



現有參加者可於2/2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2015年3-4月游泳班章程

本會簡介及宗旨

本會自1947年成立至今,在過去一直推動游泳發展,藉以提高香港游泳水平。歷年來,本會有多名泳員 打破香港紀錄,並代表香港參加國際賽事均有出色表現。2010年世界盃短池賽,泳員黃鍇威於男子200 米自由泳勇奪金牌,同時亦是香港在世界賽游泳項目的首面金牌,成績令人鼓舞;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;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;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。另外更於2014年仁川亞運會 中,本會亦有2女8男代表香港出戰游泳項目,再一次為泳壇發放異彩。

而本會的教學宗旨是貫徹採用實用及有效的新方法授泳,並保證習泳者之安全及身心健康得以正常發 展。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。

本季最新消息

本會勇奪2013至2014年度三項香港最高水平游泳賽事之錦標

- 2013年香港長池分齡游泳錦標賽男子團體冠軍、女子團體冠軍及全場團體總冠軍 並合共奪得33面金牌、30面銀牌及26面銅牌:
- 2014年香港短池分齡游泳錦標賽男子團體冠軍、女子團體冠軍及全場團體總冠軍 並合共奪得38面金牌、37面銀牌及38面銅牌
- 2014年香港國際公開游泳錦標賽男子團體冠軍、女子團體亞軍及全場團體總冠軍 並合共奪得12面金牌、8面銀牌及7面銅牌:

教練資歷

由多位持有香港業餘游泳總會註冊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、自由泳及蚌泳, 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

1 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





2015 March to April 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		Swimmers are challenged to increase their endurance by training more distance of freestyle and breaststroke, as well as elementary backstroke
202-10-00-00-00-00-00-00-00-00-00-00-00-00-	Hreesivie, breasismoke, backsmoke and	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.

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, South Island School, Hong Kong College Of Technology

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) Learning journey will be issued for students who get passed in the last 3rd lesson during Feb. & Aug.
- (\$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

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 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

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

Enrolment

(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)

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\$1200(10堂)參加人數如不足4人,將會取消

△Adult class ,\$1200(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 poo

Remarks: F	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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
— Mon	2/3-27/4/2015	SP1-1600	4:00-5:00pm	SP1-1700	5:00-6:00pm	SP1-1800	6:00-7:00pm	\$1,125	9
二Tue	3/3-28/4/2015	SP2-1700	5:00-6:00pm	SP2-1800	6:00-7:00pm	SP2-1900△	7:00-8:00pm	\$1,125	9
三 Wed	4/3-29/4/2015	SP3-1700	5:00-6:00pm	SP3-1800	6:00-7:00pm	SP3-1900△	7:00-8:00pm	\$1,125	9
四 Thurs	5/3-30/4/2015	SP4-1600	4:00-5:00pm	SP4-1700	5:00-6:00pm	SP4-1800	6:00-7:00pm	¢1 105	0
Ed Thurs	3/3-30/4/2013	SP4-1900△	7:00-8:00pm	-2				\$1,125	9
五. Fri	6/3-24/4/2015	SP5-1600	4:00-5:00pm	SP5-1700	5:00-6:00pm	SP5-1800	6:00-7:00pm	¢1.000	0
<i>I</i> I. FII		SP5-1900	7:00-8:00pm	SP5-2000	8:00-9:00pm			\$1,080	8
		SP6-0800△	8:00-9:00am	SP6-0900	9:00-10:00am	SP6-1000	10:00-11:00am		
		SP6-1100	11:00-12:00nn	SP6-1200	12:00-1:00pm	SP6-1300	1:00-2:00pm		
六 Sat	14/3-25/4/2015 (7/3停suspend)	SP6-1400	2:00-3:00pm	SP6-1500	3:00-4:00pm	SP6-1600	4:00-5:00pm	\$945	7
		SP6-1700	5:00-6:00pm	SP6-1800	6:00-7:00pm	SP6-1900△	7:00-8:00pm		
		SP6-2000	8:00-9:00pm						-
П с	1/3-26/4/2015	SP7-1300	1:00-2:00pm	SP7-1400	2:00-3:00pm	SP7-1500	3:00-4:00pm	#1 000	8
⊟ Sun	(8/3停suspend)	SP7-1600	4:00-5:00pm	SP7-1700	5:00-6:00pm	SP7-1800△	6:00-7:00pm	\$1,080	

