

# Royal Swim - Important Date Update

# 海龍游泳 - 重要日期更新

**\*\*NO Food and Drink at the pool area**

**\*\*不能在泳池範圍內進食和任何飲料**

**Manhattan 2024 April to June Swim schedule Update:**  
Please take a moment to read the newest update, Thanks!

**曼哈頓地點 4 月至 6 月份學期時間表更新:**  
家長好, 請仔細閱讀以下更新資料, 謝謝!

April							May							June						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6				1	2	3	4							1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
														30						

**\*\*Blue = Regular Class Date**

**\*\*藍色 = 正常上課**

**\*\*Pink = Makeup Date**

**\*\*粉紅色 = 補課日期**

**\*\*Black = No Class**

**\*\*黑色格子 = 沒有上課**

## Non-Standard Swimsuit for Swimming lesson

## 不合格游泳課制服



### Cons

### 缺點

#### Swim trunks & Long Sleeves skirts

#### 沙灘褲和長袖沙灘衣

- Will absorb mass of water, slow learning performance
- Heavy and drag more water, causing bad swim skill forms
- Chances of suffocation from shirts when swim or jumping
- **Child will feel colder wear wet shirt over dryland practice**

- 會吸收大量的水, 學習成績變慢
- 拖更多水, 造成不良形式, 導致游泳技能形式不佳
- 濕襯衫會造成窒息的機會 - 游泳或跳水時翻起向上時
- 孩子穿濕衫在陸地上練習會感覺很冷

#### Fabric Swim Cap

#### 布料泳帽

- Fabric / Latex swim cap will be too soft or too tight
- Some people might have allergic to latex

- 布料 / 乳膠泳帽會太軟或太緊
- 有些人可能對乳膠過敏

#### Diving Goggle

#### 潛水鏡

- No nose bridge, very uncomfortable.
- Will be very tight and water will leak in easily

- 沒有鼻樑, 很不舒服 - 會很緊, 很容易漏水

## Standard Swimsuit for Swimming lesson

## 合格游泳課制服



### Pros

### 優點

#### Swimming Jammers & one piece

#### 游泳訓練褲 / 游泳衣

- More durable & Chlorine Resistant
- Less Drag in the water
- Can use for certain level of swim class & competition

- 更耐用和耐氯
- 在水中減少阻力
- 可用於一定程度的游泳課和比賽

#### Silicone Swim Cap

#### 矽膠泳帽

- Protect your hair well from chlorine
- Last longer than latex or cotton cap

- 保護你的頭髮免受氯的傷害
- 比乳膠或棉帽更持久

#### Clear Goggles

#### 透明泳鏡

- Goggle with nose bridge will be more comfortable
- Will be easier to have eye contact with coach

- 帶鼻樑的護目鏡會更舒適
- 更容易與教練進行眼神交流

## What to prepare for before swimming lesson

## 上游水課前要準備什麼

2 Towel (pool use & shower use), Slippers (optional)

毛巾、拖鞋 (可選)

**Must have for classes:** Swim Goggle and Silicone Swim Cap

**必須:** 合格泳鏡, 矽膠泳帽

Boys: (Swim Jammers, **No** underwear needed)

男孩: (泳褲, 泳褲內**不需要**穿內褲)

Girls: (One Piece swimsuit, **No** underwear needed)

女孩: (連身泳衣, 泳衣內**不需要**穿內褲)