





WEEKLY CAMPS 2025 30 June - 15 August 2025 年6月30日至8月15<u>日</u>

2C, Kwong Ga Building, 64 Victoria Road, Kennedy Town, Hong Kong.



(+852) 2575 6279



swimming@harrywright.com.hk



www.harrywright.com.hk



Print Document

Swim Monday to Friday - 5 sessions each week 週一至週五 — 每週 5 堂

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. 適合於暑假期間外遊的學生;可參加一週或以上之課程。

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	Week 週	Week 週	Week 担	Week 提	Week 💆	Week 5	Week 🗷
	1	2	3	4	5	- 6	7
	M,W,T,F一三四五	Mon - Fri 一至五	Mon - Fri 一至五	Mon - Fri 一至五	Mon - Fri 一至五	Mon-Fri 一至五	Mon - Fri 一至五
	30 Jun - 4 Jul	7 - 11 Jul	14 - 18 Jul	21 - 25 Jul	28 Jul - 1 Aug	4 - 8 Aug	11 - 15 Aug
	6月30日-7月4日	7月7日-7月11日	7月14日 - 7月18日	7月21日 - 7月25日	7月28日-8月1日	8月4日 - 8月8日	8月11日 - 8月15日
	4 Days 天	5 Days 天	5 Days 天	5 Days 天	5 Days 天	5 Days 天	5 Days 天
	\$1,220	\$1,525	\$1,525	\$1,525	\$1,525	\$1,525	\$1,525
DBRC member's guest surcharge**	(\$305)	(\$382)	(\$382)	(\$382)	(\$382)	(\$382)	(\$382)
Beginner 1 (non-swimmer)	15 00 L6:00	15 00 16:00	15:00-16:00	15:00-16:00	16:00-17:00	15:00-16:00	15:00-16:00
(4 years+)	16 00 Lt:00	16 00 Lt:00	17:00-18:00	17:00-18:00	17:00-18:00	16:00-17:00	16:00-17:00
基礎班 (初學者) (4 歲或以上)	17 00 18:00	17 00 18:00	17.00-18.00	17:00-16:00	17.00-18.00	17:00-18:00	17:00-18:00
Beginner 1 (for children who can							
swim a minimum of 5 meters	15 00 Lt:00	15:00-16:00	15:00-16:00	15:00-16:00	16:00-17:00	15:00-16:00	15:00-16:00
unaided) (3 years+)	16 00 Lt.00	16 00 Lt:00	16:00-17:00	16:00-17:00	17:00-18:00	16:00-17:00	16:00-17:00
基礎班(一)(最少能游5米並不用	17 POLL 00	17 00 18:00	17:00-18:00	17:00-18:00	17.00-10.00	17:00-18:00	17:00-18:00
輔助工具) (3 藏或以上)							
Beginner 1 Advanced	16:00-17:00	16 POLT:00	16 FOLL :00	16:00-17:00	16:00-17:00	16:00-17:00	16:00-17:00
基礎班(一)高班	10.00 17.00	20100 2000	1000 2000	10.00 17.00	20.00 17.00	10.00 17.00	20.00 27.00
Beginner 2	16:00-17:00	16 60 Lt:00	16 60 Lt.00	16:00-17:00	16:00-17:00	16:00-17:00	16:00-17:00
基礎班(二)	10.00 17.00	20100 2200	20100 2200	10.00 17.00	20.00 27.00	10.00 17.00	20.00 27.00
Beginner 2 Advanced	17:00-18:00	17:00-18:00	17:00-18:00	17:00-18:00	17:00-18:00	17:00-18:00	17:00-18:00
基礎班(二)高班	27.00 20.00	21.00 20.00	27.00 20.00	27.00 20.00	21100 20100	27100 20100	27.00 20.00
Beginner 3	17:00-18:00	17:00-18:00	17:00-18:00	17:00-18:00	17:00-18:00	17:00-18:00	17:00-18:00
中級班	27100 20100	27.00 20.00	27100 20100	27.100 20.00	27100 20100	27100 20100	27100 20100
Beginner 4	18:00-19:00	18:00-19:00	18:00-19:00	18:00-19:00	18:00-19:00	18:00-19:00	18:00-19:00
高級班	20.00 22.00	20.00 23.00	20.00 23.00	20.00 25.00	20.00 25.00	20.00 23.00	20.00 25.00
Improver	18:00-19:00	18:00-19:00	18:00-19:00	18:00-19:00	18:00-19:00	18:00-19:00	18:00-19:00
泳隊預備班	10.00-15.00	10.00-15.00	10.00-15.00	10.00 15.00	10.00-15.00	10.00-15.00	10.00 15.00

