

# Dive into Excellence





We offer a range of comprehensive swimming classes for all levels, from beginners to competitive training. In a safe and enjoyable environment, swimmers of all ages and abilities can excel in the sport while experiencing the joy of swimming. Our ability-based programme allows swimmers to gain confidence in the water as they progress through our distinctive stages of swimming levels. Our curriculum focuses on skill development, mental resilience and water safety. Our goal is to inspire students through personalised training and nurture a lifelong passion for swimming.

# Learn-to-Swim Programmes



## ADVANCERS



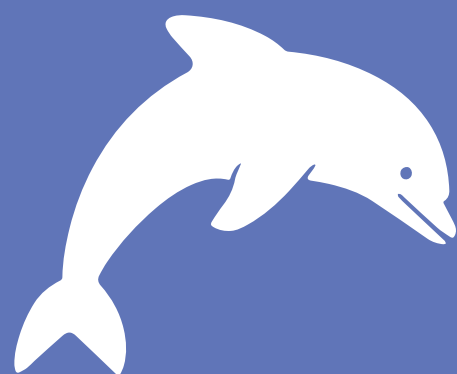
Introduction of advance techniques and competitive skills, further develop stamina

**Age : 13+**

(ability-based)

**Class Duration : 60 minutes**

**Class Size : 3-10**



## IMPROVERS

**Age : 9 – 14**

(ability-based)

**Class Duration : 60 minutes**

**Class Size : 3-10**

Fine-tuning stroke techniques, building endurance, introduction of butterfly



## BEGINNER 3

**Age : 6 – 9**

(ability-based)

**Class Duration : 45/60 minutes**

**Class Size : 3-8**

Advancing stroke techniques, develop stamina and endurance



## BEGINNER 2

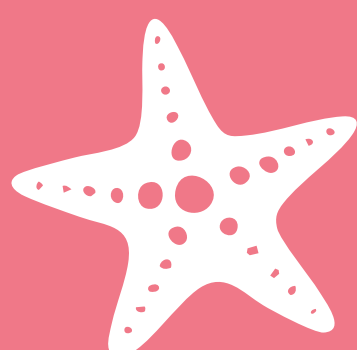
**Age : 4 – 7**

(ability-based)

**Class Duration : 30 minutes**

**Class Size : 3-7**

Improving freestyle breathing, basic breaststroke and backstroke



## BEGINNER 1

**Age : 3 – 5**

(ability-based)

**Class Duration : 30 minutes**

**Class Size : 2-5**

Building fundamental water skills, confidence and water independence





# BEGINNER 1

This introductory programme focuses on fundamental water skills, including floating and kicking, to help young swimmers gain confidence and independence in the water. By creating relaxed and capable swimmers, we ensure they are ready to learn core swimming strokes.



**3 - 5**  
**YEARS OLD**  
(ability-based)

**Pre-requisite:** None  
**Class Duration:** 30 minutes  
**Class Size :** 2-5

## Objectives

- Enter the water independently and confidently
- Submerge while exhaling through mouth and nose (blowing bubbles)
- Achieve basic floatation
- Perform freestyle kicking with a kickboard
- Learn basic water safety and self-rescue techniques

## Milestones

- Breath control and holding
- Exhaling underwater
- Floating facedown (front float)
- Swimming 15-meter freestyle with a kickboard





# BEGINNER 2

Building on Beginner 1 level, this programme aims to enhance freestyle coordination with side breathing while also introducing the fundamentals of breaststroke and backstroke.



**4 - 7**  
**YEARS OLD**  
(ability-based)

**Pre-requisite:** 15m freestyle  
with kickboard

**Class Duration:** 30 minutes

**Class Size :** 3-7

## Objectives

- ☞ Master side-to-side breathing in freestyle
- ☞ Develop arm lift and coordination in freestyle
- ☞ Improve flutter kicking technique
- ☞ Practice floating face-up (back float)
- ☞ Learn basic breaststroke kicking

## Milestones

- ☞ Tread water confidently
- ☞ Swim 50m freestyle with proper breathing
- ☞ Complete 25m breaststroke unaided





# BEGINNER 3

This programme is designed for swimmers who can complete 50m freestyle and 25m of either breaststroke or backstroke. The course focuses on refining stroke techniques, underwater streamlining and building endurance.

