



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7-8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。2011年世界盃短池賽，泳員黃鎔威於男子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，泳員鄭莉梅於女子4x100米及4x200米自由泳接力奪得兩面銅牌，再一次為泳壇發放異彩。

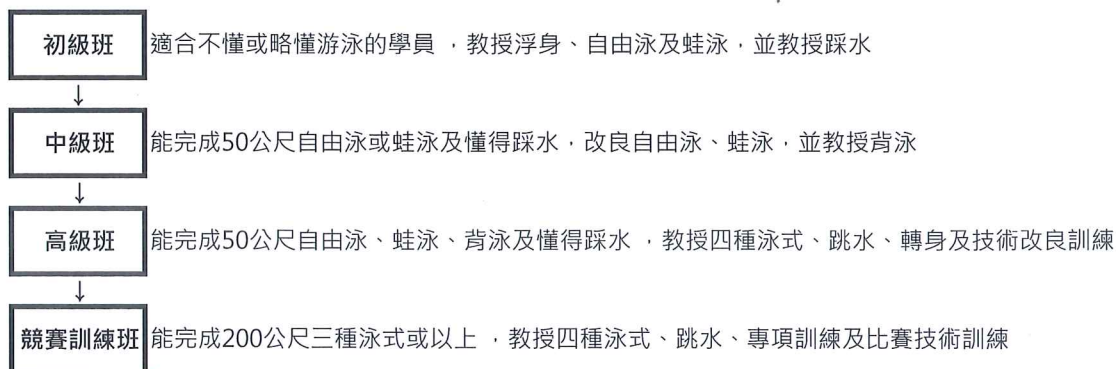
而本會的教學宗旨是貫徹採用實用及有效的新方法授泳，並保證習泳者之安全及身心健康得以正常發展。使參加者在短期內學會游泳及提高游泳水準，從而享受游泳樂趣。

### 本季最新消息

- 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；
- 2014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29面金牌、41面銀牌及30面銅牌；
- 2015年香港短池分齡游泳錦標賽男子團體冠軍、女子團體季軍及全場團體亞軍並合共奪得41面金牌、44面銀牌及39面銅牌，泳員黃明康分別於13至14歲組100米背泳及200米自由泳打破分齡紀錄，400米自由泳及1500米自由泳打破分齡紀錄和青年紀錄；
- 2015 泰國分齡游泳錦標賽，本會有多名泳員代表出席，泳員吳宇軒於13至14歲組400米個人四式比賽中打破了分齡紀錄；
- 第58屆體育節-長池游泳計時賽，泳員吳欣鍵於15至17歲組50米蛙泳打破了分齡紀錄

### 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。



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 8/6**

**2015 July & August hosted by  
HOI TIN ATHLETIC ASSOCIATION  
CHI PUI SWIMMING CLUB LIMITED**

<b>Beginners Level</b>	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
<b>Intermediate Level</b>	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
<b>Advanced Level</b>	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
<b>Race training</b>	Students who can swim 200 meters in either 3 strokes or more	Students are taught four swimming strokes and racing techniques

<b>Our Principles</b>	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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<b>Important Notes</b>	<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, <b><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></b> 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 <b><u>make-up class should be preceded within 6 months</u></b> starting from the absent date.</p> <p>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.</p> <p>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.</p>
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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) Learning journey 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.

<b>Contact</b>	<p>Office hours: Mon to Fri 0930-1800, Sat 0930-1300, Sun &amp; P.H. close Please contact the office at 2572-1428 during office hours. Non-office hours, please contact Mr. Ng at 6477-4784. Fax: 2572-8468 Website: <a href="http://www.hoitin.net">www.hoitin.net</a> Email: <a href="mailto:info@hoitin.net">info@hoitin.net</a> ★ Please contact us for Private Coaching ★ <b>Official fans page of Hoi Tin Swimming Association can now be found on Facebook. For latest information and photo sharing, please kindly refer to</b></p>
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**Please keep this brochure for reference**

<b>Enrolment</b>	<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: (1) hand in to our staff at the pool entrance, or (2) mail to Hoi Tin Swimming Consultants Ltd. at Room A, 23rd Floor, Cheuk Nang Plaza, 250 Hennessy Road, Wanchai, Hong Kong. ☆ Course fee in cash is only accepted for the enrolment is handed to our office. ☆ Since vacancies are limited, new enrolment will be on first-come-first-serve basis. (The course fee includes the swim cap and the entrance fee)</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

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)

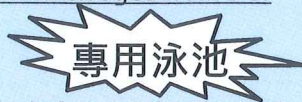
Elementary, Intermediate & Advanced classes will proceed in the same time slot(Suitable For Children aged from 5 or

△附設成人班\$1250(10堂)參加人數如不足4人,將會取消

△Adult class,\$1250(10 lessons),will be cancelled if there are less than 4 participants

