



ESF Swimming Programme at Discovery College

January – March 2009

The Sharks Learn to Swim 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 programme will monitor a child's development allowing them to progress through the levels at a pace suitable to the individual. The water is a fantastic place to develop kinesthetic sense, gliding, and buoyancy.



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www.esf.org.hk

ESF Swimming



ESF Educational Services offers the most up-to-date Learn to Swim programme in Hong Kong, closely following the AUSTSWIM teaching practices which is recognized throughout the world as a leader in Learn to Swim teaching. The Sharks Learn to Swim Programme at Discovery College offers classes for preschoolers and non-swimmers through to squad level. Our courses are suitable for children aged 3 years onwards.

Achievement Tasks

Every level has specific achievement tasks for children. Throughout the term, children will be continually assessed and achievements will be recorded by the instructors. At the end of each term, children will receive either an award certificate for their participation with comments on their progress or a certificate of achievement showing they have progressed to the next level.

LEVEL 1 (SWL1)

For beginner swimmers. Students will increase their water confidence through the fundamentals of floating, movement through water and submerging.

LEVEL 2 (SWL2)

For advanced beginners who can submerge confidently without their goggles. Unaided floating, strong kicking and correct body position for basic freestyle and backstroke are introduced in this level.

LEVEL 3 (SWL3)

Children should already be able to perform a "push & glide" on their front - kicking with strong, straight legs (torpedo) as well as be able to float on their back confidently. Arms are taught for freestyle and kicking on back is consolidated for backstroke.

LEVEL 4 (SWL4)

Children must be able to kick for a short distance on their back (5m) as well as performing 4-6 freestyle arms keeping their body on top of the water with a strong kick. Side breathing will be introduced for freestyle and arms are taught for backstroke.

LEVEL 5 (SWL5)

Children enrolling in this level must be able to swim freestyle for 6m with breathing to the side. They must also be able to swim backstroke for 6m without sinking. Freestyle and backstroke skills will be consolidated in this level with swims up to 12m. Basic butterfly kick is introduced in a fun way.

LEVEL 6 (SWL6)

To be suitable for this level children must be able to swim both freestyle and backstroke for 12m showing good form. Bilateral breathing for freestyle is introduced as well as basic starts/finishes for freestyle and backstroke as these strokes are further developed. Breaststroke kick is introduced.

LEVEL 7 (SWL7)

To enroll in this level, children must be able to confidently swim 25m freestyle with bi-lateral breathing, 25m backstroke with smooth strokes (no sinking) as well as correct breaststroke kick on board. Freestyle and backstroke technique & stamina are developed over the longer distances. Breaststroke and butterfly kicking are consolidated and breaststroke arms are introduced.

LEVEL 8 (SWL8)

Children must be able to easily swim 50m of freestyle and backstroke with smooth, gliding arm strokes and good body position. They should also be able to perform correct kick for breaststroke for 25m. Breaststroke technique is further developed and butterfly arms introduced. All strokes are worked over longer distances maintaining good technique and style.

LEVEL 9 (SWL9)

The aim is to build distance, stamina and technique for all strokes including proper starts and turns. Simple pace clock skills will be taught. A test set will also determine readiness for the transition into Shark Swim Squad.

SHARK SWIM SQUAD (SW7)

Children must show good technique and stamina over all strokes including starts and turns to join Shark Swim Squad. Children need to be assessed by the coach before joining to ensure they are suited to this level.

FREE ASSESSMENT AVAILABLE

Want to know which level you should book? Please call our office on 2711 1280 to arrange an appointment on the following days

Wednesday 10th December 3.30-5.30pm

Thursday 11th December 3.30-5.30pm

Wednesday 7th January 3.30-5.30pm

Free Registration Gift

All First Time students registering for swimming activities will receive:

- 1 Silicon swimming cap
- 1 swimwear (jammers for boys and swim suit for girls)

Swimming — Schedule (Discovery College)

	Mon 12 Jan-30 Mar Except 26 Jan	Tue 13 Jan-31 Mar Except 27 Jan	Wed 14 Jan-1 Apr Except 28 Jan	Thu 15 Jan-2 Apr Except 29 Jan	Fri 16 Jan-3 Apr Except 30 Jan	Sat 10 Jan-28 Mar Except 31 Jan
Level 1 (SWL1)	4.30-5.00(22) 5.00-5.30(7)	5.00-5.30(24) 5.30-6.00(24)	4.30-5.00(7)	4.30-5.00(24) 5.00-5.30(7)		9.00-9.30(22) 9.30-10.00(24) 12.00-12.30(24) 12.30-1.00(7)
Level 2 (SWL2)	4.30-5.00(7) 5.30-6.00(22)	4.30-5.00(24)	4.30-5.00(22)	4.30-5.00(7) 5.30-6.00(24)		9.00-9.30(24) 9.30-10.00(24) 11.00-11.30(24)
Level 3 (SWL3)	5.00-5.30(22)	4.30-5.00(7)	5.00-5.30(7)	5.00-5.30(24)		10.00-10.30(24) 11.30-12.00(24)
Level 4 (SWL4)	6.00-6.30(22)	5.00-5.30(7)	5.30-6.00(7)	6.00-6.30(24)		10.30-11.00(22)
Level 5 (SWL5)	4.30-5.15(10)		5.00-5.45(22)	4.30-5.15(10)		10.00-10.45(22)
Level 6 (SWL6)	5.15-6.00(10)		5.45-6.30(22)	5.15-6.00(10)		9.00-9.45(7) 11.30-12.15(22)
Level 7 (SWL7)	6.00-6.45(10)		6.00-6.45(7)	6.45-7.30(10)		10.45-11.30(22)
Level 8 (SWL8)	6.30-7.15(22)		6.45-7.30(7)	6.00-6.45(10)		9.45-10.30(7)
Level 9 (SWL9)	5.30-6.30(7)	5.30-6.30(7)	6.30-7.30(22)	5.30-6.30(7)		11.30-12.30(7)
Shark Swim (SW7)	6.30-7.30(7)	6.30-7.30(7)		6.30-7.30(7)		10.30-11.30(7)

Instructor List

7	Rachel Grantham
10	Nicola Barguss
22	Lee King
24	TBA

Swimming — Course Fees

COURSE NAME & CODE		COURSE FEE
All Learn to Swim courses (SWL1 to SWL9)	11 sessions	\$1980
Shark Swim Squad (SW7) Join once per week	11 sessions	\$1980
Shark Swim Squad (SW7) Join twice or more per week	22+ sessions	\$2200

Please indicate the days and session on registration form

ESF Educational Services Ltd also conducts swimming classes at South Island School and Renaissance College. Please see our website for more details: www.esf.org.hk

Contact us for more information

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