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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
— Mon	2/3-27/4/2015	SP1-1600▲	4:00-5:00pm	SP1-1700▲	5:00-6:00pm	SP1-1800▲	6:00-7:00pm	\$1,305	- 9
二 Tue	3/3-28/4/2015	SP2-1700▲	5:00-6:00pm	SP2-1800▲	6:00-7:00pm			\$1,305	9
四 Thurs	5/3-30/4/2015	SP4-1600▲	4:00-5:00pm	SP4-1700▲	5:00-6:00pm	SP4-1800▲	6:00-7:00pm	\$1,305	9
五 Fri	6/3-24/4/2015	SP5-1600▲	4:00-5:00pm	SP5-1800▲	6:00-7:00pm	SP5-1900▲	7:00-8:00pm	\$1,160	8
	SP6-0830▲ 14/3-25/4/2015 SP6-1130▲	SP6-0830▲	8:30-9:30am	SP6-0930▲	9:30-10:30am	SP6-1030▲	10:30-11:30am		
六 Sat		11:30-12:30pm	SP6-1230▲	12:30-1:30pm	SP6-1330▲	1:30-2:30pm	¢1 015	7	
/\ Sat	(7/3停suspend)	SP6-1430▲	2:30-3:30pm	SP6-1530▲	3:30-4:30pm	SP6-1630▲	4:30-5:30pm	\$1,015	,
		SP6-1730▲	5:30-6:30pm						
∃ Sun	1/3-26/4/2015	SP7-1330▲	1:30-2:30pm	SP7-1430▲	2:30-3:30pm	SP7-1530▲	3:30-4:30pm	¢1.160	0
□ Sun	(8/3停suspend)	SP7-1630▲	4:30-5:30pm	SP7-1730▲	5:30-6:30pm			\$1,160	8

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\$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 be cancelled if there are less than 4 participants

備註:除不對外開放時段或比賽日外,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.

(不對外開放時段: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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
一、三、五 Mon, Wed, Fri	2/3-29/4/2015	MH1-0800△	8:00-9:00am	MH1-0900△	9:00-10:00am			\$1,100	10
二 Tue	3/3-28/4/2015	МН2-1700	5:00-6:00pm	MH2-1900△≯	7:00-8:00pm			\$1,035	9
四 Thurs	5/3-30/4/2015	MH4-1700	5:00-6:00pm	MH4-1900△≯	7:00-8:00pm			\$1,035	9
五 Fri	6/3-24/4/2015	MH5-0900△ ★	7 9:00-10:00am	MH5-1700	5:00-6:00pm	MH5-1800 ★	6:00-7:00pm	\$920	8
力. Fr1	013-241412013	MH5-1900 ★	7:00-8:00pm	*				\$ 920	0
7		MH6-0800	8:00-9:00am	MH6-0900	9:00-10:00am	MH6-1000	10:00-11:00am		
六 Sat	7/3-25/4/2015	MH6-1100	11:00-12:00nn	MH6-1200	12:00-1:00pm	MH6-1400 ★	2:00-3:00pm	\$920	8
		MH6-1530 ★	3:30-4:30pm	MH6-1700	5:00-6:00pm				
П с	1/2 26/4/2015	MH7-0900 ★	9:00-10:00am	MH7-1000 ★	10:00-11:00am	MH7-1100 ★	11:00-12:00nn	#1 005	0
∃ Sun	1/3-26/4/2015 N	MH7-1200	12:00-1:00pm				,	\$1,035	9

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 She

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

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星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用	堂數			
至为] Day	□ 39 J I CHOU	WILL COUC	HJ [HJ TIME	SAME SUIL COCIC	HATEL TIME	SHE STILL COULC	n41 11 I IIIIC	Fee	Lessons			
⊟ Sun	1/3-26/4/2015	SI7-1400	2:00-3:00pm	SI7-1500	3:00-4:00pm	SI7-1600	4:00-5:00pm	\$1,035	9			

維多利亞公園室內暖水游泳池於24/2-15/4進行定期維修,家 長可於維修期間轉往摩理臣山室內暖水游泳池。

Due to the maintanence work of Victoria Park Indoor Heated Swimming Pool, classes of Victoria Park Indoor Heated Swimming Pool during February and April will be transferred to Morrison Hill Indoor Heated Swimming Pool

維多利亞公園室內暖水游泳池 Victoria Park Indoor Heated 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)

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

請留意上課日期

備註:除不對外開放時段或比賽日外,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.

