



擁有最多奧運
及亞運香港游
泳代表(泳會)



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7-8月游泳班章程

現有參加者可於
7/6前優先報名

本會簡介

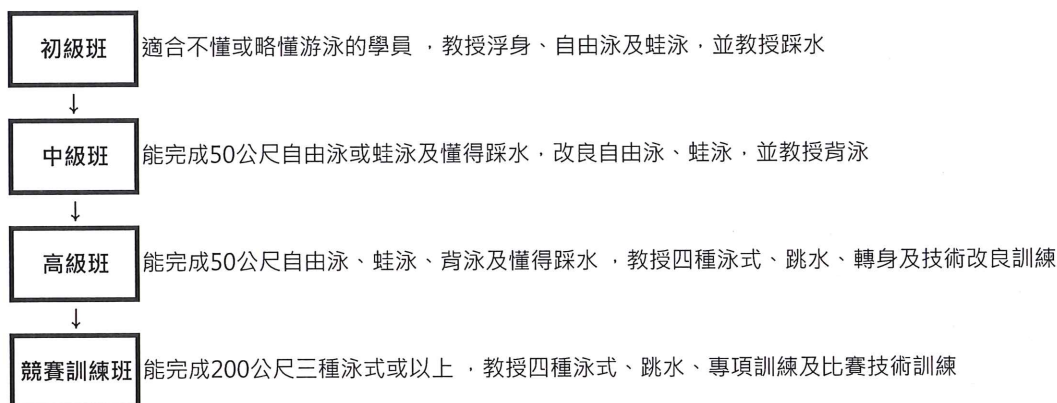
本會成立至今已有六十年，在過去一直推動游泳發展，藉以提高香港游泳水平。歷年來，本會曾有多名泳員打破香港紀錄，並代表香港參加國際賽事。繼泳員郭建明於第十三屆亞運會中奪得一面男子四百米自由泳銅牌，及泳員李亮葵於第十五屆亞運會中奪得一面自由泳接力銅牌後，泳員馬希彤及于蕙婷於第十六屆亞運會中再創佳績，共奪得兩面銅牌，再次為泳壇發放異彩。在2004至2007年香港游泳錦標賽中，本會連續4年奪得全場總冠軍；更在2009年香港分齡短池游泳錦標賽勇奪全場總冠軍，2009短池錦標賽及第五屆香港國際公開游泳錦標賽全場總冠軍，成績有目共睹。此外，2011年第十四屆世界游泳錦標賽中，泳員黃鎔威於男子200米自由泳以刷新香港紀錄，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，泳員鄭宛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

由多位持有香港游泳總會註冊教練證書的資深專業教練主教。



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 7/6**

**2013 July and August 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.
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Important Notes	<p>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.</p> <p>2) No make-up class will be arranged for children who miss class for personal reasons, <u>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.</u> 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 <u>make-up class should be proceeded within 6 months</u> starting from the absent date.</p>
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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 1:4 (nursery class), 1:6 (beginners class) and 1:8-10 (intermediate and advanced classes).

Small groups will be arranged when needed.

9) Certificate 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-refundable 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	<p>Office hours: Mon to Fri 0930-1800, Sat 0930-1300, Sun & P.H. close</p> <p>Please contact the office at 2572-1428 during office hours. Non-office hours, please contact Mr. Ng at 6477-4784.</p> <p>Fax: 2572-8468 Website: www.hoitin.net Email: info@hoitin.net</p> <p>★Please contact us for Private Coaching★</p> <p>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</p>
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Please keep this brochure for reference

Enrolment	<p>Fill in the application form, with the course fee in cheque (payable to Hoi Tin Swimming Consultants Ltd; overdue cheque is not acceptable) and:</p> <p>(1) hand in to our staff at the pool entrance, or</p> <p>(2) mail to Hoi Tin Swimming Consultants Ltd. at Room A, 23rd Floor, Cheuk Nang Plaza, 250 Hennessy Road, Wanchai, Hong Kong.</p> <p>☆Course fee in cash is only accepted for the enrolment is handed to our office.☆</p> <p>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)</p>
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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\$1150(10堂)參加人數如不足4人,將會取消

△Adult class, \$1150(10 lessons), will only commence when there are more than 3 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	期數 Term
一、三、五 Mon, Wed, Fri	22/7-7/8/2013	SP1-0800	(專池) Exclusive pool	8:00-9:00am	SP1-0900	(專池) Exclusive pool	9:00-10:00am	\$960	8	第一期 1st
		SP1-1000	(專池) Exclusive pool	10:00-11:00am	SP1-1100	(專池) Exclusive pool	11:00-12:00nn			
		SP1-1200	(專池) Exclusive pool	12:00-1:00pm						
	15/7-7/8/2013	SP1-1400	(專池) Exclusive pool	2:00-3:00pm	SP1-1500	(專池) Exclusive pool	3:00-4:00pm	\$1,320	11	第一期 1st
	9/8-28/8/2013	SP1A-0800	(專池) Exclusive pool	8:00-9:00am	SP1A-0900	(專池) Exclusive pool	9:00-10:00am	\$1,080	9	第二期 2nd
		SP1A-1000	(專池) Exclusive pool	10:00-11:00am	SP1A-1100	(專池) Exclusive pool	11:00-12:00nn			
		SP1A-1200	(專池) Exclusive pool	12:00-1:00pm	SP1A-1400	(專池) Exclusive pool	2:00-3:00pm			
		SP1A-1500	(專池) Exclusive pool	3:00-4:00pm						
一、三 Mon, Wed	8/7-31/7/2013	SP13-1600	(專池) Exclusive pool	4:00-5:00pm	SP13-1700	(專池) Exclusive pool	5:00-6:00pm	\$960	8	第一期 1st
		SP13-1800	(專池) Exclusive pool	6:00-7:00pm						
	5/8-28/8/2013	SP13A-1600	(專池) Exclusive pool	4:00-5:00pm	SP13A-1700	(專池) Exclusive pool	5:00-6:00pm	\$960	8	第二期 2nd
		SP13A-1800	(專池) Exclusive pool	6:00-7:00pm						
二、四 Tue, Thurs	23/7-27/8/2013	SP24-0800	(專池) Exclusive pool	8:00-9:00am	SP24-0900	(專池) Exclusive pool	9:00-10:00am	\$1,320	11	全期 Full term
		SP24-1000	(專池) Exclusive pool	10:00-11:00am	SP24-1100	(專池) Exclusive pool	11:00-12:00nn			
		SP24-1200	(專池) Exclusive pool	12:00-1:00pm						
	16/7-27/8/2013	SP24-1400	(專池) Exclusive pool	2:00-3:00pm	SP24-1500	(專池) Exclusive pool	3:00-4:00pm	\$1,560	13	
	9/7-1/8/2013	SP24-1600	(專池) Exclusive pool	4:00-5:00pm	SP24-1900△	(專池) Exclusive pool	7:00-8:00pm	\$960	8	第一期 1st
		SP24-2000	(專池) Exclusive pool	8:00-9:00pm						
	6/8-27/8/2013	SP24-1600	(專池) Exclusive pool	4:00-5:00pm	SP24A-1900△	(專池) Exclusive pool	7:00-8:00pm	\$840	7	第二期 2nd
		SP24A-2000	(專池) Exclusive pool	8:00-9:00pm						
一 Mon	8/7-9/9/2013	SP1-1900△	(專池) Exclusive pool	7:00-8:00pm				\$1,200	10	全期 Full term
二 Tue	9/7-10/9/2013	SP2-1700	(專池) Exclusive pool	5:00-6:00pm	SP2-1800	(專池) Exclusive pool	6:00-7:00pm	\$1,200	10	全期 Full term
三 Wed	10/7-11/9/2013	SP3-1900△	(專池) Exclusive pool	7:00-8:00pm				\$1,200	10	全期 Full term
四 Thurs	11/7-12/9/2013	SP4-1700	(專池) Exclusive pool	5:00-6:00pm	SP4-1800	(專池) Exclusive pool	6:00-7:00pm	\$1,200	10	全期 Full term
五 Fri	12/7-13/9/2013	SP5-1600	(專池) Exclusive pool	4:00-5:00pm				\$1,300	10	全期 Full term
	12/7-13/9/2013 (19/7停suspend)	SP5-1700	(專池) Exclusive pool	5:00-6:00pm	SP5-1800	(專池) Exclusive pool	6:00-7:00pm	\$1,170	9	
		SP5-1900	(專池) Exclusive pool	7:00-8:00pm	SP5-2000	(專池) Exclusive pool	8:00-9:00pm			
六 Sat	13/7-14/9/2013	SP6-0800△	(專池) Exclusive pool	8:00-9:00am	SP6-0900	(專池) Exclusive pool	9:00-10:00am	\$1,300	10	全期 Full term
		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	14/7-15/9/2013	SP7-1300	(專池) Exclusive pool	1:00-2:00pm	SP7-1400	(專池) Exclusive pool	2:00-3:00pm	\$1,300	10	全期 Full term
		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			

