擁有最多奧運
及亞運香港游
泳代表(泳會)

現有參加者可於
10/12前優先報名

海天體育會游泳部
HOI TIN ATHLETIC ASSOCIATION
志佩游泳會有限公司
CHI PUI SWIMMING CLUB LIMITED
主辦之2013年1-2月游泳班章程

本會簡介

本會成立至今已有六十年，在過去一直推動游泳發展，藉以提高香港游泳水平。歷年來，本會曾有多名泳員打破香港紀錄，並代表香港參加國際賽事。繼泳員郭建明於第十三屆亞運會中奪得一面男子四百米自由泳銅牌，及泳員李亮葵於第十五屆亞運會中奪得一面自由泳接力銅牌後，泳員馬希彤及于蕙婷於第十六屆亞運會中再創佳績，共奪得兩面銅牌，再次為泳壇發放異彩。在2004至2007年香港游泳錦標賽中，本會連續4年奪得全場總冠軍；更在2009年香港分齡短池游泳錦標賽勇奪全場總冠軍，2009短池錦標賽及第五屆香港國際公開游泳錦標賽全場總冠軍，成績有目共睹。此外，2011年第十四屆世界游泳錦標賽中，泳員黃鍇威於男子200米自由泳以刷新香港紀錄，更達到2012年倫敦奧運會達標時間，成績令人鼓舞。泳員張健達於2011年第十一屆全國中學生運動會中勇奪男子200米自由泳金牌，更是港隊出戰全國中學生運動會史上第一個金牌，同時 他亦在男子自由泳中奪得銀牌，以及與隊友奪得男子自由泳接力賽銅牌及 混合泳接力賽銀牌，另外，泳員鄭涴瑜亦於女子自由泳接力賽中，奪得銅牌，兩名泳員發揮了最佳的水平，全力以赴，為港增光。

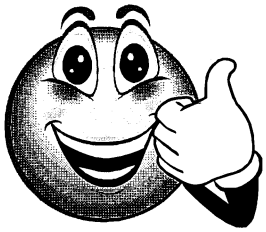
本會宗旨

以實用及有效的新方法授泳，並保證習泳者之安全。
使參加者在短期內學會游泳及提高游泳水準，從而享受游泳樂趣。

教練資歷

由多位持有澳洲昆士蘭省科技大學教練證書及香港游泳總會教練證書的資深專業教練主教。

初級班	適合不懂或略懂游泳的學員 ，教授浮身、自由泳及蛙泳，並教授踩水
↓	
中級班	能完成50公尺自由泳或蛙泳及懂得踩水，改良自由泳、蛙泳，並教授背泳
↓	
高級班	能完成50公尺自由泳、蛙泳、背泳及懂得踩水 ，教授四種泳式、跳水、轉身及技術改良訓練
↓	
競賽訓練班	能完成200公尺三種泳式或以上 ，教授四種泳式、跳水、專項訓練及比賽技術訓練



精英教練 雲集海天

Having the most representatives of Olympics and ASIAD among all Swimming Clubs

OLD MEMBERS CAN MAKE RESERVATION WITH PRIORITY ON OR BEFORE 10/12

2013 January & February hosted by HOI TIN ATHLETIC ASSOCIATION CHI PUI SWIMMING CLUB LIMITED

Beginners Level	Specially designed for children who have no or limited knowledge of swimming	Children will learn the basic swimming skills, including water safety, floating, kicking, basic beginner strokes such as freestyle and breaststroke and treading water
Intermediate Level	Students must be able to swim independently for 50 meters in either freestyle or breaststroke and possess some basics in treading water	Swimmers are challenged to increase their endurance by training more distance of freestyle and breaststroke, as well as elementary backstroke
Advanced Level	Students who can swim above 50 meters in freestyle, breaststroke, backstroke and possess some basics in treading water	Students are taught four swimming strokes. Introduction of more advanced skills such as diving, techniques turning and other racing
Race training	Students who can swim 200 meters in either 3 strokes or more	Students are taught four swimming strokes and racing techniques

Our Principles

Swimmers will be instructed at their levels and will learn stroke development and technique along with water safety and personal survival/techniques skills as they advances through the levels.

Important Notes

1)Successful applicants will NOT be notified. Parents are requested to arrange delivery and pick-up of their children on their own. Students should bring along their swimming gears, including swimming suits, goggles, towels and slippers (swimming caps will be provided and shall be worn in the class at all time) and report at the pool 15 minutes prior to the class according to the date and time in the time-table.

2)No make-up class will be arranged for children who miss class for personal reasons, **unless an advanced notification is received upon the submission of application**. **Absence of either sick leave or personal leave is limited to one day for each course.** Students are required to present doctor certificate for absence due to illness. Parents are requested to contact the office to check out the schedule for the make-up class at the second lesson. All **make-up class should be proceeded within 6 months** starting from the absent date.

updated

3a)Outdoor Pool's classes will be cancelled if Typhoon No. 8 or above and Black/Red Rainstorm signal is hoisted within two hours from the class starts and make-up class will be scheduled. All classes will normally be held as scheduled when Typhoon Signal No. 3 or below is hoisted or when Yellow Rainstorm Signal is in force. Coaches will have the full authority to cancel the class depending on actual situation.

3b)Indoor Pool's classes will be cancelled if Typhoon No. 8 or above and Black Rainstorm signal is hoisted within two hours from the class starts and make-up class will be scheduled. All classes will normally be held as scheduled when Typhoon Signal No. 3 or below is hoisted or when Red Rainstorm signal/Yellow Rainstorm Signal is in force. Coaches will have the full authority to cancel the class depending on actual situation.

4)Parents are allowed to enter in the pool of St. Paul's Convent School, Spotlight Club, Kornhill Club, La Salle College

5)Safety is always on top of our list. Students are strongly requested to follow the rules & regulations in the pool. In serious cases of indiscipline, students will be suspended from the class if it is felt that such disciplinary action is essential. All course fee will not be refunded.

6)Under no circumstances shall we be liable for any loss, damage, physical injury incurred or suffered by students.

7)Students should arrive to the swimming pool on time because continuity is very important to swimming.

8)The ratio of coach to students is 1:4nursery class), 1:6 (beginners class) and 1:8-10 (intermediate and advanced classes).

Small groups will be arranged when needed.

9) Certificatein will be issued for students who get passed in the last 3rd lesson during Aug. & Dec.

($30 will be charged for each additional certificate or reference letter)

10)Course fee is non-refundableand and non-transferable unless the course is full or cancelled.

11)Under special circumstances, the Association reserves the right to change the coach, date, time and venue of the classes without priority notice.

