



Dear Parents,

Alice Tai, Paralympic Champion and World Record holder, visited the pupils of Kings Park Academy last week with her coaches to talk about her journey from starting lessons as a child, to training for the Paralympics and promote safety in water.

Alice is a disabled swimmer who competed in this years Rio Paralympics and won a bronze and gold medal along with a World Record. As Alice's coaches, we try to promote the importance and encourage any child from any background to get involved with swimming lessons and develop their water skills.

The reason we brought Alice along to meet the children of Kings Park was not only to inspire them but to also show that it is possible for any child from any walk of life to achieve their dreams and goals; no matter what obstacles stand in the way.

The co-director of [A-Z Swimming](#), is former World Record holder and Commonwealth Champion Zoe Baker ([www.zoebaker.co.uk](http://www.zoebaker.co.uk)) and has teamed up with myself to talk to pupils in schools about the importance of learning to swim, motivate and encourage swimming and most importantly, water safety as we all know that swimming is one of the most important life skills a child should learn.

Zoe and her team currently run swimming lessons during term time on the following days:

\*Friday's 5:30-6pm, 6-6:30pm and 6:30-7pm (A-Z Swimming)

\*Sundays 4-4:30pm, 4:30-5pm and 5-5:30pm (Leap Frogs Swim school)

(After half term, leap frogs swim school will be introducing Saturday mornings from 11:30-12pm and 12-12:30pm)

All lessons are run locally at Bournemouth Collegiate School, less than a mile away from Kings Park Academy. We are offering a 10% discount to any Kings Park pupil; simply email and quote: KPARIO. All of our details can be found at [A-Z Swimming](#)

Many Thanks,

Adam Parfitt and Zoe Baker