(不對外開放時段: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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
二 Tue	21/4-7/7/2015	V2-1700	5:00-6:00pm	V2-1900 ★	7:00-8:00pm			\$1,380	12
四 Thurs	16/4-9/7/2015	V4-1700	5:00-6:00pm	V4-1900 ★	7:00-8:00pm			\$1,495	13
五. Fri	17/4-10/7/2015	V5-1700	5:00-6:00pm	V5-1800 ★	6:00-7:00pm	V5-1900 ★	7:00-8:00pm	\$1,495	13
		V6-0800 ★	8:00-9:00am	V6-0900★	9:00-10:00am	V6-1000★	10:00-11:00am		
六 Sat	18/4-27/6/2015	V6-1100 ★	11:00-12:00nn	V6-1200	12:00-1:00pm	V6-1400 ★	2:00-3:00pm	\$1,265	11
y.		V6-1530 ★	3:30-4:30pm	V6-1700	5:00-6:00pm	ř			
П.с	19/4-28/6/2015	V7-0900 ★	9:00-10:00am	V7-1000★	10:00-11:00am	V7-1100★	11:00-12:00nn	¢1.265	1.1
∃ Sun		V7-1200	12:00-1:00pm					\$1,265	11

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

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

(不對外開放時段: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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
六 Sat	14/3-25/4/2015	SYS6-0900 ★	9:00-10:00am	SYS6-1000 ★	10:00-11:00am	SYS6-1100 ★	11:00-12:00nn	\$690	6
/\ Sat	(28/3停suspend)	SYS6-1200	12:00-1:00pm					\$690	0
П	1/3-26/4/2015 (8/3.22/3停suspend)	SYS7-0900 ★	9:00-10:00am	SYS7-1000 ★	10:00-11:00am	SYS7-1100 ★	11:00-12:00nn	#005	7
⊟ Sun		SYS7-1200	12:00-1:00pm					\$805	/

成人班 Adult Class

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

星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
二 Tue	3/3-28/4/2015	SYS2-0700△	7:00-8:00am	SYS2-0800△	8:00-9:00am			\$1,100	10
四 Thurs	5/3-30/4/2015	SYS4-0700△	7:00-8:00am	SYS4-0800△	8:00-9:00am			\$1,100	10

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)

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\$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

*敬請留意逢星期六游泳班只可安排25米線道以作訓練

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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
		W6-1000	10:00-11:00am	W6-1100	11:00-12:00nn	W6-1400	2:00-3:00pm		
六 Sat	7/3-25/4/2015	W6-1500	3:00-4:00pm	W6-1600	4:00-5:00pm	W6-1700	5:00-6:00pm	\$880	8
		W6-1800	6:00-7:00pm						
⊟ Sun	1/3-26/4/2015 (8/3,29/3,12/4停 suspend)	W7-0800△	8:00-9:00am	W7-1200	12:00-1:00pm	W7-1300	1:00-2:00pm	\$660	6

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

備註:除不對外開放時段,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.

(不對外開放時段: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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
— Mon	2/3-27/4/2015	SSW1-1700	5:00-6:00pm	SSW1-1800 ▲★	6:00-7:00pm			\$1,035	9
二 Tue	3/3-28/4/2015	SSW2-1700	5:00-6:00pm	SSW2-1800 ▲★	6:00-7:00pm			\$1,035	9
三 Wed	4/3-29/4/2015	SSW3-1700▲	5:00-6:00pm	SSW3-1800 ▲★	6:00-7:00pm			\$1,035	9
四 Thurs	5/3-30/4/2015	SSW4-1700	5:00-6:00pm	SSW4-1800 ▲★	6:00-7:00pm			\$1,035	9
五. Fri	6/3-24/4/2015	SSW5-1600★	4:00-5:00pm	SSW5-1700	5:00-6:00pm	SSW5-1800 ▲★	6:00-7:00pm	\$920	8
<i>1</i> 1, 141	0/3-24/4/2013	SSW5-1900 ★	7:00-8:00pm				4	φ920	0
		SSW6-0900 ▲★	9:00-10:00am	SSW6-1000 ▲★	10:00-11:00am	SSW6-1100 ★	11:00-12:00nn		
六 Sat	7/3-25/4/2015	SSW6-1200	12:00-1:00pm	SSW6-1400 ▲★	2:00-3:00pm	SSW6-1500 ▲★	3:00-4:00pm	\$920	8
		SSW6-1600 ▲★	4:00-5:00pm	SSW6-1700	5:00-6:00pm	SSW6-1800 ▲★	6:00-7:00pm		
		SSW7-0900 ★	9:00-10:00am	SSW7-1000 ★	10:00-11:00am	SSW7-1100 ▲★	11:00-12:00nn		
日 Sun	1/3-26/4/2015	SSW7-1200	12:00-1:00pm	SSW7-1300▲★	1:00-2:00pm	SSW7-1400 ▲★	2:00-3:00pm	\$1,035	9
	SS	SSW7-1700	5:00-6:00pm						