**6 - 9**  
**YEARS OLD**  
(ability-based)

**Pre-requisite:** 50m freestyle &  
25m breast stroke / backstroke  
**Class Duration:** 45 / 60 minutes  
**Class Size :** 3-8

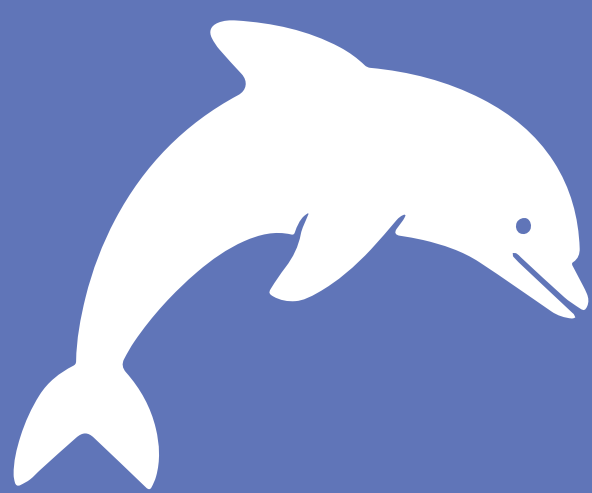
## Objectives

- 🕒 Freestyle: advanced arm technique (high elbow recovery, proper hand entry)
- 🕒 Backstroke: coordination and counting strokes from flags
- 🕒 Breaststroke: precision kick technique (plantar flexion, whip kick)
- 🕒 Underwater skills: gliding up to 10m

## Milestones

- 🕒 Swim 100m freestyle
- 🕒 Complete 100m backstroke
- 🕒 Achieve 50m breaststroke





## IMPROVERS

This programme is designed for swimmers who can complete 100m freestyle, backstroke and breaststroke. The course focuses on stroke refinement and building endurance, while also introducing butterfly strokes.



**9 – 14**  
**YEARS OLD**

(ability-based)

**Pre-requisite:** 100m freestyle, backstroke & breast stroke

**Class Duration:** 60 minutes

**Class Size :** 3-10

## Objectives

- 🕒 Refine stroke technique
- 🕒 Build endurance and stamina
- 🕒 Develop butterfly kick with basic arm movement
- 🕒 Learn fundamentals of tumble turning

## Milestones

- 🕒 Execute proper dolphin kicks
- 🕒 Complete 100m continuous freestyle with refined technique
- 🕒 Achieve 100m continuous backstroke with improved speed
- 🕒 Swim 100m breaststroke with correct timing and rhythm





## ADVANCERS

This programme is designed for swimmers who can continuously swim 200 metres of freestyle, backstroke, and breaststroke, as well as 100 metres of butterfly. The focus is on mastering competitive techniques, advanced turns and diving. Stamina and endurance will also be further developed.

**13+**  
**YEARS OLD**  
(ability-based)

**Pre-requisite:** 200m of freestyle, backstroke & breast stroke, 100m of butterfly

**Class Duration:** 60 minutes

**Class Size :** 3-10

### Objectives

- 🕒 Refine all competitive strokes with advanced techniques and drills
- 🕒 Develop competition-ready starts, flip turns and open turns
- 🕒 Build endurance while maintaining perfect form over distance
- 🕒 Achieve proficiency in 100m individual medley

### Milestones

- 🕒 Execute all strokes with competition-standard technique
- 🕒 Master competitive starts and turns
- 🕒 Complete 100m individual medley
- 🕒 Swim with minimal technique deterioration



# Professional Programmes



## YOUTH SQUAD

**9+ years old**  
(ability-based)

Elite training programme  
for outstanding young swimmers  
in preparation for  
the HKJC Swimming Team<sup>1</sup>



## ADULT MASTERS

**18+ years old**  
(ability-based)

Masters training programme  
for outstanding adult swimmers  
in preparation for  
HKJC Masters Team<sup>2</sup>

<sup>1</sup> The HKJC Swimming Team is a group of outstanding young swimmers aged 9 to 18, formed to represent The Hong Kong Jockey Club in competitions organised by the Hong Kong China Swimming Association.

<sup>2</sup> The HKJC Masters Team is a group of outstanding adult swimmers aged 18 and above, formed to represent The Hong Kong Jockey Club in swimming competitions organised by the Hong Kong China Swimming Association.





## YOUTH SQUAD

This elite training programme is designed for young swimmers who can demonstrate continuous swimming of 100m in freestyle, breaststroke and backstroke, as well as 50m of butterfly. It focuses on advanced technique refinement, competitive skills development and preparing swimmers for HKJC Swimming Team qualification.