Contact

Office hours: Mon to Fri 0930-1800, Sat 0930-1300, Sun & P.H. close
Please contact the office at 2572-1428 during office hours. Non-office hours, please contact Mr. Ng at 6477-4784.
Fax: 2572-8468 Website: www.hoitin.net Email: info@hoitin.net
☆Please contact us for Private Coaching☆
Official fans page of Hoi Tin Swimming Association can now be found on Facebook. For latest information and photo sharing, please kindly refer to www.facebook.com/HoiTinSwimming

Please keep this brochure for reference

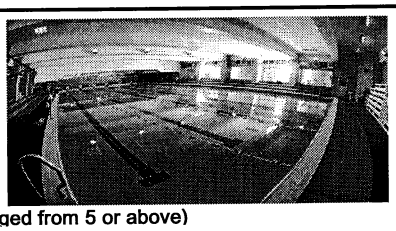
Enrolment

Fill in the application form,with the course fee in cheque (payable to Hoi Tin Swimming Consultants Ltd; overdue cheque is not acceptable) and:
(1) hand in to our staff at the pool entrance, or
(2) mail to Hoi Tin Swimming Consultants Ltd. at Room A, 23rd Floor, Cheuk Nang Plaza, 250 Hennessy Road, Wanchai, Hong Kong.
☆Course fee in cash is only accepted for the enrolment is handed to our office.☆
Since vacancies are limited, new enrolment will be on first-come-first-serve basis. (The course fee includes the swim cap and the entrance fee)

speedo

聖保祿學校室內暖水游泳池

St. Paul's Convent School Indoor Heated Swimming Pool



地址:銅鑼灣禮頓道140號 140 Leighton Street, Causeway Bay

水深:0.9米至1.25米(25米專用泳線) Water depth: 0.9m-1.25m(25m exclusive lines)

初、中、高班分組同時進行(適合5歲或以上學員參加)

Elementary, Intermediate & Advanced classes will proceed in the same time slot(Suitable For Children aged from 5 or above)

△附設成人班$1100(10堂)參加人數如不足4人，將會取消

△Adult class ,$1100(10 lessons),will be cancelled if there are less than 4 participants

備註:家長可免費入場觀看子女，需自備清潔泳池拖鞋方可進入泳池

Remarks: Free entry for Parents/Guardians.Please be reminded to bring and change your own clean slippers before entering the pool

星期 Day	日期 Period	編號 Code	備註 Remarks	時間 Time	編號 Code	備註 Remarks	時間 Time	費用 Fee	堂數 Lessons
一 Mon	21/1-25/2/2013 (11/2 停suspend)	SP1-1600	(專池) Exclusive pool	4:00-5:00pm	SP1-1700	(專池) Exclusive pool	5:00-6:00pm	$575	5
		SP1-1800	(專池) Exclusive pool	6:00-7:00pm					
二 Tue	15/1-26/2/2013 (12/2 停suspend)	SP2-1700	(專池) Exclusive pool	5:00-6:00pm	SP2-1800	(專池) Exclusive pool	6:00-7:00pm	$690	6
		SP2-1900△	(專池) Exclusive pool	7:00-8:00pm					
三 Wed	16/1-27/2/2013 (13/2 停suspend)	SP3-1700	(專池) Exclusive pool	5:00-6:00pm	SP3-1800	(專池) Exclusive pool	6:00-7:00pm	$690	6
		SP3-1900△	(專池) Exclusive pool	7:00-8:00pm					
四 Thurs	17/1-28/2/2013 (14/2 停suspend)	SP4-1600	(專池) Exclusive pool	4:00-5:00pm	SP4-1700	(專池) Exclusive pool	5:00-6:00pm	$690	6
		SP4-1800	(專池) Exclusive pool	6:00-7:00pm	SP4-1900△	(專池) Exclusive pool	7:00-8:00pm		
五 Fri	11/1-22/2/2013 (1/2 停suspend)	SP5-1600	(專池) Exclusive pool	4:00-5:00pm	SP5-1700	(專池) Exclusive pool	5:00-6:00pm	$750	6
	11/1-22/2/2013	SP5-1800	(專池) Exclusive pool	6:00-7:00pm	SP5-1900	(專池) Exclusive pool	7:00-8:00pm	$875	7
		SP5-2000	(專池) Exclusive pool	8:00-9:00pm					
六 Sat	12/1-23/2/2013 (9/2 停suspend)	SP6-0800△	(專池) Exclusive pool	8:00-9:00am	SP6-0900	(專池) Exclusive pool	9:00-10:00am	$750	6
		SP6-1000	(專池) Exclusive pool	10:00-11:00am	SP6-1100	(專池) Exclusive pool	11:00-12:00nn		
		SP6-1200	(專池) Exclusive pool	12:00-1:00pm	SP6-1300	(專池) Exclusive pool	1:00-2:00pm		
		SP6-1400	(專池) Exclusive pool	2:00-3:00pm	SP6-1500	(專池) Exclusive pool	3:00-4:00pm		
		SP6-1600	(專池) Exclusive pool	4:00-5:00pm	SP6-1700	(專池) Exclusive pool	5:00-6:00pm		
		SP6-1800	(專池) Exclusive pool	6:00-7:00pm	SP6-1900△	(專池) Exclusive pool	7:00-8:00pm		
		SP6-2000△	(專池) Exclusive pool	8:00-9:00pm					
日 Sun	13/1-24/2/2013 (10/2 停suspend)	SP7-1300	(專池) Exclusive pool	1:00-2:00pm	SP7-1400	(專池) Exclusive pool	2:00-3:00pm	$750	6
		SP7-1500	(專池) Exclusive pool	3:00-4:00pm	SP7-1600	(專池) Exclusive pool	4:00-5:00pm		
		SP7-1700	(專池) Exclusive pool	5:00-6:00pm	SP7-1800△	(專池) Exclusive pool	6:00-7:00pm		
		SP7-1900	(專池) Exclusive pool	7:00-8:00pm					

幼兒班(▲適合3-4歲學員參加) ▲Nursery class, suitable for children aged from 3-4

水深:0.9米至1.25米(25米專用泳線) Water depth: 0.9m-1.25m(25m exclusive lanes)

附設池底專用台板，升高水位 Additional platform set up for raising the water level

備註:家長可免費入場觀看子女，需自備清潔泳池拖鞋方可進入泳池

Remarks: Free entry for Parents/Guardians.Please be reminded to bring and change your own clean slippers before entering the pool

星期 Day	日期 Period	編號 Code	備註 Remarks	時間 Time	編號 Code	備註 Remarks	時間 Time	費用 Fee	堂數 Lessons
一 Mon	21/1-25/2/2013 (11/2 停suspend)	SP1-1600▲	(專池) Exclusive pool	4:00-5:00pm	SP1-1700▲	(專池) Exclusive pool	5:00-6:00pm	$675	5
		SP1-1800▲	(專池) Exclusive pool	6:00-7:00pm					
二 Tue	15/1-26/2/2013 (12/2 停suspend)	SP2-1700▲	(專池) Exclusive pool	5:00-6:00pm	SP2-1800▲	(專池) Exclusive pool	6:00-7:00pm	$810	6
四 Thurs	17/1-28/2/2013 (14/2 停suspend)	SP4-1600▲	(專池) Exclusive pool	4:00-5:00pm	SP4-1700▲	(專池) Exclusive pool	5:00-6:00pm	$810	6
		SP4-1800▲	(專池) Exclusive pool	6:00-7:00pm					
五 Fri	11/1-22/2/2013 (1/2 停suspend)	SP5-1600▲	(專池) Exclusive pool	4:00-5:00pm				$810	6
	11/1-22/2/2013	SP5-1800▲	(專池) Exclusive pool	6:00-7:00pm	SP5-1900▲	(專池) Exclusive pool	7:00-8:00pm	$945	7
六 Sat	12/1-23/2/2013 (9/2 停suspend)	SP6-0830▲	(專池) Exclusive pool	8:30-9:30am	SP6-0930▲	(專池) Exclusive pool	9:30-10:30am	$810	6
		SP6-1030▲	(專池) Exclusive pool	10:30-11:30am	SP6-1130▲	(專池) Exclusive pool	11:30-12:30pm		
		SP6-1230▲	(專池) Exclusive pool	12:30-1:30pm	SP6-1330▲	(專池) Exclusive pool	1:30-2:30pm		
		SP6-1430▲	(專池) Exclusive pool	2:30-3:30pm	SP6-1530▲	(專池) Exclusive pool	3:30-4:30pm		
		SP6-1630▲	(專池) Exclusive pool	4:30-5:30pm	SP6-1730▲	(專池) Exclusive pool	5:30-6:30pm		
日 Sun	13/1-24/2/2013 (10/2 停suspend)	SP7-1330▲	(專池) Exclusive pool	1:30-2:30pm	SP7-1430▲	(專池) Exclusive pool	2:30-3:30pm	$810	6
		SP7-1530▲	(專池) Exclusive pool	3:30-4:30pm	SP7-1630▲	(專池) Exclusive pool	4:30-5:30pm		
		SP7-1730▲	(專池) Exclusive pool	5:30-6:30pm					