Swim Monday, Wednesday & Friday – 3 sessions each week 週一、三、五 – 每週 3 堂

	Week 週 1	Week 週 2	Week <mark>週</mark> 3	Week 週 4	Week 週 5	Week 選 6	Week 盟 7
	M,W,F 一三五	M,W,F一三五	M,W,F 一三五	M,W,F 一三五	M,W,F一三五	M,W,F一三五	M,W,F一三五
	30 Jun, 2, 4 Jul	7, 9, 11 Jul	14, 16, 18 Jul	21, 23, 25 Jul	28, 30 Jul, 1 Aug	4, 6, 8 Aug	11, 13, 15 Aug
	6月30日,7月2,4日	7月7,9,11日	7月14, 16, 18日	7月21, 23, 25日	7月28,30日,8月1日	8月4,6,8日	8月11, 13, 15日
	3 Days 天	3 Days 天	3 Days 天	3 Days 天	3 Days 天	3 Days 天	3 Days 天
	\$945	\$945	\$945	\$945	\$945	\$945	\$945
DBRC member's guest surcharge**	(\$237)	(\$237)	(\$237)	(\$237)	(\$237)	(\$237)	(\$237)
Beginner 4 高級班	18:00-19:00	18:00-19:00	18:00-19:00	18:00-19:00	18:00-19:00	18:00-19:00	18:00-19:00
Improver 泳隊預備班	18:00-19:00	18:00-19:00	18:00-19:00	18:00-19:00	18:00-19:00	18:00-19:00	18:00-19:00

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DBRC member's guest surcharge**	M,W,F 一三五 30 Jun, 2, 4 Jul 6月30日, 7月2,4日 3 Days 天 \$525 (\$132)	M,W,F 一三五 7, 9, 11 Jul 7月7, 9, 11日 3 Days 天 \$525 (\$132)	M,W,F 一三五 14, 16, 18 Jul 7月14, 16, 18日 3 Days 天 \$525 (\$132)	M,W,F 一三五 21, 23, 25 Jul 7月21, 23, 25日 3 Days 天 \$525 (\$132)	M,W,F 一三五 28, 30 Jul, 1 Aug 7月28,30日, 8月1日 3 Days 天 \$525 (\$132)	M,W,F 一三五 4, 6, 8 Aug 8月4, 6, 8日 3 Days 天 \$525 (\$132)	M,W,F 一三五 11, 13, 15 Aug 8月11, 13, 15日 3 Days 天 \$525 (\$132)
Bronze Squad 銅組泳隊	18:00-19:15	18:00-19:15	18:00-19:15	18:00-19:15	18:00-19:15	18:00-19:15	18:00-19:15
Control of the Contro	16:00-19:15	16:00-19:15	10:00-19:15	18:00-19:15	10:00-19:15	16:00-19:15	18:00-19:15
Silver Squad 銀組泳隊	18:00-19:30	18:00-19:30	18:00-19:30	18:00-19:30	18:00-19:30	18:00-19:30	18:00-19:30
Gold Squad 金組泳隊	18:00-19:30	18:00-19:30	18:00-19:30	18:00-19:30	18:00-19:30	18:00-19:30	18:00-19:30

* Parental assistance in water is required. 家長需在池中協助。

- Last updated 24 July 2025 更新於 2025 年 7 月 24 日
- ** Private lesson to be arranged at a mutually agreeable time between coach and client. 私人泳班上課時間由教練與家長接洽。
 ***DBRC member's guest may apply subject to DBRC member's guest surcharge. 會員賓客報名須另付行政費。
- FULL payment is required. Upon commencement of the course, the fee will be pro-rated. 漢付全費;課程開始後,將按餘下節數收費。
 Late payment (to pay after attending lesson) is subject to a DBRC admin charge 20% of the whole term course fee.
- Late payment (to pay after attending lesson) is subject to a DBRC admin charge 20% of the whole term cour 任何靖期繳交學費(上課後繳費),須付全學期學費之20%作為會所行政費用。

Club Siena Indoor Pool will be closed for maintenance from Monday 21 July - Sunday 31 August inclusive.
Lessons will be conducted at Club Siena Outdoor Pool during the maintenance period.



Print Document

Swimming Programme with HWI at Club Siena 海澄湖畔會所 HWI 游泳課程 Summer Holiday (30 June - 15 August 2025) 2025暑期游泳班報名表 (6月30日至8月15日)

