

## ESSC 2015 Summer Swimming Courses

ESSC are pleased to run our 2015 Summer Courses at [SYSMP](#) 50M indoor swimming pool from **2 June** to **31 August 2015** (Please see the timetable for the details). It is an ideal healthy activity to develop your child's swimming skill.

Our courses are suitable for children aged 3.5 years or over. Each class is loaded with fun, engaging and challenging activities! Swimmers can now enjoy an **early-bird discount (10%)** on course fees if you enroll in and pay for the swim lessons before **1 June 2015**.

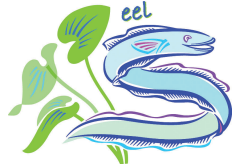
### A. COURES DESCRIPTION

#### 1. Beginner Level (BL) - Prerequisite: Children over 3.5 years of age



Children in this level will be taught essential aquatic skills including, safe entries & exits, aquatic breathing, floating, travelling with and without kick board, etc. Able to complete "Roll a pancake" without any aid for 25 meters is a milestone of progressing to Intermediate Level. Coach/ Swimmer ratio is max 1:3.

#### 2. Intermediate Level (IL) - Prerequisite: able to swim 25 meters in 1 stroke



Children will be taught the correct stroke techniques on freestyle and backstroke. Body position (streamline), kicking and stroke efficiency are emphasized in this level. Submerging and somersault will be introduced in the class. Able to swim 50 meters in 2 strokes with good technique is a milestone of progressing to Advance Level. Coach/ Swimmer ratio is max 1:5.

#### 3. Advanced Level (AL) - Prerequisite: able to swim 50 meters in 2 strokes



Children will continue to develop stroke technique on freestyle and backstroke; and be introduced to breaststroke and dolphin ("butterfly") kick. They will be encouraged to increase stamina by swimming further distance.

#### 4. ESSC Swimming Team (SW) - Prerequisite: able to swim 100 meters in Freestyle, Backstroke and Breaststroke respectively



Swimmers will continue to develop their stroke technique and stamina. It will also focus on improving alignment, posture and balance to reduce resistance. Land drill will be introduced to strengthen cord muscle and improve flexibility & coordination. Swimmers whose time meets HKASA Qualifying Time (QT) would be invited to participate in the HKASA swim competitions of Division II, Division I, or Championships.

### C. SWIM CLASS SCHEDULE

Course Code	Date	Day	Time	Class Level	Course Fee
SSC2015-S1	2, 9, 16, 23, 30 June; 7, 14, 21, 28 July; & 4, 11, 18, 25 August ( <b>Thirteen</b> 1-hour sessions)	Tuesday	5-6pm; 6-7pm	BL IL AL ST	\$1,950
SSC2015-S2	15, 17,19,22,24,26,29 June; & 3, 6, 8, 10, 13, 15 July ( <b>Thirteen</b> 1-hour sessions)	Monday Wednesday Friday	9-10am; 10-11am; 11-12nn; 2-3pm; 3-4pm; 4-5pm; 5-6pm; 6-7pm		\$1,950
SSC2015-S3	17, 20, 22, 24, 27, 29, 31 July; & 3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 26, 28, 31 August ( <b>Twenty</b> 1-hour sessions)	Monday Wednesday Friday			\$3,000
SSC2015-S4	18, 25 June; 2, 9, 16, 23, 30 July; & 6, 13, 20, 27 August ( <b>Eleven</b> 1-hour sessions)	Thursday			\$1,650
Private	\$600/1 hour/session				

**Venue:** Sun Yat Sen Memorial Park Swimming Pool (**SYSMP**), 16 Eastern Street North, Sai Ying Pun, HK

#### -----Enrollment Form Reply slip-----

1 <sup>st</sup> Course Code	:	Day	:	Time	:
2 <sup>nd</sup> Course Code	:	Day	:	Time	:
3 <sup>rd</sup> Course Code	:	Day	:	Time	:
4 <sup>th</sup> Course Code	:	Day	:	Time	:
Name	:	Sex	:	D.O.B.	:
Contact Person	:	Contact No.	:		
Email	:				



1. **Enroll online today!**  
<http://esscliao.weebly.com/321781997836774297023000335531-application-online.html>
2. **Payment Policy:**
  - a) THERE IS NO REFUND FOR CLASS MISSED.
  - b) If it is not possible for your child to make his/ her scheduled class, please notify Coach Mike at least **1 hour** prior to missing the class.
  - c) Although we do offer make-up classes, we encourage families to make sure your child gets the most out of their lessons and attend their regularly scheduled class.
  - d) We cannot always guarantee that a make-up class will be available because many of our classes are full.
3. **Early-Bird Discount** – Swimmers can now enjoy a **10% discount** on course fees if you enroll before **1 June 2015**
4. **Pay by Cheque:** The cheque should be crossed "Account Payee" and made payable to [\*"ExcelSports Swimming Club Consultant Company"\*](#).
5. **Pay by Bank Deposit:** Please deposit the course fee to the following bank account:
  - a) Bank: [\*Bank of China \(Hong Kong\)\*](#)
  - b) Account No.: [\*012-651-0000-9148\*](#)
  - c) Account Name: [\*ExcelSports Swimming Club Consultant Company\*](#)
6. Please return the REPLY SLIP with the cheque or the bank deposit receipt to
  - a) Coach Mike directly; or
  - b) [\*ExcelSports Swimming Club Consultant Company, Room 2, 19/F, Block B, Hamden Court, 149 Hong Ning Road, Kwun Tong, Kowloon\*](#) via postal mail.
7. You may also email Coach Mike the scanned copy of the bank deposit receipt at [\*esscliao@hotmail.com\*](mailto:esscliao@hotmail.com). Or Whatsapp to Coach Mike on 9669-1832.
8. Deadline of enrolment would be **31 May 2015**. Should you have any inquiries, please feel free to contact **Coach Mike** (Email: [\*esscliao@hotmail.com\*](mailto:esscliao@hotmail.com); Contact No: **9669-1832**).