

Club Siena

Summer Holiday Weekly Intensive Swimming Programme
by Harry Wright International - The Premier Swim School

27 June – 12 August 2016

COMPETITIVE

Infant Aquatic

LEARN TO SWIM

Infant
Aquatic



Infant Aquatic

COMPETITIVE

Learn to Swim



LEARN TO SWIM

COMPETITIVE

Learn to Swim



Competitive

INFANT
AQUATIC

INFANT AQUATIC

Competitive



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Club Siena

Summer Holiday Intensives (27 June – 12 August 2016)

Swim Monday to 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.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
	27, 28, 30 Jun	4 - 8 Jul	11 - 15 Jul	18 - 22 Jul	25 - 29 Jul	1 - 5 Aug	8 - 12 Aug
	3 Days	5 Days	5 Days	5 Days	5 Days	5 Days	5 Days
	\$690	\$1,150	\$1,150	\$1,150	\$1,150	\$1,150	\$1,150
DBRC member's guest surcharge**	(\$173)	(\$288)	(\$288)	(\$288)	(\$288)	(\$288)	(\$288)
Preschool*(2.0-4.6 years)	9:30-10:15	9:30-10:15	9:30-10:15	9:30-10:15	9:30-10:15	9:30-10:15	9:30-10:15
Preschool Advanced* (2.0-3.11 years)	10:15-11:00	10:15-11:00	10:15-11:00	10:15-11:00	10:15-11:00	10:15-11:00	10:15-11:00

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
	27, 28, 30 Jun	4 - 8 Jul	11 - 15 Jul	18 - 22 Jul	25 - 29 Jul	1 - 5 Aug	8 - 12 Aug
	3 Days	5 Days	5 Days	5 Days	5 Days	5 Days	5 Days
	\$735	\$1,225	\$1,225	\$1,225	\$1,225	\$1,225	\$1,225
DBRC member's guest surcharge**	(\$184)	(\$306)	(\$306)	(\$306)	(\$306)	(\$306)	(\$306)
Beginner 1 (non-swimmer)(4 years+)	8:30-9:30 10:30-11:30	8:30-9:30 10:30-11:30	8:30-9:30 10:30-11:30	8:30-9:30 10:30-11:30	8:30-9:30 10:30-11:30	8:30-9:30 10:30-11:30	8:30-9:30 10:30-11:30
Beginner 1 (for children who can swim a minimum of 5 meters unaided)	9:30-10:30 10:30-11:30	9:30-10:30 10:30-11:30	9:30-10:30 10:30-11:30	9:30-10:30 10:30-11:30	9:30-10:30 10:30-11:30	9:30-10:30 10:30-11:30	9:30-10:30 10:30-11:30
Beginner 1 Advanced	9:30-10:30	9:30-10:30	9:30-10:30	9:30-10:30	9:30-10:30	9:30-10:30	9:30-10:30
Beginner 2	9:30-10:30	9:30-10:30	9:30-10:30	9:30-10:30	9:30-10:30	9:30-10:30	9:30-10:30
Beginner 2 Advanced	11:00-12:00	11:00-12:00	11:00-12:00	11:00-12:00	11:00-12:00	11:00-12:00	11:00-12:00
Beginner 3	11:00-12:00	11:00-12:00	11:00-12:00	11:00-12:00	11:00-12:00	11:00-12:00	11:00-12:00

Swim Monday, Wednesday & Friday – 3 sessions each week

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	4,6,8 Jul	11,13,15 Jul	18,20,22 Jul	25,27,29 Jul	1,3,5 Aug	8,10,12 Aug
	3 Days	3 Days	3 Days	3 Days	3 Days	3 Days
	\$735	\$735	\$735	\$735	\$735	\$735
DBRC member's guest surcharge**	(\$184)	(\$184)	(\$184)	(\$184)	(\$184)	(\$184)
Beginner 1 (non-swimmer)(4 years+)	14:00-15:00	14:00-15:00	14:00-15:00	14:00-15:00	14:00-15:00	14:00-15:00
Beginner 1 (for children who can swim a minimum of 5 meters unaided)	15:00-16:00	15:00-16:00	15:00-16:00	15:00-16:00	15:00-16:00	15:00-16:00
Beginner 1 Advanced	15:00-16:00	15:00-16:00	15:00-16:00	15:00-16:00	15:00-16:00	15:00-16:00
Beginner 2	14:00-15:00	14:00-15:00	14:00-15:00	14:00-15:00	14:00-15:00	14:00-15:00
Beginner 4	8:30-9:30	8:30-9:30	8:30-9:30	8:30-9:30	8:30-9:30	8:30-9:30
Improver	8:30-9:30	8:30-9:30	8:30-9:30	8:30-9:30	8:30-9:30	8:30-9:30

***DBRC member's guest may apply subject to DBRC member's guest surcharge.

Last updated 3 May 2016

- DBRC members receive priority prior to commencement of the course.
- FULL payment is required. Upon commencement of the course, the fee will be pro-rated.
- Late commencement of the course is subject to space availability and a DBRC 10% admin charge of the total course fee.

