

# HARRY WRIGHT INTERNATIONAL THE PREMIER SWIMSCHOOL



From Infants...

## DISCOVERY BAY RECREATION CLUB - CLUB SIENA

愉景灣康樂會 - 海澄湖畔會所

AUTUMN TERM 秋季游泳課程

12 August – 14 December 2024 年 8 月 12 日至 12 月 14 日



To Beginners...



To Champions...

**DBRC**  
Discovery Bay

Discovery Bay Recreation Club  
Tel: 29877381 / 25001831  
[www.dbrc.hk](http://www.dbrc.hk)

# Swimming Programme with HWI at Club Siena

## Autumn Term 12 August – 14 December 2024

### 海澄湖畔會所 HWI 游泳課程

### 2024 秋季游泳班 8 月 12 日至 12 月 14 日

Course Name 課程	Monday 12 Aug - 9 Dec	Tuesday 13 Aug - 10 Dec (except 1 Oct)	Wednesday 14 Aug - 11 Dec (except 18 Sep)	Thursday 15 Aug - 12 Dec	Friday 16 Aug - 13 Dec (except 11 Oct)	Saturday 17 Aug - 14 Dec
	18 sessions	17 sessions	17 sessions	18 sessions	17 sessions	18 sessions
	星期一 8月12日-12月9日	星期二 8月13日-12月10日 (10月1日除外)	星期三 8月14日-12月11日 (9月18日除外)	星期四 8月15日-12月12日	星期五 8月16日-12月13日 (10月11日除外)	星期六 8月17日-12月14日
	18 節	17 節	17 節	18 節	17 節	18 節
NEW Parent & Infant 親子嬰兒初級班 (4 months+)* (適合 4 個月或以上)*		15:00-15:40 (4-23 months月)				15:40-16:20 (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 (6-12m月) 15:00-15:40 (13-24m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 (13-23m月)
NEW Preschool 幼兒初級班 (2.0-4.11 years)* (適合 2.0-4.11 歲)*		16:20-17:00 (2.0-4.6 years歲)		16:20-17:00 (2.0-4.6 years歲)		9:40-10:20 (2.0-2.11 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)*				17:00-17:40 (2.0-4.11 years歲)		9:40-10:20 (2.0-2.11y歲) 10:20-11:00 (2.0-3.0y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)*				17:00-17:40 (2.0-4.11 years歲)		10:20-11:00 (2.0-3.0y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)		15:00-15:40 15:40-16:20			16:20-17:00	9:40-10:20 11:40-12:20 14:20-15:00
Beginner 1 基礎班(一) (3.0 years & above who can swim between 5-10 meters unaided) (三歲及以上及無需輔助能游 5-10 米)	16:20-17:00	15:00-15:40 15:40-16:20 16:20-17:00	16:20-17:00	15:40-16:20 17:00-17:40	15:40-16:20 17:00-17:40	10:20-11:00 11:00-11:40 11:40-12:20 14:20-15:00
Beginner 1 Advanced 基礎班(一)高班	15:40-16:20	16:20-17:00	15:40-16:20	16:20-17:00	15:40-16:20	9:00-9:40 11:00-11:40 15:00-15:40
Beginner 2 基礎班(二)	15:40-16:20	15:40-16:20	16:20-17:00	15:40-16:20 16:20-17:00	16:20-17:00	10:20-11:00 15:00-15:40
Beginner 2 Advanced 基礎班(二)高班 (40 minutes) (40 分鐘)			15:40-16:20	17:00-17:40		9:40-10:20
Beginner 2 Advanced 基礎班(二)高班 (1 hour) (1 小時)		17:00-18:00			17:00-18:00	
Beginner 3 中級班 (40 minutes) (40 分鐘)	16:20-17:00			15:40-16:20		9:00-9:40
Beginner 3 中級班 (1 hour) (1 小時)		17:00-18:00	17:00-18:00		17:00-18:00	
Beginner 4 高級班	17:00-18:00	17:00-18:00	17:00-18:00	17:45-18:45		
Improver 泳隊預備班	17:00-18:00	18:00-19:00	17:00-18:00	17:45-18:45		
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	\$5,400	\$5,100	\$5,100	\$5,400	\$5,100	\$5,400
DBRC member's guest surcharge*** 非會員行政費***	\$1,350	\$1,275	\$1,275	\$1,350	\$1,275	\$1,350
1-hour Lesson 1小時泳班	\$5,580	\$5,270	\$5,270	\$5,580	\$5,270	\$5,580
DBRC member's guest surcharge*** 非會員行政費***	\$1,395	\$1,318	\$1,318	\$1,395	\$1,318	\$1,395
Bronze Squad 銅組泳隊	\$7,000 (2 times per week - 35 sessions - \$200 per session) - DBRC member's guest surcharge \$1,750 \$7,000 (每週兩節訓練 - 共35節 - 每節\$200) - 非會員行政費\$1,750					
Silver / Gold Squad 銀組 / 金組泳隊	\$6,968 (3 times per week - 52 sessions - \$134 per session) - DBRC member's guest surcharge \$1,742 \$6,968 (每週三節訓練 - 共52節 - 每節\$134) - 非會員行政費\$1,742					
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。

