



Swimming Class Enrollment Form

2022 Group Lessons MAY-JUN (Term 1)



Student Information

Child's Surname	Child's First Name
Date of Birth/Age	Gender
Parent's Name	Mobile
Member/Non-Member (please circle)	Membership Number
Email <i>(*required)</i>	
Does your child have any medical conditions or allergies we should be aware of? If so, please indicate.	

Course Enrollment

- The schedule may change depending on the demand for certain classes - **If a class time does not suit, please write a preferred time on the form.** You will receive confirmation of your child's place via email as soon as possible.
- If you have any questions regarding the schedule or your child's level, please email Miranda Bundy at swimsurehk@gmail.com
- There will be no refund or extra classes for unattended lessons for other reasons (except for weather). This is due to the costs incurred for running each class (coach fees, pool hire, insurance, admin costs). Thank you for your understanding.
- Please read level descriptions or refer to the back of your child's last SwimSure certificate before selecting a class. We are also happy to offer advice on the most suitable class.**

Day	Course Dates	Level	Time <i>Please select</i>		Course Fee <i>*Additional 10% for non-members</i>
<u>Monday</u>	May 30 Jun 6,13,20,27 (5 lessons)	Pre-School Penguin (approx. 3.0-4.0 years)	3.40pm-4.10pm	<input type="checkbox"/> 30 mins	\$1,050
		Beginner 1 (A) Seahorse	3.40pm-4.10pm	<input type="checkbox"/> 30 mins	\$1,050
		Beginner 1 Advanced Jellyfish (A)	4.10pm-4.40pm	<input type="checkbox"/> 30 mins	\$1,050
		Beginner 2 (A) Starfish	4.10pm-4.50pm	<input type="checkbox"/> 40 mins	\$1,250
		Beginner 1 Advanced Jelly Fish (B)	4.50pm-5.20pm	<input type="checkbox"/> 30 mins	\$1,050
		Beginner 2 (B) Starfish	5.20pm-6.00pm	<input type="checkbox"/> 40 mins	\$1,250
		Intermediate 1/2	5.00pm-5.50pm	<input type="checkbox"/> 50 mins	\$1,500

<u>Tuesday</u>	May 31 Jun 7,14,21,28 (5 lessons)	Pre-School Penguin (approx. 3.0-4.0 years)	3.40pm-4.10pm	<input type="checkbox"/> 30 mins	\$1,050
		Beginner 1 Advanced Jellyfish	3.40pm-4.10pm	<input type="checkbox"/> 30 mins	\$1,050
		Beginner 1 Seahorse	4.10pm-4.40pm	<input type="checkbox"/> 30 mins	\$1,050
		Pre-School Penguin/beginner 1 (approx. 3.0-4.0 years)	4.10pm-4.40pm	<input type="checkbox"/> 30 mins	\$1,050
		Beginner 2 Starfish	4.45pm-5.25pm	<input type="checkbox"/> 40 mins	\$1,250
		Intermediate 1	4.45pm-5.35pm	<input type="checkbox"/> 50 mins	\$1,500
<u>Wednesday</u>	June 1,8,15,22,29 (5 lessons)	Pre-School Penguin (approx. 3.0-4.0 years)	3.40pm-4.10pm	<input type="checkbox"/> 30 mins	\$1,050
		Beginner 1 Seahorse	4.10pm-4.40pm	<input type="checkbox"/> 30 mins	\$1,050
		Beginner 2 Starfish/Inter 1	4.45pm-5.25pm	<input type="checkbox"/> 40 mins	\$1,250
<u>Thursday</u>	June 2, 9, 16, 23, 30 (5 lessons)	Pre-School Penguin/ Beginner 1 Seahorse	3.40pm-4.10pm	<input type="checkbox"/> 30 mins	\$1,050
		Beginner 1 Advanced Jellyfish	4.10pm-4.40pm	<input type="checkbox"/> 30 mins	\$1,050
		Beginner 2/Inter 1 Starfish/Stingray	4.45pm-5.25pm	<input type="checkbox"/> 40 mins	\$1,250
		Intermediate 1 Stingray/Dolphin	5.30pm-6.20pm	<input type="checkbox"/> 50 mins	\$1,500
		Intermediate 2/ Advanced	5.30pm-6.20pm	<input type="checkbox"/> 50 mins	\$1,500
<u>Saturday</u>	June 4,11,18,25 (4 lessons)	Parent and Infant (A) (approx. 6-18 months) Or pre-school depending on demand.	8.30am-9.10am	<input type="checkbox"/> 40 mins	\$1,000
		Parent and infant (B) (approx. 18 months-3 years)	9.15am-9.55am	<input type="checkbox"/> 40 mins	\$1,000
		Beginner 1 Advanced Jellyfish	10.00am-10.30am	<input type="checkbox"/> 30 mins	\$1,050



