



HARRY  
WRIGHT

club siena  
Discovery Bay



V17.02.2025

# SUMMER TERM 2025

17th March – 28th June



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# SUMMER TERM 2025

17th March – 28th June 2025

Club Siena, Discovery Bay, Lantau Island, Hong Kong

Print Document

Course Name 課程	Monday 17 Mar - 23 Jun (except 7, 14 & 21 Apr & 5 May) 11 sessions  星期一 3月17日-6月23日 (4月7、14、21日及5月5日除外) 11堂	Tuesday 18 Mar - 24 Jun (except 8 & 15 Apr) 13 sessions  星期二 3月18日-6月24日 (4月8、15日除外) 13堂	Wednesday 19 Mar - 25 Jun (except 9 & 16 Apr) 13 sessions  星期三 3月19日-6月25日 (4月9、16日除外) 13堂	Thursday 20 Mar - 26 Jun (except 10, 17 Apr & 1 May) 12 sessions  星期四 3月20日-6月26日 (4月10、17日及5月1日除外) 12堂	Friday 21 Mar - 27 Jun (except 4, 11 & 18 Apr) 12 sessions  星期五 3月21日-6月27日 (4月4、11、18日除外) 12堂	Saturday 22 Mar - 28 Jun (except 12, 19 Apr & 31 May) 12 sessions  星期六 3月22日-6月28日 (4月12、19日及5月31日除外) 12堂
NEW Parent & Infant 親子嬰兒初級班 (4 months+)* (適合4個月或以上)*	<div style="background-color: yellow; padding: 5px;">                     Registration for NEW lessons (highlighted in RED) is open to the general public NOW.                      Priority Registration is given to Spring Term 2025 swimmers until Saturday 22 February.                      Registration for all lessons will be open to the general public on Sunday 23 February.                 </div>					15:00-15:40 (4-23 months月)
Existing Parent & Infant 親子嬰兒中級班 (6 months+)* (適合6個月或以上)*						14:20-15:00 (8-23m月)
Parent & Infant Advanced 親子嬰兒高級班 (6 months+)* (適合6個月或以上)*						9:00-9:40 (18-28m月)
NEW Preschool 幼兒初級班 (2.0-4.11 years)* (適合2.0-4.11歲)*						9:40-10:20 (2.0-3.0 years歲) 11:40-12:20 (3.0-4.11 years歲)
Existing Preschool 幼兒中級班 (2.0-4.11 years)* (適合2.0-4.11歲)*						10:20-11:00 (2.0-3.2y歲) 11:40-12:20 (3.0-4.11y歲)
Preschool Advanced 幼兒高級班 (2.0-4.11 years)* (適合2.0-4.11歲)*						9:00-9:40 (2.0-2.6y歲) 10:20-11:00 (2.0-3.2y歲) 11:00-11:40 (3.0-4.11y歲)
Beginner 1 (non-swimmers) 基礎班(初學者) (4.6 years & above who are non-swimmers or can swim a minimum of 5 meters) (4.6歲或以上從未習泳或能游5米以內)	15:40-16:20		15:40-16:20	17:00-17:40	16:20-17:00 17:00-17:40	9:40-10:20 11:40-12:20
Beginner 1 基礎班(一) (3.0 years & above who can swim between 5-10 meters unaided) (三歲以上及無需輔助能游5-10米)		15:40-16:20	16:20-17:00	15:40-16:20 16:20-17:00	15:40-16:20 17:00-17:40	9:00-9:40 11:00-11:40 11:40-12:20 14:20-15:00
Beginner 1 Advanced 基礎班(一)高班	16:20-17:00	16:20-17:00		15:40-16:20	15:40-16:20	9:00-9:40 10:20-11:00 11:00-11:40
Beginner 2 基礎班(二)	15:40-16:20	16:20-17:00	16:20-17:00	16:20-17:00	16:20-17:00	10:20-11:00
Beginner 2 Advanced 基礎班(二)高班 (40 minutes) (40分鐘)	16:20-17:00	15:40-16:20				15:00-15:40
Beginner 2 Advanced 基礎班(二)高班 (55 minutes) (55分鐘)		17:00-17:55		17:00-17:55	17:00-17:55	
Beginner 3 中級班 (40 minutes) (40分鐘)	16:20-17:00					9:40-10:20
Beginner 3 中級班 (55 minutes) (55分鐘)		17:00-17:55	17:00-17:55	17:00-17:55	17:00-17:55	
Beginner 4 高級班	17:00-18:00	17:00-18:00	17:00-18:00	17:00-18:00		
Improver 泳隊預備班	17:00-18:00	17:00-18:00	17:00-18:00	17:00-18:00		
Bronze Squad 銅組泳隊		18:00-19:15		18:00-19:15		
Silver Squad 銀組泳隊	18:00-19:30		18:00-19:30		18:00-19:30	
Gold Squad 金組泳隊	18:00-20:00		18:00-20:00		18:00-20:00	

