



HARRY WRIGHT INTERNATIONAL
THE PREMIER
SWIMSCHOOL

THE
ABERDEEN MARINA CLUB



ABERDEEN MARINA CLUB
Easter Swim Camp
11 - 14 April 2023



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Easter Swim Camp 2023



Learn to Swim Programme

For Beginner 1 level and above, children are placed depending on their ability rather than their age.

Beginner 1 – Non-swimmers (4.0 years+)

This stage offers an introduction to swimming lessons for the school aged child who cannot swim. The primary aim at this stage is to build self-confidence and introduce the basic skills of floating, gliding and fundamental water skills. The child will then progress to the primary skills needed for freestyle and backstroke including body position, strong kicking action, and arm movements. This level includes basic safety aspects of entry and exit into the pool and aims to produce a relaxed and confident swimmer who can begin to learn the fundamentals of recognized swimming strokes.

Beginner 1

Children should be able to swim at least 10 meters and lift their head to take a breath. The aim at this level is to master the co-ordination of freestyle whilst building on the skills learnt in the previous stage. Children will continue to learn the basics of freestyle and backstroke, such as correct body and head position, as well as being taught water safety skills and build their overall confidence. The aim is for the child to be able to swim 10 metres of freestyle maintaining good technique; strong flutter kick, lifting arms over, exhaling in the water and turning head to the side to breathe and to be able to swim basic backstroke.

Beginner 1 Advanced

Children should be able to swim 10 meters freestyle with correct breathing to the side. The aim at this level is to improve the co-ordination of freestyle and backstroke whilst building on the skills learnt in the previous stage. Children at this stage will continue to learn the basics of freestyle and backstroke, such as correct body and head position, as well as being taught water safety skills and build their overall confidence. The aim is for the child to be able to swim 10 metres of freestyle maintaining good technique; strong flutter kick, lifting arms over, exhaling in the water and turning head to the side to breathe and to be able to swim 10 metres of backstroke with good body position, strong kick, and straight arm movement.

Beginner 2

Children **MUST** be able to swim 10 metres freestyle and backstroke with good technique. The main aim at this stage is to develop the swimmers endurance to 20 metres (2 widths) whilst maintaining the techniques previously learned. Constant vigilance by the coach to each child's technique is of great importance at this stage; and a more advanced understanding of stroke technique will be introduced, such as lifting arm by elbow on freestyle, and the importance of correct hand positions entering the water. Emphasis on a strong kicking movement continues to be a major element at this stage. The fundamentals of diving safely from the kneeling position and maintaining a streamlined position underwater are also introduced at this stage.

Beginner 2 Advanced

Children **MUST** be able to swim freestyle for 20 metres (2 widths) while breathing to the side and 20 metres (2 widths) backstroke to take this course. The aim at this stage continues to be to develop endurance over longer distances 40 metres (4 widths) whilst maintaining good stroke technique and propulsion in freestyle and backstroke. At this stage, the fundamentals of the breaststroke are introduced with particular emphasis on the correct kicking technique. Children are taught how to plantar flex their feet and kick back correctly with a 'whip kick' action. Breaststroke pull is then introduced, until a basic technique can be maintained over 20 metres (2 widths). Diving techniques from the kneel position are further developed and refined.

Beginner 3

Children **MUST** be able to swim freestyle, backstroke and a basic breaststroke for 40 metres (4 widths) to take this course. The skills and stroke techniques learnt in the previous stages are further refined and developed over distance at this stage. Developing the correct techniques of breaststroke i.e. the timing of the stroke are an important element in this stage before children progress to swimming lengths of the pool. The aim is for children to be able to swim 6-8 widths of the pool continuously, while maintaining correct stroke technique in freestyle, backstroke and breaststroke. Children will be introduced to the dolphin or butterfly kick at this stage. Diving techniques are further developed until children can safely dive from the crouch position.

Improver

Children **MUST** be able to swim freestyle backstroke, and breaststroke for a minimum 25 meters continuously to take this course. This class is conducted with the coach on pool deck, over lengths in a lane of the pool. Basic lane swimming discipline is introduced, as well as streamlined starts and correct finish at the wall for each stroke. At this stage the aim is to maintain and build on all the techniques already learned, until children can swim 50 meters of freestyle, backstroke and breaststroke with little or no deterioration of stroke technique. The butterfly kick is developed and the basic butterfly arm movement is introduced. Stroke technique is further refined and more advanced techniques and drills are introduced to develop endurance and faster more efficient propulsion. The standing dive is introduced and developed. Once strokes can be maintained over distances of 50 meters continuously, progression to team can take place.

