

syllabus.

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LEVEL: AQUA TOT

Requirement.

It is suitable for infants, under the age of 3, and one of their parents takes part in the lesson.

Target Result.

1. Parents learn variety of teaching skills such as proper holding techniques, safe water entry/exit, breath control and water buoyancy.
2. Help infants grow in a sense of self-esteem, confidence and independence in water.
3. Help infants perform bubbles blowing, water submersion, floating, and kicking.
4. Help infants develop their motor skills, coordination and balance.

LEVEL: ELEMENTARY 1

Requirement.

It is suitable for children under the age of 6, who have no experience in swimming.

Target Result.

1. Build up their sense of security in water, and show trust and confidence to the instructor.
2. Perform face and head submersion with bubbling, and hold breath in water.
3. Perform front and back floating.

LEVEL: ELEMENTARY 2

Requirement.

It is suitable for children under the age of 6, who have completed Elementary 1 Level, or who can put their faces in the water for bubbling and perform simple flutter kicking.

Target Result.

1. Perform face and head submersion with bubbling, and hold breath in water.
2. Perform front and back floating.
3. Perform flutter kicking for 25 meters.

LEVEL: BEGINNER 1 & 2

Requirement.

It is suitable for beginner at the age of 6 to 11 (for Beginner 1 Level) or 12 to 15 (for Beginner 2 Level).

Target Result.

1. Build up the sense of security in water.
2. Perform face and head submersion with bubbling, hold breath in water.
3. Perform front and back floating.
4. Perform simple flutter kicking, arm movement, breathing in front crawl.
5. Well perform the following style:
 - 15meters front crawl

LEVEL: INTERMEDIATE 1

Requirement.

It is suitable for students at the age of 6 to 15.

1. Completed Beginner Level 1 / Beginner Level 2, or;
2. Be able to swim 15 meters in front crawl.

Target Result.

Well perform in the following styles:

- 50 meters front crawl
- 15 meters backstroke

LEVEL: INTERMEDIATE 2

Requirement.

It is suitable for students at the age of 6 to 15.

1. completed Intermediate Level 1, or;
2. Be able to swim a distance of 50 meters in front crawl and 15 meters backstroke.

Target Result.

Well perform in the following styles:

- 75 meters front crawl
- 50 meters backstroke
- 15 meters breaststroke

LEVEL: ADVANCE 1

Requirement.

It is suitable for students at the age of 6 to 15.

1. Completed Intermediate Level 2, or;
2. Be able to swim a distance of 75 meters in front crawl, 50 meters in backstroke and 15 meters in breaststroke.

Target Result.

Well perform in the following styles:

- 100 meters front crawl
- 50 meters breaststroke
- 75 meters backstroke
- 25 meters butterfly kicking

LEVEL: ADVANCE 2

Requirement.

It is suitable for students at the age of 6 to 15.

1. Completed Advance Level 1, or;
2. Be able to swim a distance of 100 meters in front crawl, 75 meters backstroke 50 meters breaststroke, and 25 meters of butterfly kicking.

Target Result.

Well perform in the following styles:

- 100 meters front crawl
- 100 meters breaststroke
- 100 meters backstroke
- 25 meters butterfly

LEVEL: SWIMMING TEAM

Requirement.

It is suitable for students at the age of 6 or above, have completed Advanced Level 2 and passed recruitment test; or recommended by coach.

Target Result.

1. Learn and refine racing technique.
2. Capable to join swimming competitions.
3. Surmount personal record.

Syllabus.

Fitness Training

Athletes in this stage have to build up a good fitness level in order to become a competitive swimmer. Instructor will train athletes in the aspects of endurance, sprint, strength, and explosive power.

Technique Training

Athletes in this stage have to build up competitive techniques. Instructor trains athletes to build up techniques that help them to handle competitions, and perform best.

Psychological Training

Athletes in this stage have to learn how to overcome an increasing training load. Instructor trains athletes in motivation, goal setting and positive mind setting so that they can become an elite.

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Requirement.

Suitable for any persons who prefer private coaching, and people with special needs.

Benefit of Private Coaching.

Individualized Instruction

Our personal instructors base on your fitness level, abilities and personal goals to develop the most effective program for you. No matter you want to get in shape, increase fitness level or improve skills, personal instructors can tailor your program for sports-specific training.

Supervision and Safety

Unique attention in every lesson is one of our major advantages of private coaching. Personal instructors ensure the students learning in the safest manner and the most effective way.

Motivation

Personal instructors serve not only as a coach, but also an educator, a role model and a major source of motivation and encouragement.

Special Needs Training

Our personal instructors are well-trained and rich experienced in designing program that address the special individual needs, such as people with mental and physical disabilities, elderly, etc.

special programs.

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HALLIWICK METHOD PROGRAM

(for people with physical disability and learning difficulties)

Target Group: People with Amputation Cerebral Palsy Hydrocephalus
Scoliosis Short Stature Poliomyelitis
Spinal Injuries Friedrich's Ataxia Learning Difficulties

Expecting Result

1. Build up confidence and independence in water.
2. Achieve balance and control.
3. Take a person to a basic stroke.

Syllabus

Introduce the Ten Point Program of Halliwick method.

ADAPTED SWIMMING PROGRAM

Target Group: People with Mild or moderate mental disabilities
Learning difficulties

Expecting Result

1. Build up their sense of security in water.
2. Move independently with confidence in water.
3. Improve students' physical flexibility by stretching in water.
4. Learn basic strokes in swimming. (depends on the ability of the group)

Syllabus

1. Break down skills into parts for easy learning.
2. Body stretching in water.
3. Provide specific, simple and adapted activities in water.

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AQUACISE PROGRAM

Target Group: People with Lower Back Pain.
Posture Problems.
Scoliosis and Back Strain.

Expecting Result

1. Improve posture program.
2. Improve students' physical flexibility.
3. Reduce pain level.

Benefits

The followings are the advantages of Aquacise Program.

1. Greater range of motion when supported by water.
2. Water resistance provides strengthening effect.
3. Muscle relaxation and pain reduction in water.
4. Muscle fatigue takes longer to achieve in water.