speedo

(專線)=主池泳線 (專池)=訓練池泳線 (Exclusive line)=Main Pool Lanes (Exclusive pool) =Training Pool Lanes

摩理臣山室內暖水游泳池 Morrison Hill Indoor Heated Swimming Pool

地址:灣仔愛群道7號(鄰近伊利沙伯體育館) 7 Oi Kwan Road, Wan Chai

初、中、高班分組同時進行(適合5歲或以上學員參加)

Elementary, Intermediate & Advanced classes will proceed in the same time slot(Suitable For Children from age 5 or above)

※初班之訓練只會在訓練池進行 ※Elementary class will only proceed in the training pool

△附設成人班$1000(10堂)成人班參加人數如不足4人，將會取消

△Adult class ,$1000(10 lessons),will be cancelled if there are less than 4 participants

備註:除暫停開放時間或比賽日外，家長需自備清潔泳池拖鞋並自費入場觀看上課情況

Remarks:Parents/Guardians are required to pay the entrance fee. Please be reminded to bring and change your own slippers. No entry for parents/guardians during all session break.

(泳池暫停開放時間:中午12時至下午1時 及 下午5時至6時) (Session break: 12nn to 1pm and 5pm to 6pm)

星期 Day	日期 Period	編號 Code	備註 Remarks	時間 Time	編號 Code	備註 Remarks	時間 Time	費用 Fee	堂數 Lessons
一、三、五 Mon, Wed, Fri	2/1-27/2/2013 (11/2, 13/2 停 suspend)	MH1-0800△	(專線) Exclusive line	8:00-9:00am	MH1-0900△	(專線) Exclusive line	9:00-10:00am	$1,000	10
二 Tue	8/1-26/2/2013 (12/2 停suspend)	MH2-1700	(專池) Exclusive pool	5:00-6:00pm	MH2-1900△		7:00-8:00pm	$735	7
四 Thurs	3/1-28/2/2013 (14/2 停suspend)	MH4-1700	(專池) Exclusive pool	5:00-6:00pm	MH4-1900△		7:00-8:00pm	$840	8
五 Fri	4/1-22/2/2013	MH5-0900△		9:00-10:00am	MH5-1600		4:00-5:00pm	$840	8
		MH5-1700	(專池) Exclusive pool	5:00-6:00pm	MH5-1800		6:00-7:00pm		
		MH5-1900		7:00-8:00pm					
六 Sat	5/1-23/2/2013 (9/2, 16/2 停 suspend)	MH6-0800	(專池、專線)Excl pool&line	8:00-9:00am	MH6-0900	(專池、專線)Excl pool&line	9:00-10:00am	$630	6
		MH6-1000	(專池、專線)Excl pool&line	10:00-11:00am	MH6-1100	(專池、專線)Excl pool&line	11:00-12:00nn		
		MH6-1200	(專池、專線) Excl pool&line	12:00-1:00pm					
	5/1-23/2/2013 (9/2 停suspend)	MH6-1400		2:00-3:00pm	MH6-1530		3:30-4:30pm	$735	7
		MH6-1700	(專池、專線)Excl pool&line	5:00-6:00pm					
日 Sun	6/1-24/2/2013 (10/2 停suspend)	MH7-0900		9:00-10:00am	MH7-1000		10:00-11:00am	$735	7
		MH7-1100		11:00-12:00nn	MH7-1200	(專池、專線)Excl pool&line	12:00-1:00pm		
		MH7-1530		3:30-4:30pm	MH7-1700	(專池、專線)Excl pool&line	5:00-6:00pm		

中山紀念公園室內暖水游泳池 Sun Yat Sen Memorial Park Indoor Heated Swimming Pool

地址:香港西營盤東邊街北16號 16 Eastern Street North, Sai Ying Pun, Hong Kong

初、中、高班分組同時進行(適合5歲或以上學員參加)

Elementary, Intermediate & Advanced classes will proceed in the same time slot(Suitable For Children aged from 5 or above)

(專池)=訓練池泳線 (Exclusive pool) =Training Pool Lanes

備註:家長可免費於看台上觀看上課情況 Remarks: Free entry of the Spectator's Area for Parents/Guardians.

星期 Day	日期 Period	編號 Code	備註 Remarks	時間 Time	編號 Code	備註 Remarks	時間 Time	費用 Fee	堂數 Lessons
六 Sat	5/1-23/2/2013 (9/2 停suspend)	SYS6-0900		9:00-10:00am	SYS6-1000		10:00-11:00am	$735	7
		SYS6-1100		11:00-12:00nn	SYS6-1200	(專池) Exclusive pool	12:00-1:00pm		
日 Sun	6/1-24/2/2013 (10/2 停suspend)	SYS7-0900		9:00-10:00am	SYS7-1000		10:00-11:00am	$735	7
		SYS7-1100		11:00-12:00nn	SYS7-1200	(專池) Exclusive pool	12:00-1:00pm		

南島國際學校室內恆溫游泳池 South Island School Indoor Heated Swimming Pool

地址:香港仔南風道50號 50 Lam Fung Road, Aberdeen

以下是途經學校之巴士: 41A-北角碼頭至華富 或 76-銅鑼灣摩頓台至石排灣

Bus Routes which pass by the school are listed as below: 41A-North Point Harbour to Wah Fu OR 76-Causeway Bay(Moreton Terrace) to Shek Pai Wan

初、中、高班分組同時進行(適合5歲或以上學員參加)

Elementary, Intermediate & Advanced classes will proceed in the same time slot(Suitable For Children aged from 5 or above)

備註:家長可免費入場觀看子女，需自備清潔泳池拖鞋方可進入泳池

Remarks: Free entry for Parents/Guardians.Please be reminded to bring and change your own clean slippers before entering the pool

星期 Day	日期 Period	編號 Code	備註 Remarks	時間 Time	編號 Code	備註 Remarks	時間 Time	費用 Fee	堂數 Lessons
日 Sun	6/1-24/2/2013 (10/2 停suspend)	SI7-1400	(專池) Exclusive pool	2:00-3:00pm	SI7-1500	(專池) Exclusive pool	3:00-4:00pm	$735	7
		SI7-1600	(專池) Exclusive pool	4:00-5:00pm					

speedo

灣仔室外暖水游泳池 Wanchai Outdoor Heated Swimming Pool

地址:香港港灣道27號(灣仔碼頭側) 27 Harbour Road, Wan Chai (Next to Wan Chai Ferry Pier)

由於灣仔游泳池於1月3日至2月6日進行維修，在此期間之所有訓練將會暫停

學員亦可選擇轉往其他泳池繼續上課，請清楚列明所選上課時間於報名表格正確位置內。

Due to the annual maintenance work of the WanChai Outdoor Heated Swimming Pool from 3rd January,2013 to 6th February,2013,all the training classed will be paused.Swimmers are advised to continue their trainings in other swimming pools.Please specify the code of the class chosen during the above period in the application form.