\*\* 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. (Not applicable to Bronze/Silver/Gold Squad) 凡報名每週兩節，可獲9折優惠。(不適用於金/銀/銅組泳隊)

Last updated 12 July 2024 更新於 2024 年 7 月 12 日

Club Siena Indoor Pool will be closed for maintenance during 12 - 25 August.  
Lessons will be conducted at Club Siena Outdoor Pool during the maintenance period.



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

## Autumn Term 2024 (12 August – 14 December) 2024 秋季游泳班報名表格 (8月12日至12月14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，所繳費用不退還。
- 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. 如泳池因任何疫情爆發或未能預見之問題不能使用，已繳交款項將不獲退回。如場地及時間許可，或會安排補堂。
- 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 rainstorm is lowered and 2 hours after black), Typhoon Signal Number 3 or above, or Thunderstorm Warning (the lightning strikes are monitored and the pool is closed when the lightning strikes are within 15 kilometers of the Club).  
No refund, credits or make-up lessons will be provided under these circumstances.  
露天台懸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(只適用於雷暴發生在會所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；有關之課堂亦將取消。因恶劣天氣取消之課堂，將不獲退款或補堂。
- Participants under the age of 12 must be accompanied by a parent or a guardian over the age of 18 with valid DB Recreation Club Membership Card or Guardian Pass (with unlimited access) at the poolside for the duration of the lesson; 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)之成人或在泳池旁陪同上課。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。監護人證持有人及非會員如在該已報名之課堂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 \_\_\_\_\_ 簽署 \_\_\_\_\_ 日期 \_\_\_\_\_  
Parent's Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

# About

## *Harry Wright International Limited*



Established in 1975, Harry Wright International is the Premier Swim Club in Hong Kong and has been offering a successful programme of swimming lessons and training for children, from professional swimming instructors and coaches. The company's name is taken from its founder, the late Captain Harry Wright, who wanted to develop the sport of swimming in Hong Kong, after taking up residence here in 1974. The 'Wright' family soon became a well-known name within the world of swimming in Hong Kong. Currently there are over 4,000 active swimmers within the aquatics programme organized by Harry Wright International.

Our programme of lessons is designed to give children all the skills they need to benefit and enjoy the sport of swimming as well as providing pathways of excellence for competitive swimmers. Harry Wright International prides itself on taking care of the individual needs of each child ensuring every swimmer reaches their maximum potential in swimming. To achieve this our instructors and coaches take steps to ensure each child develops at their own pace with constant monitoring of their performance throughout every stage of the programme.

Our organization is global with instructors and coaches from various countries including England, Australia, China, Hong Kong, South Africa and Germany. All lessons are taught in English.

To complement our programme we offer various motivation and reward systems to celebrate small wins and grand achievements throughout the journey of swimming. Further we understand the necessity of social, competitive and external activities to create a team spirit within our swimmers. Our elite group of swimmers regularly competes in local and international events every year.

### **Everyone wins**

A vital element in Harry Wright International holistic swim coaching programmes is the organization and implementation of regular age group competition, both locally and at an Asian level. Harry Wright International staff are fully involved and committed to arranging and supervising competition for all levels of talent, ensuring that everyone wins: Elite swimmers are able to maximize their potential, while those with lesser gifts are challenged to levels of excellence – and confidence - they might never have thought possible.

### **Leaders in swim coaching - based on results**

Harry Wright International performance is based on results. From tiny tots to top international talent, we have trained many top local Asian and International swimmers with a quarter of all national records held by current and past Harry Wright Swimmers.

# 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.

# 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 should create progressive transitions to ensure continuity of instruction throughout the session.

# Staff

At Harry Wright International we believe the RIGHT people are the most important resource for providing quality service to our customers and our staff are committed to teaching excellence within the sport of swimming.