備註:家長可免費入場觀看子女,需自備清潔泳池拖鞋方可進入泳池

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



星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lesson	期數 Term	
一、三、五 Mon,Wed,Fri	17/7-3/8/2015	SP1-0800	8:00-9:00am	SP1-0900	9:00-10:00am	SP1-1000	10:00-11:00am	\$1,080	8	第一期 1st	
		SP1-1100	11:00-12:00nn	SP1-1200	12:00-1:00pm						
	15/7-3/8/2015	SP1-1400	2:00-3:00pm	SP1-1500	3:00-4:00pm			\$1,215	9		
	5/8-26/8/2015	SP1A-0800	8:00-9:00am	SP1A-0900	9:00-10:00am	SP1A-1000	10:00-11:00am	\$1,350	10	第二期 2nd	
		SP1A-1100	11:00-12:00nn	SP1A-1200	12:00-1:00pm	SP1A-1400	2:00-3:00pm				
		SP1A-1500	3:00-4:00pm								
一、三 Mon,Wed	13/7-29/7/2015	SP13-1600	4:00-5:00pm	SP13-1700	5:00-6:00pm	SP13-1800	6:00-7:00pm	\$810	6	第一期 1st	
	3/8-26/8/2015	SP13A-1600	4:00-5:00pm	SP13A-1700	5:00-6:00pm	SP13A-1800	6:00-7:00pm	\$1,080	8	第二期 2nd	
二、四 Tue,Thurs	16/7-25/8/2015	SP24-0800	8:00-9:00am	SP24-0900	9:00-10:00am	SP24-1000	10:00-11:00am	\$1,620	12	全期 Full term	
		SP24-1100	11:00-12:00nn	SP24-1200	12:00-1:00pm						
	14/7-25/8/2015	SP24-1400	2:00-3:00pm	SP24-1500	3:00-4:00pm			\$1,755	13		
	14/7-30/7/2015	SP24-1600	4:00-5:00pm	SP24-1900△	7:00-8:00pm	SP24-2000	8:00-9:00pm	\$810	6	第一期 1st	
	4/8-25/8/2015	SP24A-1600	4:00-5:00pm	SP24A-1900△	7:00-8:00pm	SP24A-2000	8:00-9:00pm	\$945	7	第二期 2nd	
一 Mon	13/7-31/8/2015	SP1-1900△	7:00-8:00pm					\$1,080	8		
二 Tue	14/7-15/9/2015	SP2-1700	5:00-6:00pm	SP2-1800	6:00-7:00pm			\$1,350	10		
三 Wed	15/7-26/8/2015	SP3-1900△	7:00-8:00pm					\$945	7		
四 Thurs	16/7-17/9/2015	SP4-1700	5:00-6:00pm	SP4-1800	6:00-7:00pm			\$1,350	10		
五 Fri	17/7-18/9/2015	SP5-1600	4:00-5:00pm	SP5-1700	5:00-6:00pm	SP5-1800	6:00-7:00pm	\$1,450	10	全期 Full term	
		SP5-1900	7:00-8:00pm	SP5-2000	8:00-9:00pm						
六 Sat	18/7-19/9/2015	SP6-0800△	8:00-9:00am	SP6-0900	9:00-10:00am	SP6-1000	10:00-11:00am	\$1,450	10		
		SP6-1100	11:00-12:00nn	SP6-1200	12:00-1:00pm	SP6-1300	1:00-2:00pm				
		SP6-1400	2:00-3:00pm	SP6-1500	3:00-4:00pm	SP6-1600	4:00-5:00pm				
		SP6-1700	5:00-6:00pm	SP6-1800	6:00-7:00pm	SP6-1900△	7:00-8:00pm				
		SP6-2000	8:00-9:00pm								
日 Sun	19/7-20/9/2015	SP7-1300	1:00-2:00pm	SP7-1400	2:00-3:00pm	SP7-1500	3:00-4:00pm	\$1,450	10		
		SP7-1600	4:00-5:00pm	SP7-1700	5:00-6:00pm	SP7-1800△	6:00-7:00pm				



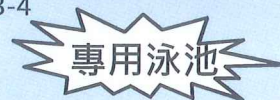
# 幼兒班(▲適合3-4歲學員參加) ▲Nursery class, suitable for children aged from 3-4

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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons	期數 Term
一、三、五 Mon, Wed, Fri	17/7-3/8/2015	SP1-1100▲	11:00-12:00nn	SP1-1200▲	12:00-1:00pm			\$1,240	8	第一期
	15/7-3/8/2015	SP1-1400▲	2:00-3:00pm	SP1-1500▲	3:00-4:00pm			\$1,395	9	1st
	5/8-26/8/2015	SP1A-1100▲ SP1A-1500▲	11:00-12:00nn 3:00-4:00pm	SP1A-1200▲	12:00-1:00pm	SP1A-1400▲	2:00-3:00pm	\$1,550	10	第二期 2nd
一、三 Mon, Wed	13/7-29/7/2015	SP13-1600▲	4:00-5:00pm					\$930	6	第一期 1st
	3/8-26/8/2015	SP13A-1600▲	4:00-5:00pm					\$1,240	8	第二期 2nd
二、四 Tue, Thurs	16/7-25/8/2015	SP24-1100▲	11:00-12:00nn	SP24-1200▲	12:00-1:00pm			\$1,860	12	全期 Full term
	14/7-25/8/2015	SP24-1400▲	2:00-3:00pm	SP24-1500▲	3:00-4:00pm			\$2,015	13	
	14/7-30/7/2015	SP24-1600▲	4:00-5:00pm					\$930	6	第一期 1st
	4/8-25/8/2015	SP24A-1600▲	4:00-5:00pm					\$1,085	7	第二期 2nd
二 Tue	14/7-15/9/2015	SP2-1700▲	5:00-6:00pm	SP2-1800▲	6:00-7:00pm			\$1,550	10	全期 Full term
四 Thurs	16/7-17/9/2015	SP4-1700▲	5:00-6:00pm	SP4-1800▲	6:00-7:00pm			\$1,550	10	
五 Fri	17/7-18/9/2015	SP5-1800▲	6:00-7:00pm	SP5-1900▲	7:00-8:00pm			\$1,550	10	
六 Sat	18/7-19/9/2015	SP6-0830▲ SP6-1130▲ SP6-1430▲ SP6-1730▲	8:30-9:30am 11:30-12:30pm 2:30-3:30pm 5:30-6:30pm	SP6-0930▲ SP6-1230▲ SP6-1530▲	9:30-10:30am 12:30-1:30pm 3:30-4:30pm	SP6-1030▲ SP6-1330▲ SP6-1630▲	10:30-11:30am 1:30-2:30pm 4:30-5:30pm	\$1,550	10	
日 Sun	19/7-20/9/2015	SP7-1330▲ SP7-1630▲	1:30-2:30pm 4:30-5:30pm	SP7-1430▲ SP7-1730▲	2:30-3:30pm 5:30-6:30pm	SP7-1530▲	3:30-4:30pm	\$1,550	10	