Course Name 課程收費	Monday 一	Tuesday 二	Wednesday 三	Thursday 四	Friday 五	Saturday 六
40-minute Lesson 40分鐘泳班	\$3,465	\$4,095	\$4,095	\$3,780	\$3,780	\$3,780
DBRC member's guest surcharge*** 非會員行政費***	\$867	\$1,024	\$1,024	\$945	\$945	\$945
55-minute / 1-hour Lesson 55分鐘 / 1小時泳班	\$3,630	\$4,290	\$4,290	\$3,960	\$3,960	\$3,960
DBRC member's guest surcharge*** 非會員行政費***	\$908	\$1,073	\$1,073	\$990	\$990	\$990
Bronze Squad 銅組泳隊	\$5,250 (2 times per week - 25 sessions - \$210 per session) - DBRC member's guest surcharge \$1,313 \$5,250 (每週兩節訓練 - 共25節 - 每節\$210) - 非會員行政費\$1,313					
Silver / Gold Squad 銀組 / 金組泳隊	\$5,040 (3 times per week - 36 sessions - \$140 per session) - DBRC member's guest surcharge \$1,260 \$5,040 (每週三節訓練 - 共36節 - 每節\$140) - 非會員行政費\$1,260					
Private Lesson(30 minutes)** 私人泳班(30分鐘)**	\$470 per session (minimum 4 sessions) - DBRC member's guest surcharge \$118/session \$470 / 節 (最少4節) - 非會員行政費\$118 / 節					

\* Parental assistance in water is required. 家長需在池中協助。

Last updated 17 February 2025 更新於 2025年2月17日

\*\* Private lesson - to be arranged at a mutually agreeable time between coach and client. 私人泳班上課時間由教練與家長接洽。

\*\*\*DBRC member's guest may apply subject to DBRC member's guest surcharge. 會員貴客報名須另付行政費。

- DBRC members receive priority prior to commencement of the course. 會所會員於課程開始前會收到優先報名資訊。

- FULL payment is required. Upon commencement of the course, the fee will be pro-rated. 須付全費；課程開始後，將按餘下節數收費。

- Late payment (to pay after attending lesson) is subject to a DBRC admin charge - 20% of the whole term course fee.

任何逾期繳交學費(上課後繳費)，須付全學期學費之20%作為會所行政費用。

- 10% discount for two lessons per week providing the enrolment for both lessons are received by Club Siena or DBRC on the same day prior to the commencement of the programme.

(Not applicable to Bronze/Silver/Gold Squad) 凡參加每週兩堂游泳班，可獲9折優惠。(必須在課程開始前、同日內報名兩堂方可享用優惠；此優惠不適用於金/銀/銅組泳隊)

SWIM WITH THE BEST

# SUMMER TERM 2025

17th March – 28th June 2025

Club Siena, Discovery Bay, Lantau Island, Hong Kong

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## Swimming Programme with HWI at Club Siena 海澄湖畔會所 HWI 游泳課程

Summer Term 2025 (17 March – 28 June) 2025 夏季游泳班報名表格 (3月17日至6月28日)

- You will receive confirmation of your child's booking via email only. Please ensure your email address is clearly written
- Please read the days, dates and times for lessons carefully. If you have any questions regarding the schedule please email [swimming@harrywright.com.hk](mailto:swimming@harrywright.com.hk)
- 報名確認信將以電郵發出，請確保您已填上正確的電郵地址；請檢查報名資料全部正確，如對泳班有任何疑問，歡迎電郵至 [swimming@harrywright.com.hk](mailto:swimming@harrywright.com.hk)

