

# STANFORD SWIM SCHOOL'S COMPREHENSIVE POOL FACILITIES

Stanford provides a well-equipped indoor heated pool at a convenient location, across districts. The facility is purpose-designed for children's swim instruction, prioritizing safety, privacy and learning outcomes.

 Parent Viewing Area:  
Complimentary poolside seating for parents and carers.

 Year-Round Temperature Control:  
Water maintained at 29–31°C for consistent comfort.

 Exclusive Access: Pool reserved for Stanford students only, ensuring privacy and focused learning.

 Changing Rooms: Heated changing rooms with hot and cold shower amenities.

 Safety-Oriented Depths: Pool depth ranges 0.5–1.3 m with safety platforms suitable for various class levels.

 Free parking spaces are available (Advance registration required).



## 22 INDOOR HEATED SWIMMING POOL LOCATIONS

KOWLOON DISTRICT

TSEUNG KWAN O KING LING COLLEGE  
KOWLOON TONG AUSTRALIAN INTERNATIONAL SCHOOL  
KWUN TONG NORD ANGLIA INTERNATIONAL SCHOOL (KWUN TONG)  
LADEH KOK CHRISTIAN ALLIANCE INTERNATIONAL SCHOOL

TSEUNG KWAN O FRENCH INTERNATIONAL SCHOOL  
CHEUNG SHA WAN TSUNG TSAN CHRISTIAN ACADEMY  
KWUN TONG UNITED CHRISTIAN COLLEGE (KOWLOON EAST)

TSEUNG KWAN O PLK WONG WING SHU PRIMARY SCHOOL  
TKW KIWAN PLK NGAN PO LING COLLEGE  
LAM TIN NORD ANGLIA INTERNATIONAL SCHOOL LAM TIN

HONG KONG ISLAND DISTRICT

CAUSEWAY BAY TRUE LIGHT MIDDLE SCHOOL  
WAN CHAI SKY TANG SHU KIN SECONDARY SCHOOL  
NORTH POINT PUKUO MIDDLE SCHOOL  
ABERDEEN PUI YING SECONDARY SCHOOL

NEW TERRITORIES DISTRICT

SHatin BAPTIST ISTVÖ LILIMING CHOI PRIMARY SCHOOL  
TAIPO TAIPAO OLD MARKET PUBLIC SCHOOL (COVE ROAD)  
KWAI CHUNG JU CHING CHU SECONDARY SCHOOL (KWAI CHUNG)  
YUEN LONG ANCHORS ACADEMY

MA ON SHAN PLK RIVERAIN PRIMARY SCHOOL  
WAN CHAI MALVERN COLLEGE HONG KONG (HKSTP)  
TUEN MUN ANGELA LEONG ON KEI SWIMMING POOL COMPLEX

Your Child's Swimming Education Expert



## SPECIAL NEEDS SWIMMING LESSONS



Enquiries &  
Online Registration:

 9877 0486

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Stanford Swim School



# PROFESSIONAL EXPERIENCE AND CURRICULUM DESIGN



## OVERALL COURSE OBJECTIVES



### BUILD UP CONFIDENCE

Foster self-efficacy through staged, achievable goals



### SKILL DEVELOPMENT

Progressive mastery of floating, breathing, kicking, and basic stroke techniques



### MUSCLE GROWTH

Strengthen core and limb muscles through guided water exercises, supporting healthy physical development



### SENSE OF SAFETY

Build water confidence and reduce anxiety



### SOCIAL INTERACTION

Encourage peer engagement through structured games and cooperative activities



### EMOTIONAL REGULATION

Conclude sessions with calming activities to consolidate learning and enjoyment

## TARGET PARTICIPANTS AND ENROLLMENT

### TARGET PARTICIPANTS

Individuals with diverse special needs; groups are determined by ability.

### ENROLLMENT PROCEDURE

First-time participant must complete an in-water ability assessment to determine appropriate grouping and support. Parents or caregivers are required to observe and comply with pre-class safety guidelines.

### PROFESSIONAL EXPERIENCE

Our professional team has nine years of specialised experience in delivering swimming programmes for individuals with special needs, operating within safe and structured learning environments.

### CURRICULUM DEVELOPMENT

Senior special-needs swim trainers provide curriculum oversight and quality assurance; the school's instructional trainers manage implementation to ensure consistency and sustainability.

### PERSON-CENTRED APPROACH

We provide one-to-one and small-group classes, carefully arranged and adapted to each student's ability and progress. Learning records are kept and regular feedback is provided to parents. Our swimming lesson supports swimming skills, emotional regulation and social interaction, helping learners make steady progress in a safe, supportive environment.



### LESSON SCHEDULE (60 MINUTES)

#### • FIRST 45 MINUTES | SKILLS TRAINING

Warm-up: Approximately 5 minutes, on land or in water, adjusted to student's ability.

Core Instruction: Systematic progression from basic water acclimation and self-rescue skills to floating, breathing, kicking, and foundational stroke techniques.

#### • FINAL 15 MINUTES | INTEGRATED DEVELOPMENT

Interactive Games: Varied water-based activities to enhance social skills, confidence, and breath control.

Emotional Wind-down: Relaxed activities to reinforce motivation and sustain engagement

## WHY CHOOSE STANFORD?

### SUPERIOR FACILITIES

Year-round indoor heated pool with parent seating at poolside — providing a comfortable, stable, and secure learning environment.

### SAFE SMALL GROUPS

Appropriate coach-to-student ratios to ensure focused, individualised attention.

### LONG-TERM SUPPORT

Progression classes and extended training pathways to support sustained development.