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	期數 Term
一、三、五 Mon, Wed, Fri	22/7-7/8/2013	SP1-1100▲	(專池) Exclusive pool	11:00-12:00nn	SP1-1200▲	(專池) Exclusive pool	12:00-1:00pm	\$1,120	8	第一期 1st
	15/7-7/8/2013	SP1-1400▲	(專池) Exclusive pool	2:00-3:00pm	SP1-1500▲	(專池) Exclusive pool	3:00-4:00pm	\$1,540	11	第一期 1st
	9/8-28/8/2013	SP1A-1100▲	(專池) Exclusive pool	11:00-12:00nn	SP1A-1200▲	(專池) Exclusive pool	12:00-1:00pm	\$1,260	9	第二期 2nd
		SP1A-1400▲	(專池) Exclusive pool	2:00-3:00pm	SP1A-1500▲	(專池) Exclusive pool	3:00-4:00pm			
二、四 Tue, Thurs	23/7-27/8/2013	SP24-1100▲	(專池) Exclusive pool	11:00-12:00nn	SP24-1200▲	(專池) Exclusive pool	12:00-1:00pm	\$1,540	11	全期 Full term
	16/7-27/8/2013	SP24-1400▲	(專池) Exclusive pool	2:00-3:00pm	SP24-1500▲	(專池) Exclusive pool	3:00-4:00pm	\$1,820	13	
二 Tue	9/7-10/9-2013	SP2-1700▲	(專池) Exclusive pool	5:00-6:00pm	SP2-1800▲	(專池) Exclusive pool	6:00-7:00pm	\$1,400	10	全期 Full term
四 Thurs	11/7-12/9/2013	SP4-1700▲	(專池) Exclusive pool	5:00-6:00pm	SP4-1800▲	(專池) Exclusive pool	6:00-7:00pm	\$1,400	10	全期 Full term
五 Fri	12/7-13/9/2013 (19/7停suspend)	SP5-1800▲	(專池) Exclusive pool	6:00-7:00pm	SP5-1900▲	(專池) Exclusive pool	7:00-8:00pm	\$1,260	9	全期 Full term
六 Sat	13/7-14/9/2013	SP6-0830▲	(專池) Exclusive pool	8:30-9:30am	SP6-0930▲	(專池) Exclusive pool	9:30-10:30am	\$1,400	10	全期 Full term
		SP6-1030▲	(專池) Exclusive pool	10:30-11:30am	SP6-1130▲	(專池) Exclusive pool	11:30-12:30nn			
		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	14/7-15/9/2013	SP7-1330▲	(專池) Exclusive pool	1:30-2:30pm	SP7-1430▲	(專池) Exclusive pool	2:30-3:30pm	\$1,400	10	全期 Full term
		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						

維多利亞公園室外游泳池 Victoria Park Outdoor Swimming Pool

地址:銅鑼灣興發街維多利亞公園(近天后港鐵站) Victoria Park, Hing Fat Street, Causeway Bay(Near Tin Hau MTR Station)

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	期數 Term
一、三、五 Mon, Wed, Fri	15/7-5/8/2013	V1-1700	(專池) Exclusive pool	5:00-6:00pm				\$1,100	10	第一期 1st
	7/8-28/8/2013	V1A-1700	(專池) Exclusive pool	5:00-6:00pm				\$1,100	10	第二期 2nd
一、三 Mon, Wed	15/7-28/8/2013	V13-1800		6:00-7:00pm				\$1,540	14	全期 Full term

摩理臣山室內游泳池 Morrison Hill Indoor 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 aged from 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\$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	期數 Term
一、三 Mon, Wed	15/7-26/8/2013	MH13-0800△	(專線) Exclusive line	8:00-9:00am	MH13-0900	(專線) Exclusive line	9:00-10:00am	\$1,430	13	全期 Full term
		MH13-1000	(專線) Exclusive line	10:00-11:00am	MH13-1100	(專線) Exclusive line	11:00-12:00nn			
		MH13-1200	(專池、專線) Excl pool&line	12:00-1:00pm	MH13-1400	(專線) Exclusive line	2:00-3:00pm			
		MH13-1500	(專線) Exclusive line	3:00-4:00pm						
	1/7-31/7/2013	MH13-1700	(專池) Exclusive pool	5:00-6:00pm				\$1,100	10	第一期 1st
	5/8-28/8/2013	MH13A-1700	(專池) Exclusive pool	5:00-6:00pm				\$880	8	第二期 2nd
二、四 Tue, Thurs	2/7-30/7/2013	MH24-1700	(專線) Exclusive line	5:00-6:00pm	MH24-1900△	(專線) Exclusive line	7:00-8:00pm	\$990	9	第一期 1st
	1/8-29/8/2013	MH24A-1700	(專線) Exclusive line	5:00-6:00pm	MH24A-1900△	(專線) Exclusive line	7:00-8:00pm	\$990	9	第二期 2nd
二、五 Tue, Fri	16/7-27/8/2013	MH25-0800		8:00-9:00am	MH25-0900	(專線) Exclusive line	9:00-10:00am	\$1,430	13	全期 Full term
		MH25-1000	(專線) Exclusive line	10:00-11:00am	MH25-1100	(專線) Exclusive line	11:00-12:00nn			
		MH25-1200	(專池、專線) Excl pool&line	12:00-1:00pm	MH25-1400	(專線) Exclusive line	2:00-3:00pm			
		MH25-1500	(專線) Exclusive line	3:00-4:00pm						
五 Fri	5/7-30/8/2013	MH5-1600		4:00-5:00pm	MH5-1700	(專池) Exclusive pool	5:00-6:00pm	\$990	9	全期 Full term
		MH5-1800		6:00-7:00pm	MH5-1900		7:00-8:00pm			
六 Sat	6/7-14/9/2013	MH6-0900	(專池、專線) Excl pool&line	9:00-10:00am	MH6-1000	(專池、專線) Excl pool&line	10:00-11:00am	\$1,210	11	全期 Full term
		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			
		MH6-1400		2:00-3:00pm	MH6-1530		3:30-4:30pm			
		MH6-1700	(專池、專線) Excl pool&line	5:00-6:00pm						
日 Sun	7/7-15/9/2013	MH7-0900		9:00-10:00am	MH7-1000		10:00-11:00am	\$1,210	11	全期 Full term
		MH7-1100		11:00-12:00nn						
	7/7-15/9/2013 (4/8停suspend)	MH7-1200	(專池、專線) Excl pool&line	12:00-1:00pm				\$1,100	10	