### SWIMMER INFORMATION 學生資料

First Name 英文名字	Last Name 英文姓氏	Date of Birth 出生日期 (DD/MM/YYYY) (日/月/年)	Male/Female* Gender 性別
Address 地址			
Home Phone 住宅電話	Mobile 流動電話	Email Address 電郵地址	Membership No. 會員編號
Does your child have any allergies, medical conditions or physical limitations that our teachers should be aware of? If so, please indicate: 請註明病歷狀況 (如有):			

### COURSE ENROLMENT AND PAYMENT METHOD 課程及付款資料

Course Name 課程名稱	Day(s) 逢週	Time 時間	Course Fee 收費

### PAYMENT DETAILS 付款詳情

Payment Method: Cheque, EPS or Cash 付款方式：支票、易辦事或現金

Complete and attach your cheque made payable to 'Discovery Bay Recreation Club Limited' to this application form and hand it to the club reception desk. Please write the student's name on the back of the cheque. 支票抬頭請註明「愉景灣康樂會有限公司」，並在背面寫上學生姓名。

### RULES AND REGULATIONS 條款及細則

- Participants must be Discovery Bay Recreation Club / Club Siena Members at the time of submitting this application and whilst participating in the course. For non-members, please be advised there is an additional surcharge of 25% of the total course fee. 於遞交報名表時及於課堂期間，學員必須是愉景灣康樂會/海澄湖畔住客會所之會員。非會員將額外收取25%行政費。
- Upon commencement of the course, the fee will be pro-rated. Late payment (to pay after attending lesson) is subject to a DBRC admin charge of 20% of the whole term course fee. 開課後，將按餘下節數收費；而任何逾期繳交學費(上課後繳費)，須付全學期學費之20%作為會所行政費用。
- All fees are non-refundable unless your application is not accepted. 除申請不被接納外，所繳費用不設退回。
- No make-up, reschedule class, refund or credit will be given for non-attendance of class for any reason. 不論任何原因或身體不適缺席均不設補課或退款。
- For private lessons, students need to give a minimum of 24 hours' notice DIRECTLY to the Harry Wright coach for cancelling a private lesson. 取消私人泳班須於課堂開始前二十四小時通知私人泳班教練。
- The Club reserves the right to charge Members the outstanding balance due to Harry Wright International Limited. 所有逾期之學費，會所將保留所有追討權利。
- No transferring of fees or refunds will be provided in event of swimming pool closure due to SARS, bird flu or any unforeseen event. Make-up lessons will be provided in all cases where possible. 如泳池任何原因停課或未能預見之閉關不能使用，已繳交款項將不獲退回。如場地及時間許可，將會安排補課。
- Participants who are 6 years or above must bring their valid Recreation Club Membership Card when attending swimming lesson. 六歲或以上之學員須攜帶有效康樂會會員證上課。
- Lessons will be cancelled when closure of swimming pool caused by adverse weather:  
At Club Siena indoor swimming pool: hoisting of Black Rainstorm Warning, or Typhoon Signal Number 8  
At DBRC & Club Siena outdoor swimming pool: hoisting of Red or Black Rainstorm Warning (resume 1 hour after red rainstorm is lowered and 2 hours after black), Typhoon Signal Number 3 or above, or Thunderstorm Warning (the lightening strikes are monitored and the pool is closed when the lightening strikes are within 15 kilometers of the Club).  
No refund, credits or make-up lessons will be provided under these circumstances.  
當天全港掛黑色暴雨警告或八號颱風訊號，海澄湖畔會所室內游泳池將關閉；紅色/黑色暴雨警告、三號或以上颱風訊號、雷暴警告(只適用於當暴風發生在會所15公里範圍內)生效時，愉景灣康樂會及海澄湖畔會所室外游泳池將關閉；有關之課室亦將取消。因惡劣天氣取消之課室，將不獲退款或補課。
- Participants under the age of 12 must be accompanied by a parent or a guardian over the age of 18 with valid DBRC Recreation Club Membership Card or Guardian Pass (with unlimited access) at the poolside. If the parent or guardian has no valid membership card or Guardian Pass, \$70 entrance fee will be charged on every visit. A swimming pool usage fee would be incurred for any Guardian Pass holder or Non-member who stays before or after the lesson, or does not stay at the designated poolside area to look after the participants during the lesson. 十二歲以下之學員必須由十八歲以上持有有效康樂會會員證或監護人證(可無限次使用)之成人(在泳池旁陪同上課。若陪同上課之家長或監護人未能出示有效會員證，每次均須繳付\$70入場費。監護人護持有及非會員如在課已報名之課室以外時段進入或在泳池任何範圍內逗留，或在非指定位置看管同行孩童，須另繳設施收費(即泳池設施設有之即日賓客費用)。
- The service provider of this course is Harry Wright International Limited and Discovery Bay Recreation Club and Club Siena are not a service provider of this course. Discovery Bay Recreation Club and Club Siena are only agent to the service provider for administrative work such as handling application and collecting payment from the participant. 此課程之提供者為Harry Wright International Limited 而非愉景灣康樂會或海澄湖畔會所。愉景灣康樂會及海澄湖畔會所只為提供者之代理人，協助行政上之事務，包括辦理學員申請及收費等。
- Discovery Bay Recreation Club, Club Siena and Harry Wright International Limited reserve the right to change the rules and regulations without prior notice. 愉景灣康樂會、海澄湖畔會所及Harry Wright International Limited有權修改以上條例及規則而不作出任何預先通知。