中、高、競賽訓練班分組同時進行(只適合能完成50公尺及懂得踩水者)

Intermediate,Advanced and Competitive training classes will be divided into different groups (only suitable for swimmers who can finish 50m test and treading water)

△附設成人班$900(10堂)成人班參加人數如不足4人，將會取消

△Adult class ,$900(10 lessons),will be cancelled if there are less than 4 participants

*敬請留意逢星期六游泳班只可安排25米線道以作訓練

*Please note that every Saturday swimming classes can only be arranged 25 exclusive line for training

備註:家長可免費於看台上觀看上課情況 Remarks: Free entry of the Spectator's Area for Parents/Guardians.

星期 Day	日期 Period	編號 Code	備註 Remarks	時間 Time	編號 Code	備註 Remarks	時間 Time	費用 Fee	堂數 Lessons
六 Sat	16/2-23/2/2013	W6-1000	(專線) Exclusive line	10:00-11:00am	W6-1100	(專線) Exclusive line	11:00-12:00nn	$200	2
		W6-1400	(專線) Exclusive line	2:00-3:00pm	W6-1500	(專線) Exclusive line	3:00-4:00pm		
		W6-1600	(專線) Exclusive line	4:00-5:00pm	W6-1700	(專線) Exclusive line	5:00-6:00pm		
		W6-1800	(專線) Exclusive line	6:00-7:00pm					
日 Sun	17/2-24/2/2013	W7-0800△	(專線) Exclusive line	8:00-9:00am	W7-1200	(專線) Exclusive line	12:00-1:00pm	$200	2
		W7-1300	(專線) Exclusive line	1:00-2:00pm					

小西灣室內暖水游泳池 Siu Sai Wan Indoor Heated Swimming Pool

地址: 小西灣道15號小西灣綜合大樓一樓 1/F, Siu Sai Wan Complex, 15 Siu Sai Wan Road

初、中、高班分組同時進行(適合5歲或以上學員參加)

Elementary, Intermediate & Advanced classes will proceed in the same time slot(Suitable For Children aged from 5 or above)

▲附設幼兒班(適合3-4歲學員參加)Nursery class, suitable for children aged from 3-4

(專線Excl line) = 主池泳線Main Pool Lanes (專池Excl pool) = 訓練池泳線Training Pool Lanes

備註:除暫停開放時間，家長需自備清潔泳池拖鞋並自費入場觀看上課情況

Remarks:Parents/Guardians are required to pay the entrance fee. Please be reminded to bring and change your own slippers. No entry for parents/guardians during all session break.

(泳池暫停開放時間:中午12時至下午1時 及 下午5時至6時) (Session break: 12nn to 1pm and 5pm to 6pm)

星期 Day	日期 Period	編號 Code	備註 Remarks	時間 Time	編號 Code	備註 Remarks	時間 Time	費用 Fee	堂數 Lessons
一 Mon	7/1-25/2/2013 (11/2 停suspend)	SSW1-1700	(專池、專線)Excl pool&line	5:00-6:00pm	SSW1-1800		6:00-7:00pm	$735	7
二 Tue	1/1-26/2/2013 (12/2 停suspend)	SSW2-1700	(專池、專線)Excl pool&line	5:00-6:00pm	SSW2-1800		6:00-7:00pm	$840	8
三 Wed	2/1-27/2/2013 (13/2 停suspend)	SSW3-1700▲	(專池、專線)Excl pool&line	5:00-6:00pm	SSW3-1800		6:00-7:00pm	$840	8
四 Thurs	3/1-28/2/2013 (14/2 停suspend)	SSW4-1700	(專池、專線)Excl pool&line	5:00-6:00pm	SSW4-1800		6:00-7:00pm	$840	8
五 Fri	4/1-22/2/2013	SSW5-1600		4:00-5:00pm	SSW5-1700	(專池、專線) Excl pool&line	5:00-6:00pm	$840	8
		SSW5-1800▲		6:00-7:00pm	SSW5-1900		7:00-8:00pm		
六 Sat	5/1-23/2/2013 (9/2 停suspend)	SSW6-0900		9:00-10:00am	SSW6-1000		10:00-11:00am	$735	7
		SSW6-1100		11:00-12:00nn	SSW6-1200	(專池、專線) Excl pool&line	12:00-1:00pm		
		SSW6-1400▲		2:00-3:00pm	SSW6-1500▲		3:00-4:00pm		
		SSW6-1600▲		4:00-5:00pm	SSW6-1700	(專池、專線) Excl pool&line	5:00-6:00pm		
		SSW6-1800▲		6:00-7:00pm					
日 Sun	6/1-24/2/2013 (10/2 停suspend)	SSW7-0900		9:00-10:00am	SSW7-1000		10:00-11:00am	$735	7
		SSW7-1100▲		11:00-12:00nn	SSW7-1200	(專池、專線) Excl pool&line	12:00-1:00pm		
		SSW7-1300▲		1:00-2:00pm	SSW7-1400		2:00-3:00pm		
		SSW7-1700	(專池、專線) Excl pool&line	5:00-6:00pm					

speedo

港島東室內暖水游泳池Island East Indoor Heated Swimming Pool

地址:西灣河鯉景灣(香港電影資料館側)Sai Wan Ho Lei King Wan(Near Hong Kong Film Archive)

初、中、高班分組同時進行(適合5歲或以上學員參加)

Elementary, Intermediate & Advanced classes will proceed in the same time slot(Suitable For Children aged from 5 or above)

▲附設幼兒班(適合3-4歲學員參加) ▲Nursery class, suitable for children aged from 3-4

△附設成人班$1050(10堂)成人班參加人數如不足4人，將會取消
△Adult class ,$1050(10 lessons),will only commence when there are more than 3 participants.

備註:除暫停開放時間，家長可自備清潔泳池拖鞋並自費入場觀看上課情況
Remarks:Parents/Guardians are required to pay the entrance fee. Please be reminded to bring and change your own slippers. No entry for parents/guardians during all session break.