★現凡同時報第一及第二期之暑假游泳課程即可獲優惠\$100
(除聖保祿學校室內游泳池、博藝會室內游泳池不設此優惠)

Enroll both the 1st and the 2nd terms of course at the same time can enjoy \$100 off the tuition.
(except St. Paul's Convent School, Spotlight Club Swimming Pool)

灣仔室外游泳池 Wanchai Outdoor Swimming Pool

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

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\$950(10堂)成人班參加人數如不足4人, 將會取消

△Adult class, \$950(10 lessons), will only commence when there are more than 3 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 only can be arranged 25 exclusive line to 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	期數 Term
一、三、五 Mon, Wed, Fri	15/7-5/8/2013	W1-0800	(專線) Exclusive line	8:00-9:00am	W1-0900	(專線) Exclusive line	9:00-10:00am	\$1,050	10	第一期 1st
	7/8-28/8/2013	W1A-0800	(專線) Exclusive line	8:00-9:00am	W1A-0900	(專線) Exclusive line	9:00-10:00am	\$1,050	10	第二期 2nd
一、三 Mon, Wed	15/7-28/8/2013	W13-1400	(專線) Exclusive line	2:00-3:00pm	W13-1500	(專線) Exclusive line	3:00-4:00pm	\$1,470	14	全期 Full term
二、四、六 Tue, Thurs, Sat	16/7-6/8/2013	W2-0800	(專線) Exclusive line	8:00-9:00am	W2-0900	(專線) Exclusive line	9:00-10:00am	\$1,050	10	第一期 1st
		W2-1400	(專線) Exclusive line	2:00-3:00pm	W2-1500	(專線) Exclusive line	3:00-4:00pm			
	8/8-29/8/2013	W2A-0800	(專線) Exclusive line	8:00-9:00am	W2A-0900	(專線) Exclusive line	9:00-10:00am	\$1,050	10	第二期 2nd
		W2A-1400	(專線) Exclusive line	2:00-3:00pm	W2A-1500	(專線) Exclusive line	3:00-4:00pm			
二、四 Tue, Thurs	16/7-29/8/2013	W24-0800	(專線) Exclusive line	8:00-9:00am	W24-0900	(專線) Exclusive line	9:00-10:00am	\$1,470	14	全期 Full term
		W24-1400	(專線) Exclusive line	2:00-3:00pm	W24-1500	(專線) Exclusive line	3:00-4:00pm			
六 Sat	6/7-14/9/2013	W6-0800	(專線) Exclusive line	8:00-9:00am	W6-0900	(專線) Exclusive line	9:00-10:00am	\$1,155	11	全期 Full term
		W6-1000	(專線) Exclusive line	10:00-11:00am	W6-1100	(專線) Exclusive line	11:00-12:00nn			
		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	7/7-15/9/2013	W7-0800△	(專線) Exclusive line	8:00-9:00am				\$1,155	11	全期 Full term
	7/7-15/9/2013 (21/7停suspend)	W7-1200	(專線) Exclusive line	12:00-1:00pm	W7-1300	(專線) Exclusive line	1:00-2:00pm	\$1,050	10	

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10歲以下(兒童組)或11至13歲(少年組)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。(兒童組)必須能游100米蛙泳及100米自由泳, (少年組)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 in promoting swimming and training novice swimmers.

Requirement:

(a)promoting swimming: aged 10 or below who can finish 100m breaststroke and freestyle ;

(b)training novice swimmers: aged 11 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 children 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	4/7-31/8/2013	灣仔室外游泳池 Wan Chai Outdoor Swimming Pool	逢星期四 Thur 逢星期六 Sat	4:00-5:30pm 3:00-5:00pm	8-13歲 Age 8-13	\$1,400	不設補課 No MakeUp Class
P1A	16/7-27/8/2013 4/7-31/8/2013	灣仔室外游泳池 Wan Chai Outdoor Swimming Pool	逢星期二 Tue 逢星期四 Thur 逢星期六 Sat	2:00-4:00pm 4:00-5:30pm 3:00-5:00pm	8-13歲 Age 8-13	\$1,600	
P2	1/7-31/8/2013	灣仔室外游泳池 Wan Chai Outdoor Swimming Pool	逢星期一 Mon 逢星期六 Sat	5:00-7:00pm 5:00-7:00pm	11-13歲 Age 11-13	\$1,400	
P2A	18/7-29/8/2013 1/7-31/8/2013	灣仔室外游泳池 Wan Chai Outdoor Swimming Pool	逢星期四 Thur 逢星期一 Mon 逢星期六 Sat	2:00-4:00pm 5:00-7:00pm 5:00-7:00pm	11-13歲 Age 11-13	\$1,600	
P5A	2/7-29/8/2013	博藝會室內暖水游泳池 Spotlight Recreation Club Indoor Heated Swimming pool	逢星期二 Tue 逢星期四 Thur	7:00-8:30pm 7:00-8:30pm	9-12歲 Age 9-12	\$1,600	

中山紀念公園室內游泳池 Sun Yat Sen Memorial Park Indoor Swimming Pool

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

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)

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

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	期數 Term
一、四 Mon, Thurs	15/7-29/8/2013	SYS14-0900		9:00-10:00am	SYS14-1000		10:00-11:00am	\$1,540	14	全期 Full term
		SYS14-1100		11:00-12:00nn	SYS14-1200	(專池) Exclusive pool	12:00-1:00pm			
		SYS14-1300		1:00-2:00pm	SYS14-1400		2:00-3:00pm			
三、五 Wed, Fri	17/7-28/8/2013	SYS35-0900		9:00-10:00am	SYS35-1000		10:00-11:00am	\$1,430	13	全期 Full term
		SYS35-1100		11:00-12:00nn	SYS35-1200	(專池) Exclusive pool	12:00-1:00pm			
		SYS35-1300		1:00-2:00pm	SYS35-1400		2:00-3:00pm			
六 Sat	6/7-14/9/2013	SYS6-0900		9:00-10:00am	SYS6-1000		10:00-11:00am	\$1,210	11	全期 Full term
		SYS6-1100		11:00-12:00nn	SYS6-1200	(專池) Exclusive pool	12:00-1:00pm			
日 Sun	7/7-15/9/2013	SYS7-0900		9:00-10:00am	SYS7-1000		10:00-11:00am	\$1,210	11	全期 Full term
		SYS7-1100		11:00-12:00nn						
	7/7-15/9/2013 (4/8停suspend)	SYS7-1200	(專池) Exclusive pool	12:00-1:00pm				\$1,100	10	

包玉剛室外游泳池 Pao Yue Kong Outdoor Swimming Pool

地址:香港黃竹坑深灣道2號 2 Shum Wan Road, Wong Chuk Hang

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.

