

# CCA Swimming Program - Season 3 Information

**Dates:** January 24 - April 1

**Registration Closes:** January 14

Scan QR code to register -->



## CCA Swimming Pre-Requisites

Registration for Season 3 CCA swimming is now open to students in Grades 2 and above. The swimming program operates out of the Embassy Club's 25m indoor pool. The program takes place in the mornings before school and also after school, depending of the group your child is placed in. Concordia is a member of the Shanghai Swim League (SSL) that is made up of 24 international schools from Shanghai, Suzhou, Hangzhou and Nanjing. Each season our students participate in face to face or virtual swim competitions with SSL schools. This provides motivation for our students and gives them a goal to work towards. We always promote personal growth and when racing, the team aims to swim personal best times.

Senior Team	Intermediate Team	Sailfish - SwimAmerica	Swordfish - SwimAmerica	Marlins - SwimAmerica
Mon = 6:00am to 7:45am Tues = 6:00am to 7:45am (swim) Tues = 3:45pm to 5:15pm (weight room) Weds = 3:45pm to 5:15pm Fri = 6:00am to 7:45am	Mon = 6:00am to 7:20am Weds = 6:00am to 7:20am Thurs = 6:00am to 7:20am	Tues = 6:00am to 7:20am Fri = 6:00am to 7:20am	Mon = 3:45pm to 4:45pm Thurs = 3:45pm to 4:45pm	Mon = 3:45pm to 4:45pm Thurs = 3:45pm to 4:45pm
Grade 6-12	Grade 4-7	Grades 2-5	Grades 2-5	Grades 2-5
100 Free (<1:15), 100 Medley (<1:30)	50 Free (<0:45) + 100 Medley (<2:00)	Station 8+	Station 7-8	Station 6-7
3-5 sessions per week	3 sessions per week	2 lessons per week	2 lessons per week	2 lessons per week

## Program Limitations

Due to limited pool availability, we can only accept students into our CCA Swimming Program with a skill level equivalent to or higher than Station 6\* of the SwimAmerica program. Below is the required skill level to join each SwimAmerica group. We will host an assessment day at the pool the week before Season 3 commences for those who have registered. If your child wishes to be a part of the Senior or Intermediate teams, they need to be able to swim all four competitive strokes and be under the qualifying times listed in the table above.

\*Station 6 = Can swim 25m freestyle, 15m backstroke and tread water for 1 minute.

\*Station 7 = Can swim 50m freestyle, 25m backstroke and kick breaststroke correctly.

\*Station 8 = Can swim 100m freestyle, 50m backstroke, 25m breaststroke and 10m butterfly.

## Training Equipment

Most training equipment is provided by Concordia. The below items are required for each group. Swim fins should be short blade and firm fitting. Hard or plastic snorkeling fins are not appropriate. Snorkels are to be front-mounted and not side-mounted like when you snorkel. I've included a correct example of each. Both can be purchased from Decathlon, Yingfa or other companies.



### Senior Team

Swim Snorkel (front mounted)  
Swim Fins (short blade)  
Water Bottle

### Intermediate Team

Swim Snorkel (front mounted)  
Swim Fins (short blade)  
Water Bottle

### Sailfish - SwimAmerica

Swim Fins (short blade)  
Water Bottle

### Swordfish - SwimAmerica

Swim Fins (short blade)  
Water Bottle

### Marlins - Swim America

Water Bottle

## Program Fees

Program fees for each team or group is listed below. Once your child's placement in the program is confirmed, the fees can be paid to the school via bank transfer.

### Senior Team

Ambassy Member = 1,890 RMB  
Non-Member = 3,240 RMB

### Intermediate Team

Ambassy Member = 1,890 RMB  
Non-Member = 3,240 RMB

### Sailfish

Ambassy Member = 2,700 RMB  
Non-Member = 3,600 RMB

### Swordfish

Ambassy Member = 2,700 RMB  
Non-Member = 3,600 RMB

### Marlins

Ambassy Member = 2,700 RMB  
Non-Member = 3,600 RMB

**Season 1** (September 1 - October 24) = All teams pay training fees

**Season 2** (October 25 - January 23) = Free for students who make the HS Swim Team

**Season 3** (January 24 - April 1) = All teams pay training fees

**Season 4** (April 6 - June 2) = Free for students who swam 3 seasons in the Senior or Intermediate teams and 50% discount for students who swam 3 seasons in the SwimAmerica program

## Further Inquiries

For further inquiries or information please reach out to Ryan Layt (Aquatics Director) at [ryan.layt@concordiashanghai.org](mailto:ryan.layt@concordiashanghai.org) or \_beachdays (WeChat) or for Mandarin, Lucky Fei (Swim Coach) at [lucky.feifei@concordiashanghai.org](mailto:lucky.feifei@concordiashanghai.org) or feifeilucky (WeChat).