- 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

Male/Female* Gender 性粥 dress 论址 me Phone 住宅電話 Mobile 漫動電話 Email Address 電影地址 Membership No. 會具細胞 es your child have any allergies, medical conditions or physical limitations that our teachers should be aware of? If so, please indicate: 註明解歷狀況 (如有): DINESE ENROLMENT AND PAYMENT METHOD 部址程文付款資料 Course Name 課程名稱 Day(s) 達想 Time 時間 Course Fee 收費 WMENT DETAILS 付款詳細 When the Method Cheque, EPS or Cosh 付式力式: 变果、显微重求证金 maybel and attack, our cheque made appayable to O'Discovery Bay Recreation Club Limited' to this application form and hand it to the club recept is Please write the student's name on the back of the cheque, 支票托度清晰设施设施, 新发展的工作工作工作工作工作工作工作工作工作工作工作工作工作工作工作工作工作工作工作		生資料		
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Time 時間 Course Fee 收費 WMENT DETAILS 付款詳情 yment Method: Cheque, PFS or Cash 付款方式: 実際、易動事或現金 mplete and attack your cheque made payable to 'Discovery Bay Recreation Club Limited' to this application form and hand it to the club recept sk. Please write the student's name on the back of the cheque, 支架行倒請註明「倫景濃康樂會有限公司」、並在背面第上學生生名。 JLES AND REGULATIONS (條款及細則) Tupesta much be towney by Recreation Club / Chieva Member at the serve of admitting the option and white periopating in the course. Grant and the towney by Recreation Club / Chieva Member at the serve of admitting the option of the course o		Maria de la companya	- Ann. Ann. Ann. St	
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Juning the lesson. 十一歳以下之等員必須由十八歳以上持有有效課券會會資道歌題人園協写15250元、可無限決援則之成人民间、若問日上達公民表態題人未能出示有效會員認定監護人園、每次持須整付370人展費、監護人間持有人及計會員施名之間が投資受益。 「最終之意理以外務等性の意味の主意を表現しません。 「最終之意理以外務等性の意味の主意を表現しません。 「日本の主意を表現しません。 「日	ULES AND REGULATIONS 係 articipants must be Discovery Bay Recreation Gub / Club Siena Me 及及深度生期間・季見炎系見給景東環境會/海湿滞中往舎育内 pon commencement of the course, the fee will be pro-rated. Late のが作為命行政費用・ If these are pont-fermabable unless your application is not accepted, on make up, reschedule class, refund or credit will be given for non private lessons, students need to give a minimum of 24 hours' in the Club reserves the right to charge Members the outstanding bale of transferring of fees or refunds will be provided in event of swim ke/担任何是体导极来成果是广西镇木市城市设施的企业。 with club reserves the right to charge Members the outstanding bale to transferring of fees or refunds will be provided in event of swim ke/担任何是体导极来成果是广西镇木市城市域市场中央市场中央市场中央市场中央市场中央市场中央市场中央市场中央市场中央市场中央	when the back of the cheque. 支票抬頭記 東大及公田貝」 mbers at the time of submitting this application and whilst participa 之會具 #會與極限外度逐次正整。 payment (to pay after attending lesson) is subject to a DBRC admin of 動中語不被接続外,所應費用不過期回。 attendance of class for any reason. 下途任何限度或身體不過時度 oftice DIRECTLY to the Harry Wright coach for cancelling a private lesson code to harry Wright international Limited. 所有總式/學賣。何 ming pool docure due to SARs, bird flu or any unforecen event. Mai ing Table 10 (1986—1981) in a good 安静能子 on Club Membership Card when attending swimming lesson. 六歲國 adverse weather: aming, or Typhono Signal Number 8 ack Rainstorm Warriing (resume 1 hour after red rainstorm is lower ers of the Club).	前記明「 愉景·灣康樂會有限公司」 , sing in the course. For non-members, please be advised there is harge of 20% of the whole term course fee. 開課後,將按修下 約不設補課或退款。 son. 取消耗人泳班須於課室開始前二十四小時通知私人泳班 列門後保留所有進跡權利。 tecup Jessons will be provided in all cases where possible. 以上之學員須護帝有次環境會會員證上課。 ed and 2 hours after black), Typhoon Signal Number 3 or above,	並在背面寫上學生姓名。 an <u>additional surcharge of 25%</u> of the total course fee. 於遠文 節數收費:而任何始期繳文學費仁課後繳費)。 <u>須付全學期</u> 節數收費。
reservice provider of this course is Harry Wright International United and Discovery Bay Recreation Club and Club Siena are only agent to the service provider for administrative as handings opplication and rollecting payment from the participant. Hair Bay 2. 性	ULES AND REGULATIONS (Aparticipants must be Discovery Bay Recreation Club / Club Siena Me 5及於改革期間・季見必果起命景理教命/海湿滞中往舎育内のこのmemement of the course, the fee will be pro-rated. Late Oxife.ia.a.a.a.a.a.a.a.a.a.a.a.a.a.a.a.a.a.a	on the back of the cheque. 支票抬頭記 宗文及《田貝」 mbers at the time of submitting this application and whilst participa と音算・排音質解解外収度2%元度 payment (to pay fare at entinelli gestool) is subject to a DBRC admin or 総中語不被接続外,所廣費用不設規回。 attendance of class for any reason. 不論任何限因或身體不識的派 citic DIRECTLY to the Harry Wight coach for cancelling a private less me due to Harry Wight international Limited. 所有油那之學會。 man pood (dosure due to SARS, bird flu or any unforescen event. Mai 即不長期一、地線及及利用市「支管安排器」。 on Clab Membership Carl when attending swimming lesson. 大脑 adverse weather aming, of Typhono Signal Number 8 ack Rainstom Warning (resume 1 hour after red rainstorm is lower ers of the Club) (recrumstances, 本海光光青期期,紅色/黑色景形響告,三號或以上颱風訊號。8	前主明「 偷景·灣康樂會有限公司」 , ging in the course. For non-members, please be advised there is tharge of 20% of the whole term course fee. 開課後,斯按修丁 阿不設補課或退數。 son. 取源私人永班與於課堂開始前二十四小路通知私人永田 的所務保留所有邀討權利。 tecup lessons will be provided in all cases where possible. 2以上之學員稱攜帶有效原係會會員證上歷。 ad and 2 hours after black)。Typhoon Signal Number 3 or above, ad and 2 hours after black)。Typhoon Signal Number 3 or above,	並在背面寫上學生姓名。 an additional surcharge of 25% of the total course fee. 於據文學 高數收費:而任何始期繳文學費(上線後繳費),須付全學期 (數錄。 or Thunderstorm Warning (the lightening strikes are monitored 愉景響康樂會及海邊湖評會所室外遊泳之附關語:有關之詞