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	期數 Term
二、四 Tue, Thurs	16/7-1/8/2013	PY24-0800	(專池) Exclusive pool	8:00-9:00am	PY24-0900	(專池) Exclusive pool	9:00-10:00am	\$660	6	第一期 1st
	6/8-27/8/2013	PY24A-0800	(專池) Exclusive pool	8:00-9:00am	PY24A-0900	(專池) Exclusive pool	9:00-10:00am	\$770	7	第二期 2nd

★現凡同時報第一及第二期之暑假游泳課程即可獲優惠\$100
(除聖保祿學校室內游泳池、博藝會室內游泳池不設此優惠)

Enroll both the 1st and the 2nd terms of course at the same time can enjoy \$100 off the tuition.

(except St. Paul's Convent School, Spotlight Club Swimming Pool)

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 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	期數 Term
日 Sun	7/7-8/9/2013	SI7-1400	(專池) Exclusive pool	2:00-3:00pm	SI7-1500	(專池) Exclusive pool	3:00-4:00pm	\$1,100	10	全期 Full term
		SI7-1600	(專池) Exclusive pool	4:00-5:00pm						
二、四 Tue, Thurs	16/7-27/8/2013	SI24-1730	(專池) Exclusive pool	5:30-6:30pm	SI24-1830	(專池) Exclusive pool	6:30-7:30pm	\$1,430	13	全期 Full term

香港仔浸信會呂明才書院室外游泳池

Aberdeen Baptist Lui Ming Choi College Outdoor Swimming Pool

地址:香港鴨脷洲利東邨道18號 18 Lei Tung Estate Road,Lei Tung Chau

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)

香港仔浸信會呂明才書院游泳池則於三號或以上颱風訊號、紅色或黑色暴雨警告訊號停課。

#Aberdeen Baptist Lui Ming Choi College if Typhoon No.3 or above and Black/red Rainstorm signal is

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	期數 Term
一、三、五 Mon, Wed, Fri	15/7-5/8/2013	LM1-1400	(專池) Exclusive pool	2:00-3:00pm	LM1-1500	(專池) Exclusive pool	3:00-4:00pm	\$1,100	10	第一期 1st
		LM1-1600	(專池) Exclusive pool	4:00-5:00pm						
	7/8-28/8/2013	LM1A-1400	(專池) Exclusive pool	2:00-3:00pm	LM1A-1500	(專池) Exclusive pool	3:00-4:00pm	\$1,100	10	第二期 2nd
		LM1A-1600	(專池) Exclusive pool	4:00-5:00pm						
二、四 Tue, Thurs	16/7-27/8/2013	LM24-1400	(專池) Exclusive pool	2:00-3:00pm	LM24-1500	(專池) Exclusive pool	3:00-4:00pm	\$1,430	13	全期 Full term

★現凡同時報第一及第二期之暑假游泳課程即可獲優惠\$100
(除聖保祿學校室內游泳池、博藝會室內游泳池不設此優惠)

Enroll both the 1st and the 2nd terms of course at the same time can enjoy \$100 off the tuition.
(except St. Paul's Convent School, Spotlight Club Swimming Pool)

小西灣室內游泳池 Siu Sai Wan Indoor 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	期數 Term
一、三 Mon, Wed	15/7-28/8/2013	SSW13-0900▲		9:00-10:00am	SSW13-1000		10:00-11:00am	\$1,540	14	全期 Full term
		SSW13-1100▲		11:00-12:00nn	SSW13-1200	(專池、專線) Excl pool&line	12:00-1:00pm			
		SSW13-1300▲		1:00-2:00pm	SSW13-1400		2:00-3:00pm			
		SSW13-1500		3:00-4:00pm	SSW13-1600		4:00-5:00pm			
		SSW13-1700	(專池、專線) Excl pool&line	5:00-6:00pm	SSW13-1800▲		6:00-7:00pm			
		SSW13-1900		7:00-8:00pm						
二、五 Tue, Fri	16/7-27/8/2013	SSW25-0900▲		9:00-10:00am	SSW25-1000		10:00-11:00am	\$1,430	13	全期 Full term
		SSW25-1100▲		11:00-12:00nn	SSW25-1200	(專池、專線) Excl pool&line	12:00-1:00pm			
		SSW25-1300▲		1:00-2:00pm	SSW25-1400		2:00-3:00pm			
		SSW25-1500		3:00-4:00pm	SSW25-1600		4:00-5:00pm			
		SSW25-1700	(專池、專線) Excl pool&line	5:00-6:00pm	SSW25-1800▲		6:00-7:00pm			
		SSW25-1900		7:00-8:00pm						
四 Thurs	18/7-29/8/2013	SSW4-1700	(專池、專線) Excl pool&line	5:00-6:00pm	SSW4-1800		6:00-7:00pm	\$770	7	全期 Full term
		SSW4-1900		7:00-8:00pm						
六 Sat	20/7-14/9/2013	SSW6-0900▲		9:00-10:00am	SSW6-1000		10:00-11:00am	\$990	9	全期 Full term
		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	21/7-15/9/2013 (4/8停suspend)	SSW7-0900▲		9:00-10:00am	SSW7-1000		10:00-11:00am	\$880	8	全期 Full term
		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						

康怡花園一期C座室外游泳池Kornhill Phase II Block C Outdoor Swimming Pool

地址: 鯽魚涌康怡花園康盛街22號 22 Hong Shing Street, Kornhill, Quarry Bay(Kornhill Recreation Club)

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

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	期數 Term
二、四 Tue, Thurs	16/7-1/8/2013	KHC24-1400▲	(專池) Exclusive pool	2:00-3:00pm				\$660	6	第一期 1st
	6/8-27/8/2013	KHC24A-1400▲	(專池) Exclusive pool	2:00-3:00pm				\$770	7	第二期 2nd
三、五 Wed, Fri	10/7-31/7/2013	KHC35-1800▲	(專池) Exclusive pool	6:00-7:00pm				\$770	7	第一期 1st
	2/8-28/8/2013	KHC35A-1800▲	(專池) Exclusive pool	6:00-7:00pm				\$880	8	第二期 2nd
一 Mon	1/7-26/8/2013	KHC1-1800▲	(專池) Exclusive pool	6:00-7:00pm				\$990	9	全期 Full term
六 Sat	13/7-7/9/2013	KHC6-1400▲	(專池) Exclusive pool	2:00-3:00pm				\$990	9	全期 Full term

本會尚於鯽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。

康蘭居全天候室內恆溫游泳池

地點: 鯽魚涌康山道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

康怡花園二期H座室外游泳池Kornhill Phase II Block H Outdoor Swimming Pool

地址:鯉魚涌康怡花園康盛街12號 12 Hong Shing Street, Kornhill, Quarry Bay (Kornhill Recreation Club)

