

# South China Athletic Association 南華體育會

## Christmas Holiday Swim Camp 2020 聖誕節訓練班

88 Caroline Hill Road, Causeway Bay, Hong Kong

Course	<u>Week 1 第一週</u>	<u>Week 2 第二週</u>	<u>Week 3 第三週</u>
	14 - 18 Dec 5 Days 12月 14-18日 5天 <b>\$1,325</b>	21 - 24 Dec 4 days 12月 21-24日 4天 <b>\$1,060</b>	28 - 31 Dec 4 days 12月 28-31日 4天 <b>\$1,060</b>
<b>New Preschool* (2 years+)</b>	10:00-10:45	10:00-10:45	10:00-10:45
<b>Existing Preschool* (2 years+)</b>	10:45-11:30	10:45-11:30	10:45-11:30
<b>Preschool Advanced* (2 years+)</b>	10:45-11:30	10:45-11:30	10:45-11:30
<b>Beginner 1 (Non-Swimmer) (4 years+)</b> 幼兒班 (從未習泳) (4歲或以上)	9:30-10:30	9:30-10:30	9:30-10:30
	10:30-11:30	10:30-11:30	10:30-11:30
<b>Beginner 1 (can swim a minimum of 5 metres unaided)</b> 幼兒班 (報名學生須能游10米)	14:00-15:00	14:00-15:00	14:00-15:00
	15:00-16:00	15:00-16:00	15:00-16:00
	9:30-10:30	9:30-10:30	9:30-10:30
<b>Beginner 1 Advanced</b> 幼兒進階班	10:30-11:30	10:30-11:30	10:30-11:30
	14:00-15:00	14:00-15:00	14:00-15:00
<b>Beginner 2 初級班</b>	15:00-16:00	15:00-16:00	15:00-16:00
	9:30-10:30	9:30-10:30	9:30-10:30
	10:30-11:30	10:30-11:30	10:30-11:30
<b>Beginner 2 Advanced 初級進階班</b>	14:00-15:00	14:00-15:00	14:00-15:00
	15:00-16:00	15:00-16:00	15:00-16:00
<b>Beginner 3 中級班</b>	9:30-10:30	9:30-10:30	9:30-10:30
	10:30-11:30	10:30-11:30	10:30-11:30
<b>Beginner 4 高級班</b>	14:00-15:00	14:00-15:00	14:00-15:00
	9:30-10:30	9:30-10:30	9:30-10:30
<b>Improver 泳隊預備班</b>	15:00-16:00	15:00-16:00	15:00-16:00
	9:30-10:30	9:30-10:30	9:30-10:30
	15:00-16:00	15:00-16:00	15:00-16:00

\*Parental assistance in water is required 家長須落水輔助

\*Many of our coaches are bilingual. However if your child can only speak Cantonese please let us know.

<b>Private Swimming Tuition</b>	<b>Course Fee Per Session</b>
45 minute sessions for individuals who prefer the 1 - 1 approach	\$600
60 minute sessions for individuals who prefer the 1 - 1 approach	\$800
45 minute sessions for individuals who prefer the 1 - 2 approach	\$900
60 minute sessions for individuals who prefer the 1 - 2 approach	\$1,200

Last updated on 6 November 2020 更新於 2020 年 11 月 6 日



# 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

## New Preschool – from 2 years+ (Structured according to age groups)

### **Parental assistance required**

For children from 2 years+ who are unable to swim. Lessons use a varied routine with plenty of fun activities and equipment designed to instil 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 ensure a love of swimming and a knowledge of basic safety in the pool environment.

### Existing Preschool

### **Parental assistance required**

For children who have previously attended a new preschool lesson and who are confident and happy to submerge and propel up to 1 meter. Children are progressively taught to be released confidently and swim between parent and teacher, to be able to float on front and back. All activities are designed to enable learning in a fun and relaxed way, giving the children the confidence and skills they need to progress to the preschool advanced level.

### Preschool Advanced

### **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 child's skill level in all aspects, to prepare them to enter a lesson without the aid of an adult (ie – Beginner 1 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.

# Learn To Swim Programme

## Beginner 1 non-swimmer – For non-swimmer 4 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 efficient arm movements. This level would also include 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.

### Beginner 1 – Swimmers

Children should be able to swim at least 5-10 meters and lift their head to take a breath. The aim at this level is to master 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 meters of Freestyle lifting arms over and breathing to the side, and 10 meters of Backstroke, with strong kick and basic arm movement.

### Beginner 1 Advanced

Children should be able to swim at least 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.

### Beginner 2

Children MUST be able to swim freestyle for 10 metres while breathing to the side and 10 meters backstroke to take this course. 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 sitting position and maintaining a streamlined position underwater are also introduced at this stage.

### 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 crouching position are introduced.

### 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.

### 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.

### 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.



**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



**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