**Club Siena will be closed for maintenance during the Summer Holiday Programme (Dates TBC)
Lessons will be conducted at Discovery Bay Recreation Club during this period.**



Swimming Programme with HWI at Club Siena

Summer Holiday Intensives (27 June – 12 August 2016)

- 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

First Name	Last Name	Date of Birth (DD/MM/YYYY)	Male/Female* Gender
Address			
Home Phone	Mobile	Email Address	Membership No.
Does your child have any allergies, medical conditions or physical limitations that our teachers should be aware of? If so, please indicate:			

COURSE ENROLMENT AND PAYMENT METHOD

Course Name	Day(s)	Time	Course Fee
Total:			

PAYMENT DETAILS

Payment Method: **Cheque, EPS or Cash**

Complete and attach your cheque made payable to 'Discovery Bay Recreation Club Limited' to this application form and hand it to the club reception desk. Please write the student's name on the back of the cheque.

RULES AND REGULATIONS

- Participants must be Discovery Bay Recreation Club / Club Siena Members at the time of submitting this application and whilst participating in the course. For non-members, please be advised there is an additional surcharge of 25% of the total course fee. 於遞交報名表時及於課堂期間，學員必須是愉景灣康樂會/海澄湖畔住客會所之會員。非會員將額外收取25%行政費。
- Late commencement of the course is subject to space availability and a DBRC 10% admin charge of the total course fee. 如學員逾期遞交報名表格，本會將收取整個課程費用之10%作為行政費。
- All fees are non-refundable unless your application is not accepted. 除申請不被接納外，所繳費用不設退回。
- No make-up, reschedule class, refund or credit will be given for non-attendance of class for any reason. 不論任何原因或身體不適缺席均不設補課或退款。
- For private lessons, students need to give a minimum of 24 hours' notice DIRECTLY to the Harry Wright coach for cancelling a private lesson. 如需取消私人泳班，請於課堂開始前二十四小時通知私人泳班教練。
- The Club reserves the right to charge Members the outstanding balance due to Harry Wright International Limited. 所有逾期之學費，會所將保留所有追討權利。
- No transferring of fees or refunds will be provided in event of swimming pool closure due to SARS, bird flu or any unforeseen event. Make-up lessons will be provided in all cases where possible. 如泳池因任何疫症爆發或未能預見之問題不能使用，已繳交款項將不獲退回，如場地及時間許可，將安排補堂。
- Participants who are 6 years or above must bring their valid Recreation Club Membership Card when attending swimming lesson. 六歲或以上之學員須攜帶有效康樂會會員證上課。
- Lessons will be cancelled during a red or black rainstorm warning or at the hoisting of a Typhoon Signal Number 8 (at Club Siena)/ Typhoon Signal Number 3 (at DBRC) or above. No refund or credit will be provided for a lesson being cancelled. 於紅或黑色暴雨或懸掛八號(海澄湖畔會所)/三號(愉景灣康樂會)颱風訊號或以上，該日之課堂將會取消。因天氣問題而取消之課堂將不獲退款。
- Participants under the age of 12 must be accompanied by a parent or a guardian over the age of 18 with valid DB Recreation Club Membership Card or Guardian Pass, at the poolside for the duration of the lesson. If the parent or guardian has no valid membership card, \$50 entrance fee will be charged on every visit. 十二歲以下之學員必須由十八歲以上持有有效康樂會會員證或監護人證之成人在泳池旁陪同上課。若陪同上課之家長或監護人未能出示有效會員證，每次均須繳付\$50入場費。
- The service provider of this course is Harry Wright International Limited and Discovery Bay Recreation Club and Club Siena are not a service provider of this course. Discovery Bay Recreation Club and Club Siena are only agent to the service provider for administrative work such as handling application and collecting payment from the participant. 此課程之提供者為Harry Wright International Limited 而非愉景灣康樂會或海澄湖畔會所。愉景灣康樂會及海澄湖畔會所只為提供者之代理人，協助行政上之事務，包括辦理學員申請及收費等。
- Discovery Bay Recreation Club, Club Siena and Harry Wright International Limited reserve the right to change the rules and regulations without prior notice. 愉景灣康樂會、海澄湖畔會所及Harry Wright International Limited有權修改以上條例及規則而不作出任何預先通知。

DECLARATION

I/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 responsible for 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 – Harry Wright 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, which may 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 with the Harry Wright International Classes.

