

CCA Swimming Program Overview



INTRODUCING THE AQUATICS TEAM

It is my pleasure to introduce to you the Aquatics Team: Coach Ryan, Coach Lucky and Coach Zee (L-R). Our aquatics team are experienced, professional coaches with coaching certifications from the American Swimming Coaches Association (ASCA) and the Australian Swimming Coaches and Teachers Association (ASCTA). Coach Lucky was member of the Shanghai Swimming Team and Coach Zee swam for the National Team in Beijing for several years. I was a professional ocean lifeguard for 10 years and a competitive swimmer and surf lifesaver. We are all passionate about water safety and the many health-related benefits regular swimming provides.

CO-CURRICULAR PROGRAM OVERVIEW

SwimAmerica Program. This program focuses on water safety and stroke development and enjoyment in the water. This learn to swim program is open to students in Grades 2 - 4. A commitment of 2 swim sessions per week is required.

Competitive Swimming Program. This program focuses on technique refinement and advanced skill development while gradually increasing distance and intensity to prepare students for competition. This program is currently open to students in Grades 3 - 12. A minimum commitment of 3 swim sessions (2 for ES students) per week is required.

SEASON 2 TRAINING SCHEDULE

Season 2 dates are listed below along with the weekly schedule for both programs. During Season 2, Middle School and High School divisions will be in the pool at the same time but remain in different lanes. There will also be one vacant lane in between the two divisions. Training session times will be staggered to minimize the crossover of divisions in the change rooms. Morning pool sessions are held at the Embassy Club Pudong and all afternoon strength and conditioning sessions are held on campus.

SwimAmerica Program Dates: January 11th to March 26th. Assessment dates for new students will occur January 4th - 8th.

Competitive Swimming Program Dates: January 4th to March 26th. Tryouts for new students will occur in the first week.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning (Before School)	HS Swim 6:05am - 7:45am	ES Swim 5:55am - 7:20am	HS Swim 6:05am - 7:45am	ES Swim 5:55am - 7:20am	HS Swim 6:05am - 7:45am
Morning (Before School)	MS Swim 5:55am - 7:20am	ES SwimAmerica 6:10am - 7:20am	MS Swim 5:55am - 7:20am	ES SwimAmerica 6:10am - 7:20am	MS Swim 5:55am - 7:20am
Afternoon (After School)		HS Strength & Conditioning 3:45pm - 5:30pm	ES Strength & Conditioning 3:15pm - 5:00pm	HS Strength & Conditioning 3:45pm - 5:30pm	
Afternoon (After School)			SwimAmerica Strength & Conditioning 3:15pm - 5:00pm		

PROGRAM FEES

Concordia's CCA swim program is fee paying. The school covers costs for one season for each division in the competitive program. Season 2 is free for Elementary School students. There is also no cost for the strength and conditioning sessions.

Competitive Swim Program Pricing

Ambassy Club member = 70rmb per session

Non-member = 120rmb per session

SwimAmerica Program Pricing

Ambassy Club member = 100rmb per lesson

Non-member = 150rmb per lesson

REGISTRATION QR CODE

Scan this QR Code to register your child. Registration closes at 1:00pm on December 17.



CONTACT INFORMATION

Further information will be communicated to you prior to the commencement of Season 2. Contact information is below.

Ryan Layt - Aquatics Director (ryan.layt@concordiashanghai.org) English

Lucky Fei - Swim Coach (lucky.fe@concordiashanghai.org) Mandarin