(泳池暫停開放時間:中午12時至下午1時 及 下午5時至6時) (Session break:12nn to 1pm and 5pm to 6pm)

星期 Day	日期 Period	編號 Code	備註 Remarks	時間 Time	編號 Code	備註 Remarks	時間 Time	費用 Fee	堂數 Lessons
一 Mon	7/1-25/2/2013 (11/2 停suspend)	LK1-1600▲		4:00-5:00pm	LK1-1700▲	(專池) Exclusive pool	5:00-6:00pm	$735	7
二 Tue	1/1-26/2/2013 (12/2 停suspend)	LK2-1700	(專池) Exclusive pool	5:00-6:00pm				$840	8
三 Wed	2/1-27/2/2013 (13/2 停suspend)	LK3-1700▲	(專池) Exclusive pool	5:00-6:00pm	LK3-1800△		6:00-7:00pm	$840	8
		LK3-1900△		7:00-8:00pm					
四 Thurs	3/1-28/2/2013 (14/2 停suspend)	LK4-1600▲		4:00-5:00pm	LK4-1700	(專池) Exclusive pool	5:00-6:00pm	$840	8
五 Fri	4/1-22/2/2013	LK5-1600		4:00-5:00pm	LK5-1700	(專池) Exclusive pool	5:00-6:00pm	$840	8
		LK5-1800		6:00-7:00pm	LK5-1900		7:00-8:00pm		
六 Sat	5/1-23/2/2013 (9/2 停suspend)	LK6-0845▲		8:45-9:45am	LK6-0945		9:45-10:45am	$735	7
		LK6-1045		10:45-11:45am	LK6-1200	(專池) Exclusive pool	12:00-1:00pm		
		LK6-1300		1:00-2:00pm	LK6-1400▲		2:00-3:00pm		
		LK6-1500		3:00-4:00pm	LK6-1600		4:00-5:00pm		
		LK6-1700	(專池) Exclusive pool	5:00-6:00pm	LK6-1800		6:00-7:00pm		
日 Sun	6/1-24/2/2013 (10/2 停suspend)	LK7-0845▲		8:45-9:45am	LK7-0945		9:45-10:45am	$735	7
		LK7-1045		10:45-11:45am	LK7-1200	(專池) Exclusive pool	12:00-1:00pm		
		LK7-1300▲		1:00-2:00pm	LK7-1400		2:00-3:00pm		
		LK7-1700▲	(專池) Exclusive pool	5:00-6:00pm					

本會尚於鰂魚涌康蘭居會所舉行游泳課程，詳情可致電或親臨康蘭居會所查詢。

康蘭居全天侯室內恆溫游泳池

地點：鰂魚涌康山道2號康蘭居9樓 (地鐵太古C出口 / 吉之島樓上)　康蘭居會所電話：2886-2311

We organize swimming classes for Grand Waterful at Quarry Bay.Please feel free to call for details.

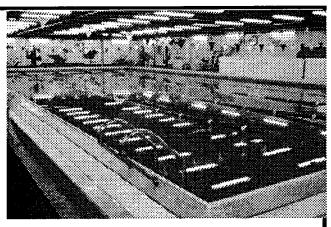
GRAND WATERFUL INDOOR HEATED SWIMMING POOL

9/F., Grand Plaza Apartments, 2 Kornhill Road, Quarry Bay

(Exit C of Taikoo MTR station / above Jusco)　Grand Waterful Club House Tel no.: 2886-2311

speedo

博藝會室內暖水游泳池



Spotlight Recreation Club Indoor Heated Swimming Pool

地址:九龍紅磡黃埔花園石船尾升降機按B2字 B2, The Whampoa Garden, Hung Hom

水深:0.8米至1.9米(25米專用泳線) Water depth: 0.8m-1.9m (25m exclusive lines)

附設池底專用台板，升高水位 Additional platform set up for raising the water level

幼兒、初、中、高班分組同時進行(適合3歲或以上學員參加)

Nursery,Elementary, Intermediate & Advanced classes will proceed in the same time slot(Suitable For Children aged from 3 or above)

備註:家長可免費入場觀看子女，需自備清潔泳池拖鞋方可進入泳池

Remarks: Free entry for Parents/Guardians. Please be reminded to bring and change your own clean slippers before entering the pool

星期 Day	日期 Period	編號 Code	備註 Remarks	時間 Time	編號 Code	備註 Remarks	時間 Time	費用 Fee	堂數 Lessons
一 Mon	7/1-25/2/2013 (11/2 停suspend)	SL1-1600	(專池) Exclusive pool	4:00-5:00pm	SL1-1700	(專池) Excusive pool	5:00-6:00pm	$875	7
		SL1-1800	(專池) Exclusive pool	6:00-7:00pm	SL1-1900	(專池) Excusive pool	7:00-8:00pm		
		SL1-2000	(專池) Exclusive pool	8:00-9:00pm					
二 Tue	1/1-26/2/2013 (12/2 停suspend)	SL2-1600	(專池) Exclusive pool	4:00-5:00pm	SL2-1700	(專池) Excusive pool	5:00-6:00pm	$1,000	8
		SL2-1800	(專池) Exclusive pool	6:00-7:00pm					
三 Wed	2/1-27/2/2013 (13/2 停suspend)	SL3-1600	(專池) Exclusive pool	4:00-5:00pm	SL3-1700	(專池) Excusive pool	5:00-6:00pm	$1,000	8
		SL3-1800	(專池) Exclusive pool	6:00-7:00pm	SL3-1900	(專池) Excusive pool	7:00-8:00pm		
		SL3-2000	(專池) Exclusive pool	8:00-9:00pm					
四 Thurs	3/1-28/2/2013 (7/2,14/2 停 suspend)	SL4-1500	(專池) Exclusive pool	3:00-4:00pm	SL4-1600	(專池) Excusive pool	4:00-5:00pm	$875	7
		SL4-1700	(專池) Exclusive pool	5:00-6:00pm	SL4-1800	(專池) Excusive pool	6:00-7:00pm		
五 Fri	4/1-22/2/2013 (8/2 停suspend)	SL5-1500	(專池) Exclusive pool	3:00-4:00pm	SL5-1600	(專池) Excusive pool	4:00-5:00pm	$945	7
		SL5-1700	(專池) Exclusive pool	5:00-6:00pm	SL5-1800	(專池) Excusive pool	6:00-7:00pm		
六 Sat	5/1-23/2/2013 (9/2 停suspend)	SL6-0830	(專池) Exclusive pool	8:30-9:30am	SL6-0930	(專池) Excusive pool	9:30-10:30am	$945	7
		SL6-1030	(專池) Exclusive pool	10:30-11:30am	SL6-1130	(專池) Excusive pool	11:30-12:30pm		
		SL6-1430	(專池) Exclusive pool	2:30-3:30pm	SL6-1530	(專池) Excusive pool	3:30-4:30pm		
		SL6-1630	(專池) Exclusive pool	4:30-5:30pm	SL6-1730	(專池) Excusive pool	5:30-6:30pm		
		SL6-1830	(專池) Exclusive pool	6:30-7:30pm	SL6-1930	(專池) Excusive pool	7:30-8:30pm		
日 Sun	6/1-24/2/2013 (10/2 停suspend)	SL7-0800	(專池) Exclusive pool	8:00-9:00am	SL7-0900	(專池) Excusive pool	9:00-10:00am	$945	7
		SL7-1000	(專池) Exclusive pool	10:00-11:00am	SL7-1100	(專池) Excusive pool	11:00-12:00nn		
		SL7-1400	(專池) Exclusive pool	2:00-3:00pm	SL7-1500	(專池) Excusive pool	3:00-4:00pm		
		SL7-1600	(專池) Exclusive pool	4:00-5:00pm					

競賽訓練班 CompetitiveTraining Class

適合能以四種泳式以上游畢200公尺的學員

Suitable for Swimmers who could finish 200m in each of the four strokes.