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ECLARATION 室明 We agree to allow the participant to attend in Harry Wright International Classes and confirm that the information given above is true and correct. If my application is successful, I/we shall be fully respon the payment of all the expenses and be bound and abide by the Club Rules and By-Laws of the Discovery Bay Recreation Club and Club Siena. Discovery Bay Recreation Club Ltd., Services Provider — Harr light International, its holding companies, their officers, employees, servants, agents or licensees, shall not be liable or responsible for any loss, injury, damages, claims, cost or expenses whatsoever, whise the statement of the payment of all the expenses and be bound and abide by the participant and/or any such helpers and/or parents and/or guardians and/or any other lesson companion who has/have been staying at venue, arising out of and/or in connection where the service Provider — Harry Wright International and me/us and acknowledge that their tract between Discovery Bay Recreation Club/Club Siena and me/us. Any communication to me/us by Discovery Bay Recreation Club/Club Siena and me/us. Any communication to me/us by Discovery Bay Recreation Club/Club Siena and me/us. Any communication to me/us by Discovery Bay Recreation of the service provider and Discovery Bay Recreation Club/Club Siena on the behalf of the service provider and Discovery Bay Recreation Club/Club Siena on the service provider and Discovery Bay Recreation Club/Club Siena on the service provider and Discovery Bay Recreation Club/Club Siena on the service provider and Discovery Bay Recreation Club/Club Siena on the service provider and Discovery Bay Recreation Club/Club Siena on the service provider and Discovery Bay Recreation Club/Club Siena on the service provider and Discovery Bay Recreation Club/Club Siena on the service provider and Discovery Bay Recreation Club/Club Siena on the service provider and Discovery Bay Recreation Club/Club Siena on the service provider and Discovery Bay Recreation Club/Club Siena on the s	ULES AND REGULATIONS (係 articipants must be Discovery Bay Recreation Club / Club Siena Me	on the back of the cheque. 支票抬頭記 (京) 及知貝リ mbers at the time of submitting this application and whilst participa で言う。 #直貫際部外校及逐新元度。 payment (to pay after attending lesson) is subject to a DBRC admin of 除中請不被接続外,所繳費用不設規回。 attendance of dass for any reason. 下論任何限因或身槽不場時席 subtendance of dass for any reason. 下論任何限因或身槽不場時席 subtendance of dass for any reason. 下論任何限因或身槽不場時席 subtendance of dass for any reason. 下論性可能可以表情不過期不過程。 attendance of dass for any reason. 下論性可能可以表情不過期不過期,可以表情不過期,如果也可以表情不過期,如果也可以表情不過期,如果也可以表情不過期,如果也可以表情不過期,如果也可以表情不過程。 如果在提出一切地域的表情不過程。 如果在提出一切地域的表情不過程。 如果在提出一切地域的表情不過程。 如果在提出一切地域的表情不過程。 如果在提出一切地域的表情不過程。 如果在提出一切地域的表情不過程。 如果在提出一切地域的表情不過程。 如果在提出一切地域的表情不過程。 如果在提出一步。 如果在是是是是是是是是是是是是是是是是是是是是是是是是是是是是是是是是是是是是	前主明「 偷景·灣康樂會有限公司」 , ging in the course. For non-members, please be advised there is harge of 20% of the whole term course fee. 開課後,將按餘下 阿不設補課或退款。 son. 取達私人永班項於課堂開始前二十四小時通知私人永班 阿所德阿所有總計權利。 ceup lessons will be provided in all cases where possible. 20以上之學長須攜帶有效歷樂會會員證上讓。 ed and 2 hours after black), Typhoon Signal Number 3 or above, 是警告(只適用於留夢發生在會所 15 公里範圍內上來的。 是學告戶及可付 Guardian Pass (\$250 per month with unlimited der or Non-member who stays before or after the lesson, or do 同。若得同上課之家長奧監護人未能出不有效會員證或監 沒養費用)	並在背面寫上學生姓名。 an additional surcharge of 25% of the total course fee. 於應文的 前數收費;而任何始期應文學費(上課後數費),獨仿全學期 複數。 or Thunderstorm Warning (the lightening strikes are monitored 能是理數條會及海邊海洋會所至外游光地漸關於,有關之時 ces not stay at the designated poolside area to look after the part g人設,每次約到銀行570人裝費。監護人設持有人及非會負
Re agree to allow the participant to attend in Harry Wright International Classes and confirm that the information given above is true and correct. If my application is successful, I/we shall be fully respon the payment of all the expenses and be bound and abide by the Club Rules and By-Laws of the Discovery Bay Recreation Club and Club Siena. Discovery Bay Recreation Club Ltd., Services Provider — Harr light International, its holding companies, their officers, employees, servants, agents or licensees, shall not be liable or responsible for any loss, injury, damages, claims, cost or expenses whatsoever, whis you be sustained by the participant and/or any such helpers and/or parents and/or guardians and/or any other lesson companion who has/have been staying at venue, arising out of and/or in connection to Harry Wright International Classes. Pe acknowledge that upon success of my application, this Rules & Regulations shall constitute a contract between the Service Provider – Harry Wright International and me/us and acknowledge that then the struct between Discovery Bay Recreation Club/Club Siena and me/us. Any communication to me/us by Discovery Bay Recreation Club/Club Siena on the Swimming Classes is given by Discovery Bay Recreation Club/Club Siena on the behalf of the service provider and Discovery Bay Recreation Club/Club Siena on the service provider and Discovery Bay Recreation Club/Club Siena on the service provider and Discovery Bay Recreation Club/Club Siena in respect of any losses which I/we suffer or incur, directly or indirectly, in connection with the services provided by the Swimming Classes. EXEA	ULES AND REGULATIONS 係 articipants must be Discovery Bay Recreation Club / Club Siena Me 及及常能生期間・季見必思性物質連携を一体では のでは、 では、 は、 は、 は、 は、 は、 は、 は、 は、 は、	when the back of the cheque, 支票抬頭詞 大大人田貝	所記明「 愉景/薄康樂會有限公司」 , ing in the course. For non-members, please be advised there is harge of 20% of the whole term course fee. 