

南華體育會

成人及其他游泳課程

2023年1月3日至2月28日

香港銅鑼灣加路連山道 88 號

		星期二 1月3日 - 2月28日 (1月24、31日除外)		星期四 1月5日 - 2月23日 (1月26日、 2月2、23日除外)	星期五 1月6日 - 2月24日 (1月20、27日除外)
		7堂		5堂	6堂
成人習泳班					
課程費用	每週 1 堂 - 星期二 \$1,645 - 星期四 \$1,175 - 星期五 \$1,410 每週 2 堂 - 星期二 + 四 \$2,520				
成人初級班 (18歲或以上) 每週 1 或 2 堂		20:45-21:45		20:45-21:45	10:30-11:30
	星期一 1月9日 - 2月27日 (1月23、30日除外)	星期二 1月3日 - 2月28日 (1月24、31日除外)	星期三 1月4日 - 2月22日 (1月25日、 2月1日除外)	星期四 1月5日 - 2月23日 (1月26日、 2月2、23日除外)	星期五 1月6日 - 2月24日 (1月27日、 2月3日除外)
	6堂	7堂	6堂	5堂	6堂
課程費用	每週 1 堂 - 星期二 \$1,645				
成人中級班 每週 1 或 2 堂		20:45-21:45			
成人競技游泳					
課程費用	每週 2 堂 - 成人 \$1,920 / 長者 \$1,590 每週 3 堂 - 成人 \$2,400 / 長者 \$2,100				
成人泳隊預備班 長者泳隊預備班(60歲或以上) 每週 2、3 或 5 堂	8:00-9:00		8:00-9:00		8:00-9:00
	每週 5 堂 - 成人 \$2,880 / 長者 \$2,400				
	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00
課程費用	成人 \$2,880 / 長者 \$2,400				
成人泳隊班 長者泳隊班(60歲或以上) 每週 5 堂	7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00
	星期一 1月9、16日及 2月6、13日		星期三 1月4、11、18日及 2月8、15日		星期五 1月6、13、20日及 2月10日
	4堂		5堂		4堂
課程費用	每週 3 堂 - \$1,845				
成人高級班 每週 3 堂	8:00-9:00		8:00-9:00		8:00-9:00
			星期三 1月11日及 2月15、22日		星期五 1月6、13日及 2月17、24日
			3堂		4堂
其他課程					
課程費用	每週 1 堂 - 星期三 \$525 - 星期五 \$700 每週 2 堂 - \$1,155				
水中健體班 每週 1 或 2 堂			12:00-13:00		12:00-13:00

更新於 2023 年 1 月 5 日



成人及其他游泳課程簡介

Adult Swimming & Other Aquatic Programme Course Description

成人習泳班 ADULT LEARN TO SWIM

成人初級班 (18 歲或以上) 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.

成人中級班 Adult Intermediate

For adults who can already swim basic freestyle and breaststroke. This level focuses on refining basic stroke techniques 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. This level is still conducted in the shallow 25m pool.

成人競技游泳 ADULT COMPETITIVE

成人高級班 Adult Advanced

For adults who can already swim basic freestyle, and breaststroke. The techniques of Backstroke are taught at this level. This level focuses on refining the already basic strokes to a more advanced level.. At this stage adults will be taught more specific aspects of the strokes, such as importance of a strong kick, correct hand entry and position, and breathing techniques.

成人泳隊預備班 (18 歲或以上) Adult Pre Competitive (Aged 18 or above)

長者泳隊預備班 (60 歲或以上) Senior Pre Competitive (Aged 60 or above)

This level is for adults who already have a strong basic swimming ability. Participants must be able to swim 100m unaided to join this course and should be able to swim 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.

成人泳隊班 (18 歲或以上) Adult Competitive (Aged 18 or above)

長者泳隊班 (60 歲或以上) Senior Competitive Senior (Aged 60 or above)

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 learn stroke techniques, 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 unaided.

其他課程 Other Aquatic Programmes

水中健體班 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 retired, undertaking rehabilitation, unused to strenuous exercise, or anyone with fear of deep water. The course is instructed by coaches qualified in Aqua Aerobics teaching. Conducted in warm, shallow pool.

先進游泳及三項鐵人訓練班(中英雙語授課) Masters Swimming & Triathlon

For adults who can swim Freestyle, Breaststroke and a basic Backstroke. During these sessions swimmers will learn stroke techniques, build a strong aerobic base, and learn race skills. This level is appropriate for Masters competitors, Open Water Swimmers, and Triathletes. This session is suitable for adults racing open water swimming, aquathon, triathlon of all distances. There is currently a mix of adults who race from Sprint up to 70.3 distances. Must be able to swim 200m unaided to join this course.



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 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 & 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 enormously, both physiologically and mentally. Parental assistance is required. (40 minutes, ratio 1:12)

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 lessons who are happy to submerge and are gaining confidence to be released by the parent and teacher to comfortably propel unaided. This level is a PROGRESSION to 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 and INFANT ADVANCED LEVEL. (40 minutes, ratio 1:12)

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 6 months-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 introduce baby to the fundamentals of floating on back. Many varied activities will keep this class great fun for baby and develop all the skills needed as they progress in age and physical capability. (40 minutes, ratio 1:12)

New Preschool – 2.0 to 4.11 years (Structured according to age groups of 2.0-2.11 & 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 1:12)

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 to the previous NEW PRESCHOOL course. Children will be taught new exercises to gradually swim longer distances to PROGRESS to the PRESCHOOL ADVANCED. (40 minutes, ratio 1:12)

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 1:12)



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

Olympians

- 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



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