### Objectives

- Perfect stroke techniques for all four competitive styles
- Develop competition-standard starts, turns and diving
- Build endurance for 200m events across all strokes
- Enhance race strategy and performance consistency
- Prepare swimmers for HKJC Swimming Team

### Milestones

- Achieve continuous 200m in all four competitive strokes
- Master advanced turning techniques and racing dives
- Demonstrate competition-ready skills in all strokes





# ADULT MASTERS

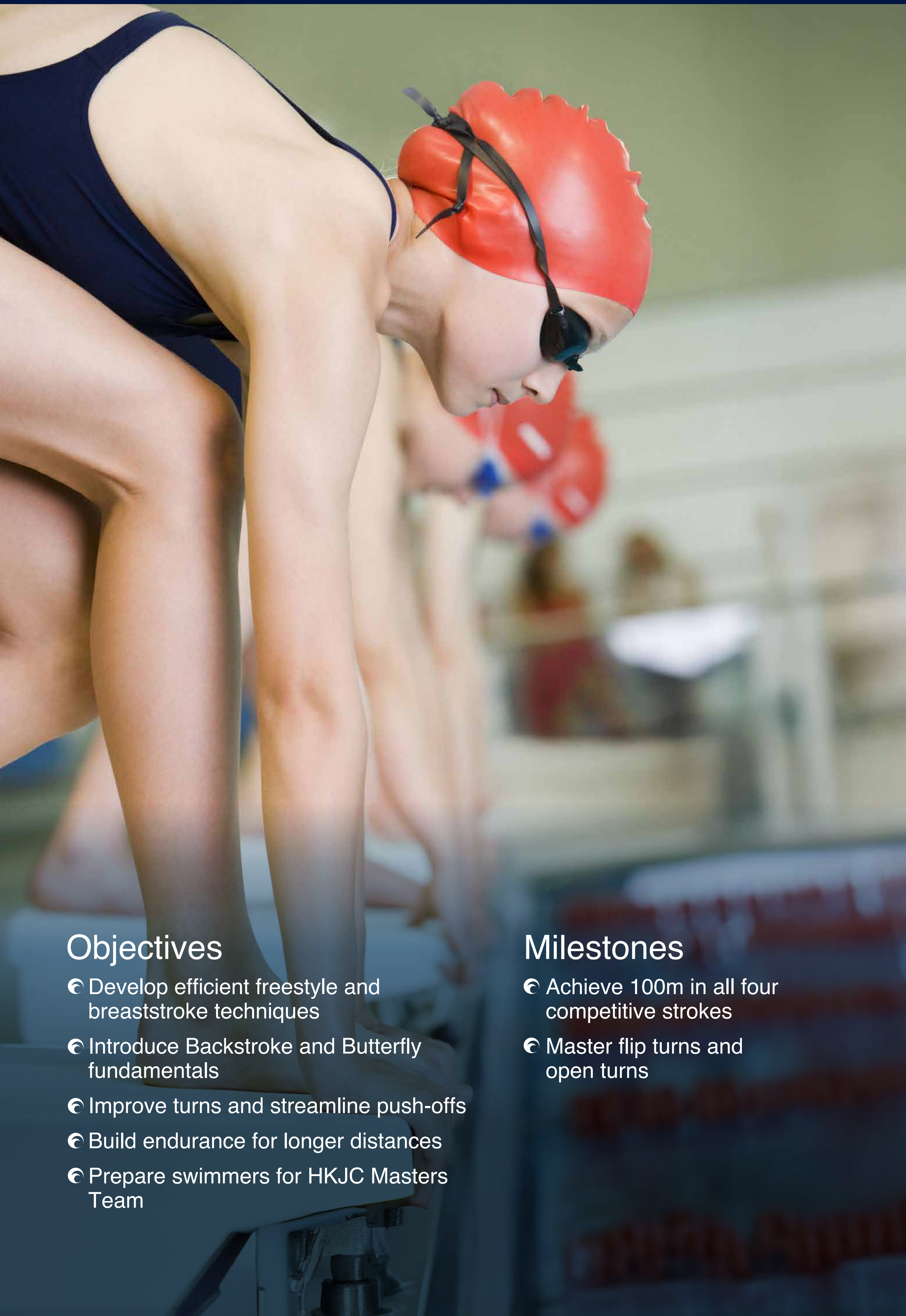
This programme is designed for adult swimmers who can complete 25m freestyle and 25m breaststroke. It aims to refine techniques, build endurance and competitive skills in order to prepare swimmers for HKJC Masters Team qualification.