### DECLARATION 聲明

I/We agree to allow the participant to attend in Harry Wright International Classes and confirm that the information given above is true and correct. If my application is successful, I/we shall be fully responsible for the payment of all the expenses and be bound and abide by the Club Rules and By-Laws of the Discovery Bay Recreation Club and Club Siena. Discovery Bay Recreation Club Ltd., Services Provider – Harry Wright International, its holding companies, their officers, employees, servants, agents or licensees, shall not be liable or responsible for any loss, injury, damages, claims, cost or expenses whatsoever, which may be sustained by the participant and/or any such helpers and/or parents and/or guardians and/or any other lesson companion who has/have been staying at venue, arising out of and/or in connection with the Harry Wright International Classes.

I/We acknowledge that upon success of my application, this Rules & Regulations shall constitute a contract between the Service Provider - Harry Wright International and me/us and acknowledge that there is no contract between Discovery Bay Recreation Club/Club Siena and me/us. Any communication to me/us by Discovery Bay Recreation Club/Club Siena on the Swimming Classes is given by Discovery Bay Recreation Club/Club Siena on the behalf of the service provider and Discovery Bay Recreation Club/Club Siena does not assume any personal responsibility to me/us for that communication. Accordingly, I/We shall not bring any claim against Discovery Bay Recreation Club/Club Siena in respect of any losses which I/we suffer or incur, directly or indirectly, in connection with the services provided by the Swimming Classes.

家長姓名  
Parent's Name: \_\_\_\_\_


簽署  
Signature: \_\_\_\_\_


日期  
Date: \_\_\_\_\_

For DBRC Office use only: Cheque No.: \_\_\_\_\_ Chit No.: \_\_\_\_\_ Amount \$: \_\_\_\_\_ Handled By: \_\_\_\_\_ Date: \_\_\_\_\_



**JAYNE WRIGHT**  
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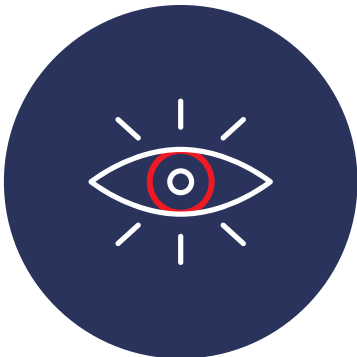
The Harry Wright Swim School programme has a long history of producing top-level athletes, with 17 of our alumni going on to represent their countries at the Olympic Games. We are proud of the role we have played in helping these talented swimmers reach their full potential. At our swim school, we believe in providing the highest quality instruction and support to all of our students, regardless of their goals. Whether you are looking to improve your recreational swimming skills or compete at the highest levels of the sport, we have a programme that can help you reach your full potential.

# Our Mission, Vision & Values



## Mission

- Harry Wright International is the leading provider of swimming instruction for the community.
- This is achieved through:
- Providing modern and progressive curricula in a positive learning environment that ensures progression, talent identification and pathways of excellence for ALL swimmers
- Creating age and ability specific programmes that cater to the needs of ALL age groups
- Employing quality instructors and providing them with ongoing professional development and resources to ensure their instruction is up to date with modern methodology and teaching practices.



## Vision

- To become Asia's leading Infant Aquatic, Learn to Swim and Competitive Swim provider.



## Values

- Harry Wright International instructors and coaches have a passion for the sport of swimming and a desire to pass this passion onto their swimmers and do this by placing the needs of the children and swimmers first. This is achieved through positive reinforcement, encouragement of efforts, celebration of small achievements and recognition of performance. Every activity has a purpose and all lessons create progressive transitions to ensure continuity of instruction throughout the session.