I/We 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 there is no contract 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 does not assume any personal responsibility to me/us for that communication. Accordingly, I/We shall not bring any claim against 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.

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

For DBRC Office use only: Cheque No.: _____ Chit No.: _____ Amount \$: _____ Handled By: _____ Date: _____

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 3,000 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 Infant (4 months - 2 years)

(Structured according to age groups of 4-11 months & 12-23 months)

Parental 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 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. (1:10)

Parent & Infant Advanced (6 months - 2 years)

Parental 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. (1:10)

Preschool (2-4 years)

(Structured according to age groups of 2-2.11 years & 3.0-4.11 years)

Parental assistance required

For children between 2-4 years who are unable to swim. This class is great fun for all and will introduce the child to all the basic skills needed to become confident in the water and swim unaided. (1:10)

Preschool Advanced (2-4 years)

Parental assistance required

Designed for children between 2-4 years who are happy to go under water and swim a minimum of 3 meters unaided. Students will increase their water skills and learn basic freestyle and backstroke kick. (1:10)



Learn to Swim Programme

For Beginner 1 Advanced classes and above students 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. (1:4)

Beginner 1 – Swimmers

For children who can swim a minimum of 5 meters unaided. Students will learn the basics of freestyle & backstroke, including body position & strong kicking for both strokes & arms for freestyle & backstroke. (1:4)

Beginner 1 Advanced

Children should be able to swim at least 10 meters and lift their head to take a breath. Students will learn the basics of freestyle and backstroke, including body position and strong kicking for both strokes and arms for freestyle and backstroke. Introducing breathing to the side for freestyle. (1:5)

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. (1:6)

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. (1:7)

Beginner 3

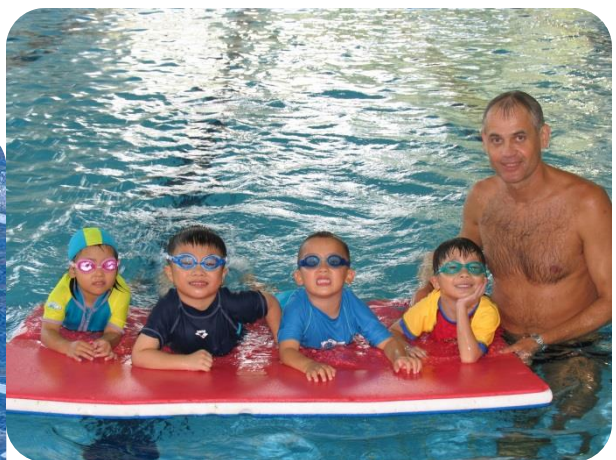
Children MUST be able to swim both freestyle and backstroke for 25 meters to take this course. They will improve their stroke technique to swim freestyle and backstroke over longer distances. They will also be introduced to breaststroke and standing dives. (1:8)

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. (1:12)

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. (1:12)



Harry Wright International has coached many children from babies through to elite level. Here is a list of our elite athletes

Olympians

- CROCKER, Mark - 1972, 1976
- FARGUS, Joanna - (England) 2000
- FONG, Alex - 2004
- 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
- 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
- WONG, Kathryn - 1984



Hannah Wilson



Dominik Meichtry

Asian Games Athletes

- CHEAH, Geoffrey - 2006
 - COAK, Perran - 1982, 1986
 - HUNG, Celeste - 1986, 1990
 - LI, Arthur - 1994, 1998
 - LO, Jonathon - (Waterpolo), 2006
 - LOMAS, Lucy - 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,
2006 (Captain)
 - WONG, Kathryn - 1982
 - WRIGHT, Andrew - (Triathlon) 2006, 2010
 - WRIGHT, Mark - (Rugby) 2006, 2010
- ## *Junior World Championships*
- HAUGHEY, Siobhan – 2013
 - KWOK, Sabrina - 2013