## 維多利亞公園室內游泳池 Victoria Park Indoor 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

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	期數 Term
二、四 Tue,Thurs	14/7-30/7/2015	V24-0900★	9:00-10:00am	V24-1000★	10:00-11:00am	V24-1100★	11:00-12:00nn	\$720	6	第一期 1st
		V24-1200	12:00-1:00pm	V24-1400★	2:00-3:00pm	V24-1500★	3:00-4:00pm			
		V24-1600★	4:00-5:00pm	V24-1700	5:00-6:00pm					
	4/8-25/8/2015	V24A-0900★	9:00-10:00am	V24A-1000★	10:00-11:00am	V24A-1100★	11:00-12:00nn	\$840	7	第二期 2nd
		V24A-1200	12:00-1:00pm	V24A-1400★	2:00-3:00pm	V24A-1500★	3:00-4:00pm			
		V24A-1600★	4:00-5:00pm	V24A-1700	5:00-6:00pm					
三、五 Wed,Fri	15/7-31/7/2015	V35-0900★	9:00-10:00am	V35-1000★	10:00-11:00am	V35-1100★	11:00-12:00nn	\$720	6	第一期 1st
		V35-1200	12:00-1:00pm	V35-1400★	2:00-3:00pm	V35-1500★	3:00-4:00pm			
		V35-1600★	4:00-5:00pm	V35-1700	5:00-6:00pm					
	5/8-26/8/2015	V35A-0900★	9:00-10:00am	V35A-1000★	10:00-11:00am	V35A-1100★	11:00-12:00nn	\$840	7	第二期 2nd
		V35A-1200	12:00-1:00pm	V35A-1400★	2:00-3:00pm	V35A-1500★	3:00-4:00pm			
		V35A-1600★	4:00-5:00pm	V35A-1700	5:00-6:00pm					
五 Fri	17/7-18/9/2015	V5-1800★	6:00-7:00pm	V5-1900★	7:00-8:00pm			\$1,200	10	全期 Full term
六 Sat	4/7-19/9/2015	V6-0800★	8:00-9:00am	V6-0900★	9:00-10:00am	V6-1000★	10:00-11:00am	\$1,440	12	
		V6-1100★	11:00-12:00nn	V6-1200	12:00-1:00pm	V6-1400★	2:00-3:00pm			
		V6-1530★	3:30-4:30pm	V6-1700	5:00-6:00pm					
日 Sun	5/7-20/9/2015	V7-0900★	9:00-10:00am	V7-1000★	10:00-11:00am	V7-1100★	11:00-12:00nn	\$1,440	12	
	5/7-20/9/2015 (2/8停)	V7-1200	12:00-1:00pm					\$1,320	11	



# 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 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\$1150(10堂)成人班參加人數如不足4人,將會取消

△Adult class, \$1150(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 Lesson	期數 Term
一、三、五 Mon, Wed, Fri	13/7-3/8/2015	MH1-0800△	8:00-9:00am	MH1-0900	9:00-10:00am	MH1-1000	10:00-11:00am	\$1,200	10	第一期 1s
		MH1-1100	11:00-12:00nn	MH1-1200	12:00-1:00pm					
	5/8-26/8/2015	MH1A-0800△	8:00-9:00am	MH1A-0900	9:00-10:00am	MH1A-1000	10:00-11:00am	\$1,200	10	第二期 2nd
		MH1A-1100	11:00-12:00nn	MH1A-1200	12:00-1:00pm					
二、四 Tue, Thurs	2/7-30/7/2015	MH24-1700	5:00-6:00pm	MH24-1800★	6:00-7:00pm	MH24-1900△★	7:00-8:00pm	\$1,080	9	第一期 1st
	4/8-25/8/2015	MH24A-1700	5:00-6:00pm	MH24A-1800★	6:00-7:00pm	MH24A-1900△★	7:00-8:00pm	\$840	7	第二期 2nd
五 Fri	3/7-18/9/2015	MH5-1700	5:00-6:00pm	MH5-1800★	6:00-7:00pm	MH5-1900★	7:00-8:00pm	\$1,440	12	全期 Full term
六 Sat	4/7-19/9/2015	MH6-0800	8:00-9:00am	MH6-0900	9:00-10:00am	MH6-1000	10:00-11:00am	\$1,440	12	
		MH6-1100	11:00-12:00nn	MH6-1200	12:00-1:00pm	MH6-1400★	2:00-3:00pm			
		MH6-1530★	3:30-4:30pm	MH6-1700	5:00-6:00pm					
日 Sun	5/7-20/9/2015	MH7-0900★	9:00-10:00am	MH7-1000★	10:00-11:00am	MH7-1100★	11:00-12:00nn	\$1,440	12	
	5/7-20/9/2015 (2/8停)	MH7-1200	12:00-1:00pm					\$1,320	11	

# 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\$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 be cancelled if there are less than 4 participants

\*敬請留意逢星期六游泳班只可安排25米線道以作訓練

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

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

星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lesson	期數 Term
一、三、五 Mon, Wed, Fri	13/7-3/8/2015	W1-0800	8:00-9:00am	W1-0900	9:00-10:00am			\$1,150	10	第一期 1st
	5/8-26/8/2015	W1A-0800	8:00-9:00am	W1A-0900	9:00-10:00am			\$1,150	10	第二期 2nd
一、三 Mon, Wed	13/7-26/8/2015	W13-1400	2:00-3:00pm	W13-1500	3:00-4:00pm			\$1,610	14	全期 Full term
二、四 Tue, Thurs	14/7-25/8/2015	W24-0800	8:00-9:00am	W24-0900	9:00-10:00am	W24-1400	2:00-3:00pm	\$1,495	13	全期 Full term
		W24-1500	3:00-4:00pm							
六 Sat	4/7-19/9/2015	W6-1000	10:00-11:00am	W6-1100	11:00-12:00nn	W6-1400	2:00-3:00pm	\$1,380	12	
		W6-1500	3:00-4:00pm	W6-1600	4:00-5:00pm	W6-1700	5:00-6:00pm			
		W6-1800	6:00-7:00pm							
日 Sun	5/7-20/9/2015	W7-0800△	8:00-9:00am	W7-1200	12:00-1:00pm	W7-1300	1:00-2:00pm	\$1,380	12	

★=不設專池、專線



# 南島國際學校室內恆溫游泳池

South Island School Indoor Heated Swimming Pool

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

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

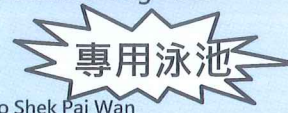
Bus Routes which pass by the school are listed as below: 41A-North Point Harbour to Wah Fu OR 76-Causeway Bay(Moreton Terrace) to Shek Pai Wan