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

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

備註:除不對外開放時段·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.

(不對外開放時段: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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
— Mon	2/3-27/4/2015	LK1-1700▲	5:00-6:00pm	LK1-1800▲★	6:00-7:00pm			\$1,035	9
≡ Wed	4/3-29/4/2015	LK3-1700▲	5:00-6:00pm	LK3-1800 ▲★	6:00-7:00pm	LK3-1900 ★	7:00-8:00pm	\$1,035	9
四 Thurs	5/3-30/4/2015	LK4-1700	5:00-6:00pm	LK4-1800 ▲★	6:00-7:00pm			\$1,035	9
五 Fri	6/2 24/4/2015	LK5-1600 ★	4:00-5:00pm	LK5-1700	5:00-6:00pm	LK5-1800▲★	6:00-7:00pm	do22	
<i>I</i> I. FI1	6/3-24/4/2015	LK5-1900 ★	7:00-8:00pm					\$920	8
		LK6-0845 ▲★	8:45-9:45am	LK6-0945▲★	9:45-10:45am	LK6-1045★	10:45-11:45am		
六 Sat		LK6-1200	12:00-1:00pm	LK6-1300▲★	1:00-2:00pm	LK6-1400▲★	2:00-3:00pm	форо	
/\ Sat	7/3-25/4/2015	LK6-1500 ★	3:00-4:00pm	LK6-1600★	4:00-5:00pm	LK6-1700	5:00-6:00pm	\$920	8
		LK6-1800 ▲★	6:00-7:00pm						S 5
		LK7-0845 ▲★	8:45-9:45am	LK7-0945▲★	9:45-10:45am	LK7-1045 ★	10:45-11:45am		
日 Sun	1/3-26/4/2015	LK7-1200	12:00-1:00pm	LK7-1300 ▲★	1:00-2:00pm	LK7-1400▲★	2:00-3:00pm	\$1,035	9
	1	LK7-1700 ▲	5:00-6:00pm				,		

★=不設專池、專線

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

博藝會室內暖水游泳池

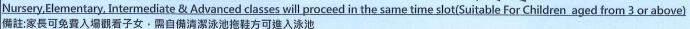
Spotlight Recreation Club Indoor Heated Swimming Pool

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 幼兒或初級班可於活動纖維台上習泳

Additional platform for Nursery & Elementary classes

幼兒、初、中、高班分組同時進行(適合3歲或以上學員參加)