## Objectives

- Develop efficient freestyle and breaststroke techniques
- Introduce Backstroke and Butterfly fundamentals
- Improve turns and streamline push-offs
- Build endurance for longer distances
- Prepare swimmers for HKJC Masters Team

## Milestones

- Achieve 100m in all four competitive strokes
- Master flip turns and open turns







# Meet Our Coaches

Our team of certified swimming coaches has extensive coaching experience, offering customised training programmes for all skill levels, from beginners to competitive swimmers. We ensure that each swimmer receives the best programme tailored to their abilities.



# Coaches

## CHAN Mei Wai, Annabel

Annabel has over 10 years of coaching experience. She specialises in guiding beginners, building confidence, coordination and strength while offering personalised competition training. She is passionate about fostering physical and mental growth of students through swimming.

### Professional Qualifications

- 🕒 Certified Swimming Coach, Hong Kong China Swimming Association
- 🕒 Certified Aquatic Sports Referee



## CHAN Wing Chun, Yannes

Yannes has competed in various international events, including the 22<sup>nd</sup> National Lifesaving Championships 2023, Lifesaving Orange Cup 2022, and the Lifesaving World Championships 2022, showcasing her expertise in swimming and lifesaving. With over 5 years of coaching experience, Yannes is dedicated to her profession.

### Professional Qualifications

- 🕒 Certified Swimming Coach, Hong Kong China Swimming Association
- 🕒 Swimming Teacher's Certificate, Hong Kong China Swimming Association
- 🕒 First Aid Certificate, Hong Kong Life Saving Society
- 🕒 First Aid Certificate, Hong Kong St. John Ambulance



# Coaches

## LIANG Weiqiong, Jenny

Jenny is a former member of the China National Swimming Team. With over 25 years of coaching experience, she has been coaching swimming classes and the team at the Club since 2013. Jenny focuses on developing her students' willpower, mental strength and perseverance to help them overcome challenges and reach their full potential.

### Professional Qualifications

- 🕒 Certified Swimming Coach, Hong Kong China Swimming Association
- 🕒 Level 1 Certificates, Hong Kong Swimming Coaches Association



## TSANG Wing Sze, Wing

Wing is a former swimmer representing Hong Kong in the 1988 Seoul Olympics and the 1990 Beijing Asian Games. With over 30 years of coaching experience, Wing has made significant contributions, including training the Hong Kong Swimming Team at the Sports Institute and leading them to various international competitions. She has received multiple coaching awards and aims to instill hard work, perseverance and a "never give up" spirit in her students.

### Professional Qualifications

- 🕒 Certified Swimming Coach, Hong Kong China Swimming Association
- 🕒 Level 1 & 2 Certificates, Hong Kong Swimming Coaches Association



# Coaches

## CHAN Kin Chung, Chung

Chung joined the Club in 2012 and has over 30 years of coaching experience. Chung's commitment to professional development and personalised coaching allows him to effectively address the individual needs and goals of each swimmer.

### Professional Qualifications

- ☉ Certified Swimming Coach, Hong Kong China Swimming Association
- ☉ Level 1 & 2 Certificates, Hong Kong Swimming Coaches Association
- ☉ Certifications in Sports Psychology and Training for Individuals with Special Needs



## CHAN Kin Fai, Erik

With over 30 years of experience, Erik trains students from beginners to advanced, including competitive swimmers. He effectively organises swimming classes at the Club, ensuring structured training and guidance.

### Professional Qualifications

- ☉ Certified Swimming Coach, Hong Kong China Swimming Association
- ☉ Swimming Teacher's Certificate, Hong Kong China Swimming Association
- ☉ Level 1 & 2 Certificates, Hong Kong Sports Development Board
- ☉ Member of the American Swimming Coaches Association





# Coaches

## CHUNG Lai Yi, Franki

Franki is a certified swimming coach with 12 years of teaching experience. His interactive teaching style incorporates games, creating a joyful learning environment for children. In addition to swimming, Franki is passionate about basketball and running, actively participating in various sports activities beyond coaching.

