

Learn To Swim with the Sharks

10% DISCOUNT CHINESE NEW YEAR SWIMMING PROMOTION

VENUES
HK Island
Ma On Shan
& Sha Tin



A large selection of classes starting 30th Jan 2012

Internationally qualified Coaches; instruction in English.
Warm indoor heated venues; Certificates for achievement;
Classes 7 days a week – 7-9 week courses starting from \$1,134

Enrol online or Call 2711 1280 for an application form.
Quote REF: SWCNY12 for the 10% Discount on the course fee

Tel 2711 1280

ESF Educational Services offers a swimming programme 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.

We offer learn to swim classes for children from 18 months onwards and adults; competitive swimming opportunities in the squad development sessions and water polo.

Adult and Child (SW0 & SW0A) 18 – 36months

Aquabub and Aquatot sessions will follow the UK ASA Ducklings programme. Through fun games and activities your child will build confidence in the water and learn basic swimming skills.

Levels 1 – 3; 3 – 5yr olds (SW1; SW2; SW3) Tadpole, Frog, Goldfish

All children in these levels will be taught key water skills including, safe entries and exits, aquatic breathing, submerging, flotation, rotation, travelling and treading water. There will be a record of achievement card for each child and upon completion of 10 skills your child will gain the tadpole certificate.

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

Young swimmers will be introduced to stroke development on freestyle and backstroke and encouraged to increase their stamina. The skill development will include sculling techniques, treading water, basic diving skills and extended rotational skills with handstands and somersaults.

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

Young swimmers will continue to develop stroke technique on freestyle and backstroke and be introduced to breaststroke and butterfly. Stamina levels will increase by swimming further distances. Sculling techniques will be extended; tumble turns and elementary diving skills will be introduced.