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

Kemarks. r	ree entry for Fare	nts/Guardiar	is. Please de reminde	d to bring and	d change your own cle	ean slippers be	erore entering t	ne pooi	
星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
— Mon	2/3-27/4/2015	SL1-1630	4:30-5:30pm	SL1-1730	5:30-6:30pm	SL1-1830	6:30-7:30pm	Φ1 015	
IVIOII	213-211412013	SL1-1930	7:30-8:30pm	SL1-2030	8:30-9:30pm			\$1,215	9
二 Tue	3/3-28/4/2015	SL2-1600	4:00-5:00pm	SL2-1700	5:00-6:00pm	SL2-1800	6:00-7:00pm	\$1,215	9
三 Wed	4/3-29/4/2015	SL3-1630	4:30-5:30pm	SL3-1730	5:30-6:30pm	SL3-1830	6:30-7:30pm	φ1 015	0
wed	4/3-29/4/2013	SL3-1930	7:30-8:30pm	SL3-2030	8:30-9:30pm			\$1,215	9
四 Thurs	5/3-30/4/2015	SL4-1500	3:00-4:00pm	SL4-1600	4:00-5:00pm	SL4-1700	5:00-6:00pm	¢1 015	0
E Thurs	3/3-30/4/2013	SL4-1800	6:00-7:00pm		4			\$1,215	9
五 Fri	6/3-24/4/2015	SL5-1530	3:30-4:30pm	SL5-1630	4:30-5:30pm	SL5-1730	5:30-6:30pm	¢1.160	0
<i>J</i> L 111		SL5-1830	6:30-7:30pm					\$1,160	8
		SL6-0830	8:30-9:30am	SL6-0930	9:30-10:30am	SL6-1030	10:30-11:30am		
六 Sat	7/3-25/4/2015	SL6-1130	11:30-12:30pm	SL6-1430	2:30-3:30pm	SL6-1530	3:30-4:30pm	¢1 160	
/\ Sat	173-23/4/2013	SL6-1630	4:30-5:30pm	SL6-1730	5:30-6:30pm	SL6-1830	6:30-7:30pm	\$1,160	8
		SL6-1930	7:30-8:30pm						
		SL7-0800	8:00-9:00am	SL7-0900	9:00-10:00am	SL7-1000	10:00-11:00am		
日 Sun	1/3-26/4/2015	SL7-1100	11:00-12:00nn	SL7-1200	12:00-1:00pm	SL7-1400	2:00-3:00pm	\$1,305	9
	SL	SL7-1500	3:00-4:00pm	SL7-1600	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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
五 Fri	6/3-24/4/2015	SL-T5-1930	7:30-9:00pm					\$1,360	8
六 Sat	7/3-25/4/2015	SL-T6-1930	7:30-9:00pm					\$1,360	8
∃ Sun	1/3-26/4/2015	SL-T7-0800	8:00-9:30am	SL-T7-0930	9:30-11:00am			\$1,530	9

成人班 Adult Class

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

※SL24-0800/0900之班別若只選擇一星期一課之學員學費為\$1100/10課

*\$1100/course for classes SL24-0800/0900, swimming once per week

星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
二至五 Tue to Fri	3/3-30/4/2015			SL2345-0800 t完成25米泳式者 applicable to sw		can finish 25m			(每月) nonth
二、四 Tue. Thurs	3/3-30/4/2015	SL24-0800	8:00-9:00am	SL24-0900	9:00-10:00am			\$1,050	10
— Mon	2/3-27/4/2015	SL1-2030	8:30-9:30pm					\$1,350	10
六 Sat	7/3-25/4/2015	SL6-1930	7:30-8:30pm					\$1,450	10

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<u>上學員參加)</u>

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

備註:除不對外開放時段,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.

(不對外開放時段: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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
六 Sat	7/3-25/4/2015	TKT6-1500 ★	3:00-4:00pm	TKT6-1600 ★	4:00-5:00pm	TKT6-1700	5:00-6:00pm	форо	0
/\ Sat	173-23/4/2013	TKT6-1800 ★	6:00-7:00pm					\$920	8

荔枝角公園室內暖水游泳池於16/4-5/6進行定期維修,家長可於維修期間選擇其他泳池上課。

Due to the maintanence work of Lai Chi Kok Park Indoor Heated Swimming Pool, classes of Lai Chi Kok Park Indoor Heated Swimming Pool during. April to June will be transferred to Other Swimming Pool

荔枝角公園室內暖水游泳池 Lai Chi Kok Park Indoor Heated 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 be divided into different groups (suitable for children age 5 or above)

備註:除不對外開放時段,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.

(不對外開放時段:中午12時至下午1時 及 下午6時至7時) (Session break: 12nn to 1pm and 6pm to 7pm)

星期 Date	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
六 Sat	7/3-11/4/2015	LC6-0900★	9:00-10:00am	LC6-1000★	10:00-11:00am	LC6-1100★	11:00-12:00nn	\$690	6
⊟ Sun	1/3-12/4/2015	LC7-0900★	9:00-10:00am	LC7-1000★	10:00-11:00am	LC7-1100★	11:00-12:00nn	\$805	7

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:除不對外開放時段或比賽日外·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.

(不對外開放時段: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	時間 Time	編號 Code	時間 Time	編號 Code 時間 Time	費用 Fee	堂數 Lessons
	7/3-11/4/2015	V.C. 1000 A	12:00-1:00pm	WC 1200 A	1:00-2:00pm		,	Descons
六 Sat	18/4-25/4/2015	K6-1200 ★	1:00-2:00pm	K6-1300★	2:00-3:00pm	в	\$920	8
	7/3-25/4/2015	K6-1900 ★	7:00-8:00pm	K6-2000★	8:00-9:00pm			

4月份不設專池

因九龍公園室內游泳池於4-6月份進行例行維修,故3月份將於室內暖水游泳池進行,而4月份將於室外游泳池進行,敬請學員留意!)