開課後,將按餘下均不設補課或退款。 ion 取消耗人泳班須於課堂開始前二十四小時通知私人泳班須所將使留所有點的權利。 ion 取消耗人泳班須於課堂開始前二十四小時通知私人泳班所所將便留所有點的權利。 ion 取消耗人泳班須於課堂開始前二十四小時通知私人泳班。 ion 取消耗人泳班須於課堂開始前二十四小時通知私人泳班。 ion 取消耗人泳班須於課堂開始前二十四小時通知私人泳班。 ion 可以消耗人泳班須於課堂開始前二十四小時通知私人泳班。 ion 可以消耗人泳班。 ion 可以消耗人泳班河於課金會會員遊上課。 ion 如此可以消耗者以下,以外的のの Signal Number 3 or above, 100 may 100 m	並在背面寫上學生姓名。 an additional surcharge of 25% of the total course fee. 於應文的 前數收費;而任何始期應文學費(上課後數費),獨仿全學期 複數。 or Thunderstorm Warning (the lightening strikes are monitored 能是理數條會及海邊海洋會所至外游光地漸關於,有關之時 ces not stay at the designated poolside area to look after the part g人設,每次約到銀行570人裝費。監護人設持有人及非會負
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the payment of all the expenses and be bound and abide by the Club Rules and By-Laws of the Discovery Bay Recreation Club and Club Siena. Discovery Bay Recreation Club Ltd., Services Provider — Harr ght International, its holding companies, their officers, employees, servants, agents or licensees, shall not be liable or responsible for any loss, injury, damages, claims, cost or expenses whatsoever, while you be sustained by the participant and/or any such helpers and/or parents and/or guardians and/or any other lesson companion who has/have been staying at venue, arising out of and/or in connection where the participant and/or any participant and/or any other lesson companion who has/have been staying at venue, arising out of and/or in connection where the participant in the participant and participant	ULES AND REGULATIONS 係 articipants must be Discovery Bay Recreation Club / Club Siena Me 及於原葉期間・季見炎泉是除景東連樂會/海邊郷神往き音符 及於原葉期間・季見炎泉是除景東連樂會/海邊郷神往き音符 ののこのmencement of the course, the fee will be pro-rated. Late のがた為會所方政費用 「Fee sar en_mertquable unless your application is not accepted, on make-up, reschedule class, refund or credit will be given for non private lessons, students need to give a minimum of 24 hours' in e Club reserves the right to charge Members the outstanding bala transparing of Reso or refunds will be provided in event of swim usw.REDFFFFERE Sees or refunds will be provided in event of swim usw.REDFFFFERE Sees or refunds will be provided in event of swim usw.REDFFFFERE Sees or refunds will be provided and transparing of Reso or a Bear of Sees or Sees	mbers at the time of submitting this application and whilst participal 全會	所記明「 愉景/薄康樂會有限公司」 , ing in the course. For non-members, please be advised there is harge of 20% of the whole term course fee. 開課後,將按餘下均不設補課或退款。 ion 取消耗人泳班須於課堂開始前二十四小時通知私人泳班須所將使留所有點的權利。 ion 取消耗人泳班須於課堂開始前二十四小時通知私人泳班所所將便留所有點的權利。 ion 取消耗人泳班須於課堂開始前二十四小時通知私人泳班。 ion 取消耗人泳班須於課堂開始前二十四小時通知私人泳班。 ion 取消耗人泳班須於課堂開始前二十四小時通知私人泳班。 ion 可以消耗人泳班須於課堂開始前二十四小時通知私人泳班。 ion 可以消耗人泳班。 ion 可以消耗人泳班河於課金會會員遊上課。 ion 如此可以消耗者以下,以外的のの Signal Number 3 or above, 100 may 100 m	並在背面寫上學生姓名。 an additional surcharge of 25% of the total course fee. 於據文 節數收費;而任何始期繳文學費(上課後繳費),獨位全學期 都數收費。而任何始期繳文學費(上課後繳費),獨位全學期 。 or Thunderstorm Warning (the lightening strikes are monitored 输品灣跟條會及海邊海將會所 <u>室外游</u> 光也期關了的可能 is access); if the perior or guardian has no valid membership can desend stay at the designated poolside area to look after the part access, if the part or guardian has no valid membership can desend stay at the designated poolside area to look after the part access, if the part of guardian has no valid membership can desend stay at the designated poolside area to look after the part access, if the part of guardian has no valid membership can desend stay at the designated poolside area to look after the part access, if the part of guardian has no valid membership can desend stay at the designated poolside area to look after the part access, if the part of guardian has no valid membership can desend stay at the designated poolside area to look after the part access, if the part of guardian has no valid membership can be provided by the part of guardian has no valid membership can be provided by the part of guardian has no valid membership can be provided by the part of guardian has no valid membership can be provided by the part of guardian has no valid membership can be provided by the part of guardian has no valid membership can be provided by the part of guardian has no valid membership can be provided by the part of guardian has no valid membership can be provided by the part of guardian has no valid membership can be provided by the part of guardian has no valid membership can be provided by the part of guardian has no valid membership can be provided by the part of guardian has no valid membership can be provided by the part of guardian has no valid membership can be provided by the part of guardian has no valid membership can be provided by the part of guardian has no valid membership can be provided by the part of guardian has no part of guardian has no part
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Email:jayne.wright@harrywright.com.hk