初、中、高班分組同時進行(適合5歲或以上學員參加)

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

備註:家長可免費入場觀看子女, 需自備清潔泳池拖鞋方可進入泳池

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



星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons	期數 Term
日 Sun	5/7-20/9/2015	SI7-1400	2:00-3:00pm	SI7-1500	3:00-4:00pm	SI7-1600	4:00-5:00pm	\$1,440	12	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

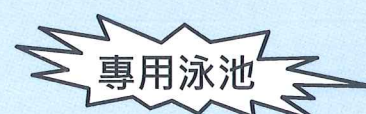
地址:香港鴨脷洲利東邨道18號 18 Lei Tung Estate Road, Lei Tung Chau

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)

# 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 hosted.



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	期數 Term
一、三、五 Mon, Wed, Fri	13/7-3/8/2015	LM1-1400	2:00-3:00pm	LM1-1500	3:00-4:00pm	LM1-1600	4:00-5:00pm	\$1,200	10	第一期 1st
	5/8-26/8/2015	LM1A-1400	2:00-3:00pm	LM1A-1500	3:00-4:00pm	LM1A-1600	4:00-5:00pm	\$1,200	10	第二期 2nd
二、四 Tue, Thurs	14/7-25/8/2015	LM24-1400	2:00-3:00pm	LM24-1500	3:00-4:00pm			\$1,560	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)



# 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)

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	期數 Term
一、四 Mon,Thurs	13/7-27/8/2015	SYS14-0900 ★	9:00-10:00am	SYS14-1000 ★	10:00-11:00am	SYS14-1100 ★	11:00-12:00nn	\$1,680	14	全期 Full term
		SYS14-1200	12:00-1:00pm							
三、五 Wed,Fri	15/7-28/8/2015	SYS35-0900 ★	9:00-10:00am	SYS35-1000 ★	10:00-11:00am	SYS35-1100 ★	11:00-12:00nn	\$1,680	14	
		SYS35-1200	12:00-1:00pm							
六 Sat	4/7-29/8/2015	SYS6-0900 ★	9:00-10:00am	SYS6-1000 ★	10:00-11:00am	SYS6-1100 ★	11:00-12:00nn	\$1,080	9	全期 Full term
		SYS6-1200	12:00-1:00pm							
日 Sun	5/7-30/8/2015	SYS7-0900 ★	9:00-10:00am	SYS7-1000 ★	10:00-11:00am	SYS7-1100 ★	11:00-12:00nn	\$1,080	9	
	5/7-30/8/2015 (2/8停)	SYS7-1200	12:00-1:00pm					\$960	8	

## 成人班 Adult Class

成人班以10堂為一單位, 成人班參加人數如不足4人, 將會取消

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

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	期數 Term
四 Thurs	2/7-27/8/2015	SYS4-0700△	7:00-8:00am	SYS4-0800△	8:00-9:00am			\$1,150	10	全期 Full term

# 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.

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	期數 Term
二、四 Tue,Thurs	14/7-25/8/2015	PY24-0800★	8:00-9:00am	PY24-0900★	9:00-10:00am			\$1,560	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 )

★=不設專池、專線



# 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

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	期數 Term			
一、三 Mon,Wed	13/7-26/8/2015	SSW13-0900▲★	9:00-10:00am	SSW13-1000▲★	10:00-11:00am	SSW13-1100▲★	11:00-12:00nn	\$1,680	14	全期 Full term			
		SSW13-1200	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	5:00-6:00pm						
		SSW13-1800▲★	6:00-7:00pm	SSW13-1900▲★	7:00-8:00pm								
二、五 Tue,Fri	14/7-28/8/2015	SSW25-0900▲★	9:00-10:00am	SSW25-1000▲★	10:00-11:00am	SSW25-1100▲★	11:00-12:00nn	\$1,680	14		全期 Full term		
		SSW25-1200	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	5:00-6:00pm						
		SSW25-1800▲★	6:00-7:00pm	SSW25-1900▲★	7:00-8:00pm								
四 Thurs	16/7-17/9/2015	SSW4-1700	5:00-6:00pm	SSW4-1800▲★	6:00-7:00pm	SSW4-1900▲★	7:00-8:00pm	\$1,200	10			全期 Full term	
六 Sat	18/7-19/9/2015	SSW6-0900▲★	9:00-10:00am	SSW6-1000▲★	10:00-11:00am	SSW6-1100★	11:00-12:00nn	\$1,200	10				全期 Full term
		SSW6-1200	12:00-1:00pm	SSW6-1400▲★	2:00-3:00pm	SSW6-1500▲★	3:00-4:00pm						
		SSW6-1600▲★	4:00-5:00pm	SSW6-1700	5:00-6:00pm	SSW6-1800▲★	6:00-7:00pm						
日 Sun	19/7-20/9/2015 (2/8停)	SSW7-0900★	9:00-10:00am	SSW7-1000★	10:00-11:00am	SSW7-1100▲★	11:00-12:00nn	\$1,080	9	全期 Full term			
		SSW7-1200	12:00-1:00pm	SSW7-1300▲★	1:00-2:00pm	SSW7-1400▲★	2:00-3:00pm						
		SSW7-1700	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: 鯉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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons	期數 Term
二、四 Tue,Thurs	14/7-30/7/2015	KHC24-1400▲	2:00-3:00pm					\$720	6	第一期 1st
	2/7-30/7/2015	KHC24-1800	6:00-7:00pm					\$1,080	9	
	4/8-25/8/2015	KHC24A-1400▲	2:00-3:00pm	KHC24A-1800	6:00-7:00pm			\$840	7	第二期 2nd
三、五 Wed,Fri	1/7-31/7/2015	KHC35-1800▲	6:00-7:00pm					\$1,200	10	第一期 1st
	5/8-26/8/2015	KHC35A-1800▲	6:00-7:00pm					\$840	7	第二期 2nd
一 Mon	6/7-24/8/2015	KHC1-1800▲	6:00-7:00pm					\$960	8	全期 Full term
六 Sat	4/7-5/9/2015	KHC6-1400▲	2:00-3:00pm					\$1,200	10	

本會尚於鯉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: 鯉魚涌康山道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