*The main pool will be available in March 2014.

(Due to the regular repair work of Kowloon Park Indoor Heated Swimming Pool during April to June 2014, all the swimming classes will proceed at the Indoor Heated Pool and Outdoor Pool in March and April respectively. Please be aware of the notice!)



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

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

幼兒或初級班可於活動纖維台上習泳

Additional platform for Nursery & Elementary classes

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 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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
五 Fri	6/3-24/4/2015	LS5-1600	4:00-5:00pm	LS5-1700	5:00-6:00pm	LS5-1800	6:00-7:00pm	6020	
21.111	0/3-24/4/2013	LS5-1900	7:00-8:00pm		1			\$920	8
		LS6-0845	8:45-9:45am	LS6-0945	9:45-10:45am	LS6-1045	10:45-11:45am		
六 Sat	7/3-25/4/2015	LS6-1145	11:45-12:45pm	LS6-1415	2:15-3:15pm	LS6-1515	3:15-4:15pm	\$920	8
		LS6-1615	4:15-5:15pm	LS6-1715	5:15-6:15pm				
⊟ Sun	1/3-26/4/2015	LS7-0900	9:00-10:00am	LS7-1000	10:00-11:00am	LS7-1100	11:00-12:00nn	¢1 025	0
i Sun	113-20/4/2013	LS7-1200	12:00-1:00pm					\$1,035	9

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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
六 Sat	7/3-25/4/2015	LS-T6-1415	2:15-3:45pm	LS-T6-1545	3:45-5:15pm			\$1,120	8
日 Sun	1/3-26/4/2015	LS-T7-0900	9:00-10:30am			70		\$1,260	9

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6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 6 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.

※<u>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.</u>

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	5/3-30/4/2015	灣仔室外暖水游泳池	逢星期四 Thur	4:00-5:30pm	8-13歳	\$1,500	
11	313-301412013	Wanchai Outdoor Heated Swimming Pool	逢星期六 Sat	3:00-5:00pm	Age 8-13	φ1,300	
P2	2/3-27/4/2015	灣仔室外暖水游泳池	逢星期一 Mon	5:30-7:00pm	11-13歲	\$1,500	
12	213-211-412013	Wanchai Outdoor Heated Swimming Pool	逢星期六 Sat	5:00-7:00pm	Age 11-13	φ1,300	
P5	3/3-30/4/2015	博藝會室內暖水游泳池 Spotlight Recreation Club Indoor Heated	逢星期二 Tue	7:00-8:30pm	8至12歲	\$1,700	不設補課 No MakeUp
13	(7/4停suspend)	Swimming pool	逢星期四 Thur	10 No. 200 1000 1000 1000 1000	Age 8-12	Φ1,700	Class
P7	2/3-30/4/2015	小西灣室內暖水游泳池 Siu Sai Wan Indoor Heated	逢星期一 Mon		6-10歲	\$1,500	
17	213-301412013	Swimming Pool	逢星期四 Thur	5:00-6:30pm	Age 6-10	\$1,500	
P8A	4/3-29/4/2015	喇沙書院室外暖水游泳池 La Salle College Outdoor Heated	逢星期三 Wed	6:00-7:30pm	6-8歲	¢1 700	,
TOA	415-271412013	Swimming Pool	逢星期六 Sat	2:00-3:30pm	Age 6-8	\$1,700	

前新法書院室內暖水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 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(25米專用泳線) Water depth: 0.9m-2.8m (25m 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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
日 Sun	1/3-26/4/2015 (5/4停suspend)	SF7-1045	10:45-11:45am	SF7-1145	11:45-12:45pm			\$920	8

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

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:除不對外開放時段或比賽日外,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.