The Harry Wright Swim School programme has a long history of producing top-level athletes, with 17 of our alumni going on to represent their countries at the Olympic Games. We are proud of the role we have played in helping these talented swimmers reach their full potential. At our swim school, we believe in providing the highest quality instruction and support to all of our students, regardless of their goals. Whether you are looking to improve your recreational swimming skills or compete at the highest levels of the sport, we have a programme that can help you reach your full potential.



Our Mission, Vision & Values







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.

Vision

 To become Asia's leading Infant Aquatic, Learn to Swim and Competitive Swim provider.

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 create progressive transitions to ensure continuity of instruction throughout the session.





Infant Aquatic Programme

Course Name: New Parent and Infant - Adult assistance required

Age: 4 months - 23 months (structured according to age groups of 4-12 months & 13-23 months) Length of Session: 40 / 45 minutes

Maximum number of students: 12

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.

Course Name: Existing Parent and Infant - Adult assistance required

Age: 6 months - 23 months (structured according to age groups)

Length of Session: 40 / 45 minutes Maximum number of students: 12

For babies who have previously attended a new parent and infant course and are able to confidently submerge. Babies are introduced to new exercises, so that they can begin to submerge more consistently, and be released for short distances between parent and teacher. Patient and gentle positive reinforcement ensure babies will progress happily to the parent and infant advanced level.

Course Name: Parent & Infant Advanced - Adult assistance required

Age: 6 months - 23 months (structured according to age groups)

Length of Session: 40 / 45 minutes

Maximum number of students: 12

Our advanced parent and baby lessons are designed for babies 6 months-2 years who are happy to submerge and swim 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 their backs. Many varied activities will keep this class fun for baby and develop all the skills needed as they progress in age and physical capability.



Course Name: New Preschool - Adult assistance required

Age: 2.0-4.11 years (structured according to age groups of 2.0-2.11 years & 3.0-4.11 years)

Length of Session: 40 / 45 minutes Maximum number of students: 12

For children between 2-4 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.

Course Name: Existing Preschool - Adult assistance required

Age: 2.0-4.11 years (structured according to age groups)

Length of Session: 40 / 45 minutes Maximum number of students: 12

For children who have previously attended a new preschool lesson and who are confident and happy to submerge. 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

Course Name: Preschool Advanced - Adult assistance required

Age: 2.0-4.11 years (structured according to age groups)

Length of Session: 40 / 45 minutes Maximum number of students: 12

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

Course Name: Beginner 1 Non Swimmer

Age: For non-swimmers 5 years + Length of Session: 40 / 45 minutes Max. student :instructor ratio: 4:1

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.

Course Name: Beginner 1 Swimmer

Age: Students are placed depending on their ability

Length of Session: 40 / 45 minutes Max. student :instructor ratio: 4:1

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.

Course Name: Beginner 1 Advanced

Age: Students are placed depending on their ability

Length of Session: 40 / 45 minutes Max. student :instructor ratio: 7:1

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.



Course Name: Beginner 2

Age: Students are placed depending on their ability

Length of Session: 40 / 45 minutes Max. student :instructor ratio: 8:1

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.

Course Name: Beginner 2 Advanced

Age: Students are placed depending on their ability

Length of Session: 40 / 45 minutes Max. student :instructor ratio: 9:1

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.

Course Name: Beginner 3

Age: Students are placed depending on their ability rather than age

Length of Session: 40 / 45 minutes Max. student :instructor ratio: 10:1

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.

Course Name: Beginner 4

Age: Students are placed depending on their ability rather than age

Length of Session: 55 / 60 minutes Max. student :instructor ratio: 16:1

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.