★=不設專池、專線



# 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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lesson	期數 Term
一、三、五 Mon, Wed, Fri	13/7-3/8/2015	KHH1-0900▲★	9:00-10:00am	KHH1-1000★	10:00-11:00am			\$1,200	10	第一期 1st
	5/8-26/8/2015	KHH1A-0900▲★	9:00-10:00am	KHH1A-1000★	10:00-11:00am			\$1,200	10	第二期 2nd
二、四 Tue, Thurs	14/7-4/8/2015	KHH24-0900▲★	9:00-10:00am	KHH24-1000★	10:00-11:00am	KHH24-1500▲★	3:00-4:00pm	\$840	7	第一期 1st
		KHH24-1600▲★	4:00-5:00pm							
	2/7-30/7/2015	KHH24-1700	5:00-6:00pm	KHH24-1800★	6:00-7:00pm	KHH24-1900★	7:00-8:00pm	\$1,080	9	第二期 2nd
	6/8-25/8/2015	KHH24A-0900▲★	9:00-10:00am	KHH24A-1000★	10:00-11:00am	KHH24A-1500▲★	3:00-4:00pm	\$720	6	
		KHH24A-1600▲★	4:00-5:00pm							
	4/8-25/8/2015	KHH24A-1700	5:00-6:00pm	KHH24A-1800★	6:00-7:00pm	KHH24A-1900★	7:00-8:00pm	\$840	7	
三、五 Wed, Fri	15/7-5/8/2015	KHH35-1400★	2:00-3:00pm	KHH35-1500▲★	3:00-4:00pm	KHH35-1600▲★	4:00-5:00pm	\$840	7	第一期 1st
	1/7-31/7/2015	KHH35-1700	5:00-6:00pm	KHH35-1900★	7:00-8:00pm			\$1,200	10	
	7/8-26/8/2015	KHH35A-1400★	2:00-3:00pm	KHH35A-1500▲★	3:00-4:00pm	KHH35A-1600▲★	4:00-5:00pm	\$720	6	第二期 2nd
	5/8-26/8/2015	KHH35A-1700	5:00-6:00pm	KHH35A-1900★	7:00-8:00pm			\$840	7	
一 Mon	13/7-24/8/2015	KHH1-1400★	2:00-3:00pm	KHH1-1500▲★	3:00-4:00pm	KHH1-1600▲★	4:00-5:00pm	\$840	7	
	6/7-24/8/2015	KHH1-1700	5:00-6:00pm	KHH1-1900★	7:00-8:00pm			\$960	8	
六 Sat	11/7-5/9/2015	KHH6-0900▲★	9:00-10:00am	KHH6-1000★	10:00-11:00am	KHH6-1500▲★	3:00-4:00pm	\$1,080	9	全期 Full term
		KHH6-1600▲★	4:00-5:00pm	KHH6-1700	5:00-6:00pm					
日 Sun	12/7-6/9/2015	KHH7-0900▲★	9:00-10:00am	KHH7-1000★	10:00-11:00am	KHH7-1100	11:00-12:00nn	\$1,080	9	
		KHH7-1400★	2:00-3:00pm	KHH7-1500▲★	3:00-4:00pm	KHH7-1600▲★	4:00-5:00pm			
		KHH7-1700	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)**

辦理會籍支票抬頭: Kornhill Recreation Club Ltd

\*\*課程活動會籍 (\$180 / 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 (\$270 / 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。

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

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

Cheque payable to: Kornhill Recreation Club Ltd

The course membership fee (\$180 / 3 month)

Student membership (\$270 / 3 month)

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

with the membership fee to Kornhill Recreation Club.

★=不設專池、專線



# 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

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	期數 Term
一、五 Mon,Fri	13/7-24/8/2015	LK15-0900★	9:00-10:00am	LK15-1000★	10:00-11:00am	LK15-1100▲★	11:00-12:00nn	\$1,560	13	全期 Full term
		LK15-1200	12:00-1:00pm	LK15-1300★	1:00-2:00pm	LK15-1400▲★	2:00-3:00pm			
	3/7-31/7/2015	LK15-1700	5:00-6:00pm	LK15-1800★	6:00-7:00pm	LK15-1900★	7:00-8:00pm	\$1,080	9	第一期 1st
	3/8-24/8/2015	LK15A-1700	5:00-6:00pm	LK15A-1800★	6:00-7:00pm	LK15A-1900★	7:00-8:00pm	\$840	7	第二期 2nd
二、四 Tue,Thurs	14/7-25/8/2015	LK24-0800★	8:00-9:00am	LK24-0900★	9:00-10:00am	LK24-1000★	10:00-11:00am	\$1,560	13	全期 Full term
		LK24-1100▲★	11:00-12:00nn	LK24-1200	12:00-1:00pm	LK24-1300★	1:00-2:00pm			
		LK24-1400▲★	2:00-3:00pm							
	2/7-30/7/2015	LK24-1700	5:00-6:00pm	LK24-1800★	6:00-7:00pm	LK24-1900★	7:00-8:00pm	\$1,080	9	第一期 1st
4/8-25/8/2015	LK24A-1700	5:00-6:00pm	LK24A-1800★	6:00-7:00pm	LK24A-1900★	7:00-8:00pm	\$840	7	第二期 2nd	
三 Wed	1/7-9/9/2015	LK3-1700	5:00-6:00pm	LK3-1800★	6:00-7:00pm	LK3-1900★	7:00-8:00pm	\$1,320	11	全期 Full term
六 Sat	4/7-5/9/2015	LK6-0845▲★	8:45-9:45am	LK6-0945★	9:45-10:45am	LK6-1045★	10:45-11:45am	\$1,200	10	
		LK6-1200	12:00-1:00pm	LK6-1300▲★	1:00-2:00pm	LK6-1400★	2:00-3:00pm			
		LK6-1500★	3:00-4:00pm	LK6-1700	5:00-6:00pm	LK6-1800★	6:00-7:00pm			
日 Sun	5/7-6/9/2015 (2/8停)	LK7-0845▲★	8:45-9:45am	LK7-0945★	9:45-10:45am	LK7-1045★	10:45-11:45am	\$1,080	9	
		LK7-1200	12:00-1:00pm	LK7-1300▲★	1:00-2:00pm	LK7-1400★	2:00-3:00pm			
		LK7-1700▲	5:00-6:00pm							

