

Summer Holiday Swimming Programme

by Harry Wright International

at West Island School indoor heated swimming pool

28 June - 18 August 2010



Harry Wright International

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About

Harry Wright International



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 2,000 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

Parent and Infants (4 months - 2 years)

Parent assistance required

Parent and infant classes 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 and 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.

Parent & Infants Advanced (6 months - 2 years)

Parent 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.

Preschool (2-4 years)

Parent assistance required

For children between 2-4 years who are unable to swim. Classes 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.



Preschool Advanced (2-4 years)

Parent assistance required

At this level, children will already be happy to go under water and be able to swim a minimum of 3 metres unaided. The classes will increase the childrens' skill level in all aspects, to prepare them to enter a class without the aid of an adult (ie – Beg 1 advanced 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

For Beginner 1 Advanced classes and above students are placed depending on their ability rather than their age.

Beginner 1 (5 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. 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 Advanced

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 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 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 meters 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 20m 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. 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.

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. The aim at this stage continues to be to develop endurance over longer distances 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. Breaststroke pull and co-ordination /timing of the stroke is then introduced, until a basic technique can be maintained over 20m. Diving techniques from the kneel position are further developed.

Beginner 3

Children MUST be able to swim freestyle, backstroke and breaststroke for 4 widths to take this course.

The skills and stroke techniques learnt in the previous stages are further refined over distance at this stage. Developing the correct techniques of breaststroke 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 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 50m 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.

Improver

Children MUST be able to swim freestyle, backstroke and breaststroke for 50 meters 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 100m 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.

SUMMER HOLIDAY

JULY - AUGUST

Swim Once Per Week

For swimmers who are going to be in Hong Kong for the entire Summer holiday period and wish to continue their normal weekly schedule.

Venue: West Island School, 250 Victoria Road, Pokfulam

Course	Monday 5 July-16 August 7 sessions \$1540	Wednesday 7 July-18 August 7 sessions \$1540	Thursday 8 July-12 August 6 sessions \$1320	Friday 2 July-13 August 7 sessions \$1540	Saturday 3 July- 14 August 7 sessions \$1540
Parent and Infant ** (4+ months) <i>Parental assistance in the water is required for this courses</i>	3:30-4:30 (NEW babies 4-12 months)				9:00-9:15 FULL 11:15-12:00 FULL (NEW 4-12 months) 12:45-1:30 FULL (NEW 4-12 months) 2:00-3:00 FULL (NEW 12-18 months) 3:00-3:45 FULL (NEW 4-11 months) 3:00-3:45 FULL (NEW 13-20 months) 3:45-4:30 3:00-3:15 FULL (NEW 13-20 months) 4:00-4:15 FULL (NEW 13-20 months) 4:30-5:15 FULL (NEW 4-12 months)
Parent and Infant Advanced** (4+ months) <i>Parental assistance in the water is required for this courses</i>				3:30-4:15	9:45-10:30 FULL 10:00-11:15 FULL 12:45-1:30 1:30-2:15
Preschool ** (2-4 years) <i>Parental assistance in the water is required for this courses</i>		3:30-4:15 (NEW toddlers 3.0-3.11 years)	3:30-4:15 (NEW toddlers 2.0-2.11 years)		9:00-9:15 FULL (NEW 2.0-2.11 years) 10:00-11:15 FULL (NEW 1.10-2.6 years) 12:00-12:45 FULL 12:00-12:45 FULL (NEW 2.0-2.11 years) 1:30-2:15 FULL (3.0-4.0 years)
Preschool Advanced ** (2-4 years) <i>Parental assistance in the water is required for this courses</i>		4:15-5:00	3:30-4:15		9:45-10:30 FULL 11:15-12:00 FULL 2:15-3:00
Beginner 1	3:30-4:15 FULL				10:30-11:15 11:15-12:00 12:00-12:45 12:45-1:30
Beginner 1 Advanced	3:30-4:15	3:30-4:15 4:15-5:00	3:30-4:15	3:30-4:15	9:45-10:30 10:30-11:15 11:15-12:00
Beginner 2		3:30-4:15			9:00-9:45
Beginner 2 Advanced		4:15-5:00			9:45-10:30
Beginner 3				3:30-4:15	
Beginner 4		5:00-6:00			
Improver		5:00-6:00			

SUMMER HOLIDAY

JULY - AUGUST

Swim Monday - Friday

5 sessions each week

Ideal for swimmers who will be travelling during the Summer holiday period and want flexibility in the swim schedule. Parents can register their children in one or more weeks.

Venue: West Island School, 250 Victoria Road, Pokfulam

Course	Week One 28 Jun-2 Jul 4 Days \$800	Week Two 5-9 July 5 Days \$1000	Week Three 12-16 July 5 Days \$1000	Week Four 19-23 July 5 Days \$1000	Week Five 26-30 July 5 Days \$1000	Week Six 2-6 August 5 Days \$1000	Week Seven 9-13 August 5 Days \$1000
Parent and Infant ** (4+ months)	12:30-1:15	12:30-1:15	12:30-1:15	12:30-1:15	12:30-1:15	12:30-1:15	12:30-1:15
Parent and Infant Advanced** (4+ months)	12:30-1:15	12:30-1:15	12:30-1:15	12:30-1:15	12:30-1:15	12:30-1:15	12:30-1:15
Preschool ** (2-4 years)	1:15-2:00	1:15-2:00	1:15-2:00	1:15-2:00	1:15-2:00	1:15-2:00	1:15-2:00
Preschool Advanced ** (2-4 years)	1:15-2:00	1:15-2:00	1:15-2:00	1:15-2:00	1:15-2:00	1:15-2:00	1:15-2:00
Beginner 1 (non-swimmers 5 yrs +)	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30
Beginner 1 Advanced	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30
Beginner 2	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30
Beginner 2 Advanced	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30
Beginner 3	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30	12:30-1:30 1:30-2:30
Beginner 4	2:30-3:30	2:30-3:30	2:30-3:30	2:30-3:30	2:30-3:30	2:30-3:30	2:30-3:30
Improver	2:30-3:30	2:30-3:30	2:30-3:30	2:30-3:30	2:30-3:30	2:30-3:30	2:30-3:30

**** Parental assistance in the water is required for these courses**

Registration Form (Summer Holiday)

- You will receive confirmation of your child's booking via email only. Please ensure your email address is clearly written
- Please read the days, dates and times for lessons carefully. If you have any questions regarding the schedule please email swimming@harrywright.com.hk

Swimmer Information

Child's Name: _____ D.O.B.: _____ Age: _____ M/F

Address: _____

Home Telephone: _____ Mobile Number: _____

Email (*please print clearly*): _____

Does your child have any allergies, medical conditions or physical limitations that our teachers should be aware of? If so, please indicate: _____

Course Enrolment

Course Name	Venue	Day / Week(s)	Time	Course Fee
_____	West Island School	_____	_____	_____
_____	West Island School	_____	_____	_____
_____	West Island School	_____	_____	_____
				TOTAL: \$ _____

Payment Details

Cheque payment:

Complete and attach your cheque made payable to 'Harry Wright International Ltd' to this application form and mail to: **Harry Wright International, Flat B, 2/F, Amber Garden, 110 Blue Pool Road, Happy Valley, Hong Kong.** Please write the student's name on the back of the cheque.

Consent Details

In enrolling my child in Harry Wright International Limited courses I agree that my child and I will abide by the rules and regulations set out by the company. I will not hold Harry Wright International Ltd. responsible for any injury to my child or damages or loss to my property as a result of participation in these courses.

Parent's Name: _____ Signature: _____ Date: _____

Cheque Number: _____