

ESSC are please to run our **Elated Swimming programme** at **South Island School (SIS) indoor swimming pool** every Saturday and Sunday from **15 Aug 2015 to 26 Jun 2016** (Please refer to the **Swim Class Schedule below for the details**), which is an ideal 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!

A. COURES DESCRIPTION

1. Junior Beginner Level (JB) - Prerequisite: Children 3.5 to 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 swim 25 meters in 2 strokes is a milestone of progressing to Intermediate Level. Coach/ Swimmer ratio is max 1:3.

2. Beginner Level (BL) - Prerequisite: Children over 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 swim 25 meters in 2 strokes is a milestone of progressing to Intermediate Level. Coach/ Swimmer ratio is max 1:4.

3. 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.

4. 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.

5. Pre-Swimming Team (PT) - Prerequisite: able to swim 100 meters in Freestyle (within 120 s), Backstroke (within 150 s), Breaststroke (within 160 s) and 50 meters in Butterfly Stroke (within 75 s) 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.

B. SWIM CLASS SCHEDULE

Course Code	Date	Day	Time	Class Level	Course Fee
SIS2015-T1-SAT	15, 22, 29 Aug; 5, 12, 19, 26 Sep; 3, 10, 17, 24, 31 Oct; 7, 14, 21, 28 Nov; & 5, 12, 19 Dec (Nineteen 1-hour sessions)	Saturday	2-3pm	JB	\$4,940
			3-4pm	BL	
			4-5pm	IL	\$4,370
			5-6pm	AL	
			2-3:30pm 3:30-5pm	PT	
SIS2015-T1-SUN	23, 30 Aug; 6, 13, 20, 27 Sep; 4, 11, 18, 25 Oct; 1, 8, 15, 22, 29 Nov; & 6, 13, 20 Dec (Eighteen 1-hour sessions)	Sunday	2-3pm	JB	\$4,680
			3-4pm	BL	
				IL	\$4,110
				AL	
4-5:30pm	PT				
SIS2015-T1-SAT + SIS2015-T1-SUN (Thirty-seven 1-hour sessions)				JB	\$8,140
				BL	\$7,030
				IL	
				AL	
PT					
SIS2016-T2-SAT	2, 9, 16, 23, 30 Jan; 13, 20, 27 Feb; 5, 12, 19 Mar; 9, 16, 23, 30 Apr; 7, 21, 28 May; & 4, 11, 18, 25 Jun (Twenty-two 1-hour sessions)	Saturday	2-3pm	JB	\$5,720
			3-4pm	BL	
			4-5pm	IL	\$5,060
			5-6pm	AL	
			2-3:30pm 3:30-5pm	PT	



Course Code	Date	Day	Time	Class Level	Course Fee
SIS2016-T2-SUN	3, 10, 17, 24, 31 Jan;	Sunday	2-3pm	JB	\$5,980
	14, 21, 28 Feb;			BL	
	6, 13, 20 Mar;		IL		
	10, 17, 24 Apr;		AL		
1, 8, 15, 22, 29 May; &		4-5:30pm	PT	\$5,290	
5, 12, 19, 26 Jun (Twenty-three 1-hour sessions)					
SIS2016-T2-SAT + SIS2016-T2-SUN (Forty-five 1-hour sessions)				JB	\$9,900
				BL IL AL PT	\$8,550

Venue: Indoor Swimming Pool, South Island School (SIS), 50 Nam Fung Rd, Deep Water Bay, HK

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

1st Course Code : _____ Time : _____ Class Level : _____
 2nd Course Code : _____ Time : _____ Class Level : _____
 3rd Course Code : _____ Time : _____ Class Level : _____
 4th Course Code : _____ Time : _____ Class Level : _____

Name : _____ Sex : _____ D.O.B : _____
 Contact Person : _____ Contact No. : _____
 Email : _____

OR **Enroll online today!**

<http://esscliao.weebly.com/321781997836774297023000335531-application-online.html>

1. **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.

2. **Pay by Cheque:** The cheque should be crossed "Account Payee" and made payable to "[ExcelSports Swimming Club Consultant Company](#)".

3. **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](#)

4. 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.

5. You may also email Coach Mike the scanned copy of the bank deposit receipt at esscliao@hotmail.com. Or Whatsapp to Coach Mike on 9669-1832.

6. Should you have any inquiries, please feel free to contact **Coach Mike** (Email: esscliao@hotmail.com; Contact No: [9669-1832](tel:9669-1832)).