



**Bangkok Patana School**  
*The British International School in Thailand*  
*Established 1957*

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12<sup>th</sup> November 2025

Dear Parents/Guardians,

We are excited to let you know that, as part of our swimming programme, all students in Year 4 and Year 5 will take part in an Aquathlon lesson during their regular swimming slot between Monday 17<sup>th</sup> November and Friday 28<sup>th</sup> November (this will be during the week students are not on their residential).

An Aquathlon is a fun and engaging event where students complete a swim followed by a run. They will have the opportunity to participate either individually or as part of a team. Challenges will include exciting categories such as the *Splash and Dash* and the *Ocean Warrior*, each offering different distances for both the swim and the run.

These lessons are designed to be fun, engaging, and cooperative, giving students the chance to try a new aquatic discipline in a supportive environment.

All students will meet at the 25m pool at the start of their swimming lesson (this includes pupils who usually attend the 50m pool for curriculum swimming).

**What Students Need to Bring:**

- Towel
- Swimming hat (if they have long hair)
- Swimming goggles
- Swimming costume
- Running shorts (to wear immediately after swimming)
- PE top (to wear immediately after swimming)
- Running trainers (separate from school shoes, as these will get wet)
- Plastic bag for wet clothes

If you have any questions, please do not hesitate to contact me at [jaju@patana.ac.th](mailto:jaju@patana.ac.th).

Kind regards,

Jayne Jauncey  
Leader of Learning – Primary PE