★=不設專池、專線

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)

幼兒或初級班可於活動纖維台上習泳

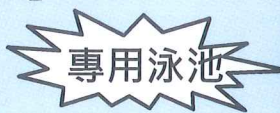
Additional platform for Nursery & Elementary classes

幼兒、初、中、高班分組同時進行(適合3歲或以上學員參加)

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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons	期數 Term
二、四 Tue,Thurs	14/7-4/8/2015	SL24-0800	8:00-9:00am	SL24-0900	9:00-10:00am	SL24-1000	10:00-11:00am	\$980	7	第一期 1st
		SL24-1100	11:00-12:00nn	SL24-1200	12:00-1:00pm	SL24-1400	2:00-3:00pm			
		SL24-1500	3:00-4:00pm							
	2/7-30/7/2015	SL24-1800	6:00-7:00pm					\$1,260	9	
	6/8-27/8/2015	SL24A-0800	8:00-9:00am	SL24A-0900	9:00-10:00am	SL24A-1000	10:00-11:00am	\$980	7	第二期 2nd
		SL24A-1100	11:00-12:00nn	SL24A-1200	12:00-1:00pm	SL24A-1400	2:00-3:00pm			
		SL24A-1500	3:00-4:00pm							
4/8-27/8/2015	SL24A-1800	6:00-7:00pm					\$1,120	8		
三、五 Wed,Fri	15/7-5/8/2015	SL35-0830	8:30-9:30am	SL35-0930	9:30-10:30am	SL35-1030	10:30-11:30am	\$980	7	第一期 1st
		SL35-1130	11:30-12:30nn	SL35-1230	12:30-1:30pm	SL35-1430	2:30-3:30pm			
		SL35-1530	3:30-4:30pm							
	7/8-28/8/2015	SL35A-0830	8:30-9:30am	SL35A-0930	9:30-10:30am	SL35A-1030	10:30-11:30am	\$980	7	第二期 2nd
		SL35A-1130	11:30-12:30nn	SL35A-1230	12:30-1:30pm	SL35A-1430	2:30-3:30pm			
SL35A-1530		3:30-4:30pm								
一 Mon	13/7-31/8/2015	SL1-1030	10:30-11:30am	SL1-1130	11:30-12:30nn	SL1-1230	12:30-1:30pm	\$1,120	8	全期 Full term
		SL1-1430	2:30-3:30pm	SL1-1530	3:30-4:30pm					
	6/7-14/9/2015	SL1-1630	4:30-5:30pm	SL1-1730	5:30-6:30pm	SL1-1830	6:30-7:30pm	\$1,540	11	
		SL1-1930	7:30-8:30pm	SL1-2030	8:30-9:30pm					
二 Tue	7/7-15/9/2015	SL2-1600	4:00-5:00pm	SL2-1700	5:00-6:00pm			\$1,540	11	
三 Wed	1/7-16/9/2015	SL3-1630	4:30-5:30pm	SL3-1730	5:30-6:30pm	SL3-1830	6:30-7:30pm	\$1,680	12	
		SL3-1930	7:30-8:30pm	SL3-2030	8:30-9:30pm					
四 Thurs	2/7-17/9/2015	SL4-1600	4:00-5:00pm	SL4-1700	5:00-6:00pm			\$1,680	12	
五 Fri	3/7-18/9/2015	SL5-1630	4:30-5:30pm	SL5-1730	5:30-6:30pm	SL5-1830	6:30-7:30pm	\$1,800	12	
六 Sat	4/7-19/9/2015	SL6-0830	8:30-9:30am	SL6-0930	9:30-10:30am	SL6-1030	10:30-11:30am	\$1,800	12	
		SL6-1130	11:30-12:30pm	SL6-1430	2:30-3:30pm	SL6-1530	3:30-4:30pm			
		SL6-1630	4:30-5:30pm	SL6-1730	5:30-6:30pm	SL6-1830	6:30-7:30pm			
		SL6-1930	7:30-8:30pm							
日 Sun	5/7-20/9/2015	SL7-0800	8:00-9:00am	SL7-0900	9:00-10:00am	SL7-1000	10:00-11:00am	\$1,800	12	
		SL7-1100	11:00-12:00nn	SL7-1200	12:00-1:00pm	SL7-1400	2:00-3:00pm			
		SL7-1500	3:00-4:00pm	SL7-1600	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)

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)

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

專用泳池



## 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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons	期數 Term
五 Fri	3/7-18/9/2015	SL-T5-1930	7:30-9:00pm					\$2,100	12	全期 Full term
六 Sat	4/7-19/9/2015	SL-T6-1930	7:30-9:00pm					\$2,100	12	
日 Sun	5/7-20/9/2015	SL-T7-0800	8:00-9:30am	SL-T7-0930	9:30-11:00am			\$2,100	12	

## 成人班 Adult Class

成人班以10堂為一單位, 成人班參加人數如不足4人, 將會取消

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

※SL24-0800/0900之班別若只選擇一星期一課之學員學費為\$1150/10課

※\$1150/course for classes SL24-0800/0900, swimming 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	期數 Term
二至五 Tue to Fri	1/7-28/8/2015	SL2345-0700	7:00-8:00am	SL2345-0800	8:00-9:00am			\$750 (每月) per month		
※以上月費成人班只適用於能完成25米泳式者 ※The monthly fee is only applicable to swimmers who can finish 25m										
二、四 Tue, Thurs	2/7-27/8/2015	SL24-0800	8:00-9:00am	SL24-0900	9:00-10:00am			\$1,100	10	全期 Full term
一 Mon	6/7-31/8/2015	SL1-2030	8:30-9:30pm					\$1,400	10	
六 Sat	4/7-29/8/2015	SL6-1930	7:30-8:30pm					\$1,500	10	

