

# 南華體育會

## 成人及其他游泳課程

### 2024年9月1日至10月31日

香港銅鑼灣加路連山道 88 號

立即報名

	星期一 9月2日 - 10月28日	星期二 9月3日 - 10月29日 (10月1日除外)	星期三 9月4日 - 10月30日 (9月18日除外)	星期四 9月5日 - 10月31日	星期五 9月6日 - 10月25日 (10月11日除外)	星期六 9月7日 - 10月26日	星期日 9月1日 - 10月27日
	9堂	8堂	8堂	9堂	7堂	8堂	9堂

#### 成人習泳班

課程費用	每週 1 堂 - 星期二 / 三 / 六 \$2,120 - 星期五 \$1,855 - 星期四 / 日 \$2,385						
成人初級班 (18歲或以上) (最少4人開班)	20:30-21:30	20:00-21:00	20:30-21:30	20:00-21:00	08:00-09:00	17:00-18:00	
課程費用	每週 1 堂 - 星期一 - \$2,385 / 星期五 \$1,855 每週 2 堂 - \$4,000						
成人初級進階班 (最少4人開班)	10:30-11:30				10:30-11:30		
課程費用	每週 1 堂 - 星期一 / 四 \$2,385 - 星期二 / 六 \$2,120 - 星期五 \$1,855 每週 2 堂 - 星期一 & 五 \$4,000 - 星期二 & 四 \$4,250						
成人中級班 (最少4人開班)	10:30-11:30	20:30-21:30		20:30-21:30	10:30-11:30	08:00-09:00	

#### 成人競技游泳

課程費用	每週 2 堂 - 成人 \$2,790 / 長者 \$2,300 每週 3 堂 - 成人 \$3,445 / 長者 \$3,035 每週 5 堂 - 成人 \$4,100 / 長者 \$3,445						
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	8:00-9:00	8:00-9:00		
課程費用	成人 \$4,100 / 長者 \$3,445						
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		
課程費用	每週 1 堂 - 成人 星期二 \$1,600 - 星期四 \$1,800 / 長者 星期二 \$1,360 - 星期四 \$1,530 每週 2 堂 - 成人 \$2,975 / 長者 \$2,550						
成人體能、競技游泳及三項鐵人 每週 1 或 2 堂		19:30-20:30		19:30-20:30			
課程費用	每週 3 堂 - \$3,200						
先進游泳 每週 3 堂	13:00-14:00		13:00-14:00		13:00-14:00		

#### 其他課程

課程費用	每週 1 堂 - 星期一 / 四 \$1,800 - 星期三 \$1,600 - 五 \$1,400 每週 2 堂 - 星期一 & 三 \$3,230 - 星期二 & 四 \$3,420 - 星期一 & 五 \$3,040 - 星期三 & 五 \$2,850						
水中健體班 每週 1 或 2 堂	12:00-13:00		12:00-13:00	12:00-13:00	12:00-13:00		18:15-19:15

更新於 2024 年 7 月 30 日

注意事項：

1. 凡報名南華會泳班，學員必須為南華會會員。如您並非會員，請在課程開始前申請南華會會籍。所有學員於第一堂必須出示有效會員證。

# 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.

#### 成人進階初級班 Adult Advanced Beginner

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

#### 成人中級班 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.

### 成人競技游泳 ADULT COMPETITIVE

#### 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 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.

#### 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 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.

#### 成人體能、競技游泳及三項鐵人 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.

### 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 undertaking rehabilitation. The course is instructed by coaches qualified in Aqua Aerobics teaching. Conducted in warm, shallow pool.

# 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.



## Harry Wright International has coached many

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



### 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