# Infant Aquatic Programme

**Course Name: New Parent and Infant - Adult assistance required**

Age: 4 months - 23 months (structured according to age groups of 4-12 months & 13-23 months)

Length of Session: 40 / 45 minutes

Maximum number of students: 12

Parent and infant lessons can be started once your baby is 4 months old. These are very rewarding lessons for both parent and baby – the coach will teach the parent everything needed to enable the baby to start swimming such as how to submerge the baby in a safe and relaxed way. This is a great introduction to the world of swimming for your child, and will benefit the baby enormously, both physiologically and mentally. Parental assistance is required.

**Course Name: Existing Parent and Infant - Adult assistance required**

Age: 6 months - 23 months (structured according to age groups)

Length of Session: 40 / 45 minutes

Maximum number of students: 12

For babies who have previously attended a new parent and infant course and are able to confidently submerge. Babies are introduced to new exercises, so that they can begin to submerge more consistently, and be released for short distances between parent and teacher. Patient and gentle positive reinforcement ensure babies will progress happily to the parent and infant advanced level.

**Course Name: Parent & Infant Advanced - Adult assistance required**

Age: 6 months - 23 months (structured according to age groups)

Length of Session: 40 / 45 minutes

Maximum number of students: 12

Our advanced parent and baby lessons are designed for babies 6 months-2 years who are happy to submerge and swim a minimum of 1 meter. The coach will introduce new skills to parents to develop the early stages of freestyle pull and kicking movements and introduce baby to the fundamentals of floating on their backs. Many varied activities will keep this class fun for baby and develop all the skills needed as they progress in age and physical capability.

### Course Name: New Preschool - Adult assistance required

Age: 2.0-4.11 years (structured according to age groups of 2.0-2.11 years & 3.0-4.11 years)

Length of Session: 40 / 45 minutes

Maximum number of students: 12

For children between 2-4 years who are unable to swim. Lessons use a varied routine with plenty of fun activities and equipment designed to instil confidence, and introduce the child to all the basic skills needed to 'feel at home' in the aquatic environment. Parents are encouraged to help their child progress gradually, at the child's own pace, and to develop their aquatic skills to become more independent in the water. Positive reinforcement especially in group activities will ensure a love of swimming and a knowledge of basic safety in the pool environment.

### Course Name: Existing Preschool - Adult assistance required

Age: 2.0-4.11 years (structured according to age groups)

Length of Session: 40 / 45 minutes

Maximum number of students: 12

For children who have previously attended a new preschool lesson and who are confident and happy to submerge. Children are progressively taught to be released confidently and swim between parent and teacher, to be able to float on front and back. All activities are designed to enable learning in a fun and relaxed way, giving the children the confidence and skills they need to progress to the preschool

### Course Name: Preschool Advanced - Adult assistance required

Age: 2.0-4.11 years (structured according to age groups)

Length of Session: 40 / 45 minutes

Maximum number of students: 12

At this level, children will already be happy to go under water and be able to swim a minimum of 3 meters unaided. The lessons will increase the child's skill level in all aspects, to prepare them to enter a lesson without the aid of an adult (ie - Beginner 1 level). Parents will be instructed on how to help children to lift their head to breathe, how to enter and exit pool safely, and use of equipment as used in the Beginner Learn to Swim lessons. This instruction is supplemented by various fun and group activities for the enjoyment of both children and adults.





# Learn To Swim Programme

## Course Name: Beginner 1 Non Swimmer

Age: For non-swimmers 5 years +  
Length of Session: 40 / 45 minutes  
Max. student :instructor ratio: 4:1

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 efficient arm movements. This level would also include 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.

## Course Name: Beginner 1 Swimmer

Age: Students are placed depending on their ability  
Length of Session: 40 / 45 minutes  
Max. student :instructor ratio: 4:1

Children should be able to swim at least 5-10 meters and lift their head to take a breath. The aim at this level is to master 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 meters of Freestyle lifting arms over and breathing to the side, and 10 meters of Backstroke, with strong kick and basic arm movement.

## Course Name: Beginner 1 Advanced

Age: Students are placed depending on their ability  
Length of Session: 40 / 45 minutes  
Max. student :instructor ratio: 7:1

Children should be able to swim at least 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.