### Professional Qualifications

- 🕒 Certified Swimming Coach, Hong Kong China Swimming Association
- 🕒 Swimming Teacher's Certificate, Hong Kong China Swimming Association



## HO Wai Ip, Dan

Dan has over 10 years of experience in coaching students from beginners to advanced levels. Dan creates tailored fitness programmes to meet individual goals. He enjoys witnessing his students' progress and growth.

### Professional Qualifications

- 🕒 Certified Swimming Coach, Hong Kong China Swimming Association
- 🕒 Level 1 Certificate, Hong Kong Swimming Coaches Association
- 🕒 Pool Lifesaving Award
- 🕒 First Aid Certificate, Hong Kong St. John Ambulance
- 🕒 Personal Training Certificate





# Coaches

## LAI Kwun Chak, Edwin

Edwin has guided individuals of various ages in their swimming journeys. With more than 3 years of coaching experience, his goal is to teach swimming techniques, instill confidence and promote water safety while sharing his passion for swimming.

### Professional Qualifications

- 🕒 Certified Swimming Coach, Hong Kong China Swimming Association
- 🕒 Swimming Teacher's Certificate, Hong Kong China Swimming Association
- 🕒 Pool Lifesaving Award
- 🕒 Bronze Medallions of Lifesaving and Aquatic First Aid



## LIN Qingzhan, Hing

Hing has over 20 years of coaching experience. He is dedicated to sharing his passion for swimming, instilling confidence and discipline, and creating a supportive learning environment for his students.

### Professional Qualifications

- 🕒 Certified Swimming Coach, Hong Kong China Swimming Association
- 🕒 Swimming Teacher's Certificate, Hong Kong China Swimming Association
- 🕒 Level 1 Certificate and Pool Lifesaving Award
- 🕒 Former member of the Fujian Swimming Team (1988-1996)





# Coaches

## Ng Wing Wai, Brandy

Brandy is a qualified swimming coach with 7 years of experience. He specialises in coaching beginners, refining adult techniques and guiding in competitive training. He focuses on students' confidence and achievements through positive and goal-oriented coaching.

### Professional Qualifications

- ☉ Certified Swimming Coach, Hong Kong China Swimming Association
- ☉ Level 1 & Level 2 Certificates, Hong Kong Swimming Coaches Association



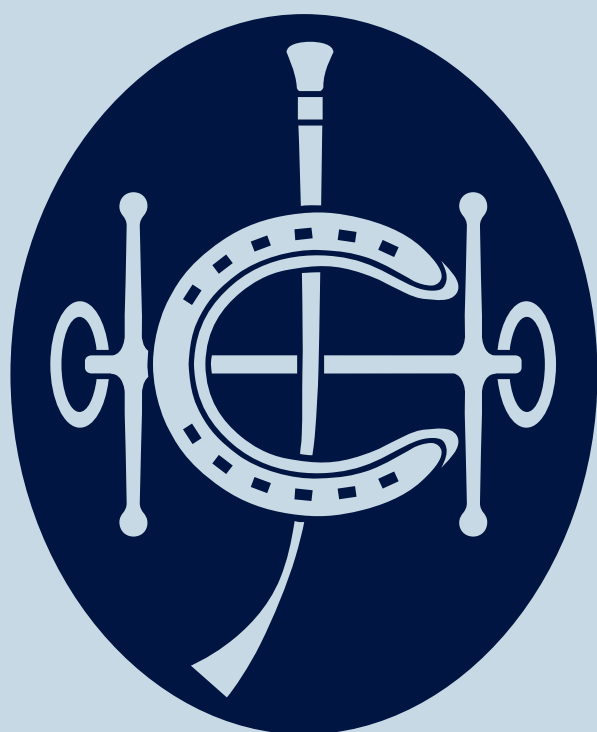
## TANG Wai Piu, Bill

Bill is a qualified swimming coach with over 30 years of experience. Passionate about swimming, Bill participates in lifesaving activities to enhance his skills. He continuously pursues professional development, striving to improve his teaching quality and provide students with up-to-date instruction.

### Professional Qualifications

- ☉ Certified Swimming Coach, Hong Kong China Swimming Association
- ☉ Swimming Teacher's Certificate, Hong Kong China Swimming Association
- ☉ Baby Swimming Teacher Certificate & Rehabilitation Teacher Certificate, Hong Kong Swimming Teachers Association





## Sports & Leisure



2966 1258



[hkjc.swimming@hkjc.org.hk](mailto:hkjc.swimming@hkjc.org.hk)



2/F Happy Valley New Clubhouse