(不對外開放時段:中午12時至下午1時 及 下午6時00分至7時00分) (Session break: 12nn to 1pm and 6:00pm to 7:00pm)

星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
	7/3-28/3/2015	TK6-1500 ★	3:00-4:00pm	TK6-1600 ★	4:00-5:00pm	TK6-1700 ★	5:00-6:00pm		
六 Sat	4/4-25/4/2015	110-1300	3:30-4:30pm	110-1000	4:30-5:30pm	110-1700	5:30-6:30pm	форо	0
/\ Sat	7/3-28/3/2015	TK6-1800	6:00-7:00pm					\$880	8
	11/4-25/4/2015 (4/4停suspend)	1K0-1600	6:30-7:30pm						

觀塘室內暖水游泳池 Kwun Tong Indoor Heated Swimming Pool

地址:九龍觀塘翠屏道2號 (港鐵站D出口) 2 Tsui Ping Road, Kwun Tong, Kowloon

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:除不對外開放時段或比賽日外,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.

(不對外開放時段: 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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
五 Fri	6/3-24/4/2015	LT5-1700★	5:00-6:00pm	LT5-1800	6:00-7:00pm	LT5-1900	7:00-8:00pm	\$880	8
		LT6-1000 ★	10:00-11:00am	LT6-1100 ★	11:00-12:00nn	LT6-1200	12:00-1:00pm		
六 Sat	7/3-25/4/2015	LT6-1500 ★	3:00-4:00pm	LT6-1600 ★	4:00-5:00pm	LT6-1700★	5:00-6:00pm	\$880	8
		LT6-1800	6:00-7:00pm						
日 Sun	1/3-26/4/2015	LT7-1000 ★	10:00-11:00am	LT7-1100★	11:00-12:00nn	LT7-1200	12:00-1:00pm	\$990	9

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,可於開班後自行致電本會預約補課,補課一經預約 將不能取消或更改,亦必須於請假日期起半年內進行補課,逾期概不受理。

<u>3a)所有室外游泳池於若天文台於上課前兩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,</u>當天訓練將會取 <u>消,日後補課。而雷暴或大兩則照常上課,教練會按情況作出適當處理。</u>

<u>3b)所有室内游泳池於若天文台於上課前兩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</u> <u>後補課。而紅色暴兩警告訊號、雷暴或大兩則照常上課,教練會按情況作出適當處理。</u>

- 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2月及8月泳班完結前的第三堂進行評估,讓家長了解學員的進度及獲發成績報告表,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 (<u>達星期一至五:0930-1800,星期六:0930-1300,星期日及公眾假期休息</u>)

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2015年3-4月公開游泳班報名表

STUDENT NO:

<u>Application Form for March to April 2015 Course hosted by HTA & CPS</u>

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 中文 Name: (CHI)			出生日期 Date of birth:	年 (yy)	月 _(mm)	日 (dd)	年齢 Age:	性別 _ Sex: 男(M)/女(F)
聯絡電話 Tel no:		聚急聯絡電話 mergency tel no:		學員為本會 N				
電郵地址 E-mail Address: 地址 Address:				詢。We will n Parents are w	ot call if your elcome to cal	1st choice or come	swimming cla to the office co	需確認報名請自行致電本會查 ass is being accepted. onfirm the application
就讀學校		學校班別						,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
Name of school:		Class:	(AM/P	M/Whole Da	y)			
組別Group: □幼兒Nurse	ry □初級Elementary □	中級Intermediate 🗌高約	級Advanced □競賽訓	練班Competiti	on Training [〕泳隊預備	插Pre-Team [□成人Adult
泳斑編號Class Code:(首	i選)(1st choice)	(次選)(2	nd choice)					
學費 Fee: \$	□現金 Cash □支票 C	heque (號碼 No. :)	支票抬頭:海 cheque pay			nmina Consu	ultants 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/Gua	rdian:	*Signature of Parent/	/ Guardian:	18		(Must Sign))
游泳能力	□由教練評核 Acce	ess by coach 一不懂》	游≫Do not know □	曾學游泳 Have	learnt before			
Swimming ability:	□能掌握 Able to sv	vim種泳式並	能完成50公尺或以上	strokes for 50	m or above			
事假原因		請假日期			(每期不可多	5於一堂)		
Reasons for Abs:						1 day per	course)	
★凡於報名表上列明請假日期者	可於開班後自行致電本會	預約補課;如學員因病請僱	段・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 chec							certificate for	sick leave.
你從何得知本會課程:□								
How did you receive th	e course informatio	n?□Old Member	□Website □FA	CEBOOK [Leaflet	Friend	□ Others	;:
Official use Received by:		ish/Cheque:	Remarks:		A/C received			
only:								
			7.000					