星期 Day	日期 Period	編號 Code	備註 Remarks	時間 Time	編號 Code	備註 Remarks	時間 Time	費用 Fee	堂數 Lessons
五 Fri	4/1-22/2/2013	SL-T5-1900	(專池) Exclusive pool	7:00-8:30pm				$1,280	8
六 Sat	5/1-23/2/2013 (9/2 停suspend)	SL-T6-1930	(專池) Exclusive pool	7:30-9:30pm				$1,190	7
日 Sun	6/1-24/2/2013 (10/2 停suspend)	SL-T7-0800	(專池) Exclusive pool	8:00-9:30am	SL-T7-0930	(專池) Excusive pool	9:30-11:00am	$1,120	7
		SL-T7-1100	(專池) Exclusive pool	11:00-12:30pm					

成人班 Adult Class

成人班以10堂為一單位，成人班參加人數如不足4人，將會取消

10 lessons for 1 course,class will be cancelled if there are less than 4 participants.

※SL24-0800/0900及SL35-0800之班別若只選擇一星期一課之學員學費為$1000/10課

※$1000/course for classes SL24-0800/0900 or SL35-0800,swimming once per week

星期 Day	日期 Period	編號 Code	備註 Remarks	時間 Time	編號 Code	備註 Remarks	時間 Time	費用 Fee	堂數 Lessons
二至五 Tue to Fri	1/1-28/2/2013 (9/2 - 14/2 停 suspend)	SL2345-0700	(專池) Exclusive pool	7:00-8:00am	SL2345-0800	(專池) Excusive pool	8:00-9:00am	$600 (每月) per month	
		※以上月費成人班只適用於能完成25米泳式者							
		※The monthly fee is only applicable to swimmers who can finish 25m							
二、四 Tue, Thurs	1/1-28/2/2013 (12/2,14/2 停 suspend)	SL24-0800	(專池) Exclusive pool	8:00-9:00am	SL24-0900	(專池) Excusive Pool	9:00-10:00am	$950	10
一 Mon	7/1-25/2/2013 (11/2 停suspend)	SL1-2000	(專池) Exclusive Pool	8:00-9:00pm				$1,250	10
六 Sat	5/1-23/2/2013 (9/2 停suspend)	SL6-1930	(專池) Exclusive Pool	7:30-8:30pm				$1,350	10

speedo

九龍公園室內暖水游泳池Kowloon Park Indoor Heated Swimming Pool

地址:九龍尖沙咀柯士甸道22號九龍公園 22 Austin Road, Kowloon Park, Tsim Sha Tsui

初、中、高班分組同時進行(適合5歲或以上學員參加)

Elementary, Intermediate & Advanced classes will proceed in the same time slot(Suitable For Children aged from 5 or above)

備註:除暫停開放時間或比賽日外，家長需自備清潔泳池拖鞋並自費入場觀看上課情況

Remarks:Parents/Guardians are required to pay the entrance fee. Please be reminded to bring and change your own slippers. No entry for parents/guardians during all session break.

(泳池暫停開放時間:中午12時至下午1時 及 下午5時至6時) (Session break: 12nn to 1pm and 5pm to 6pm)

星期 Day	日期 Period	編號 Code	備註 Remarks	時間 Time	編號 Code	備註 Remarks	時間 Time	費用 Fee	堂數 Lessons
六 Sat	5/1-23/2/2013 (9/2 停suspend)	K6-1200	(專池) Exclusive pool	12:00-1:00pm	K6-1300	(專池) Exclusive pool	1:00-2:00pm	$735	7
		K6-1900	(專池) Exclusive pool	7:00-8:00pm	K6-2000	(專池) Exclusive pool	8:00-9:00pm		

新法書院室內暖水游泳池New Method College Indoor Heated Swimming Pool

地址:何文田文福道25號 25 Man Fuk Road, Ho Man Tin

水深:0.9米至2.8米(50米專用泳線) Water depth: 0.9m-2.8m (50m exclusive lanes)

初、中、高班分組同時進行(適合5歲或以上小朋友參加)

Elementary, Intermediate & Advanced classes will proceed in the same time slot(suitable for children aged from 5 or above)

備註:家長可免費入場觀看子女，需自備清潔泳池拖鞋方可進入泳池

Remarks: Free entry for Parents/Guardians.Please be reminded to bring and change your own clean slippers before entering the pool

星期 Day	日期 Period	編號 Code	備註 Remarks	時間 Time	編號 Code	備註 Remarks	時間 Time	費用 Fee	堂數 Lessons
日 Sun	6/1-24/2/2013 (10/2 停suspend)	SF7-1045	(專池) Exclusive pool	10:45-11:45am	SF7-1145	(專池) Exclusive pool	11:45-12:45pm	$735	7

德藝會室內暖水游泳池Telford Recreation Club Indoor Heated Swimming Pool

地址:九龍灣德福花園平台P13-P14號 P13-P14 Telford Gardens, Kowloon Bay

水深:1米 至1.2米 (50米專用泳線) Water depth:1m-1.2m (50m exclusive lanes)

幼兒、初、中、高班分組同時進行(適合3歲或以上小朋友參加)

Nursury, elementary, Intermediate & Advanced classes will be divided into different groups (suitable for children aged from 3 or above)

備註:此會所不設家長觀看區，各學員會由本會職員帶領進場上課及協助更衣離場

Remark: No Spectators' Area available for Parents/Guardians. Our staff will be responsible for leading the swimmers to the changing room and the pool.

星期 Day	日期 Period	編號 Code	備註 Remarks	時間 Time	編號 Code	備註 Remarks	時間 Time	費用 Fee	堂數 Lessons
六 Sat	5/1-23/2/2013 (9/2 停suspend)	TF6-1915	(專池) Exclusive pool	7:15-8:15pm	TF6-2015	(專池) Exclusive Pool	8:15-9:15pm	$805	7

大角咀室內暖水游泳池Tai Kok Tsui Indoor Heated Swimming Pool

地址:九龍大角咀福全街63號大角咀市政大樓4樓 4/F,Tai Kok Tsui Municipal Servies Building and Sports Centre,53 Fuk Tsun Street,Tai Kok Tsui

初、中、高班分組同時進行(適合5歲或以上學員參加)

Elementary, Intermediate & Advanced classes will be divided into different groups (suitable for children age 5 or above)

備註:除暫停開放時間，家長可自備清潔泳池拖鞋自費入場觀看上課情況

Remark: Parents are allowed to go in the pool but they have to pay themselves in the pool with their own clean slippers, unless the pool is temporary close

(泳池暫停開放時間:中午12時至下午1時 及 下午5時至6時) (Temporary closure: 12nn to 1pm and 5pm to 6pm)

