



ESF Swimming

The ESF Swimming Programme is the ideal opportunity for young children to experience a positive and exciting introduction to water and the sport of swimming. Swimming is a life skill and a healthy activity for any age. Our swimming programme offers an awards scheme based around the FUNDamental skills of swimming, teaching through the medium of games and activities, in addition to traditional methods, following the UK ASA National Plan for the Teaching of Swimming.



ENROL ONLINE NOW TO SECURE YOUR CHILD'S PLACE

COURSE DESCRIPTION

Adult and Child, 18 – 36 months (SW0 & SW0A) Aquabub & Aquatot

- Build confidence in the water
- Basic swimming skills
- Fun games & activities

Levels 1 – 3, 3 – 5 yrs (SW1; SW2; SW3) Tadpole, Frog, Goldfish

- Safe entries & exit, aquatic breathing, submerging, flotation, rotation, travelling & treading water

Levels 4 – 5, 5+ yrs (SW4 & SW5) Dolphin & Stingray

- Freestyle & backstroke development
- Increase stamina
- Sculling techniques, treading water, basic diving skills & extend rotational skills with handstands & somersaults

Levels 6 – 7, 5+ yrs (SW6 & SW7) Seal & Swordfish

- Freestyle & backstroke development
- Introduction to breaststroke & butterfly
- Increase stamina
- Sculling techniques, tumble turns & elementary diving skills

FREE GIFT

All First Time students registering for swimming activities will receive:

- 1 Silicon swim cap
- 1 Swimwear (jammers for boys and swimsuit for girls)

NEW ANNUAL 10% DISCOUNT

It is beneficial for swimmers to swim regularly every week, as this will ensure continual progress in their swimming ability, and also provides regular exercise for a healthy lifestyle.

With this in mind we are offering 10% discount for students enrolled with ESL all year round. Visit our website or contact the office for details.

Achievements

Each level has specific tasks for children to achieve. At the end of each term children will receive a certificate of achievement or a report on their progress.

Competitive Squad (SW8)

- Completed Level 7
- Stroke technique improvement
- Improve swimmers' times
- Focus on certain competitions
- Encouraged to train more than once a week



New Adult and Child class at Renaissance College on Saturdays

Adult Beginner (SW9)

- Basic swimming skills

Adult Stroke Correction (SW10)

- Improve stroke technique

Adult Fitness (SW11)

- Develop aerobic endurance

Fun & Fitness, 8yrs+ (SW12)

- Completed Level 7
- Develop aerobic endurance
- Non-competition



Detailed schedules can be viewed on our website www.esf.org.hk

Swimming — Course Fees	Renaissance College, Sha Tin College, South Island School		Discovery College	
	Course name and code			
Learn to Swim Courses (SW0 to SW7)	14 sessions	\$2520	12 sessions	\$2400
Learn to Swim Courses (SW0 to SW7)	15 sessions	\$2700	13 sessions	\$2600
Learn to Swim Courses (SW0 to SW7)	16 sessions	\$2880	14 sessions	\$2800
Competitive Squad (SW8a, b, c) Join once per week	14 sessions	\$2800	12 sessions	\$2400
Competitive Squad (SW8a, b, c) Join once per week	15 sessions	\$3000	13 sessions	\$2600
Competitive Squad (SW8a, b, c) Join once per week	16 sessions	\$3200	14 sessions	\$2800
Competitive Squad (SW8a, b, c) Join twice per week	29 sessions	\$4350	25 sessions	\$3750
Competitive Squad (SW8a, b, c) Join twice per week	30 sessions	\$4500	26 sessions	\$3900
Competitive Squad (SW8a, b, c) Join twice per week	31 sessions	\$4650	27 sessions	\$4050
Competitive Squad (SW8a, b, c) Join twice per week	32 sessions	\$4800	N/A	
Competitive Squad (SW8a, b, c) Join 3/3+ times per week	Unlimited sessions	\$5060	Unlimited sessions	\$4400
Adult Courses (SW9, SW10, SW11)*	14 sessions	\$2800	N/A	
Adult Courses (SW9, SW10, SW11)*	15 sessions	\$3000	N/A	
Adult Courses (SW9, SW10, SW11)*	16 sessions	\$3200	N/A	
Adult Courses (SW9, SW10, SW11) Join twice per week#	31 sessions	\$4650	N/A	
Fun & Fitness Courses (SW12)	16 sessions	\$3200		
Fun Skills Courses	15 sessions	\$2040		
Fun Skills Courses	16 sessions	\$2176		

* Available in RC & SIS only
Available in SIS only