



SUMMER LESSONS & TRAINING

WHAT?

GET BETTER THIS SUMMER!

Dragon Fire Summer Swim Camp stimulate your child's love for the sport in a positive and healthy environment. Our goal is to have each Dragon Fire swimmer come home with experiences that enrich both the quality of their swimming and their life through a better understanding and greater appreciation for the swim, more refined and developed techniques and a heightened level of self-confidence and growth as a swimmer and an individual.

WHERE?

CANADIAN INTERNATIONAL SCHOOL POOL

No.38 Liang Ma Qiao Lu, Chaoyang District
Phone: 86-10-6465-7788

BEIJING CITY INTERNATIONAL SCHOOL POOL

No.77 Baiziwan Nan Er Road, Chaoyang District
Phone: 86-10-8771-7171

WHEN?

Week 1 June 21st–June 27th
Week 4 July 12th–July 18th
Week 7 Aug 2nd – Aug 8th

Week 2 June 28th –July 4th
Week 5 July 19th- July 25th
Week 8 Aug 9th –Aug 15th

Week 3 July 5th -July 11th
Week 6 July 26th –Aug 1st
Week 9 Aug 16th –Aug 21st*

*BCIS Only

SUMMER TRAINING DETAILS

LEVEL: BEGINNER
FOR KIDS AGE 5 & UP

5 KIDS / COACH

2/3/5 DAYS A WEEK

Monday-Friday

BCIS lesson times: 8:30-9:15, 9:15-10:00, 10:00-10:45, 10:45-11:30

CISB lesson times: 16:10-16:55, 16:55-17:40, 17:40-18:25, 18:25-19:10

Fees: RMB400 for 5x45min lessons/week
RMB270 for 3x/week (Mon-Wed-Fri)
RMB180 for 2x/week (Tues-Thurs)

ONE LESSON PER WEEK

Saturday at BCIS / Sunday at CISB

Lesson times: 9:00-9:45, 9:45-10:30, 10:30-11:15, 11:15-12:00

Fees: RMB100 for 45 min (must sign up for 4 times or more)

LEVEL: INTERMEDIATE
FOR KIDS AGE 7 & UP
WHO CAN SWIM 2 STROKES

8 KIDS / COACH

5 DAY TRAINING SCHEDULE

Monday: Backstroke

Tuesday: Breaststroke

Wednesday: Butterfly

Thursday: Freestyle

Friday: IM, Dive, Turns

BCIS training times: 8:30-9:30, 9:30-10:30, 10:30-11:30

CISB training times: 16:10-17:10, 17:10-18:10, 18:10-19:10

Fees: RMB350 for 5x 1-hour sessions/week
RMB240 for 3x/week (Mon-Wed-Fri)
RMB160 for 2x/week (Tues-Thurs)

ONE DAY A WEEK TRAINING SCHEDULE

one stroke per week / Saturday at BCIS / Sunday at CISB

Training times: 9:00-10:00, 10:00-11:00, 11:00-12:00

Fees: 90RMB for one hour (must sign up for 4 times or more)

LEVEL: ADVANCED
FOR KIDS AGE 8 & UP
WHO CAN SWIM 4 STROKES

8-10 KIDS / COACH

ONLY AT CISB

5 DAY TRAINING SCHEDULE

Monday: Backstroke

Tuesday: Breaststroke

Wednesday: Butterfly

Thursday: Freestyle

Friday: Turns, Dive, Test

One and a half hour training 16:10-17:40, 17:40-19:10

Fees: RMB500 for 5 x 1 ½ hour sessions/week
RMB300 for 3x/week (Mon-Wed-Fri)
RMB200 for 2x/week (Tues-Thurs)

ONE DAY A WEEK TRAINING SCHEDULE

Sunday: one stroke per week

Two hours and half training 9:00-11:30, 11:30-12:00

Fees: 100RMB for 2 ½ hours (must sign up for 4 times or more)

MASTERS SWIMMING FOR ADULTS

ONLY AT CISB

1 OR 2 DAYS/WEEK TRAINING SCHEDULE

Monday & Wednesday 18:10-19:10

Fees: RMB80 per 1 hour session

REGISTRATION TIME: May 28th to June 20th
at CIS Pool, BSB pool, WAB pool, BCIS pool, or online

PAYMENT DUE: At Registration or 1st lesson to Kevin Hua, Lynn Wang or Gao Bin

REGISTER ONLINE: <http://www.dragonfire.com.cn>

FOR MORE INFORMATION: KEVIN HUA
HEAD COACH



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