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

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	期數 Term
一、三、五 Mon, Wed, Fri	15/7-5/8/2013	KHH1-0900▲		9:00-10:00am	KHH1-1000		10:00-11:00am	\$1,100	10	第一期 1st
	7/8-28/8/2013	KHH1A-0900▲		9:00-10:00am	KHH1A-1000		10:00-11:00am	\$1,100	10	第二期 2nd
二、四 Tue, Thurs	16/7-1/8/2013	KHH24-0900▲		9:00-10:00am	KHH24-1000		10:00-11:00am	\$660	6	第一期 1st
		KHH24-1500▲		3:00-4:00pm	KHH24-1600▲		4:00-5:00pm			
	2/7-30/7/2013	KHH24-1700	(專池) Exclusive pool	5:00-6:00pm	KHH24-1800		6:00-7:00pm	\$990	9	第一期 1st
		KHH24-1900		7:00-8:00pm						
	6/8-27/8/2013	KHH24A-0900▲		9:00-10:00am	KHH24A-1000		10:00-11:00am	\$770	7	第二期 2nd
		KHH24A-1500▲		3:00-4:00pm	KHH24A-1600▲		4:00-5:00pm			
	1/8-27/8/2013	KHH24A-1700	(專池) Exclusive pool	5:00-6:00pm	KHH24A-1800		6:00-7:00pm	\$880	8	第二期 2nd
		KHH24A-1900		7:00-8:00pm						
三、五 Wed, Fri	17/7-2/8/2013	KHH35-1400		2:00-3:00pm	KHH35-1500▲		3:00-4:00pm	\$660	6	第一期 1st
		KHH35-1600▲		4:00-5:00pm						
	10/7-31/7/2013	KHH35-1700	(專池) Exclusive pool	5:00-6:00pm	KHH35-1900		7:00-8:00pm	\$770	7	第一期 1st
	7/8-28/8/2013	KHH35A-1400		2:00-3:00pm	KHH35A-1500▲		3:00-4:00pm	\$770	7	第二期 2nd
		KHH35A-1600▲		4:00-5:00pm						
	2/8-28/8/2013	KHH35A-1700	(專池) Exclusive pool	5:00-6:00pm	KHH35A-1900		7:00-8:00pm	\$880	8	第二期 2nd
一 Mon	15/7-26/8/2013	KHH1-1400		2:00-3:00pm	KHH1-1500▲		3:00-4:00pm	\$770	7	全期 Full term
		KHH1-1600▲		4:00-5:00pm						
	1/7-26/8/2013	KHH1-1700	(專池) Exclusive pool	5:00-6:00pm	KHH1-1900		7:00-8:00pm	\$990	9	全期 Full term
六 Sat	13/7-7/9/2013	KHH6-0900▲		9:00-10:00am	KHH6-1000		10:00-11:00am	\$990	9	全期 Full term
		KHH6-1500▲		3:00-4:00pm	KHH6-1600▲		4:00-5:00pm			
		KHH6-1700	(專池) Exclusive pool	5:00-6:00pm						
日 Sun	14/7-8/9/2013	KHH7-0900▲		9:00-10:00am	KHH7-1000		10:00-11:00am	\$990	9	全期 Full term
		KHH7-1100	(專池) Exclusive pool	11:00-12:00nn	KHH7-1400		2:00-3:00pm			
		KHH7-1500▲		3:00-4:00pm	KHH7-1600▲		4:00-5:00pm			
		KHH7-1700	(專池) Exclusive pool	5:00-6:00pm						

*參加者必須為康怡花園俱樂部之課程活動會籍或學生會籍(專池時間除外)

*All comers must be the course membership or student membership of Kornhill Recreation Club (Except Exclusive pool)

辦理會籍支票抬頭 / Cheque payable to: Kornhill Recreation Club Ltd

**課程活動會籍 (\$150/3個月) 期由每月一號開始起計為期三個月, 只可續會一次(即每名人士可參與「課程活動會籍」為期最多六個月)。

學生會籍 (\$240/3個月) 期由每月一號開始起,可續會至申請人年滿十八歲為限。

The course membership fee (\$150 / 3 month)

Student membership (\$240 / 3 month)

入會方法: 請連同一張照片(照片背後請寫上姓名及聯絡電話)及費用親臨康怡花園俱樂部(H座對面)辦理

Join method: Please attach your own photo ID, write down your ID card name & contact number at the back,

港島東室內游泳池Island East Indoor 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\$1100(10堂)成人班參加人數如不足4人, 將會取消

△Adult class, \$1100(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	期數 Term
一、五 Mon, Fri	15/7-26/8/2013	LK15-0800		8:00-9:00am	LK15-0900		9:00-10:00am	\$1,430	13	全期 Full term
		LK15-1000▲		10:00-11:00am	LK15-1100		11:00-12:00nn			
		LK15-1200	(專池) Exclusive pool	12:00-1:00pm	LK15-1300▲		1:00-2:00pm			
		LK15-1400		2:00-3:00pm						
	1/7-29/7/2013	LK15-1700	(專池) Exclusive pool	5:00-6:00pm	LK15-1800		6:00-7:00pm	\$990	9	第一期 1st
		LK15-1900		7:00-8:00pm						
二、四 Tue, Thurs	16/7-27/8/2013	LK24-0800		8:00-9:00am	LK24-0900		9:00-10:00am	\$1,430	13	全期 Full term
		LK24-1000▲		10:00-11:00am	LK24-1100		11:00-12:00nn			
		LK24-1200	(專池) Exclusive pool	12:00-1:00pm	LK24-1300▲		1:00-2:00pm			
		LK24-1400		2:00-3:00pm						
	2/7-30/7/2013	LK24-1700	(專池) Exclusive pool	5:00-6:00pm	LK24-1800		6:00-7:00pm	\$990	9	第一期 1st
		LK24-1900		7:00-8:00pm						
三 Wed	3/7-28/8/2013	LK3-1700▲	(專池) Exclusive pool	5:00-6:00pm	LK3-1800△		6:00-7:00pm	\$990	9	全期 Full term
		LK3-1900△		7:00-8:00pm						
	1/8-27/8/2013	LK24A-1700	(專池) Exclusive pool	5:00-6:00pm	LK24A-1800		6:00-7:00pm	\$880	8	第二期 2nd
		LK24A-1900		7:00-8:00pm						
六 Sat	6/7-7/9/2013	LK6-0845▲		8:45-9:45am	LK6-0945		9:45-10:45am	\$1,100	10	全期 Full term
		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			
		※LK6-1700	(專池) Exclusive pool	5:00-6:00pm	LK6-1800		6:00-7:00pm			
日 Sun	7/7-8/9/2013 (4/8停suspend)	LK7-0845▲		8:45-9:45am	LK7-0945		9:45-10:45am	\$990	9	全期 Full term
		LK7-1045		10:45-11:45am	※LK7-1200	(專池) Exclusive pool	12:00-1:00pm			
		※LK7-1700▲	(專池) Exclusive pool	5:00-6:00pm						

※LK6-1200、LK6-1700、LK7-1200、LK7-1700以上班別(只接受2013年5-6月份之原班舊生參加者報名。)

