

# 南華體育會

## 2019復活節訓練班

(粵語授課)

第一週：4月15日至18日 (4天)

第二週：4月23日至26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
	4月15日至18日	4月23日至26日
	4天	4天
	<b>\$740</b>	<b>\$740</b>
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 2019 年 1 月 31 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

**Parent assistance in the water is required for ALL Infant Aquatic Swimming classes**

## Preschool (2-4 years)

*Parent assistance required*

For children between 2-4 years who are unable to swim. This lesson is fun for all and will introduce the toddler to all the basic skills needed to become confident in the water and swim unaided.

## Preschool Advanced (2-4 years)

*Parent assistance required*

Designed for children between 2-4 years who are happy to submerge and swim a minimum of 3 meters unaided. Children will increase their water skills and learn basic freestyle and backstroke kick.

# Learn to Swim Programme

**For Beginner 1 level and above, children are placed depending on their ability rather than their age.**

## Beginner 1 – Non-swimmers

For children 5 years and above who are unable to swim. Students will learn the basics of freestyle & backstroke, including body position & strong kicking for both strokes & arms for freestyle & backstroke.

## Beginner 1 (5 years +)

For non swimmers and children who can swim up to 5 meters. Students will learn the basics of freestyle & backstroke, including body position & strong kicking for both strokes & arms for freestyle & backstroke.

## Beginner 1 Advanced

Children should be able to swim a minimum of 10 meters freestyle, lifting arms and turning head to breathe and swim a basic backstroke lifting arms. Students will improve their freestyle and backstroke.

## Beginner 2

Children MUST be able to swim freestyle for 10 meters while breathing to the side and 10 meters backstroke to take this course. They will improve their freestyle and backstroke and learn basic diving skills.

## Beginner 2 Advanced

Children MUST be able to swim freestyle for 20 meters while breathing to the side and 20 meters backstroke to take this course. They will improve their freestyle and backstroke and learn breaststroke kick and basic diving skills.

## Beginner 3

Children MUST be able to swim both freestyle and backstroke for 25 meters to take this course. They will improve their stroke technique to swim freestyle and backstroke over longer distances. They will also be introduced to breaststroke and standing dives.

## Beginner 4

Children MUST be able to swim freestyle and backstroke for 50 meters continuously as well as perform correct breaststroke kick to take this course. They will improve their freestyle and backstroke technique and perfect their breaststroke technique.

## Improver

Children MUST be able to swim freestyle backstroke and breaststroke for 100 meters continuously to take this course. They will work on distance swimming with correct technique. They will be introduced to butterfly.





**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