



# ESF Swimming

The ESF Swimming Programme is the ideal opportunity for young children to experience a positive and exciting introduction to water and the sport of swimming. Swimming is a life skill and a healthy activity for any age. Our swimming programme offers an awards scheme based around the **FUNDamental** skills of swimming, teaching through the medium of games and activities, in addition to traditional methods, following the UK ASA National Plan for the Teaching of Swimming.



**ENROL ONLINE NOW TO SECURE YOUR CHILD'S PLACE**  
[WWW.ESF.ORG.HK](http://WWW.ESF.ORG.HK)

## COURSE DESCRIPTION

**Adult and Child, 18 – 36 months (SW0 & SW0A) Aquabub & Aquatot**

- Build confidence in the water
- Basic swimming skills
- Fun games & activities

**Levels 1 – 3, 3 – 5 yrs (SW1; SW2; SW3) Tadpole, Frog, Goldfish**

- Safe entries & exit
- Aquatic breathing
- Submerging
- Flotation, rotation
- Travelling & treading water

**Levels 4 – 5, 5+ yrs (SW4 & SW5) Dolphin & Stingray**

- Freestyle & backstroke development
- Increase stamina
- Sculling techniques, treading water, basic diving skills & extend rotational skills with handstands & somersaults

**Levels 6 – 7, 5+ yrs (SW6 & SW7) Seal & Swordfish**

- Freestyle & backstroke development
- Introduction to breaststroke & butterfly
- Increase stamina
- Sculling techniques, tumble turns & elementary diving skills

## FREE GIFT

All First Time students registering for swimming activities will receive:

- 1 Silicon swim cap
- 1 Swimwear (jammers for boys and swimsuit for girls)

## NEW FOR ADULTS SWIMMING!



As adults, we lead busy lives and this may prevent you from committing to a regular swimming class. Now, we are delighted to introduce "Buy 10 sessions and use anytime within 6 months from the date of purchase" providing flexibility to swim when you can.

Swimming sessions for adults are available at Renaissance College and South Island School.

## Achievements

Each level has specific tasks for children to achieve. At the end of each term children will receive a certificate of achievement or a report on their progress.

## Competitive Squad (SW8)

- Completed Level 7
- Stroke technique improvement
- Improve swimmers' times
- Focus on certain competitions
- Encouraged to train more than once a week



Active Ability Class for children with special needs at Discovery College on Wednesdays

## Adult Beginner (SW9)

- Basic swimming skills

## Adult Stroke Correction (SW10)

- Improve stroke technique

## Adult Fitness (SW11)

- Develop aerobic endurance

## Fun & Fitness, 8yrs+ (SW12)

- Completed Level 7
- Develop aerobic endurance
- Non-competition



Detailed schedules can be viewed on our website [www.esf.org.hk](http://www.esf.org.hk)

## Venues

### Learn-to-Swim / Competitive Squad

Discovery College  
 Renaissance College  
 Sha Tin College  
 South Island School

### Adult & Child / Adult

Renaissance College  
 South Island School

**DISCOVERY COLLEGE LEARN-TO-SWIM PROGRAMME WILL COMMENCE ON 3rd MARCH 2012**

## Swimming — Course Fees

Course name and code	Sessions	Fee
Learn-to-Swim (SW0 – SW7)	11 sessions	\$1980
	12 sessions	\$2160
	13 sessions	\$2340
Competitive Squad (SW8a, b, c) once/week	11 sessions	\$2200
	12 sessions	\$2400
	13 sessions	\$2600
Competitive Squad (SW8a, b, c) twice/week	23 sessions	\$3450
	24 sessions	\$3600
	25 sessions	\$3750
Competitive Squad (SW8a, b, c) 3 or 3+/week	Unlimited sessions	\$4070
Fun & Fitness Courses (SW12)	12 sessions	\$2400
Fun Skills Courses	11 sessions	\$1496
	12 sessions	\$1632
Adult Courses (SW9 – SW10)	10 sessions	\$2000

Classes at different sites on different day may not have the same no. of sessions per term. Please check our website [www.esf.org.hk](http://www.esf.org.hk) for the exact course fee.