Payment details

For Club members, payment will be debited at the end of each month for lessons taken during that month. For non-members, payment can be made by cheque, bank transfer or through a members' account. Any payment not through the members' account, a 10% surcharge will apply to the course fee. Bank transfer details: **HSBC 808-271852-001** or if paid by cheque, made payable to **Hong Lok Yuen Country Club Ltd.** If by bank transfer, please e-mail to us the transaction receipt for our reference. Payment for non-members needs to be paid in full at the beginning of the course.
(Please note that priority will be given to Club members)

Consent details

I hereby affirm that my child is in good physical condition to exercise. I will not hold SwimSure Limited, the coaches or CCHLY responsible for any injury to my child, or damages or loss of property as a result of participation in the course, however caused. In enrolling my child in SwimSure courses, I agree that my child will abide by the rules and regulations set out by the company, coaches and CCHLY.

Parents Name: _____

Signature: _____

Date: _____

Additional Notes:

1. I understand that neither The Club (CCHLY) nor the appointed instructor(s) shall be responsible for any accidents, injuries and/or loss arising from my child's participation, however caused.
2. Participant(s) should be physically fit. Please make sure we are aware of any medical conditions when enrolling your child.
3. Some classes may be cancelled due to adverse weather conditions. If either the red or black rainstorm warning or typhoon signal No. 8 is hoisted two hours prior to the starting time, the class will be cancelled.
Classes will still be held during T3, T1 and rainy conditions as long as the rain is not too heavy.
If there is a thunderstorm warning and it is affecting the direct area, then the lesson will be cancelled. **If the weather is doubtful, please call 2657 8292 to check on the class status.**
4. All swimming classes must be paid in full for the whole course (for non-members). For non-members, payment can be made by cheque, bank transfer or through a members' account. For any payment not through a members' account, a 10% surcharge will apply to the course fee.
5. For The Country Club Hong Lok Yuen Members, members will be committed to the full course (but will be charged at the end of each month for lessons taken place).
6. Refunds will not be offered, but make-up lessons will be scheduled after the course finishes if cancellations occur due to weather. No make-up classes can be offered for any other reason.
7. Applicants can join the course part way through if and where spaces are available.
8. Priority will be given to existing swimmers first. Otherwise, registration is based on a first come, first-served basis and on availability of places for different ability groups. Email confirmation of your child's place will be provided as soon as possible upon receipt of completed form and payment.
9. SwimSure/CCHLY may use student's photos in promotional materials – please contact us if you do not wish us to use photos or videos that include your child.
10. All swimmers must be under adult supervision while waiting for classes to begin. Parents/guardians must remain near poolside for the duration of the class. Lessons will finish on time, so please ensure you pick up your child promptly at the end of the lesson.
11. Participants are expected to abide by the rules and regulations of SwimSure and CCHLY. This will be strictly enforced and anyone who does not abide by the rules or behaves unreasonably will be asked to leave.
12. Non-members are permitted to use Club shower facilities immediately after their lessons, however, cannot have a locker provided and they must bring their own towels. Uses of any other facilities are only permitted if non-members are signed in as a Members' guest and must be accompanied by the Member at all times.
13. Non-members are not permitted to enter the pool before their lesson, and must leave the pool upon completion of their lesson.
14. During lessons, non-members must remain seated in the designated waiting area, adjacent to the lifeguard station.

Signed: _____

Date: _____

Date Received: _____

Staff Initial: _____



Level Descriptors

For the beginner 1 level and above, students are placed depending on their swimming ability and confidence, rather than their age.