## 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)

專用泳線

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	期數 Term
一、三、五 Mon, Wed, Fri	13/7-3/8/2015	TW1-1600	4:00-5:00pm	TW1-1700	5:00-6:00pm			\$1,200	10	第一期 1st
	5/8-26/8/2015	TW1A-1600	4:00-5:00pm	TW1A-1700	5:00-6:00pm			\$1,200	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 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	期數 Term
三、五 Wed, Fri	15/7-5/8/2015	TKT35-1100★	11:00-12:00nn	TKT35-1300★	1:00-2:00pm			\$840	7	第一期 1st
		TKT35-1200	12:00-1:00pm					\$875	7	
	3/7-31/7/2015	TKT35-1600★	4:00-5:00pm	TKT35-1800★	6:00-7:00pm			\$1,080	9	
		TKT35-1700	5:00-6:00pm					\$1,125	9	
	7/8-26/8/2015	TKT35A-1100★	11:00-12:00nn	TKT35A-1300★	1:00-2:00pm			\$720	6	第二期 2nd
		TKT35A-1200	12:00-1:00pm					\$750	6	
	5/8-26/8/2015	TKT35A-1600★	4:00-5:00pm	TKT35A-1800★	6:00-7:00pm			\$840	7	
		TKT35A-1700	5:00-6:00pm					\$875	7	
二、四 Tue, Thurs	2/7-30/7/2015	TKT24-1600★	4:00-5:00pm	TKT24-1800★	6:00-7:00pm			\$1,080	9	第一期 1st
		TKT24-1700	5:00-6:00pm					\$1,125	9	
	4/8-25/8/2015	TKT24A-1600★	4:00-5:00pm	TKT24A-1800★	6:00-7:00pm			\$840	7	第二期 2nd
		TKT24A-1700	5:00-6:00pm					\$875	7	
六 Sat	4/7-5/9/2015	TKT6-1600★	4:00-5:00pm	TKT6-1800★	6:00-7:00pm			\$1,200	10	全期 Full term
		TKT6-1700	5:00-6:00pm					\$1,250	10	

# 荔枝角公園室內游泳池 Lai Chi Kok Park Indoor 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)

(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	期數 Term
一、五 Mon, Fri	13/7-24/8/2015	LC15-0900★	9:00-10:00am	LC15-1000★	10:00-11:00am	LC15-1100★	11:00-12:00nn	\$1,560	13	全期 Full term
六 Sat	4/7-19/9/2015	LC6-0900★	9:00-10:00am	LC6-1000★	10:00-11:00am	LC6-1100★	11:00-12:00nn	\$1,440	12	
日 Sun	5/7-20/9/2015	LC7-0900★	9:00-10:00am	LC7-1000★	10:00-11:00am	LC7-1100★	11:00-12:00nn	\$1,440	12	

★=不設專池、專線



# 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)

幼兒或初級班可於活動纖維台上習泳

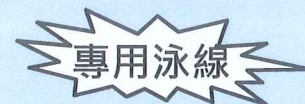
Additional platform for Nursery & Elementary classes

幼兒、初、中、高班分組同時進行(適合3歲或以上學員參加)

Nursery, 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	期數 Term
一、三、五 Mon,Wed,Fri	15/7-3/8/2015	LS1-0900	9:00-10:00am	LS1-1000	10:00-11:00am	LS1-1100	11:00-12:00nn	\$1,080	9	第一期 1st
	5/8-31/8/2015	LS1A-0900	9:00-10:00am	LS1A-1000	10:00-11:00am	LS1A-1100	11:00-12:00nn	\$1,440	12	第二期 2nd
一、三 Mon,Wed	15/7-3/8/2015	LS13-1400	2:00-3:00pm	LS13-1500	3:00-4:00pm	LS13-1600	4:00-5:00pm	\$720	6	第一期 1st
		LS13-1700	5:00-6:00pm							
	5/8-31/8/2015	LS13A-1400	2:00-3:00pm	LS13A-1500	3:00-4:00pm	LS13A-1600	4:00-5:00pm	\$960	8	第二期 2nd
		LS13A-1700	5:00-6:00pm							
二、四 Tue,Thur	16/7-4/8/2015	LS24-0900	9:00-10:00am	LS24-1000	10:00-11:00am	LS24-1100	11:00-12:00nn	\$720	6	第一期 1st
		LS24-1400	2:00-3:00pm	LS24-1500	3:00-4:00pm	LS24-1600	4:00-5:00pm			
		LS24-1700	5:00-6:00pm							
	6/8-27/8/2015	LS24A-0900	9:00-10:00am	LS24A-1000	10:00-11:00am	LS24A-1100	11:00-12:00nn	\$840	7	第二期 2nd
		LS24A-1400	2:00-3:00pm	LS24A-1500	3:00-4:00pm	LS24A-1600	4:00-5:00pm			
		LS24A-1700	5:00-6:00pm							
五 Fri	3/7-18/9/2015	LS5-1600	4:00-5:00pm	LS5-1700	5:00-6:00pm	LS5-1800	6:00-7:00pm	\$1,440	12	全期 Full term
LS5-1900		7:00-8:00pm								
六 Sat	4/7-19/9/2015	LS6-0845	8:45-9:45am	LS6-0945	9:45-10:45am	LS6-1045	10:45-11:45am	\$1,440	12	
		LS6-1145	11:45-12:45pm	LS6-1415	2:15-3:15pm	LS6-1515	3:15-4:15pm			
		LS6-1615	4:15-5:15pm	LS6-1715	5:15-6:15pm					
日 Sun	5/7-20/9/2015	LS7-0900	9:00-10:00am	LS7-1000	10:00-11:00am	LS7-1100	11:00-12:00nn	\$1,440	12	
		LS7-1200	12:00-1:00pm							

## 競賽訓練班 Competitive Training Class

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

星期 Date	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons	期數 Term
六 Sat	4/7-19/9/2015	LS-T6-1415	2:15-3:45pm	LS-T6-1545	3:45-5:15pm			\$1,740	12	全期 Full term
日 Sun	5/7-20/9/2015	LS-T7-0900	9:00-10:30am					\$1,740	12	

## 九龍公園室內游泳池 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	期數 Term
六 Sat	4/7-19/9/2015	K6-1200	12:00-1:00pm	K6-1300	1:00-2:00pm	K6-1900	7:00-8:00pm	\$1,440	12	全期 Full term
		K6-2000	8:00-9:00pm							