星期 Date	日期 Period	編號 Code	備註 Remarks	時間 Time	編號 Code	備註 Remarks	時間 Time	費用 Fee	堂數 Lessons
三 Wed	2/1-27/2/2013 (13/2 停suspend)	TKT3-1700	(專池) Exclusive pool	5:00-6:00pm				$840	8
五 Fri	4/1-22/2/2013	TKT5-1700	(專池) Exclusive pool	5:00-6:00pm	TKT5-1800		6:00-7:00pm	$840	8
六 Sat	5/1-23/2/2013 (9/2 停suspend)	TKT6-1000	(專池) Exclusive pool	10:00-11:00am	TKT6-1100	(專池) Exclusive pool	11:00-12:00nn	$735	7
		TKT6-1200		12:00-1:00pm	TKT6-1300		1:00-2:00pm		
		TKT6-1600		4:00-5:00pm	TKT6-1700		5:00-6:00pm		
		TKT6-1800		6:00-7:00pm	TKT6-1900		7:00-8:00pm		
日 Sun	6/1-24/2/2013 (10/2 停suspend)	TKT7-1100		11:00-12:00nn	TKT7-1200	(專池) Exclusive pool	12:00-1:00pm	$735	7
		TKT7-1300		1:00-2:00pm					

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喇沙書院室外暖水游泳池 La Salle College Outdoor Heated Swimming Pool

地址:九龍塘喇沙利道18號 18 La Salle Road, Kowloon Tong

由於喇沙書院室外暖水游泳池於12月17日至1月17日進行維修，在此期間之所有訓練將會暫停
學員亦可選擇轉往其他泳池繼續上課，請清楚列明所選上課時間於報名表格正確位置內。

Due to the annual maintenance work of the La Salle College Outdoor Heated Swimming Pool from 17th December,2012 to 17th January,2013, all the training classed will be paused.Swimmers are advised to continue their trainings in other swimming pools.Please specify the code of the class chosen during the above period in the application form.

水深 :1米至4.2米(50米專線) Water depth:1m-4.2m (50m exclusive lanes)

附設池底專用台板，升高水位 Additional platform set up for raising the water level

幼兒、初、中、高班分組同時進行(適合3歲或以上小朋友參加)

Nursury, elementary, Intermediate & Advanced classes proceed in the same time slot (Suitable For Children aged from 3 or above)

備註:家長可免費入場觀看子女，需自備清潔泳池拖鞋方可進入泳池

Remarks: Free entry for Parents/Guardians.Please be reminded to bring and change your own clean slippers before entering the pool

星期 Date	日期 Period	編號 Code	備註 Remarks	時間 Time	編號 Code	備註 Remarks	時間 Time	費用 Fee	堂數 Lessons
五 Fri	18/1-22/2/2013	LS5-1900	(專池) Exclusive pool	7:00-8:00pm	LS5-2000	(專池) Exclusive pool	8:00-9:00pm	$630	6
六 Sat	19/1-23/2/2013 (9/2 停suspend)	LS6-0845	(專池) Exclusive pool	8:45-9:45am	LS6-0945	(專池) Exclusive pool	9:45-10:45am	$525	5
		LS6-1045	(專池) Exclusive pool	10:45-11:45am	LS6-1145	(專池) Exclusive pool	11:45-12:45pm		
		LS6-1415	(專池) Exclusive pool	2:15-3:15pm	LS6-1515	(專池) Exclusive pool	3:15-4:15pm		
		LS6-1615	(專池) Exclusive pool	4:15-5:15pm	LS6-1715	(專池) Exclusive pool	5:15-6:15pm		
日 Sun	20/1-24/2/2013 (10/2 停suspend)	LS7-0900	(專池) Exclusive pool	9:00-10:00am	LS7-1000	(專池) Exclusive pool	10:00-11:00am	$525	5
		LS7-1100	(專池) Exclusive pool	11:00-12:00nn	LS7-1200	(專池) Exclusive pool	12:00-1:00pm		

競賽訓練班 Competitive Training Class

適合能以三種泳式以上游畢200公尺的學員 Suitable for Swimmers who could finish 200 M in each of three strokes.

星期 Date	日期 Period	編號 Code	備註 Remarks	時間 Time	編號 Code	備註 Remarks	時間 Time	費用 Fee	堂數 Lessons
六 Sat	19/1-23/2/2013 (9/2 停suspend)	LS-T6-0845	(專池) Exclusive pool	8:45-10:15am	LS-T6-1415	(專池) Exclusive pool	2:15-3:45pm	$650	5
		LS-T6-1545	(專池) Exclusive pool	3:45-5:15pm					
日 Sun	20/1-24/2/2013 (10/2 停suspend)	LS-T7-0900	(專池) Exclusive pool	9:00-10:30am				$650	5

將軍澳室外暖水游泳池Tseung Kwan O Outdoor Heated Swimming Pool

地址:將軍澳運隆路 9 號 9 Wan Lung Road, Tseung Kwan O

初、中、高班分組同時進行(適合5歲或以上小朋友參加)

Elementary, Intermediate & Advanced classes will proceed in the same time slot(suitable for children aged from 5 or above)

備註:除暫停開放時間或比賽日外，家長需自備清潔泳池拖鞋並自費入場觀看上課情況

Remarks:Parents/Guardians are required to pay the entrance fee.Please be reminded to bring and change your own slippers.No entry for parents/guardians during all session break.

(泳池暫停開放時間:中午12時至下午1時 及 下午5時至6時) (Session break: 12nn to 1pm and 5pm to 6pm)

星期 Day	日期 Period	編號 Code	備註 Remarks	時間 Time	編號 Code	Remarks	時間 Time	費用 Fee	堂數 Lessons
六 Sat	5/1-23/2/2013 (9/2 停suspend)	TK6-1600		4:00-5:00pm	TK6-1700		5:00-6:00pm	$700	7
		TK6-1800	(專池) Exclusive pool	6:00-7:00pm					
日 Sun	6/1-24/2/2013 (10/2 停suspend)	TK7-0930		9:30-10:30am	TK7-1045		10:45-11:45	$700	7

泳隊預備組 Pre- Team

泳隊預備組的目的是推動游泳運動，培訓新秀泳員。對象是年齡8至13歲之泳員，該組以四式基礎訓練為目標，透過嚴格訓練，為未來打好基礎，培養正確訓練態度，增強個人自信心，強壯體格，使泳員身心健康及德育方面得以平衡發展。必須能游100米蛙泳、100米自由泳及100米背泳。成績良好者更會被推薦成為海天體育會泳隊成員及參加香港業餘游泳總會舉辦之各級分齡泳賽

We aim at promoting swimming and training novice swimmers.

Requirement : Aged 8 to 13 who can finish 100m breaststroke, freestyle and backstroke

Remarks: Swimmers with outstanding performance will be recommended to participate in the Hoi Tin Athletic Association Swimming Team.

※所有參加者需在第一課水試合格，方可繼續參加往後的課堂。 ※All participants must pass time trial in the first lesson.

泳隊預備組在訓練上的量數、質素都較泳班為高，紀律亦較嚴格，務請各家長儘量鼓勵及支持各學員出席訓練。

The quality and quantity of training in the Pre- course swimming team is higher than swimming classes, it also has a straighter discipline in the team. So parents are strongly advised to encourage and support their chilren to attend every training session.

