



SINGAPORE INTERNATIONAL SCHOOL
PARENT TEACHER ASSOCIATION
 23 Nam Long Shan Road, Aberdeen, Hong Kong.

7th June 2007

**Singapore International School Parent Teacher Association –
 Summer Swimming Programme (2006/07)**

Dear Parents,

SIS-PTA is pleased to inform you that we are going to run a Summer Swimming Programme at SIS in July 2007. The programme is open to all current SIS pupils and new pupils who have been admitted for Academic Year 2007/08.

Classes will be conducted by Multi-Sport Limited.

For the last 25 years, Multi-Sport Ltd. has been recognised as one of the premiere coaching companies in Hong Kong. It has organised and conducted swimming programmes in many clubs and schools. It has built up a very successful swimming team called “Hong Kong Dolphins” for the older and more accomplished swimmers.

Students will be divided into different levels:-

Level 1	Non swimmers
Level 2	Basic level of swimming, can swim across the pool (15m) with out swimming aids
Level 3	Good understanding of the three major strokes, able to swim the length of the pool unaided with acceptable stroke.
Swim Team	Must know all four strokes and be able to swim at least 4 lengths of the pool without rest

The PTA Summer Swimming Programme will start on Monday, 9 July 2007 and end on Saturday, 28 July 2007. The schedule is as follows:

For Level 1 & 2

Programme	Dates	Time	Fees (PTA)	Fees (Non-PTA)
PTA-SW01	July 09–13	Daily 1:30pm-2:15pm	\$700	\$800
PTA-SW02	July 16-20	Daily 1:30pm-2:15pm	\$700	\$800
PTA-SW03	July 23-27	Daily 1:30pm-2:15pm	\$700	\$800
PTA-SW04	July 14,21,28	Sat. 10:00am-10:45am	\$420	\$520

For Level 3 & Swim Team

Programme	Dates	Time	Fees (PTA)	Fees (Non-PTA)
PTA-SW05	July 09–13	Daily 2:15pm-3:00pm	\$700	\$800
PTA-SW06	July 16-20	Daily 2:15pm-3:00pm	\$700	\$800
PTA-SW07	July 23-27	Daily 2:15pm-3:00pm	\$700	\$800
PTA-SW08	July 14,21,28	Sat. 10:45am-11:30am	\$420	\$520

Scheme of work (applicable to Level 3 & Swim Team only)

Monday	Preliminary evaluation Emphasis- Front crawl	The coach will check the child's level, and find major areas of improvement. Focus of the lesson after the initial evaluation will be front crawl
Tuesday	Warm up Front crawl emphasis-Back stroke	Remind children of the front crawl lesson from Monday and repeat the drills if necessary. The focus of today would be backstroke.
Wednesday	Warm up Front crawl/ backstroke emphasis- Breaststroke	In the warm up the children will be reminded of both front crawl and backstroke. The focus will be breaststroke
Thursday	Warm up Front crawl / Breaststroke Emphasis- Butterfly, water skills	The warm up will focus on front crawl and Breaststroke. The remaining time will be used for individuals to work on their weakest stroke and teach the children basic water skill such as diving, turns etc
Friday	Evaluation, races and games	The final day is used to test the children. They will do a short warm up and be briefed by the coach, then they will complete the simple testing. Any remaining time will be used to have fun races and water based games.

The Saturday programme will follow the same format but classes will have to be slightly condensed as only 3 days are available.

Life guard will be present throughout the duration of the lessons.

Please complete and return the enclosed enrollment form and cheque to:

Singapore International School
23 Nam Long Shan Road
Aberdeen
Hong Kong
Attn: Mrs. Lisa Lo / PTA Summer Swimming Programme

Or you can ask your child to drop the completed form and cheque in the mail boxes at P6 level.

Note:

1. Cheque should be made payable to Singapore International School Parent Teacher Association.
2. Your child's name and programme code should be written on the reverse side of the cheque.
3. Deadline for enrollment is 15 June 2007. Please apply early to avoid disappointment.

