

南華體育會

冬季集訓班2018/2019

(粵語授課)

第一週：12月24, 27, 28, 29日 (4天)

第二週：12月31日、1月2, 3, 4日 (4天)



香港銅鑼灣加路連山道 88 號

泳班課程	第一週	第二週
	12月24,27,28,29日	12月31日、1月2,3,4日
	4天	4天
	\$740	\$740
幼兒班 (從未習泳)	9:30-10:30	9:30-10:30
(4歲或以上)	10:30-11:30	10:30-11:30
幼兒班 (初學者)	9:30-10:30	9:30-10:30
(報名學生須能游10米)	10:30-11:30	10:30-11:30
幼兒進階班	9:30-10:30	9:30-10:30
	10:30-11:30	
初級班	9:30-10:30	9:30-10:30
	10:30-11:30	
初級進階班	10:30-11:30	10:30-11:30
中級班	10:30-11:30	10:30-11:30
高級班	9:30-10:30	9:30-10:30
泳隊預備班	9:30-10:30	9:30-10:30

更新於 2018 年 12 月 31 日



兒童習泳班

幼兒班及以上級別，分班按學生程度(非歲數)而定

幼兒班(從未習泳) – 適合不懂游泳人士(4歲或以上)

此階段讓不懂游泳的兒童學習游泳基礎。課程主要目的是幫助學生建立自信，教導基本技能，包括在水中浮起、向前滑動及其他基本游泳技巧。學生會學習自由式及背泳的基本技巧，包括姿勢、踢腳及划手動作。課程亦教導小孩泳池的安全知識，令他們在舒適及自信的環境下學習游泳入門技巧。

(45分鐘 - 師生比例 1:4)

幼兒班(初學者)

學生必須能夠游 5-10 米並抬頭呼吸才能報讀此課程。此課程目的是令學生學會自由式和背泳的身體協調，及改善已學到的游泳技巧，例如正確的姿勢、呼吸等。學生亦會學到游泳安全知識，使他們在水中感到安全及自信。課程目標是讓學生能划手、側身呼吸游自由式 10 米，及划手、踢腳游背泳 10 米。(45分鐘 - 師生比例 1:4)

幼兒進階班

學生必須能夠運用正確技巧側身呼吸游自由式 10 米才能報讀此課程。此課程目標是提升學生游自由式和背泳的身體協調，及改善已學到的游泳技巧，例如正確的姿勢、呼吸等。學生亦會學習游泳安全知識，使他們在水中感到安全及自信。課程目標是讓學生能夠運用正確的技巧游自由式 10 米及背泳 10 米，包括踢腳、划手及側身呼吸。(45分鐘 - 師生比例 1:6)

初級班

學生必須能夠側身呼吸游自由式 10 米及背泳 10 米才能報讀此課程。此階段目標是讓學生加強耐力成功游 20 米，同時維持正確技巧。在此階段，教練會集中糾正學生的技巧，課程亦會介紹更深入的泳式技術，包括自由式的舉肘划手和正確的插水手勢，同時注重繼續訓練學生的踢腳技巧。學生亦會學習坐姿跳水及如何在水中保持流線型。(45分鐘 - 師生比例 1:8)

初級進階班

學生必須能夠側身呼吸游自由式20米，並能游背泳20米才能報讀此課程。此階段目標是讓學生運用正確游泳技巧，改善耐力，游畢40米自由式及背泳。在此階段，學生會學習基本蛙式技術，尤其正確踢腳技巧。學生會學到正確蛙式的踢腳、划水及滑行動作，直至能用基本技巧游20米。課程亦會介紹蹲姿跳水。(45分鐘 - 師生比例 1:8)

中級班

學生必須能夠游自由式、背泳及基本蛙式各 40 米才能報讀此課程。課程會提升學生已學到的技術及鍛鍊耐力，成功游更長的距離。學生會學習正確的蛙式技巧，例如把握蛙式手腳及呼吸配合。課程目標是讓小孩保持正確技術以自由式、背泳和蛙式連續來回游橫池 6-8 次。學生亦會開始學習蝶式踢腳，及繼續學習安全地蹲姿跳水。(60分鐘 - 師生比例 1:10)

高級班

學生必須能夠游自由式、背泳及蛙式各 25 米才能報讀此課程。課程在 25 米長池進行，教練在池邊教導。課程會學習起跳動作及正確四式完成動作。此階段會改善學生的自由式、背泳及蛙式技術。學生會繼續學習蝶式的踢腳和划水技巧。課程也會介紹更深入的技巧讓學生改進耐力及速度，提高游泳效率。課程亦會訓練比賽跳水。當學生能連續以四式完成 50 米，便能晉升到泳隊預備班。(60分鐘 - 師生比例 1:12)

泳隊預備班

學生必須能夠游自由式、背泳及蛙式各 50 米才能報讀此課程。課程目標是進一步改善四式技巧，課程會鍛鍊學生基本耐力及速度，提高游泳效率，直至學生能以自由式、背泳及蛙式各完成 100 米。課程會訓練學生比賽跳水，學習四式轉身及起跳動作。(60分鐘 - 師生比例 1:16)



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 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