HARRY WRIGHT



V26.11.2026

SPRING TERM 2027

2nd January - 12th March

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

(+852) 2575 6279

swimming@harrywright.com.hk

www.harrywright.com.hk

HARRY WRIGHT

Enrol Online

Print Document

Select One, Two or Three Sessions per week

	Monday 4 Jan - 8 Mar (except 25 Jan, 1 & 8 Feb) 7 sessions $2,415	Tuesday 5 Jan - 9 Mar (except 26 Jan, 2 & 9 Feb) 7 sessions $2,415	Wednesday 6 Jan - 10 Mar (except 27 Jan, 3 & 10 Feb) 7 sessions $2,415	Thursday 7 Jan - 11 Mar (except 28 Jan, 4 & 25 Feb) 7 sessions $2,415	Friday 8 Jan - 12 Mar (except 29 Jan, 5 & 26 Feb) 7 sessions $2,415	Saturday 2 Jan - 6 Mar (except 30 Jan & 6 Feb) 8 sessions $2,760	Sunday 3 Jan - 7 Mar (except 31 Jan & 7 Feb) 8 sessions $2,760
New Parent & Infant* (4 months+)	**16:00-16:40 (4-23 months)**					**11:00-11:40 (4-12 months) 15:00-15:40 (13-23 months)**	**10:20-11:00 (13-23 months) 11:40-12:20 (4-12 months)**
Existing Parent & Infant* (6 months+)		16:00-16:40 (10-23 months)	16:00-16:40 (6-12 months) 16:40-17:20 (13-26 months)		16:00-16:40 (17-28 months)	11:40-12:20 (6-15m) 13:40-14:20 (6-12m)	11:00-11:40 (5-13m) 14:00-14:40 (6-12m)^ 14:00-14:40 (6-14m)^ 15:20-16:00 (12-24m)^ 15:20-16:00 (19-26m)^
Parent & Infant Advanced* (8 months+)		16:00-16:40 (10-23 months)			16:00-16:40 (17-28 months)	9:40-10:20 (14-26m) 11:45-12:25 (8-16m) 14:20-15:00 (17-25m)	9:40-10:20 (16-26m) 10:20-11:00 (10-20m) 14:00-14:40 (12-25m)^ 14:40-15:20 (14-24m)^ 14:40-15:20 (15-26m)^
New Preschool* (2.0-4.11 years)			**17:20-18:00 (2.0-2.11 years)**		**16:40-17:20 (3.0-4.11 years)**	**12:25-13:05 (3.0-4.11 years) 15:40-16:20 (2.0-2.11 years)**	**9:40-10:20 (2.0-2.11 years) 16:40-17:20^ (2.0-3.0 years) 16:40-17:20^ (3.0-4.11 years)**
Existing Preschool* (2.0-4.11 years)	16:40-17:20 (2.0-4.2 years) 16:40-17:20 (2.7-3.11 years)	16:40-17:20 (3.0-4.11 years)	17:20-18:00 (2.0-2.11 years)			9:00-9:40 (2.5-3.4y) 9:40-10:20 (2.0-3.4y) 10:20-11:00 (2.6-3.6y) 15:40-16:20 (2.0-3.0y) 15:40-16:20 (2.4-4.0y) 16:20-17:00 (2.6-4.4y)	9:00-9:40 (2.0-2.11y) 9:40-10:20 (2.7-3.7y) 16:00-16:40 (2.2-3.6y)^ 16:00-16:40 (3.0-5.0y)^ 16:40-17:20 (2.0-3.0y)^
Preschool Advanced* (2.0-4.11 years)	16:40-17:20 (2.0-4.2 years) 16:40-17:20 (2.7-3.11 years)	16:40-17:20 (3.0-4.11 years) 16:40-17:20 (3.0-4.11 years)	16:00-16:40 (1.7-2.6 years) 16:40-17:20 (2.0-3.6 years)		16:40-17:20 (3.0-5.0 years)	9:00-9:40 (2.9-3.8y) 9:00-9:40 (3.9-5.4y) 9:40-10:20 (3.0-4.6y) 9:40-10:20 (3.4-4.11y) 10:20-11:00 (1.9-2.3y) 11:00-11:40 (2.6-3.6y) 11:00-11:40 (3.0-4.2y) 11:40-12:20 (1.10-2.6y) 11:40-12:20 (3.0-4.6y) 12:20-13:00 (3.0-4.6y) 13:05-13:45 (3.6-5.0y) 13:40-14:20 (2.0-2.11y) 14:20-15:00 (2.7-4.0y) 15:00-15:40 (2.2-3.0y) 16:20-17:00 (2.6-3.8y) 16:20-17:00 (3.6-5.0y)	9:00-9:40 (3.6-5.0y) 9:40-10:20 (2.7-3.7y) 10:20-11:00 (3.0-4.6y) 11:00-11:40 (2.6-3.5y) 11:00-11:40 (2.9-3.11y) 11:40-12:20 (2.4-4.0y) 12:20-13:00 (3.0-4.11y) 15:20-16:00 (2.0-3.0y)^ 16:00-16:40 (2.2-3.6y)^ 16:00-16:40 (3.0-5.0y)^ 16:40-17:20 (2.9-4.6y)^