Course Name: Improver

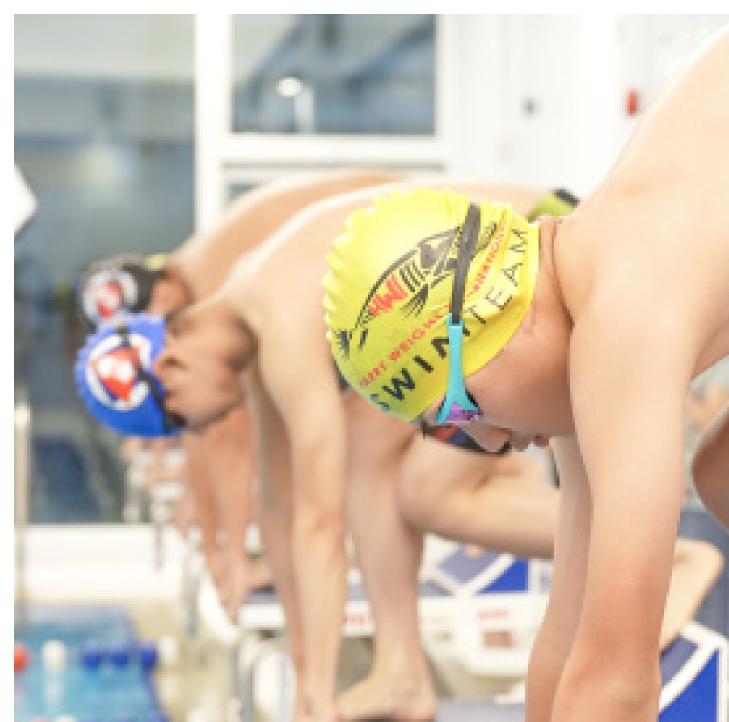
Age: Students are placed depending on their ability rather than age

Length of Session: 55 / 60 minutes Max. student :instructor ratio: 16:1

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.

Competitive Programme

Attendance is through invitation and / or trial only. Children wishing to join this course MUST show an active commitment to swimming and attend multiple sessions each week.





Adult Programme *Adult Programme Offered at Select Venues Only

Adult Beginner (aged 18 or above)

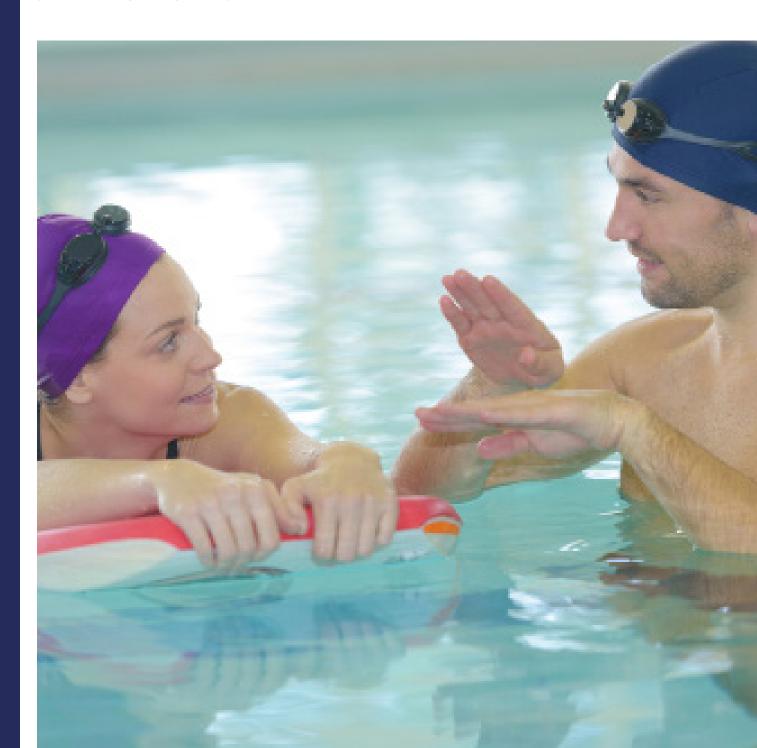
An introduction to swimming lessons for adults who cannot swim. The lesson will focus on building confidence and introduce basic aquatic skills, according to the needs of the individual. The primary skills needed for basic freestyle, breaststroke and kicking on back, will be taught, with focus on breath control, body position, and correct technique.

Adult Advanced Beginner

For adults who can swim breaststroke. Freestyle is taught at this level.

Adult Intermediate

For adults who can already swim basic freestyle and breaststroke. This level focuses on refining basic stroke technique to a more advanced level, with emphasis on swimming with a relaxed and confident style. At this stage adults will be taught further specific aspects of the strokes - correct hand entry and position, strong kicking technique, and breathe control.





Adult Programme

*Adult Programme Offered at Select Venues Only

Adult Pre Competitive (Aged 18 or above)

For adults who have a good swimming ability. Must be able to swim Freestyle, Breaststroke, and Backstroke. During the session swimmers will learn stroke technique, and build on basic aerobic fitness.

This level is for adults who already have a strong basic swimming ability. Participants must be able to swim 100m continuously to join this course and should be able to swim 50 meters freestyle, breaststroke, and backstroke. During these sessions adults will learn more advanced stroke techniques, and build their basic aerobic fitness through the introduction of basic competitive swimming sets. Sessions will be conducted in the 50m pool.

Adult Competitive (Aged 18 or above)

For adults who have a good swimming ability. Must be able to swim all four strokes. During the session swimmers will learn stroke technique, build aerobic base & fitness, and learn race skills. Appropriate for Masters competition and Open Water Swimmers.