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Level	Time
Beginner 1	13:30 - 14:30 14:30 - 15:30
Beginner 1 Advanced	14:30 - 15:30
Beginner 2	14:30 - 15:30
Beginner 2 Advanced	13:30 - 14:30
Beginner 3	13:30 - 14:30
Improver	13:30 - 14:30

4-Day Course	Fee	
	Member	Guest
11 - 14 April 2023	\$1,260	\$1,600

Remarks:

- 1) Classes will be cancelled for the following weather conditions and no charge will be applied to all club cancelled classes:
 - Red or black rainstorm warning is hoisted
 - Typhoon signal number 3 or above is hoisted
 - In case of unstable weather, coaches decide on-site whether the class is cancelled or not.
- 2) Lessons will resume 2 hours after the red rainstorm warning or typhoon signal number 3 is lowered.
- 3) Members may use their own discretion to decide whether to attend resumed lessons, however there will be no refund for lesson missed.

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THE
ABERDEEN MARINA CLUB


- To register please complete this form and return to the Central Reservations Centre of the Aberdeen Marina Club via fax (852) 3020 7499 or email reservations@aberdeenmarinaclub.com
- The HWI admin staff will call parents to confirm acceptance
- If you have any questions regarding the schedule please contact the HWI office at (852) 2575 6279 or email jessica.ng@harrywright.com.hk or call the Central Reservations Centre of AMC at (852) 2814 1222
- The fee will be charged to the member's account on confirmation of application

Responsible Parent Information

_____ *Member/Guest*
First Name *Last Name* *Membership Number*

_____ *Home Number* *Mobile Number* *Email*

Participant Information

_____ *Male/Female*
First Name *Last Name* *Date of Birth*

Course Enrollment

Level	Week	Time

Other Information

1. Weather Arrangements : Classes will be cancelled for the following conditions and no charge will be applied to all club cancelled classes :
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 - Typhoon signal number 3 or above is hoisted.
 - In case of unstable weather, coaches will decide on-site whether the class is cancelled or not.
 - Lessons will resume 2 hours after the red rainstorm warning or typhoon signal number 3 is lowered.
 - Members may use their own discretion to decide whether to attend resumed lessons, however there will be no refund for lessons missed.
2. No refund or make up lesson for classes missed.
3. Priority will be given to members.
4. The Club will reserve the right to make alterations to the classes and policies without prior notice. The Club also reserves the right to cancel a class if there is insufficient number of enrollment. Participants are advised to check the update policies with the Central Reservations Centre.
5. Applicants must abide by the Club Rules and Bye-laws. The club cannot be held responsible for any injuries or misadventures during classes.

Consent Details

Submission of this form confirms the acceptance of the above conditions.

_____ *Member's Name*

_____ *Signature*

_____ *Date*



Our Swimmers

Harry Wright International has coached many children from babies through to elite level. Here is a list of our elite athletes.

Olympics

HAUGHEY, Siobhan - 2020, 2016	MOSSE, Anthony - (New Zealand) 1988
CHEAH, Geoffrey - 2016	MUNK, Annemarie - 1988
FARGUS, Joanna - (England) 2000	NG, Fenella - 1984, 1988, (Rowing) 2000
FONG, Alex - 2004	ROBERTSON, Karen - 1976
CROCKER, Mark - 1972, 1976	RUTHERFORD, Andrew - 1992
HUNG, Celeste - 1988	TODD, Duncan 1992
LI, Arthur - 1988, 1992, 1996	WILSON, Hannah - 2004, 2008, 2012
MEICHTRY, Dominik - (Switzerland) 2008	WONG, Kathryn - 1984



Youth Olympics

HAUGHEY, Siobhan - 2014



Commonwealth Games Athletes

CLARK, Jo - 1978	LI, Arthur - 1990, 1994
FARGUS, Andrew - (Scotland, Triathlon) 2002	MOSSE, Anthony - (New Zealand) 1986
FARGUS, Joanna - (England) 1994, 2002, 2006	MUNK, Annemarie - 1990
HUNG, Celeste - 1986	NG, Fenella - 1982, 1986, 1994
LEE, Suzanna - 1986	



Asian Games

CHEAH, Geoffrey - 2006, 2014	TODD, Duncan - 1994
COAK, Perran - 1982, 1986	WILSON, Hannah - 2006, 2009
HUNG, Celeste - 1986, 1990	WONG, Andrew - 1990
LI, Arthur - 1994, 1998	WONG, Howard - (Waterpolo) 1990, 1998, 2006 (Captain)
LO, Jonathon - (Waterpolo), 2006	WONG, Kathryn - 1982
LOMAS, Lucy - 1982	WRIGHT, Andrew - (Triathlon) 2006
MOFFAT, Zac - 1998	WRIGHT, Mark - (Rugby) 2006, 2014
NG, Caroline - 1994	HAUGHEY, Siobhan - 2014
NG, Fenella - 1982, 1986, 1990, 1994, (Rowing) 1998	KWOK, Sabrina - 2014
ROBERTSON, Sara - 1978	



Geoffrey Cheah



Siobhan Haughey



Hannah Wilson