If you have any questions about the swimming programme, please feel free to contact Multi-Sport Ltd. at 2540-1257 or email to admin@multi-sport.com.hk

Lisa Lo & Lily Zhang
SIS-PTA Activities Coordinators (2006/07)

**Singapore International School Parent Teacher Association –
Summer Swimming Programme Enrollment Form (2006/07)**

(Please fill in **BLOCK** letters) **Note: Please read the “General Terms & Conditions” attached before you complete the enrollment form.**

Child’s Name : _____ Parent’s Name: _____

PTA Member: Yes / No _____ PTA Number: _____

Tel. No. (Home): _____ Tel. No (Office): _____

Mobile: _____ E-mail: _____

Home Address: _____

Programme	Dates	Time	Fee (PTA)	Fee (Non-PTA)	Please tick programme chosen
PTA-SW1	July 09-13	Daily 1:30pm – 2:15pm	\$700	\$800	
PTA-SW2	July 16-20	Daily 1:30pm – 2:15pm	\$700	\$800	
PTA-SW3	July 23-27	Daily 1:30pm – 2:15pm	\$700	\$800	
PTA-SW4	July 14, 21, 28	Sat. 10:00am –10:45am	\$420	\$520	
PTA-SW5	July 09-13	Daily 2:15pm – 3:00pm	\$700	\$800	
PTA-SW6	July 16-20	Daily 2:15pm – 3:00pm	\$700	\$800	
PTA-SW7	July 23-27	Daily 2:15pm – 3:00pm	\$700	\$800	
PTA-SW8	July 14, 21, 28	Sat. 10:45am -11:30am	\$420	\$520	

Bank: _____ Cheque No: _____ Amount: _____

CONSENT

In enrolling my child/children for the SIS-PTA Swimming Programme, I acknowledge that I have read the terms and agreement set out below and will abide by them. I will also not hold the school, SIS- PTA or Multi-Sport Ltd. responsible for any injury to my

child/children, or damages or loss to my property as a result of participation in this programme.

Name of Parent/Guardian

Signature / Date

**Singapore International School Parent Teacher Association –
Summer Swimming Programme (2006/07)**

GENERAL TERMS & CONDITIONS

Enrollment

Enrollment is limited in each class, so please register early to avoid disappointment. Enrollment form and cheque must be submitted by specified due date. PTA reserves the right to cancel any class due to insufficient enrollment. (Parents will be informed and cheques will be returned.)

Refunds

We regret that we cannot, under any circumstances give refunds for classes already paid for.

Make-up classes

We regret that there will be no make up lessons for the SIS-PTA Summer Swimming Programme.

Enforced closures

We do not hold classes when the warnings for Red/Black rain or typhoon signal number 8 has been raised.

We regret that we cannot arrange make-up classes or refund for these enforced closures.

Safety of Children

Please note that each child will have to be accompanied by an adult (parent/helper) for each class. If the child shows up without an adult, he/she will not be allowed to enter the pool. Exception being children of the same family can be accompanied by one adult.

Parents are solely responsible for the safety of your children before and after the swimming lesson. Please help to ensure that your children follow school rules and guidelines before and after swimming lesson and the coaches' instructions during lesson. Parents must ensure that you/your helpers are with your children throughout the swimming lesson and as long as your children are in school during swim days.

Please bring your child to the swimming pool 10 minutes before each session. After the children have changed, please have them wait in line at the entrance to the

swimming pool as nobody is allowed into the pool area until the coaches are ready for them. Please be ready to pick up your children before the end of each session. No children are allowed to loiter around the pool area after swimming lesson.

Transportation

Parents are required to make their own transport arrangement to and from school.

Food and Beverages

No food or drinks are allowed in the pool area.

Other reminders:

- To ensure personal hygiene, children and parents/helpers should wear their own non-skid slippers (only for wearing in the school swimming pool area and changing room) while attending SIS-PTA swimming lesson.
- Students attending the swimming lessons are required to wear a swimming cap and swimming goggles.
- Please check your e-mail or SMS every time before you send your children to attend the swimming lesson just in case sudden suspension of the swimming class owing to emergency reasons.
- Please be informed that children over 7 years of age are not permitted in the opposite sex changing rooms. Mothers/helpers may help the boys under 7 to change in the girls' changing rooms. Please be advised that no male parents are allowed in the girls' changing room, regardless of the age of his child.
- Parents must ensure that you/your helper are with your children throughout the swimming lessons.
- Please remind your helper that no visitor/friend is allowed to enter the swimming pool during the swimming lessons.
- For the safety of your children, please remind the children that they should not run along the pool side kicking and splashing water.
- Please call Multi-Sport Ltd. at 2540-1257 if you have any queries.