This course is for strong adult swimmers who are able to swim all four strokes - Butterfly can be at a more basic level. During these sessions swimmers will focus on refining stroke technique, build a strong aerobic base, and learn race skills. This level is appropriate for Masters competitors, Open Water Swimmers, and Triathletes. Must be able to swim 200m continuously.

Adult Fitness, Competitive & Triathlon

This lesson is for adults who are new to competitive swimming, triathlon training or wishing to improve their general fitness.

The main focus will be on freestyle training with the emphasis on improving technique, stamina and speed. This will benefit those adults who are looking to improve their cardiovascular capacity for competitive swimming, increase strength and prepare for competing in Masters or triathlon. To join this course applicants must be able to swim 100 meters of freestyle with good technique.

Masters Swimming

Training Outcomes: Our programme is tailored for adults who wish to take part in the HK Master swimming competition, open water competition, and international Master competition. The aim is to improve technique in all strokes, develop racing strategies for sprints and endurance events, and enhance overall fitness. We offer a personalized and progressive plan for adults to refine their swimming technique.

Competitive Outcomes: Participants have the opportunity to compete in the Hong Kong Master Swimming competition and the World Aquatics International competition. You can choose to attend the competition of your preference.

Eligibility to join: Must be capable of swimming 100m freestyle continuously and at least 50m of breaststroke and backstroke.

Aqua Aerobics

Aqua Aerobics has become a popular sport worldwide. Even non-swimmers can enjoy this aquatic exercise. The course is designed to utilize water buoyancy and resistance by doing stretching movement in the water. Aqua Aerobics helps to enhance cardiopulmonary function, joint flexibility, body-limb coordination and muscle performance. The course is suitable for all, but especially helpful for those undertaking rehabilitation. The course is instructed by coaches qualified in Aqua Aerobics teaching. Conducted in warm, shallow pool.

Harry Wright Elite Swimmers

Below is a list of our elite swimmers who have reached the pinnacle of the sport of swimming since 2010.

Name	Nation	Competition	Year
HAUGHEY, Siobhan	Hong Kong	Olympics	2024
HO, lan	Hong Kong	Olympics	2024
NEIL, Thomas	Australia	Olympics	2024
SIN, Keith	Hong Kong	World Championships	2024
HAUGHEY, Siobhan	Hong Kong	World Championships	2024
HO, Ian	Hong Kong	World Championships	2024
CHILLINGWORTH, Adam	Hong Kong	World Championships	2024
HAUGHEY, Siobhan	Hong Kong	US Open	2024
LEE, Jody	Hong Kong	Inter-Port (HK - MAC)	2024
WONG, Sean	Hong Kong	Inter-Port (HK - MAC)	2023
LEE, Jody	Hong Kong	Thailand Age Champs	2023
HAUGHEY, Siobhan	Hong Kong	Asian Games	2023
CHILLINGWORTH, Adam	Hong Kong	Asian Games	2023
HO, Ian	Hong Kong	Asian Games	2023
NEILL, Tom	Australia	World Championships	2023
HAUGHEY, Siobhan	Hong Kong	World Championships	2023
CHILLINGWORTH, Adam	Hong Kong	World Championships	2023
HO, lan	Hong Kong	World Championships	2023
HAUGHEY, Siobhan	Hong Kong	World Championships	2022
HO, lan	Hong Kong	World Championships	2022
CHILLINGWORTH, Adam	Hong Kong	World Championships	2022
NEILL, Tom	Australia	World Championships	2022
HAUGHEY, Siobhan	Hong Kong	Olympics	2021
HO, lan	Hong Kong	Olympics	2021
HAUGHEY, Siobhan	Hong Kong	International Swimming League	2020
LEE, Jody	Hong Kong	Queensland Age Champs	2019
LEE, Jody	Hong Kong	Malaysia Age Champs	2019
HAUGHEY, Siobhan	Hong Kong	World Champs	2019
MASON, Gordon	Great Britain	OWS World Champs	2019
WILLIAMS, Miles `	Hong Kong	NCAA Champs	2019
HAUGHEY, Siobhan	Hong Kong	NCAA Champs	2018
HAUGHEY, Siobhan	Hong Kong	Olympics	2016
CHEAH, Geoffrey	Hong Kong	Olympics	2016
MASON, Gordon	Great Britain	Junior OWS World Champs	2016
HAUGHEY, Siobhan	Hong Kong	World Cup	2015
CHEAH, Geoffrey	Hong Kong	World Cup	2015
WILLIAMS, Miles	Hong Kong	World Cup	2015
HAUGHEY, Siobhan	Hong Kong	Asian Games	2014
CHEAH, Geoffrey	Hong Kong	Asian Games	2014
WILLIAMS, Miles	Hong Kong	World Cup	2014
HAUGHEY, Siobhan	Hong Kong	Youth Olympics	2014
CHEAH, Geoffrey	Hong Kong	Student World Champs	2013
HAUGHEY, Siobhan	Hong Kong	Junior World Champs	2013
HAUGHEY, Siobhan	Hong Kong	East Asian Champs	2013
WILSON, Hannah	Hong Kong	Olympics	2012
CHEAH, Geoffrey	Hong Kong	Asian Games	2010