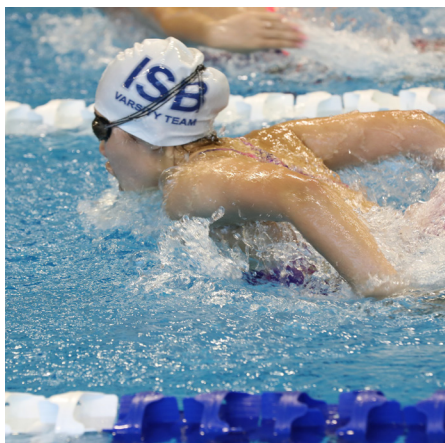


**INTERNATIONAL SCHOOL OF BEIJING**  
*Aquatics Program*





## ISB AQUATICS PROGRAM

ISB has an extensive aquatics program with offerings for all levels of swimmers at the school. The four different opportunities for swimming are: **Physical Education Classes, After School Activities (ASAs), Seasonal Swimming, and Swim Academy.**



Nic Wilson  
Aquatics Director  
Head of Competitive Swimming

This document provides an overview of each of these programs to help you determine which is best for your swimmer.



## PHYSICAL EDUCATION (PE) CLASSES

PE classes offer a variety of pool activities to teach swimmers safety and enjoyment of water-based activities. These classes are part of regularly scheduled PE classes during the school year.



## ASA SWIMMING

ASA Swimming is our learn-to-swim program for Lower School Elementary students. The goal of this program is to develop competent and confident swimmers. Children are introduced to the water through a graduated series of lessons developed by the Aquatics Department's Head Coach. The program is divided into groups by skill level, and children move through the levels at their own pace. This swim program focuses on safety, stroke instruction, basic flotation, and confident submersion in the water with and without flotation aids.

### ASA SESSION I

This is available for grades 1-2. The season runs from September through November with practices every Wednesday from 2:30 pm to 3:30 pm.

### ASA SESSION II

This is available for grades K-2. The season runs from November through February with practices every Wednesday from 2:30 pm to 3:30 pm.

### ASA SESSION III

This is available for grades K-2. The season runs from the beginning of March through to the middle of May with practices every Wednesday from 2:30 pm to 3:30 pm.



Registration for all ASA sessions takes place through the online ASA portal which is advertised through the Activities Department.



## UPPER ELEMENTARY SCHOOL

The goals for this group include the development of three strokes (not including butterfly) and the introduction to diving, turning, and circle swimming.

## MIDDLE SCHOOL

The goals for this group include the development of all four strokes, basic training skills, diving and turning. The season runs from February until the end of April.

*Hard copy registration forms are available around two weeks prior to the season commencement. These forms can be collected near the bulletin boards at the swimming pool entrance, or downloaded on Dragons' Gate under the Aquatics page.*

## HIGH SCHOOL

This is ISB's Varsity Swim Team. The goal is for this group to include race development in all four strokes, refinement of race strategies, and the psychological skills needed for race preparedness.



## SEASONAL SWIMMING

Seasonal Swimming is ISB's non-fee based swimming program. Each school division is offered a single sports season during the year to swim.

### Upper Elementary & Middle School

Seasonal Swimming for UES and MS students is designed to help transition from swimming lessons to competitive swimming. The emphasis is on mastering proper stroke technique, streamlining and diving. Practices are twice a week on Tuesdays and Thursdays from 3:30 pm to 4:30 pm.

To ensure safe swimming conditions, the number of children selected will be limited, at the coach's discretion. UES and MS Seasonal Swimmers are not permitted to be part of the Swim Academy.

### High School

Seasonal Swimming for HS is ISB's Varsity swimming team. There is a 2-day tryout for HS swimmers interested in joining the team of 16 boys and 16 girls. All 4 strokes and distances are considered when selecting the squad. HS Seasonal Swimmers are also eligible to participate in the Swim Academy.



## ACADEMY SQUADS

- Little Dragons, ages 7-9
- Blue, ages 9-12
- Bronze, ages 9-18
- Silver, ages 11-18
- Gold, ages 12-18
- University, ages 12-18

## SQUAD PLACEMENT & SCHEDULE

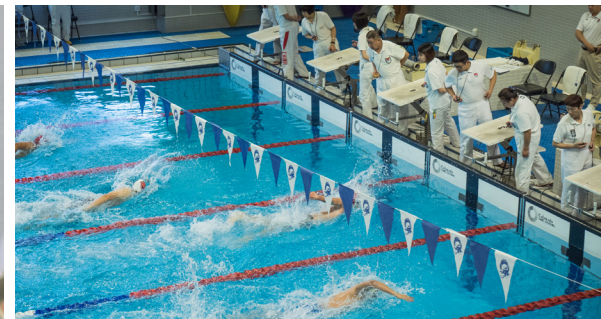
To be eligible for placement into a Swim Academy squad, each swimmer must demonstrate their ability to achieve minimum swim times for that squad.

Returning swimmers are welcome to start with pre-trial practices as soon as school commences. New students are welcome to be assessed in the first week of school so as to ascertain their potential; thereafter, new students are also welcome to join the pre-trial weeks of practice. Time Trials are held at the beginning of each semester, one trial in late August and one trial in February. Suitability for the Academy as well as squad determination is based not only on times swum, but also technique across the four strokes, age, potential for future improvement, and whether there is space in the program or not.

## 2019/20 TIME TRIALS

**Semester I** September 2, 4, 6

**Semester II** February 3



The Swim Academy is ISB's competitive swim program that runs throughout the school year. This is a multi-tiered squad system designed to offer competitive swimming opportunities for swimmers on different levels.

ISB's Swim Academy applies the Long-term Athletic Development (LTAD) philosophy to its swim training. LTAD encompasses all the aspects of a swimmer's long-term development, including coaching, training, competitive skills, and performance. Long-term and short-term goals will be set with every swimmer to ensure ongoing personal motivation and growth.



In this program, swimmers have the opportunity to race competitively in local and international swim meets.

We offer a wide range of training opportunities for all squads before and after school. The number of sessions offered and the attendance requirements are based on the swimmer's squad placement. Please visit Dragons' Gate for the current practice schedule.

Swim Academy members are required to pay an annual club fee.

*For all other aquatics opportunities, please contact the Activities Office or check out our aquatics page on Dragons' Gate.*



*"Excellence is never an accident"*

RANKED No. 1 INTERNATIONAL SWIMMING SCHOOL PROGRAM BY  
INTERNATIONAL SCHOOL AQUATICS 2018/19

APAC CHAMPION VARSITY BOYS

2007/08  
2008/09  
2009/10  
2010/11  
2011/12  
2012/13  
2013/14  
2015/16  
2017/18  
2018/19

APAC CHAMPION VARSITY GIRLS

2007/08  
2008/09  
2009/10  
2010/11  
2011/12  
2012/13  
2013/14



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website at [isb.bj.edu.cn](http://isb.bj.edu.cn)



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