Registration for NEW lessons (highlighted in RED) is open to the general public NOW.
Priority Registration is given to Autumn Term 2026 swimmers until Wednesday 2 December.
Registration for all lessons will be open to the general public on Thursday 3 December.

	Monday 4 Jan - 8 Mar (except 1 Feb & 8 Feb) 8 sessions $2,760	Tuesday 5 Jan - 9 Mar (except 2 Feb & 9 Feb) 8 sessions $2,760	Wednesday 6 Jan - 10 Mar (except 3 Feb & 10 Feb) 8 sessions $2,760	Thursday 7 Jan - 11 Mar (except 4 Feb & 25 Feb) 8 sessions $2,760	Friday 8 Jan - 12 Mar (except 5 Feb & 26 Feb) 8 sessions $2,760	Saturday 2 Jan - 6 Mar (except 6 Feb) 9 sessions $3,105	Sunday 3 Jan - 7 Mar (except 7 Feb) 9 sessions $3,105
Beginner 1 (Non-Swimmer) (4.0 years & above who are non-swimmers or can swim a minimum of 5 meters)	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	9:40-10:20 10:20-11:00 11:00-11:40 11:45-12:25 14:00-14:40 14:40-15:20 15:20-16:00 16:00-16:40 16:40-17:20	9:00-9:40 9:40-10:20 10:20-11:00 11:00-11:40 11:45-12:25 14:00-14:40^ 14:40-15:20^ 15:20-16:00^ 16:00-16:40^
New Beginner 1 (promoted from Preschool Advanced)		15:20-16:00	16:40-17:20 (3.6-5.6 years)		16:00-16:40 (3.6-5.6 years)	9:00-9:40 (3.0-4.6y) 9:40-10:20 (3.6-5.6y) 10:20-11:00 (3.6-5.0y) 11:45-12:25 (3.6-5.0y) 16:00-16:40 (3.10-6.0y)	11:00-11:40 (3.6-5.0y) 11:45-12:25 (3.0-5.0y) 16:00-16:40 (3.6-5.0y)^ 16:40-17:20 (4.0-6.0y)^
Beginner 1 (3.0 years & above who can swim between 5-10 meters unaided)	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	9:00-9:40 9:40-10:20 10:20-11:00 11:00-11:40 11:45-12:25 14:00-14:40 14:40-15:20 15:20-16:00 16:00-16:40 16:40-17:20	9:00-9:40 9:40-10:20 11:00-11:40 11:45-12:25 14:00-14:40^ 14:40-15:20^ 15:20-16:00^ 16:00-16:40^

*Parental assistance in water is required.

^No lesson scheduled on Sunday 31 January and 28 February.

Last updated on 25 November 2026

SWIM WITH THE BEST

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Select One, Two or Three Sessions per week

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Beginner 1 Advanced	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	9:00-9:40 9:40-10:20 10:20-11:00 11:00-11:40 11:45-12:25 14:00-14:40 14:40-15:20 15:20-16:00 16:00-16:40 16:40-17:20	9:00-9:40 9:40-10:20 10:20-11:00 11:00-11:40 11:45-12:25 14:00-14:40^ 14:40-15:20^ 15:20-16:00^ 16:00-16:40^
Beginner 2	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	15:20-16:00 16:00-16:40 16:40-17:20	9:40-10:20 10:20-11:00 11:00-11:40 11:45-12:25 14:00-14:40 14:40-15:20 15:20-16:00	9:00-9:40 9:40-10:20 10:20-11:00 11:00-11:40 11:45-12:25 14:40-15:20^ 15:20-16:00^ 16:00-16:40^
Beginner 2 Advanced	16:00-16:40 16:40-17:20 17:20-18:00	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	16:00-16:40 16:40-17:20 17:20-18:00	16:40-17:20 17:20-18:00	16:00-16:40 16:40-17:20 17:20-18:00	9:00-9:40 9:40-10:20 10:20-11:00 14:00-14:40 14:40-15:20 16:00-16:40	9:40-10:20 10:20-11:00 11:00-11:40 15:20-16:00^
Beginner 3	16:00-16:40 16:40-17:20 17:20-18:00	15:20-16:00 16:00-16:40 16:40-17:20 17:20-18:00	16:00-16:40 16:40-17:20 17:20-18:00	16:40-17:20 17:20-18:00	16:00-16:40 16:40-17:20 17:20-18:00	9:00-9:40 9:40-10:20 11:00-11:40 14:00-14:40 14:40-15:20 16:00-16:40	9:40-10:20 11:00-11:40 15:20-16:00^