組別 Code	日期 Period	地點 Venue	訓練週次 Date	時間 Time	年齡 Age	費用 Fee	備註 Remarks
P1	6/1-3/2/2013	聖保祿學校室內暖水游泳池 St. Paul's Convent School Indoor Heated Swimming Pool	逢星期四 Thur	4:00-5:00pm	8-13歲 Age 8-13	$1,300	不設補課 No MakeUp Class
			逢星期日 Sun	5:00-6:00pm			
	7/2-28/2/2013 (9/2, 14/2 停 suspend)	灣仔室外暖水游泳池 Wan Chai Outdoor Heated Swimming Pool	逢星期四 Thur	4:00-5:30pm			
			逢星期六 Sat	3:00-5:00pm			
P2	6/1-4/2/2013	摩理臣山室內暖水游泳池 Morrison Hill Indoor Heated Swimming Pool	逢星期一 Mon	5:00-6:00pm	11-13歲 Age 11-13	$1,300	
			逢星期日 Sun	9:00-10:00am			
	16/2-25/2/2013	灣仔室外暖水游泳池 Wan Chai Outdoor Heated Swimming Pool	逢星期一 Mon	5:00-7:00pm			
			逢星期六 Sat	5:00-7:00pm			
P7	3/1-28/2/2013 (11/2,14/2 停 suspend)	小西灣室內暖水游泳池 Siu Sai Wan Indoor Heated Swimming Pool	逢星期一 Mon	5:00-6:30pm	6-10歲 Age 6-10	$1,300	
			逢星期四 Thur	5:00-6:30pm			

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注意事項 1)**首選泳班如被接納，不再另行通知，請按照所報班別之時間和地點，帶齊適當的泳具，包括泳衣褲、泳鏡、毛巾、拖鞋等（每次上課時必須戴上本會泳帽），於上課前15分鐘到達泳池報到，家長請自行接送子女。**

2)不論病假或事假，每期不可多於一堂：病假請出示醫生紙，事假除非報名時列明，否則一律不獲補課；報名後 所有因私人理由請假，恕不受理。另外，凡於報名表上列明確實請假日期及病假已出示醫生證明，請各家長於開班後第二堂自行致電本會預約補課日期及時間，以作安排，學員亦必須於請假日期起半年內進行補課，逾期概不受理。

3a)所有室外游泳池於若天文台於上課前二小時內懸掛八號或以上颱風訊號、紅色或黑色暴雨警告訊號，當天訓練將會取消，日後補課。而雷暴或大雨則照常上課，教練會按情況作出適當處理。

3b)所有室內游泳池於若天文台於上課前二小時內懸掛八號或以上颱風訊號、黑色暴雨警告訊號，當天訓練將會取消， 日後補課。而紅色暴雨警告訊號、雷暴或大雨則照常上課，教練會按情況作出適當處理。

4)本會著重安全第一，因此參加者必須遵守泳員守則，聽從教練指示，未經許可不得上水或下水，違規者將勒令即時退出，所繳費用則不獲發還。

5)如學員蒙受任何身體損傷或財物損失，本會概不負責。

6)游泳訓練的連貫性十分重要，為了達到合理的成效，學員必須盡量依時出席。

7)教練與學生比例均為1:4(幼兒班)、1:6(初級班)及1:8-12(中級、高級班)， 並分組教授。

8)學員將被安排於每年8月及12月泳班完結前的第三堂進行評估，讓家長了解學員的進度。 合格者可獲頒發證書，並按程度升遷 及調配。（如需額外發出證書或證明信，本會將收取每封$30行政費）

9)除課程滿額或取消外，一切已繳費用，概不退還，亦不得轉讓他人或作其他用途。

10)如遇特別情況，本會保留更改課程原定導師、上課時間及地點之權利。

查 詢 辦公時間 (*逢星期一至五：0930-1800，星期六：0930-1300，星期日及公眾假期休息*)

請於辦公時間內致電本會25721428，非辦公時間電話64774784，傳真25728468

本會網址:http://www.hoitin.net 電郵地址:info@hoitin.net

☞ 本會已增設Facebook專頁，內含最新資訊及相片分享www.facebook.com/HoiTinSwimming

☆私人教授之時間及學費可致電本會查詢☆

報名辦法 請填妥下列表格，連同支票，交回登記事務員或以郵寄方式

寄回本會辦事處 **灣仔軒尼詩道250號卓能廣場23樓A室，海天游泳顧問有限公司收啟。**

☆學費如以現金繳付，則務必直接交回本會辦事處辦理☆

(支票抬頭請寫上：海天游泳顧問有限公司；本會恕不接受期票)

本課程以先到先得的形式接受報名，有意參加泳班者，請從速報名。(學費包括泳帽及入場費)

******請保留本章程作參考用途******

海天體育會游泳部及志佩游泳會有限公司主辦之2013年1-2月公開游泳班報名表
Application Form for January and February Course hosted by HTA & CPS

本人同意小兒/小女參加貴 會主辦之游泳班，並聲明其身體狀況適合游泳。
本人當緊守貴 會所訂明的規例及同意子女在練習期間服從教練及領隊之指示，
並同意不會因參加任何在上課期間所蒙受的身體傷亡及財物損失而向貴 會及職員作金錢上或其他方面的賠償要求。

I agree that my son/ daughter to participant in the swimming course of your Association and claimed that his/ her health condition is suitable for swimming. I agree to follow the rules and regulations of your Association and agree my son/ daughter to obey the instructions given by the coach during the training classes.I declare that I will bear all costs of any sufferings, injuries and damage of belongings during the participation of any swimming classes and will not ask for compensation of any kind from your Association.

姓名 Name: _____ 出生日期(年/月/日) Date of birth(yy/mm/dd): _____ 年齡 Age: _____ 性別 Sex: 男(M)/女(F)

聯絡電話 Tel no: _____ 緊急聯絡電話 Emergency tel no: _____ 學員為本會 Member ☐新生New ☐舊生Old

電郵地址 E-mail Address: _____

地址 Address: _____

不論新生或舊生，首選泳班如被接納不再另行通知；如需確認報名請自行致電本會查詢。We will not call if your 1st choice swimming class is being accepted. Parents are welcome to call or come to the office confirm the application

就讀學校 Name of school: _____ 學校班別 Class: _____ (AM/PM/Whole Day)

組別Group: ☐幼兒Nursery ☐初級Elementary ☐中級Intermediate ☐高級Advanced ☐競賽訓練班Competition Training ☐泳隊預備組Pre-Team ☐成人Adult

泳班編號Class Code : (首選)(1st choice)_____ (次選)(2nd choice) _____

□ 此欄只供參加灣仔游泳池或喇沙書院游泳池維修期間轉往其他泳班專用：_____ + _____

學費 Fee: $_____ ☐現金 Cash ☐支票 Cheque (號碼 No. : _____) 支票抬頭：海天游泳顧問有限公司 cheque payable to: Hoi Tin Swimming Consultants Limited

日期 Date: _____ 家長/監護人姓名 Name of Parent/Guardian: _____ *家長/監護人簽名 *Signature of Parent/ Guardian: _____ (必須簽署) (Must Sign)

游泳能力 Swimming ability : ☐由教練評核 Access by coach ☐不懂游泳Do not know ☐曾學游泳 Have learnt before ☐能掌握 Able to swim _____種泳式並能完成50公尺或以上 strokes for 50m or above

事假原因 Reasons for Abs: _____ 請假日期 Date of Abs: _____ (每期不可多於一堂) (less than 1 day per course)

★凡於報名表上列明請假日期者，請於第二堂後聯絡本會預約補課日期；如學員因病請假，須於病假後向本會出示醫生證明並預約補課日期。

★Parents are required to check the schedule and call the office to arrange for the make- up class.Please be reminded to present the doctor certificate for sick leave.

Official use only:	Received by:	Cash/Cheque:	Remarks:	A/C received by:

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