※LK6-1200、LK6-1700、LK7-1200、LK7-1700(only accept 2013-May&June old members)

★現凡同時報第一及第二期之暑假游泳課程即可獲優惠\$100
(除聖保祿學校室內游泳池、博藝會室內游泳池不設此優惠)

Enroll both the 1st and the 2nd terms of course at the same time can enjoy \$100 off the tuition.
(except St. Paul's Convent School, Spotlight Club Swimming Pool)

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	期數 Term
二、四 Tue, Thurs	16/7-6/8/2013	SL24-0800	(專池) Exclusive pool	8:00-9:00am	SL24-0900	(專池) Exclusive pool	9:00-10:00am	\$910	7	第一期 1st
		SL24-1000	(專池) Exclusive pool	10:00-11:00am	SL24-1100	(專池) Exclusive pool	11:00-12:00nn			
		SL24-1200	(專池) Exclusive pool	12:00-1:00pm	SL24-1400	(專池) Exclusive pool	2:00-3:00pm			
		SL24-1500	(專池) Exclusive pool	3:00-4:00pm						
	2/7-30/7/2013	SL24-1800	(專池) Exclusive pool	6:00-7:00pm				\$1,170	9	第一期 1st
	8/8-29/8/2013	SL24A-0800	(專池) Exclusive pool	8:00-9:00am	SL24A-0900	(專池) Exclusive pool	9:00-10:00am	\$910	7	第二期 2nd
		SL24A-1000	(專池) Exclusive pool	10:00-11:00am	SL24A-1100	(專池) Exclusive pool	11:00-12:00nn			
		SL24A-1200	(專池) Exclusive pool	12:00-1:00pm	SL24A-1400	(專池) Exclusive pool	2:00-3:00pm			
		SL24A-1500	(專池) Exclusive pool	3:00-4:00pm						
	1/8-29/8/2013	SL24A-1800	(專池) Exclusive pool	6:00-7:00pm				\$1,170	9	第二期 2nd
三、五 Wed, Fri	17/7-7/8/2013	SL35-0800	(專池) Exclusive pool	8:00-9:00am	SL35-0900	(專池) Exclusive pool	9:00-10:00am	\$910	7	第一期 1st
		SL35-1000	(專池) Exclusive pool	10:00-11:00am	SL35-1100	(專池) Exclusive pool	11:00-12:00nn			
		SL35-1200	(專池) Exclusive pool	12:00-1:00pm	SL35-1400	(專池) Exclusive pool	2:00-3:00pm			
		SL35-1500	(專池) Exclusive pool	3:00-4:00pm						
	9/8-30/8/2013	SL35A-0800	(專池) Exclusive pool	8:00-9:00am	SL35A-0900	(專池) Exclusive pool	9:00-10:00am	\$910	7	第二期 2nd
		SL35A-1000	(專池) Exclusive pool	10:00-11:00am	SL35A-1100	(專池) Exclusive pool	11:00-12:00nn			
		SL35A-1200	(專池) Exclusive pool	12:00-1:00pm	SL35A-1400	(專池) Exclusive pool	2:00-3:00pm			
		SL35A-1500	(專池) Exclusive pool	3:00-4:00pm						
一 Mon	15/7-26/8/2013	SL1-1000	(專池) Exclusive pool	10:00-11:00am	SL1-1100	(專池) Exclusive pool	11:00-12:00nn	\$910	7	全期 Full term
		SL1-1200	(專池) Exclusive pool	12:00-1:00pm	SL1-1400	(專池) Exclusive pool	2:00-3:00pm			
		SL1-1500	(專池) Exclusive pool	3:00-4:00pm						
	1/7-2/9/2013	SL1-1600	(專池) Exclusive pool	4:00-5:00pm	SL1-1700	(專池) Exclusive pool	5:00-6:00pm	\$1,300	10	全期 Full term
		SL1-1800	(專池) Exclusive pool	6:00-7:00pm	SL1-1900	(專池) Exclusive pool	7:00-8:00pm			
		SL1-2000	(專池) Exclusive pool	8:00-9:00pm						
二 Tue	2/7-3/9/2013	SL2-1600	(專池) Exclusive pool	4:00-5:00pm	SL2-1700	(專池) Exclusive pool	5:00-6:00pm	\$1,300	10	全期 Full term
三 Wed	3/7-4/9/2013	SL3-1600	(專池) Exclusive pool	4:00-5:00pm	SL3-1700	(專池) Exclusive pool	5:00-6:00pm	\$1,300	10	全期 Full term
		SL3-1800	(專池) Exclusive pool	6:00-7:00pm	SL3-1900	(專池) Exclusive pool	7:00-8:00pm			
		SL3-2000	(專池) Exclusive pool	8:00-9:00pm						
四 Thurs	4/7-5/9/2013	SL4-1600	(專池) Exclusive pool	4:00-5:00pm	SL4-1700	(專池) Exclusive pool	5:00-6:00pm	\$1,300	10	全期 Full term
五 Fri	5/7-6/9/2013	SL5-1600	(專池) Exclusive pool	4:00-5:00pm	SL5-1700	(專池) Exclusive pool	5:00-6:00pm	\$1,400	10	全期 Full term
		SL5-1800	(專池) Exclusive pool	6:00-7:00pm	SL5-1900	(專池) Exclusive pool	7:00-8:00pm			
六 Sat	6/7-14/9/2013	SL6-0830	(專池) Exclusive pool	8:30-9:30am	SL6-0930	(專池) Exclusive pool	9:30-10:30am	\$1,540	11	全期 Full term
		SL6-1030	(專池) Exclusive pool	10:30-11:30am	SL6-1130	(專池) Exclusive pool	11:30-12:30pm			
		SL6-1430	(專池) Exclusive pool	2:30-3:30pm	SL6-1530	(專池) Exclusive pool	3:30-4:30pm			
		SL6-1630	(專池) Exclusive pool	4:30-5:30pm	SL6-1730	(專池) Exclusive pool	5:30-6:30pm			
		SL6-1830	(專池) Exclusive pool	6:30-7:30pm	SL6-1930	(專池) Exclusive pool	7:30-8:30pm			
		SL6-2030	(專池) Exclusive pool	8:30-9:30pm						
日 Sun	7/7-15/9/2013	SL7-0800	(專池) Exclusive pool	8:00-9:00am	SL7-0900	(專池) Exclusive pool	9:00-10:00am	\$1,540	11	全期 Full term
		SL7-1000	(專池) Exclusive pool	10:00-11:00am	SL7-1100	(專池) Exclusive pool	11:00-12:00nn			
		SL7-1200	(專池) Exclusive pool	12:00-1:00pm	SL7-1300	(專池) Exclusive pool	1:00-2:00pm			
		SL7-1400	(專池) Exclusive pool	2:00-3:00pm	SL7-1500	(專池) Exclusive pool	3:00-4:00pm			
		SL7-1600	(專池) Exclusive pool	4:00-5:00pm						