# 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.

※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	2/7-29/8/2015	灣仔室外游泳池 Wanchai Outdoor Swimming Pool	逢星期四 Thur	4:00-5:30pm	8-13歲 Age 8-13	\$1,600	不設補課 No MakeUp Class
			逢星期六 Sat	3:00-5:00pm			
P1A	14/7-25/8/2015	灣仔室外游泳池 Wanchai Outdoor Swimming Pool	逢星期二 Tue	2:00-4:00pm	8-13歲 Age 8-13	\$1,800	
	2/7-29/8/2015		逢星期四 Thur	4:00-5:30pm			
			逢星期六 Sat	3:00-5:00pm			
P2	4/7-31/8/2015	灣仔室外游泳池 Wanchai Outdoor Swimming Pool	逢星期一 Mon	5:00-7:00pm	11-13歲 Age 11-13	\$1,600	
			逢星期六 Sat				
P2A	16/7-27/8/2015	灣仔室外游泳池 Wanchai Outdoor Swimming Pool	逢星期四 Thur	2:00-4:00pm	11-13歲 Age 11-13	\$1,800	
	4/7-31/8/2015		逢星期一 Mon	5:00-7:00pm			
			逢星期六 Sat				
P2B	17/7-28/8/2015	灣仔室外游泳池 Wanchai Outdoor Swimming Pool	逢星期五 Fri	8:00-10:00am	11-13歲 Age 11-13	\$1,600	
	5/7-30/8/2015		逢星期日 Sun	12:00-14:00pm			
P5	2/7-27/8/2015	博藝會室內暖水游泳池 Spotlight Recreation Club Indoor Heated Swimming pool	逢星期二 Tue	7:00-8:30pm	8至12歲 Age 8-12	\$1,800	
			逢星期四 Thur				
P7	2/7-9/7/2015	小西灣室內游泳池 Siu Sai Wan Indoor Swimming Pool	逢星期一 Mon	5:00-6:30pm	6-10歲 Age 6-10	\$1,600	
			逢星期四 Thur				
	13/7-28/8/2015		逢星期一 Mon	12:00-2:00pm			
			逢星期五 Fri				
P8A	1/7-29/8/2015	喇沙書院室外游泳池 La Salle College Outdoor Swimming Pool	逢星期三 Wed	6:00-7:30pm	6-8歲 Age 6-8	\$1,800	
			逢星期六 Sat	2:00-3:30pm			



## 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

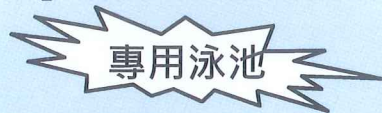
水深:0.9米至2.8米(50米專用泳線) Water depth: 0.9m-2.8m (50m exclusive lanes)

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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons	期數 Term
日 Sun	5/7-20/9/2015	SF7-1045	10:45-11:45am	SF7-1145	11:45-12:45pm			\$1,440	12	全期 Full term

## 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	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons	期數 Term
二、四 Tue, Thurs	2/7-30/7/2015	TK24-1730	5:30-6:30pm	TK24-1830	6:30-7:30pm			\$1,035	9	第一期 1st
	4/8-27/8/2015	TK24A-1730	5:30-6:30pm	TK24A-1830	6:30-7:30pm			\$920	8	第二期 2nd
六 Sat	4/7-19/9/2015	TK6-1530★	3:30-4:30pm	TK6-1630★	4:30-5:30pm	TK6-1730★	5:30-6:30pm	\$1,380	12	全期 Full term
		TK6-1830	6:30-7:30pm							

## 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) 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)

△附設成人班\$1150(10堂)成人班參加人數如不足4人,將會取消

△Adult class, \$1150(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;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	期數 Term
一、五 Mon,Fri	13/7-24/8/2015	LT15-1000★	10:00-11:00am	LT15-1100★	11:00-12:00nn	LT15-1200	12:00-1:00pm	\$1,495	13	全期 Full term
		LT15-1500★	3:00-4:00pm	LT15-1600★	4:00-5:00pm					
二、四 Tue,Thur	14/7-25/8/2015	LT24-1000★	10:00-11:00am	LT24-1100★	11:00-12:00nn	LT24-1200	12:00-1:00pm	\$1,495	13	
五 Fri	3/7-18/9/2015	LT5-1700★	5:00-6:00pm	LT5-1800	6:00-7:00pm	LT5-1900△	7:00-8:00pm	\$1,380	12	
六 Sat	4/7-19/9/2015	LT6-1000★	10:00-11:00am	LT6-1100★	11:00-12:00nn	LT6-1200	12:00-1:00pm	\$1,380	12	
		LT6-1500★	3:00-4:00pm	LT6-1600★	4:00-5:00pm	LT6-1700★	5:00-6:00pm			
		LT6-1800△	6:00-7:00pm							
日 Sun	5/7-20/9/2015	LT7-1000★	10:00-11:00am	LT7-1100★	11:00-12:00nn			\$1,380	12	
	5/7-20/9/2015 (2/8停)	LT7-1200	12:00-1:00pm					\$1,265	11	

★=不設專池、專線



- 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。
  - 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，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 (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](mailto: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](http://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\*\*\*\*

STUDENT NO:

## 海天體育會游泳部及志佩游泳會有限公司主辦之2015年7-8月公開游泳班報名表

### Application Form for July & August 2015 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則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 \_\_\_\_\_ 英文 \_\_\_\_\_ 出生日期 \_\_\_\_\_ 年 \_\_\_\_\_ 月 \_\_\_\_\_ 日 年齡 \_\_\_\_\_ 性別 \_\_\_\_\_  
Name: (CHI) \_\_\_\_\_ (ENG) \_\_\_\_\_ 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: \_\_\_\_\_

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，可於開班後自行致電本會預約補課；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.

你從何得知本會課程: ☐ 舊生 ☐ 本會網頁 ☐ FACEBOOK ☐ 宣傳單張 ☐ 朋友介紹 ☐ 其他: \_\_\_\_\_

How did you receive the course information? ☐ Old Member ☐ Website ☐ FACEBOOK ☐ Leaflet ☐ Friend ☐ Others: \_\_\_\_\_

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