

Outcomes:

- To take part in swimming activities safely, following pool rules and listening carefully to staff and lifeguards.
- To build confidence and fitness by being active in the water and trying new challenges at their own level.
- To practise positive social skills, including taking turns, supporting others, and behaving responsibly in a public place.



Description of trip: This week our trip was to The Lido. Peterborough Lido, initially known as the Corporation Swimming Pool, opened in 1936 and is a well-preserved Art Deco lido, one of the few remaining in the UK. It was a beautiful summer day, so perfect to enjoy the outdoor pool. We quickly got changed and were eager to get in the pool. It was 26°C, a little cooler than indoor pools, but we soon warmed up. We warmed up by doing some swimming in the Olympic sized pool. It was so long! Then our teacher taught us how to do a tumble turn at the wall. We practised diving and competed to see how far we could get off of our dive. For break we had a treat from the café, a fizzy drink and a chocolate muffin. No time to waste, so we quickly got back in the pool. We practiced doing somersaults and treading water. We enjoyed a nice hot shower afterwards. Thank you Cambian – the trip was 10/10! We can't wait to return.

Quotes:

"Can we come back here again?"

"Wow, your dive is so good!"

"They do a midnight swim"

