

Dear Parent/Guardians,

On behalf of the Discovery Middle School Physical Education Department, we would like to give you some information regarding our upcoming swimming units. Throughout the course of the school year, each student will spend time in the pool during their Physical Education class. The following grade levels will spend this amount of time in the pool, and rough timeline.

This school year, we are offering students the opportunity to wear their own personal swimsuit as long as it adheres to the following guidelines listed below. If your student wishes to bring their own swimsuit, it is **their responsibility to bring a plastic bag to take home and get it washed.**

Female suit guidelines

-must be a one piece that covers the entire abdominal, chest, and buttocks areas.

Male suit guidelines

-swim trunks that are knee level, has a drawstring of some type, and sits at the waist line.



Pictures are only examples of appropriate swimsuits

Students may wear tighter fitting shirts or shorts over the swimsuit if they so choose.

If the PE staff feels that your students swimsuit does not meet the guidelines, a suit will be provided for them. If your student does not wish to bring their own swimsuit, there will always be one provided for him/her. A towel will also be provided for your student, but he/she is more than welcome to bring their own with the understanding that it is their responsibility to take home and wash. We also supply swim caps for those with long hair, and goggles. Your student may bring their own cap or goggles if they wish.

If you have any questions, please feel free to reach out to your student's PE teacher and/or Matt Aker. We value the fact that our DMS students are given the aquatics experience within their PE time, and want our students to be as comfortable and supported as possible.

Sincerely,

DMS PE Staff and Administration