	Monday 4 Jan - 8 Mar (except 1 Feb & 8 Feb) 8 sessions $2,840	Tuesday 5 Jan - 9 Mar (except 2 Feb & 9 Feb) 8 sessions $2,840	Wednesday 6 Jan - 10 Mar (except 3 Feb & 10 Feb) 8 sessions $2,840	Thursday 7 Jan - 11 Mar (except 4 Feb & 25 Feb) 8 sessions $2,840	Friday 8 Jan - 12 Mar (except 5 Feb & 26 Feb) 8 sessions $2,840	Saturday 2 Jan - 6 Mar (except 6 Feb) 9 sessions $3,195	Sunday 3 Jan - 7 Mar (except 7 Feb) 9 sessions $3,195
Beginner 4	17:30-18:30	17:30-18:30	17:30-18:30	17:30-18:30	17:30-18:30	9:00-10:00 11:00-12:00 16:00-17:00	10:00-11:00
Improver	17:30-18:30	17:30-18:30	17:30-18:30	17:30-18:30	17:30-18:30	10:00-11:00 12:00-13:00 15:00-16:00	9:00-10:00 11:00-12:00

^No lesson scheduled on Sunday 31 January and 28 February.

Course Description	Two or three sessions per week
Club Training Squad / Swim Team	By invitation and / or trial lesson only. Pleae email bev.wright@harrywright.com.hk

Private Swimming Tuition	Course Fee Per Session
30 minute sessions for individuals who prefer the 1 - 1 approach	$480
40 minute sessions for individuals who prefer the 1 - 1 approach	$640
45 minute sessions for individuals who prefer the 1 - 1 approach	$720
60 minute sessions for individuals who prefer the 1 - 1 approach	$940
45 minute sessions for individuals who prefer the 1 - 2 approach	$1,080
60 minute sessions for individuals who prefer the 1 - 2 approach	$1,400

Please note:
1. To participate in the HWI Programme at SCAA, your child, and adult participating in *parent-assisted lessons, are required to be a member of SCAA. Kindly join SCAA prior to your first lesson http://www.scaa.org.hk/index.php/About/about_sections_detail/sID/17.html
2. *Parental assistance in the water is required for these courses.
3. Babies and toddlers who are not toilet trained MUST wear the DOUBLE NAPPY SYSTEM. These can be purchased from www.streamlinesports.com.hk
4. Children enter lessons via SPECTATOR AREA - Coach will meet children at the gate & escort to the pool. Please be puntual and arrive 5 minutes prior to the commencement of the lesson.
5. A parent or carer MUST remain in the spectator area while lessons are in progress to escort children to the toilet if necessary.

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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.

SWIM WITH THE BEST

JAYNE WRIGHT
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Harry Wright Swim School

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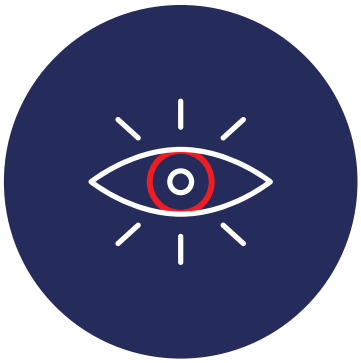
Our Mission, Vision & Values



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.

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Infant Aquatic Programme

SWIM WITH THE BEST

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.

SWIM WITH THE BEST

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.

SWIM WITH THE BEST

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, Ian	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)	2023
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, Ian	Hong Kong	World Championships	2023
HAUGHEY, Siobhan	Hong Kong	World Championships	2022
HO, Ian	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, Ian	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