## Course Name: Beginner 2

Age: Students are placed depending on their ability

Length of Session: 40 / 45 minutes

Max. student :instructor ratio: 8:1

Children MUST be able to swim freestyle for 10 metres while breathing to the side and 10 meters backstroke to take this course. 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 sitting position and maintaining a streamlined position underwater are also introduced at this stage.

## Course Name: Beginner 2 Advanced

Age: Students are placed depending on their ability

Length of Session: 40 / 45 minutes

Max. student :instructor ratio: 9:1

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 crouching position are introduced.

## Course Name: Beginner 3

Age: Students are placed depending on their ability rather than age

Length of Session: 40 / 45 minutes

Max. student :instructor ratio: 10:1

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.

## Course Name: Beginner 4

Age: Students are placed depending on their ability rather than age

Length of Session: 55 / 60 minutes

Max. student :instructor ratio: 16:1

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 the Improver level can take place.

## Course Name: Improver

Age: Students are placed depending on their ability rather than age

Length of Session: 55 / 60 minutes

Max. student :instructor ratio: 16:1

Children MUST be able to swim freestyle, backstroke and breaststroke for 50 metres continuously to take this course. At this stage the aim is to maintain and build on all the techniques already learned, until children can swim 100 metres of freestyle, backstroke and breaststroke with little or no deterioration of stroke technique. Stroke technique is further refined and more advanced techniques and drills are introduced to develop endurance and 'faster' more efficient propulsion Diving is developed into a 'competitive start' with streamlined position in the water. The 'tumble turn' technique is taught for freestyle and backstroke, as well as competitive breaststroke and butterfly starts and turns.

# Competitive Programme

Attendance is through invitation and / or trial only. Children wishing to join this course MUST show an active commitment to swimming and attend multiple sessions each week.



# Adult Programme

\*Adult Programme Offered at Select Venues Only

## Adult Beginner (aged 18 or above)

An introduction to swimming lessons for adults who cannot swim. The lesson will focus on building confidence and introduce basic aquatic skills, according to the needs of the individual. The primary skills needed for basic freestyle, breaststroke and kicking on back, will be taught, with focus on breath control, body position, and correct technique.

## Adult Advanced Beginner

For adults who can swim breaststroke. Freestyle is taught at this level.

## Adult Intermediate

For adults who can already swim basic freestyle and breaststroke. This level focuses on refining basic stroke technique to a more advanced level, with emphasis on swimming with a relaxed and confident style. At this stage adults will be taught further specific aspects of the strokes - correct hand entry and position, strong kicking technique, and breathe control.



# Adult Programme

\*Adult Programme Offered at Select Venues Only

## Adult Pre Competitive (Aged 18 or above)

For adults who have a good swimming ability. Must be able to swim Freestyle, Breaststroke, and Backstroke. During the session swimmers will learn stroke technique, and build on basic aerobic fitness.

This level is for adults who already have a strong basic swimming ability. Participants must be able to swim 100m continuously to join this course and should be able to swim 50 meters freestyle, breaststroke, and backstroke. During these sessions adults will learn more advanced stroke techniques, and build their basic aerobic fitness through the introduction of basic competitive swimming sets. Sessions will be conducted in the 50m pool.

## Adult Competitive (Aged 18 or above)

For adults who have a good swimming ability. Must be able to swim all four strokes. During the session swimmers will learn stroke technique, build aerobic base & fitness, and learn race skills. Appropriate for Masters competition and Open Water Swimmers.

This course is for strong adult swimmers who are able to swim all four strokes - Butterfly can be at a more basic level. During these sessions swimmers will focus on refining stroke technique, build a strong aerobic base, and learn race skills. This level is appropriate for Masters competitors, Open Water Swimmers, and Triathletes. Must be able to swim 200m continuously.

## Adult Fitness, Competitive & Triathlon

This lesson is for adults who are new to competitive swimming, triathlon training or wishing to improve their general fitness.

The main focus will be on freestyle training with the emphasis on improving technique, stamina and speed. This will benefit those adults who are looking to improve their cardiovascular capacity for competitive swimming, increase strength and prepare for competing in Masters or triathlon. To join this course applicants must be able to swim 100 meters of freestyle with good technique.

## Masters Swimming

**Training Outcomes:** Our programme is tailored for adults who wish to take part in the HK Master swimming competition, open water competition, and international Master competition. The aim is to improve technique in all strokes, develop racing strategies for sprints and endurance events, and enhance overall fitness. We offer a personalized and progressive plan for adults to refine their swimming technique.