# Infant Aquatic Programme

Parental assistance in the water is required for ALL Infant Aquatic Swimming classes



## **New Parent and Infant – 4 months to 2 years (Structured according to age groups of 4-12 and 13-23 months)**

### **Parental assistance required**

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, both physiologically and mentally. (40 minutes, ratio 1:10)

## **Existing Parent and Infant – 6 months to 2 years (Structured according to age and ability)**

### **Parental assistance required**

For babies who have attended our New Parent and Infant lesson, who are happy to submerge and are gaining confidence to be released by the parent and coach to comfortably propel unaided. This level is a progression from the previous New Parent and Infant Course. Babies will be taught new exercises and learn to propel unaided over longer distances to progress to the Parent & Infant Advanced level. (40 minutes, ratio 1:10)

## **Parent & Infant Advanced – 6 months to 2 years (Structured according to age and ability)**

### **Parental assistance required**

Our advanced parent and baby classes are designed for babies of 6 months to 2 years who are happy to submerge and propel 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 the fundamentals of floating on their backs. Many varied activities keep this class great fun for baby and develop all the skills needed as they progress in age and physical capability. (40 minutes, ratio 1:10)

## **New Preschool – 2.0 to 4.11 years (Structured according to age groups of 2.0-2.11 and 3.0-4.11 years)**

### **Parental assistance required**

For children between 2.0-4.11 years who are unable to swim. Lessons use a varied routine with plenty of fun activities and equipment designed to instill 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 instill a love of swimming and a knowledge of basic safety in the pool environment. (40 minutes, ratio 1:10)

## **Existing Preschool – 2.0 to 4.11 years (Structured according to age)**

### **Parental assistance required**

For children who have attended our New Preschool lessons and are confidently submerging and propelling a short distance unaided. This level is a progression from the previous New Preschool course. Children will be taught new exercises to gradually swim longer distances to progress to the Preschool Advanced level. (40 minutes, ratio 1:10)

## **Preschool Advanced – 2.0 to 4.11 years (Structured according to age and ability)**

### **Parental assistance required**

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 childrens' skill level in all aspects, to prepare them to enter a Learn-to-Swim lesson without the aid of an adult (ie – Beginner 1 swimmer 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. (40 minutes, ratio 1:10)

# Learn to Swim Programme

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

## **Beginner 1 non-swimmer – For non-swimmer 4.6 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. (40 minutes, ratio 1:4)

## **Beginner 1 – Swimmers**

Children should be able to swim at least 5 metres 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. (40 minutes, ratio 1:4)

## **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. (40 minutes, ratio 1:5)

## **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. (40 minutes, ratio 1:6)

## **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. (40 minutes, ratio 1:7)

## **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. (40 minutes, ratio 1:7)

## **Beginner 4**

Children **MUST** be able to swim freestyle backstroke, and breaststroke for a minimum of 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. (60 minutes, ratio 1:12)

## **Improver**

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. (60 minutes, ratio 1:14)

## **Swim Team**

Attendance is through invitation and /or trial only. Children wishing to join **MUST** show an active commitment to swimming and attend a minimum of two sessions per week.



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

## **Olympians**

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

## **Commonwealth Games Athletes**

- CLARK, Jo - 1978
- CROCKER, Mark - 1974, 1978
- FARGUS, Andrew - (Scotland, Triathlon) 2002
- FARGUS, Joanna - (England) 1994, 2002  
(Australia) 2006
- FONG, Alex - 2004
- HUNG, Celeste - 1986
- LEE, Suzanna - 1986
- LI, Arthur - 1990, 1994
- McDONALD, Fiona - 1974
- MOSSE, Anthony - (New Zealand) 1986
- MUNK, Annemarie - 1990
- NG, Fenella - 1982, 1986, 1994
- ROBERTSON, Karen - 1978



*Siobhan Haughey*



*Geoffrey Cheah*

## **Asian Games Athletes**

- CHEAH, Geoffrey – 2006, 2014
- COAK, Perran - 1982, 1986
- HAUGHEY, Siobhan - 2014
- HUNG, Celeste - 1986, 1990
- KWOK, Sabrina - 2014
- LI, Arthur - 1994, 1998
- LO, Jonathon – (Waterpolo) 2006
- LOMAS, Lcy - 1982
- MOFFAT, Zac - 1998
- NG, Caroline - 1994
- NG, Fenella - 1982, 1986, 1990, 1994, (Rowing) 1998
- ROBERTSON, Sara - 1978
- TODD, Duncan - 1994
- WILSON, Hannah - 2006, 2010
- WONG, Andrew - 1990
- WONG, Howard - (Waterpolo) 1990, 1998, (Captain) 2006
- WONG, Kathryn - 1982
- WRIGHT, Andrew - (Triathlon) 2006, 2010
- WRIGHT, Mark - (Rugby) 2006, 2010

## **Junior World Championships**

- HAUGHEY, Siobhan – 2013
- KWOK, Sabrina - 2013