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

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



競賽訓練班 Competitive Training 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	期數 Term
五 Fri	5/7-6/9/2013	SL-T5-1900	(專池) Exclusive pool	7:00-8:30pm				\$1,650	10	全期 Full term
六 Sat	6/7-14/9/2013	SL-T6-1930	(專池) Exclusive pool	7:30-9:30pm				\$1,925	11	全期 Full term
日 Sun	7/7-15/9/2013	SL-T7-0800	(專池) Exclusive pool	8:00-9:30am	SL-T7-0930	(專池) Exclusive pool	9:30-11:00am	\$1,815	11	全期 Full term
		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 3 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	期數 Term
二至五 Tue to Fri	2/7-30/8/2013	SL2345-0700	(專池) Exclusive pool	7:00-8:00am	SL2345-0800	(專池) Exclusive pool	8:00-9:00am	\$650 (每月) per month		
		※以上成人月費班只適用於能完成25米泳式者 ※The monthly fee is only applicable to swimmers who can finish 25m								
二、四 Tue, Thurs	2/7-29/8/2013	SL24-0800	(專池) Exclusive pool	8:00-9:00am	SL24-0900	(專池) Exclusive Pool	9:00-10:00am	\$1,000	10	全期 Full term
三、五 Wed, Fri	3/7-30/8/2013	SL35-0800	(專池) Exclusive Pool	8:00-9:00am				\$1,000	10	全期 Full term
一 Mon	1/7-26/8/2013	SL1-2000	(專池) Exclusive Pool	8:00-9:00pm				\$1,300	10	全期 Full term
六 Sat	6/7-31/8/2013	SL6-1930	(專池) Exclusive Pool	7:30-8:30pm				\$1,400	10	全期 Full term

大環山室外游泳池 Tai Wan Shan Indoor Swimming Pool

地址:九龍紅磡環海街7號7 Wan Hoi Street, Hung Hom, Kowloon

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)

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	期數 Term
一、三、五 Mon, Wed, Fri	15/7-5/8/2013	TW1-1600	(專線) Exclusive line	4:00-5:00pm	TW1-1700	(專線) Exclusive line	5:00-6:00pm	\$1,100	10	第一期 1st
	7/8-28/8/2013	TW1A-1600	(專線) Exclusive line	4:00-5:00pm	TW1A-1700	(專線) Exclusive line	5:00-6:00pm	\$1,100	10	第二期 2nd

★現凡同時報第一及第二期之暑假游泳課程即可獲優惠\$100
(除聖保祿學校室內游泳池、博藝會室內游泳池不設此優惠)

Enroll both the 1st and the 2nd terms of course at the same time can enjoy \$100 off the tuition.
(except St. Paul's Convent School, Spotlight Club Swimming Pool)

大角咀室內游泳池 Tai Kok Tsui Indoor 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 Services 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 proceed in the same time slot (Suitable For Children aged from 5 or above)

備註:除暫停開放時間,家長需自備清潔泳池拖鞋自費入場觀看上課情況

Remarks: Except session break, parents can pay for entry but they have to wear clean slippers

(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	期數 Term
三、五 Wed, Fri	17/7-2/8/2013	TKT35-1200	(專池) Exclusive pool	12:00-1:00pm				\$660	6	第一期 1st
	3/7-31/7/2013	TKT35-1700	(專池) Exclusive pool	5:00-6:00pm				\$990	9	第一期 1st
	7/8-28/8/2013	TKT35A-1200	(專池) Exclusive pool	12:00-1:00pm				\$770	7	第二期 2nd
	2/8-28/8/2013	TKT35A-1700	(專池) Exclusive pool	5:00-6:00pm				\$880	8	第二期 2nd
二、四 Tue, Thurs	2/7-30/7/2013	TKT24-1700	(專池) Exclusive pool	5:00-6:00pm				\$990	9	第一期 1st
	1/8-27/8/2013	TKT24A-1700	(專池) Exclusive pool	5:00-6:00pm				\$880	8	第二期 2nd
六 Sat	6/7-7/9/2013 (4/8停suspend)	TKT6-1100		11:00-12:00nn	TKT6-1200	(專池) Exclusive pool	12:00-1:00pm	\$990	9	全期 Full term
		TKT6-1600		4:00-5:00pm	TKT6-1700	(專池) Exclusive pool	5:00-6:00pm			
		TKT6-1800		6:00-7:00pm						

荔枝角公園室外游泳池 Lai Chi Kok Park Outdoor Swimming Pool

地址:九龍荔枝角荔灣道1號 No.1 Lai Wan Road, Lai Chi Kok, Kowloon

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)

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	期數 Term
一、五 Mon, Fri	15/7-26/8/2013	LC15-0900	*(專池) Exclusive pool	9:00-10:00am	LC15-1000	*(專池) Exclusive pool	10:00-11:00am	\$1,430	13	全期 Full term
		LC15-1100		11:00-12:00nn						
日 Sun	7/7-15/9/2013	LC7-1000		10:00-11:00am	LC7-1100		11:00-12:00nn	\$1,210	11	全期 Full term

***敬請留意**

由於泳池安排問題, LC15-1000逢星期五都沒有專池時間提供

*Due to special swimming pool arrangements, LC15-1000 will NOT provide Exclusive pool at every Friday.

深水埗公園室外游泳池 Sham Shui Po Park Outdoor Swimming Pool

地址:九龍深水埗荔枝角道733號 733 Lai Chi Kok Road, Sham Shui Po, Kowloon

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)

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	期數 Term
二、四 Tue, Thurs	16/7-6/8/2013	SS24-0900	(專池) Exclusive pool	9:00-10:00am	SS24-1000	(專池) Exclusive pool	10:00-11:00am	\$770	7	第一期 1st
	8/8-29/8/2013	SS24A-0900	(專池) Exclusive pool	9:00-10:00am	SS24A-1000	(專池) Exclusive pool	10:00-11:00am	\$770	7	第二期 2nd