**Competitive Outcomes:** Participants have the opportunity to compete in the Hong Kong Master Swimming competition and the World Aquatics International competition. You can choose to attend the competition of your preference.

**Eligibility to join:** Must be capable of swimming 100m freestyle continuously and at least 50m of breaststroke and backstroke.

## Aqua Aerobics

Aqua Aerobics has become a popular sport worldwide. Even non-swimmers can enjoy this aquatic exercise. The course is designed to utilize water buoyancy and resistance by doing stretching movement in the water. Aqua Aerobics helps to enhance cardiopulmonary function, joint flexibility, body-limb coordination and muscle performance. The course is suitable for all, but especially helpful for those undertaking rehabilitation. The course is instructed by coaches qualified in Aqua Aerobics teaching. Conducted in warm, shallow pool.

# Harry Wright Elite Swimmers

Below is a list of our elite swimmers who have reached the pinnacle of the sport of swimming since 2010.

<b>Name</b>	<b>Nation</b>	<b>Competition</b>	<b>Year</b>
HAUGHEY, Siobhan	Hong Kong	Olympics	2024
HO, Ian	Hong Kong	Olympics	2024
NEIL, Thomas	Australia	Olympics	2024
SIN, Keith	Hong Kong	World Championships	2024
HAUGHEY, Siobhan	Hong Kong	World Championships	2024
HO, Ian	Hong Kong	World Championships	2024
CHILLINGWORTH, Adam	Hong Kong	World Championships	2024
HAUGHEY, Siobhan	Hong Kong	US Open	2024
LEE, Jody	Hong Kong	Inter-Port (HK - MAC)	2023
WONG, Sean	Hong Kong	Inter-Port (HK - MAC)	2023
LEE, Jody	Hong Kong	Thailand Age Champs	2023
HAUGHEY, Siobhan	Hong Kong	Asian Games	2023
CHILLINGWORTH, Adam	Hong Kong	Asian Games	2023
HO, Ian	Hong Kong	Asian Games	2023
NEILL, Tom	Australia	World Championships	2023
HAUGHEY, Siobhan	Hong Kong	World Championships	2023
CHILLINGWORTH, Adam	Hong Kong	World Championships	2023
HO, Ian	Hong Kong	World Championships	2023
HAUGHEY, Siobhan	Hong Kong	World Championships	2022
HO, Ian	Hong Kong	World Championships	2022
CHILLINGWORTH, Adam	Hong Kong	World Championships	2022
NEILL, Tom	Australia	World Championships	2022
HAUGHEY, Siobhan	Hong Kong	Olympics	2021
HO, Ian	Hong Kong	Olympics	2021
HAUGHEY, Siobhan	Hong Kong	International Swimming League	2020
LEE, Jody	Hong Kong	Queensland Age Champs	2019
LEE, Jody	Hong Kong	Malaysia Age Champs	2019
HAUGHEY, Siobhan	Hong Kong	World Champs	2019
MASON, Gordon	Great Britain	OWS World Champs	2019
WILLIAMS, Miles	Hong Kong	NCAA Champs	2019
HAUGHEY, Siobhan	Hong Kong	NCAA Champs	2018
HAUGHEY, Siobhan	Hong Kong	Olympics	2016
CHEAH, Geoffrey	Hong Kong	Olympics	2016
MASON, Gordon	Great Britain	Junior OWS World Champs	2016
HAUGHEY, Siobhan	Hong Kong	World Cup	2015
CHEAH, Geoffrey	Hong Kong	World Cup	2015
WILLIAMS, Miles	Hong Kong	World Cup	2015
HAUGHEY, Siobhan	Hong Kong	Asian Games	2014
CHEAH, Geoffrey	Hong Kong	Asian Games	2014
WILLIAMS, Miles	Hong Kong	World Cup	2014
HAUGHEY, Siobhan	Hong Kong	Youth Olympics	2014
CHEAH, Geoffrey	Hong Kong	Student World Champs	2013
HAUGHEY, Siobhan	Hong Kong	Junior World Champs	2013
HAUGHEY, Siobhan	Hong Kong	East Asian Champs	2013
WILSON, Hannah	Hong Kong	Olympics	2012
CHEAH, Geoffrey	Hong Kong	Asian Games	2010