Education Department to to my child.      ACKNOWLEDGMENT SLIP	provide first aid care	
I, Parent of	of	
class and division received the circular regarding the Swimming	classes.	
Signature: Mobile no:		