喇沙書院室外游泳池 La Salle College Outdoor Swimming Pool

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

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 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	期數 Term
一、三、五 Mon, Wed, Fri	17/7-7/8/2013	LS1-0900	(專池) Exclusive pool	9:00-10:00am	LS1-1000	(專池) Exclusive pool	10:00-11:00am	\$1,100	10	第一期 1st
	9/8-30/8/2013	LS1A-0900	(專池) Exclusive pool	9:00-10:00am	LS1A-1000	(專池) Exclusive pool	10:00-11:00am	\$1,100	10	第二期 2nd
一、三 Mon, Wed	17/7-5/8/2013	LS13-1500	(專池) Exclusive pool	3:00-4:00pm	LS13-1600	(專池) Exclusive pool	4:00-5:00pm	\$660	6	第一期 1st
		LS13-1700	(專池) Exclusive pool	5:00-6:00pm						
	7/8-28/8/2013	LS13A-1500	(專池) Exclusive pool	3:00-4:00pm	LS13A-1600	(專池) Exclusive pool	4:00-5:00pm	\$770	7	第二期 2nd
		LS13A-1700	(專池) Exclusive pool	5:00-6:00pm						
二、四 Tue, Thurs	16/7-6/8/2013	LS24-0900	(專池) Exclusive pool	9:00-10:00am	LS24-1000	(專池) Exclusive pool	10:00-11:00am	\$770	7	第一期 1st
		LS24-1500	(專池) Exclusive pool	3:00-4:00pm	LS24-1600	(專池) Exclusive pool	4:00-5:00pm			
		LS24-1700	(專池) Exclusive pool	5:00-6:00pm						
	8/8-29/8/2013	LS24A-0900	(專池) Exclusive pool	9:00-10:00am	LS24A-1000	(專池) Exclusive pool	10:00-11:00am	\$770	7	第二期 2nd
		LS24A-1500	(專池) Exclusive pool	3:00-4:00pm	LS24A-1600	(專池) Exclusive pool	4:00-5:00pm			
		LS24A-1700	(專池) Exclusive pool	5:00-6:00pm						
五 Fri	19/7-30/8/2013	LS5-1600	(專池) Exclusive pool	4:00-5:00pm				\$770	7	全期 Full term
	5/7-6/9/2013	LS5-1700	(專池) Exclusive pool	5:00-6:00pm	LS5-1800	(專池) Exclusive pool	6:00-7:00pm	\$1,100	10	全期 Full term
		LS5-1900	(專池) Exclusive pool	7:00-8:00pm						
六 Sat	6/7-14/9/2013	LS6-0845	(專池) Exclusive pool	8:45-9:45am	LS6-0945	(專池) Exclusive pool	9:45-10:45am	\$1,210	11	全期 Full term
		LS6-1045	(專池) Exclusive pool	10:45-11:45am	LS6-1145	(專池) Exclusive pool	11:45-12:45nn			
		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	7/7-15/9/2013	LS7-0900	(專池) Exclusive pool	9:00-10:00am	LS7-1000	(專池) Exclusive pool	10:00-11:00am	\$1,210	11	全期 Full term
		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 200M in 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	期數 Term
六 Sat	6/7-14/9/2013	LS-T6-0845	(專池) Exclusive pool	8:45-10:15am	LS-T6-1415	(專池) Exclusive pool	2:15-3:45pm	\$1,485	11	全期 Full term
		LS-T6-1545	(專池) Exclusive pool	3:45-5:15pm						
日 Sun	7/7-15/9/2013	LS-T7-0900	(專池) Exclusive pool	9:00-10:30am				\$1,485	11	全期 Full term

九龍公園游室內泳池 Kowloon Park Indoor 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	期數 Term
六 Sat	6/7-14/9/2013	K6-1200	(專池) Exclusive pool	12:00-1:00pm	K6-1300	(專池) Exclusive pool	1:00-2:00pm	\$1,210	11	全期 Full term
		K6-1900	(專池) Exclusive pool	7:00-8:00pm	K6-2000	(專池) Exclusive pool	8:00-9:00pm			

前新法書院室內游泳池香港專業進修學校(何文田文福道校舍)

Hong Kong College Of Technology(Ho Man Tin Man Fuk Road Campus) Indoor 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	期數 Term
六 Sat	6/7-14/9/2013	SF6-1000	(專池) Exclusive pool	10:00-11:00am	SF6-1100	(專池) Exclusive pool	11:00-12:00nn	\$1,210	11	全期 Full term
日 Sun	7/7-15/9/2013	SF7-1045	(專池) Exclusive pool	10:45-11:45am	SF7-1145	(專池) Exclusive pool	11:45-12:45pm	\$1,210	11	全期 Full

將軍澳室外游泳池Tseung Kwan O Outdoor Swimming Pool

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

幼兒、初、中、高班分組同時進行(適合3歲或以上學員參加)

Nursury, elementary, Intermediate & Advanced classes will be divided into different groups(suitable for children aged from 3 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6時30分至7時30分) (Session break: 12nn to 1pm and 6:30pm to 7:30pm)

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	期數 Term
二、四 Tue, Thurs	2/7-30/7/2013	TK24-1830	(專池) Exclusive pool	6:30-7:30pm				\$945	9	第一期 1st
	1/8-29/8/2013	TK24A-1830	(專池) Exclusive pool	6:30-7:30pm				\$945	9	第二期 2nd
六 Sat	6/7-7/9/2013	TK6-1630		4:30-5:30pm	TK6-1730		5:30-6:30pm	\$1,050	10	全期 Full term
		TK6-1830	(專池) Exclusive pool	6:30-7:30pm						全期 Full term
日 Sun	7/7-8/9/2013	TK7-0930		9:30-10:30am	TK7-1045		10:45-11:45	\$1,050	10	全期 Full

觀塘室內游泳池 Kwun Tong Indoor Swimming Pool

地址:九龍觀塘翠屏道2號 (港鐵站D出口) 9 Wan Lung Road, Tseung Kwan O

幼兒、初、中、高班分組同時進行(適合3歲或以上學員參加)

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

(泳池暫停開放時段: 中午12時至下午1時; 下午6時至晚上7時) (Temporary closure: 12nn to 1pm and 6pm to 7pm)

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	期數 Term
一、五 Mon, Fri	15/7-26/8/2013	LT14-1200	(專池) Exclusive pool	12:00-1:00pm	LT14-1300		1:00-2:00pm	\$1,365	13	全期 Full term
		LT14-1400		2:00-3:00pm						
二、四 Tue, Thur	16/7-27/8/2013	LT25-1200	(專池) Exclusive pool	12:00-1:00pm	LT25-1300		1:00-2:00pm	\$1,365	13	全期 Full term
		LT25-1400		2:00-3:00pm						
五 Fri	5/7-6/9/2013	LT5-1800	(專池) Exclusive pool	6:00-7:00pm	LT5-1900		7:00-8:00pm	\$1,050	10	全期 Full term
六 Sat	6/7-7/9/2013	LT6-1200	(專池) Exclusive pool	12:00-1:00pm	LT6-1300		1:00-2:00pm	\$1,050	10	全期 Full term
		LT6-1400		2:00-3:00pm						
日 Sun	7/7-8/9/2013	LT7-1000		10:00-11:00am	LT7-1100		11:00-12:00nn	\$1,050	10	全期 Full term

★現凡同時報第一及第二期之暑假游泳課程即可獲優惠\$100
(除聖保祿學校室內游泳池、博藝會室內游泳池不設此優惠)


Enroll both the 1st and the 2nd terms of course at the same time can enjoy \$100 off the tuition.
(except St. Paul's Convent School, Spotlight Club Swimming Pool)

- 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。
 - 3c) 香港仔浸信會呂明才書院游泳池則於三號或以上颱風訊號、紅色或黑色暴雨警告訊號停課。
 - 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7-8月公開游泳班報名表

Application Form for July and August 2013 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 _____ 出生日期(年/月/日) _____ 年齡 _____ 性別 _____
 Name: _____ Date of birth(yy/mm/dd): _____ Age: _____ Sex: 男(M)/女(F)
 聯絡電話 _____ 緊急聯絡電話 _____
 Tel no: _____ 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: _____

就讀學校 _____ 學校班別 _____
 Name of school: _____ 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

參加期數: ☐ 只參加一期 Join one term 泳班編號 Class Code: (首選)(1st choice) _____ (次選)(2nd choice) _____

☐ 同時報名參加兩期 Join two terms

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

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 _____ 家長/監護人姓名 _____ *家長/監護人簽名 _____ (必須簽署)
 Date: _____ Name of Parent/Guardian: _____ *Signature of Parent/ Guardian: _____ (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 _____ 請假日期 _____ (每期不可多於一堂)
 Reasons for Abs: _____ Date of Abs: _____ (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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