

# 南華體育會游泳班 (粵語授課)

## 秋季課程 (2020年9月19日至12月20日)

香港銅鑼灣加路連山道 88 號

	星期一 9月21日-12月14日 (10月26日除外)	星期二 9月22日-12月15日	星期三 9月23日-12月16日	星期四 9月24日-12月17日 (10月1日除外)	星期五 9月25日-12月18日 (10月2日除外)	星期六 9月19日-12月19日	星期日 9月20日-12月20日
	12節 \$2,400	13節 \$2,600	13節 \$2,600	12節 \$2,400	12節 \$2,400	14節 \$2,800	14節 \$2,800
幼兒班(從未習泳) (4歲或以上)	10:00-10:45 15:00-15:45 15:45-16:30 16:30-17:15 17:15-18:00	10:00-10:45 15:00-15:45 15:45-16:30 16:30-17:15 17:15-18:00	15:45-16:30 16:30-17:15 已滿額	9:15-10:00 15:45-16:30	15:00-15:45 15:45-16:30 16:30-17:15 17:15-18:00 已滿額	9:45-10:30 10:30-11:15 11:15-12:00 14:00-14:45 16:15-17:00	9:00-9:45 10:30-11:15 11:15-12:00 14:45-15:30 15:30-16:15 已滿額
幼兒班(初學者) (報名學生須能 游10米)	10:45-11:30 15:00-15:45 15:45-16:30 16:30-17:15	10:45-11:30 15:00-15:45 15:45-16:30 16:30-17:15 17:15-18:00	10:45-11:30 15:00-15:45 15:45-16:30 17:15-18:00	10:45-11:30 15:45-16:30	15:00-15:45 18:00-18:45 已滿額	9:00-9:45 9:45-10:30 11:15-12:00 14:45-15:30 15:30-16:15 16:15-17:00	9:45-10:30 11:15-12:00 14:00-14:45 14:45-15:30 16:15-17:00
幼兒進階班	16:30-17:15 17:15-18:00		16:30-17:15 已滿額	10:00-10:45	16:30-17:15 17:15-18:00 已滿額	10:30-11:15 14:45-15:30	9:00-9:45 15:30-16:15
初級班	16:30-17:15			9:15-10:00	18:00-18:45	10:30-11:15 14:45-15:30	11:15-12:00
初級進階班	17:15-18:00				17:15-18:00	14:45-15:30 16:15-17:00	
中級班						16:15-17:00	
高級班	課程表及報名請查看英語授課游泳班(English Stream)						
泳隊預備班	課程表及報名請查看英語授課游泳班(English Stream)						

更新於 2020 年 10 月 22 日

泳隊	須經教練遴選或試堂 詳情請電郵至 <a href="mailto:bev.wright@harrywright.com.hk">bev.wright@harrywright.com.hk</a>
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私人泳班	費用
45分鐘1:1私人泳班	\$600
60分鐘1:1私人泳班	\$800
45分鐘1:2私人泳班	\$900
60分鐘1:2私人泳班	\$1,200

### 注意事項：

- 凡報名南華會泳班，學員必須為南華會會員。如貴子弟並非會員，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。
- 學員請在課堂開始前5分鐘在觀眾席等候進池，並準備您的南華會會員卡。教練會在閘門點名並帶學員進池。敬請準時。
- 課堂期間，家長或監護人須留在泳池場館等候。
- 南華會現時採取之特別衛生措施(直至另行通知)，敬請注意及遵守館內規則：
  - 限制更衣室淋浴間使用人數，人多時需要輪流使用。
  - 看台暫時關閉，不設等候，家長只可逗留10分鐘接送學生。
  - 所有學生經看台1號閘口進出泳池，HWI職員會在閘口處協助學生及家長。
  - 課堂期間家長不可在看台等候，請到南華會附近地方等候，並確保學生在上課前已如廁。HWI職員會向接送家長索取聯絡電話。
  - 必要時教練有可能要帶學生上廁所，如你不同意此安排，必須提前通知我們，我們會通知你前來帶學生上廁所。
  - 進出南華會範圍，必須戴上口罩，直至進池前方可摘下。
  - 南華會入口設體溫檢查、健康申報及雙手消毒程序。
  - 更衣室有清潔工人在場維持人數，並定時清潔。
  - 池邊去水位每小時進行消毒。
  - 池邊不准穿鞋，包括拖鞋。



# 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.

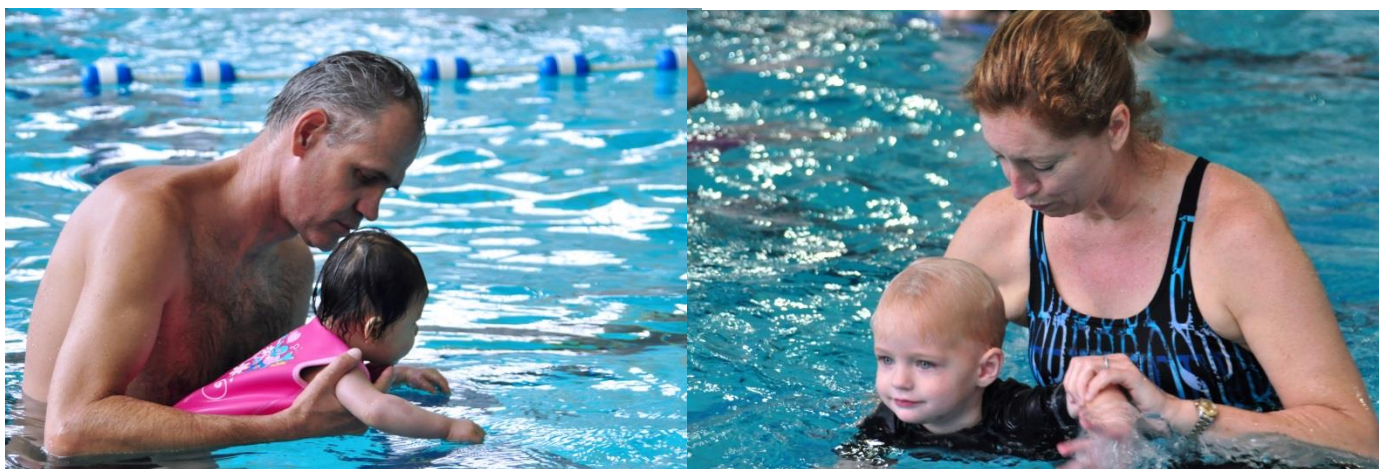
# Staff

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)



# 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. (45 minutes, ratio 1:4)

## Beginner 1 – Swimmers

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. (45 minutes, ratio 1:5)

## 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. (45 minutes, ratio 1:6)

## 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. (45 minutes, ratio 1:8)

## 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. (45 minutes, ratio 1:8)

## 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. (45 minutes, ratio 1:10)

## Beginner 4

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. (60 minutes, ratio 1:16)

## 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 1:20)

## 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**

- 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