Parent and Infant (6 months to 18 months) Duckling Award

40 minutes Ratio: 1:8

Parent and Infant (18 months to 36 months) Duck Award

40 minutes Ratio: 1:8

Parent and Infant classes offer a great introduction to the world of swimming for your child and will benefit their development in so many ways. Infants will become familiar with the aquatic environment and develop confidence through participation in a range of safe, enjoyable activities with the important emphasis of 'learning through play'.

Pre-school (3.0 - 4.0 years) Penguin Award

30 minutes. Unaccompanied: Ratio 1:3

An introduction to water without parental support. Lots of fun games, equipment and activities will have your children water confident in no time! Students will be introduced to basic breath control and submersion (if ready) and will explore movement, floating and balance in shallow water. Lessons will always include vital safety aspects such as safe entry and exit as well as general pool rules.

Beginner 1 – Learn to swim/Water confidence (ASA Level 1) Seahorse Award

30 minutes Ratio 1:4

At this stage the primary aim is to build self-confidence in the water and introduce the basic skills of floating, gliding and submerging. Students will progress towards basic freestyle, including correct body position, a strong flutter kick and basic arm movements (under or over the water). They will also learn to float and kick with floatation equipment on their back. Lessons include important safety aspects, including safe entry and exit from the pool and being able to lift the head to breath when swimming. Lessons include plenty of fun activities and equipment to instill a love of swimming and confidence in the water.

Beginner 1 Advanced (ASA Level 2) Jellyfish Award

30 minutes Ratio 1:4

At this level, students will already be happy to go underwater and be able to swim a minimum of 5 metres unaided. Students will build on their skills of floating, gliding and submerging. Their basic freestyle techniques will improve, including correct body position, a strong flutter kick and basic arm pull out of the water. Backstroke arm pull will be introduced and developed. This level also includes important safety aspects and basic survival techniques such as treading water and submerging without goggles. Lessons will include plenty of fun activities and equipment to instill a love of swimming and further develop confidence and independence in the water.

Beginner 2- Learn to swim/Beginner strokes (ASA Level 3) Starfish Award

40 minutes Ratio 1:4

At this level, students will already be able to swim a minimum of 10 metres unaided. The aim at this stage is to build on the skills learnt in the previous level and develop the freestyle and backstroke techniques. For freestyle, this includes correct body and head position, lifting arms over the water, exhaling in the water and learning to breath to the side. Skills will also be included in every lesson such as floating in different ways, push and glide with rotation, picking up items from the pool bottom (with and without goggles), treading water and safe entry and exit.

Intermediate 1- Lane swimming/Technique development (ASA Level 4 and 5) Stingray and Dolphin Award

50 minutes Ratio 1:6

At this level, students will already be able to swim a minimum of 15 metres freestyle and backstroke. More advanced techniques will be introduced such as correct hand position when entering the water, high elbows and perfecting side breathing (including introduction of bilateral breathing). Developing endurance to at least 20 metres while maintaining these techniques is important at this stage. Breaststroke will also be introduced focusing on the correct kicking action, as well as skills such as tumble turns, sculling, treading water and diving from a one knee kneeling position.

Intermediate 2- Lane swimming/Technique development in all 4 strokes (ASA level 6 and 7) Shark and Marlin Award

50 minutes Ratio 1:8

Students should already be able to swim at least 25 metres using an efficient freestyle and backstroke technique. Endurance will be further improved in these strokes, as well as continuing to develop breaststroke techniques such as the correct arm pull, timing and co-ordination of the stroke. Students will be introduced to the butterfly/dolphin leg kick, effective arm pull and appropriate drills to begin to co-ordinate the stroke. Skills such as tumble turns, racing diving, sculling, swimming with a ball and group survival skills will also be taught.

Advanced - Competitive strokes/Introduction to lifesaving (ASA level 8, 9 and 10) Hammerhead, Killer Whale and Great White Award

50 minutes Ratio 1:10

At this level, students should already be able to swim at least 50 metres freestyle, backstroke and breaststroke and 25 metres butterfly, with effective techniques in all four strokes. Legal starts, turns and finishes will be taught and the ability to perform an individual medley and distance swims. Water polo skills will be developed such as using an egg-beater leg action, controlling a ball above the head and travelling with a ball using head-up freestyle. Life-saving rescue skills will be taught, as well as how to place a person in a recovery position.