

## Swim Class - 2008 Winter Q1 - Hayward (Sunday)

11 Sundays = Jan 6, 13, 20, 27; Feb 17, 24; Mar 2, 9, 16, 23, 30;

No Class Dates: Feb 3, 10

### Advanced/Comp/Comp Class 8:00-10:00 am

Swimming Skills Evaluation	Push Off	Tread	Under	BR Pull	Dolphin	Fly	IM	FR	Back	BR	Fly	Next Level To Enroll
		Water	Water	Down	Kick	Swim	Turns	50 yd	50 yd	50 yd	50 yd	
<b>Matthew Wong</b>	3	4	4	3	5			1'09"	1'52"	1'41"	2'00"	<b>Inter II</b>
<b>Douglas Lam</b>	5	3	3	3	4			1'18"	1'15"	1'52"	1'45"	<b>Adv I</b>
<b>Karen Shi</b>	5	5	5	5	5	4		44"	56"	1'02"	1'04"	<b>Racer I</b>
<b>Nicholas Lam</b>	4	5	5	4	4.5			48"	58"	1'15"	1'05"	<b>Racer I</b>
<b>Lorman Lau</b>	5	5	5	5	5	5		44"	50"	56"	54"	<b>Racer I</b>

### Racer Class 9:00-10:00 Am

Swimming Skills Evaluation	2-Side	FR Flip	Back Flip	Race	FR	Back	BR	Fly	400	Training	Racing	Next Level To Enroll
	Breath	Turn	Turn	Dive	50 yd	50 yd	50 yd	50 yd	IM	Endurance	Strategy	
<b>Evan Kwok</b>					34"6	43"7	55"	46"7	7'41"			<b>Racer II</b>
<b>Jonathan Ma</b>					33"7	46"1	43"	44"6	8'41"			<b>Racer II</b>
<b>Nathan Ma</b>					38"	43"	51"	46"	8'55"			<b>Racer I</b>
<b>Jeffrey Sun</b>					33"	44"	50"	55"	9'39"			<b>Racer I</b>
<b>Jessica Sun</b>					37"	46"	48"	56"	9'21"			<b>Racer I</b>
<b>Travor Cai</b>					40"	49"	51"	54"	9'03"			<b>Racer I</b>
<b>Emily Wang</b>					42"7	55"	57"	59"	9'33"			<b>Racer I</b>
<b>Andy Wang</b>					42"7	56"	1'02"	1'09"	10'12"			<b>Racer I</b>
<b>Winnie Jingwen Xu</b>					40"	47"	49"	48"	9'21"			<b>Racer I</b>
<b>Helen Ho</b>					45"	51"	49"	58"	9'38"			<b>Racer I</b>
<b>Frederick Ho</b>					38"	48"	44"8	48"	9'16"			<b>Racer I</b>
<b>Xuankang Pan</b>					46"	58"	1'07"	1'13"	12'12"			<b>Racer I</b>
<b>Bruce Cao</b>					45"	53"	1'00"	59"	9'38"			<b>Racer I</b>
<b>Jake Ren</b>					47"	1'04"	1'08"	1'05"	11'12"			<b>Racer I</b>
<b>Alice Feng</b>					46"	57"	1'10"	1'12"	12'36"			<b>Racer I</b>
<b>Nicholas Do</b>					45"	59"	1'5"	1'7"	11'07"			