



Swimming Class Enrollment Form

Group Lessons Term 2 (August-October) 2018



Student Information					
Child's Surname		Child's First Name			
Date of Birth		Gender			
Parent's Name		Membership Number			
Home Phone		Mobile			
Email (*required)					
Address					
Does your child have any medical conditions or allergies we should be aware of? If so, please indicate.					
Course Enrollment					
<ul style="list-style-type: none"> Please read level descriptions before selecting a class. 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 Please note that an additional two weeks have been left at the end of the course in case they are needed for make-ups (due to weather cancellation). If the make-up dates are not feasible due to weather, another day(s) may be arranged. If no make-up lessons can be arranged within the two weeks, there will be no refund. No refund or make-up can be entertained for unattended lessons for any other reason. If the extra classes are not needed for make-up classes, the course can be extended in October (at an additional cost). <li style="color: red;">ICHK HLY Half-term holiday: 15th-19th October 2018 (no lessons) 					
Day	Course Dates	Level	Time <i>Please select</i>	Course Fee <small>*Additional 10% for non-members</small>	
Tuesday	28 th August to 9 th October (except 25th September) (6 sessions) Make-up sessions on 23 rd and 30 th October if required due to weather.	Pre-School/Beginner 1	3:30-4:00 <input type="checkbox"/> 30 mins	\$1,260	
		Beginner 1	3:45-4:15 <input type="checkbox"/> 30 mins		
		Beginner 1 Advanced Ratio 1:4	4:00-4:30 <input type="checkbox"/> 30 mins		
		Beginner 2 Ratio 1:	4:15-4:55 <input type="checkbox"/> 40 mins		\$1,440
		Intermediate 1 Ratio 1:6	4:30-5:10 <input type="checkbox"/> 40 mins		\$1,440
		Intermediate 2 / Advanced Ratio 1:8	5:15-5:55 <input type="checkbox"/> 40 mins	\$1,440	
Wednesday	29 th August to 10 th October (7 sessions) Make-up sessions on 24 th & 31 st October if required due to weather.	Pre-school (approx. 3.0-4.0 years) Ratio 1:3	2:30-3:00 <input type="checkbox"/> 30 mins	\$1,470	
		Beginner 1 Ratio 1:4	3:00-3:30 <input type="checkbox"/> 30 mins	\$1,470	
		Beginner 2 Ratio 1:6	3:40-4:20 <input type="checkbox"/> 40 mins	\$1,680	
		Pre-school/Beginner 1 (approx. 3.0-4.0 years) Ratio 1:4	4:20-4:50 <input type="checkbox"/> 30 mins	\$1,470	

Thursday	30 th August to 4 th October (6 sessions)	Parent and Infant (6 months-18 months) (maximum of 8)	8:45-9:25 <input type="checkbox"/> 40 mins	\$1,320
		Parent and Infant (18 months- 3 years) (maximum of 8)	9:30-10:15 <input type="checkbox"/> 45 mins	
		Pre-school (approx. 3-4 years) Ratio 1:3	10:20-10:50 <input type="checkbox"/> 30 mins	\$1,260
		Pre-school (approx. 3-4 years) Pre-school/Beginner 1 Ratio 1:3	2:15-2:45 <input type="checkbox"/> 30 mins 2:45-3:15 <input type="checkbox"/> 30 mins	\$1,260
		Beginner 1 Advanced Beginner 1 Advanced Ratio 1:4	3:30-4:00 <input type="checkbox"/> 30 mins 4:00-4:30 <input type="checkbox"/> 30 mins	\$1,260
		Beginner 2 Ratio 1:4	4:30-5:10 <input type="checkbox"/> 40 mins 5:10-5:50 <input type="checkbox"/> 40 mins	\$1,440
		Intermediate 1 Ratio 1:6	4:30-5:10 <input type="checkbox"/> 40 mins	\$1,440
		Intermediate 2 Ratio 1:8	5:10-5:50 <input type="checkbox"/> 40 mins	\$1,440
		Saturday	25 th August to 6 th October (7 sessions)	Parent and infant (6-18 months) maximum of 8
Parent and infant (18 months-3 years) maximum of 8	9:15-10:00 <input type="checkbox"/> 45 mins			
Beginner 2 Ratio 1:4	8:30-9:10 <input type="checkbox"/> 40 mins			\$1,680
Beginner 2/Intermediate 1 Ratio 1:4	9:10-9:50 <input type="checkbox"/> 40 mins			\$1,680
Pre-School/Beginner 1 Ratio 1:4	10:00-10:30 <input type="checkbox"/> 30 mins			\$1,470
Beginner 1 Advanced Ratio 1:4	10:10-10:40 <input type="checkbox"/> 30 mins			\$1,470

Make-up session on
11th and 25th October if
required due to
weather.

Make-up session on
13th and 27th October if
required due to
weather.

Payment details

All fees for the course are required to be paid in full, once your child's place in a course is confirmed. For Club members, this will be debited at the end of the first month. The completed application form should be handed in to CCHLY Fitness Centre. 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.

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.
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, prior to the first lesson.
5. For The Country Club at Hong Lok Yuen Members, the course fee will be debited to their CCHLY account at the end of the first month, once the lessons are confirmed. 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.
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. No classes will be held on public holidays or during the school half-term break (15th-19th Oct).
9. 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.
10. 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.
11. 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.
12. 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.
13. 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.
14. Non-members are not permitted to enter the pool before their lesson, and must leave the pool upon completion of their lesson.
15. During lessons, non-members must remain seated in the designated waiting area, adjacent to the lifeguard station.

Signature: _____	Date: _____
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Date Received:	Staff Initial:
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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

45 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- Stroke swimming (ASA Level 4 and 5) Stingray and Dolphin Award

40 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- Stroke swimming (ASA level 6 and 7) Shark and Marlin Award

40 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 (ASA level 8, 9 and 10) Hammerhead, Killer Whale and Great White Award

40 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.