



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2016年第四期游泳班章程

現有參加者可於
19/8前優先報名

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，泳員黃錫威於男子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，泳員黃竟豪、黃錫威、麥浩麟及張健達於男子4x100米自由泳接力賽奪得一面銅牌，再一次為泳壇發放異彩。

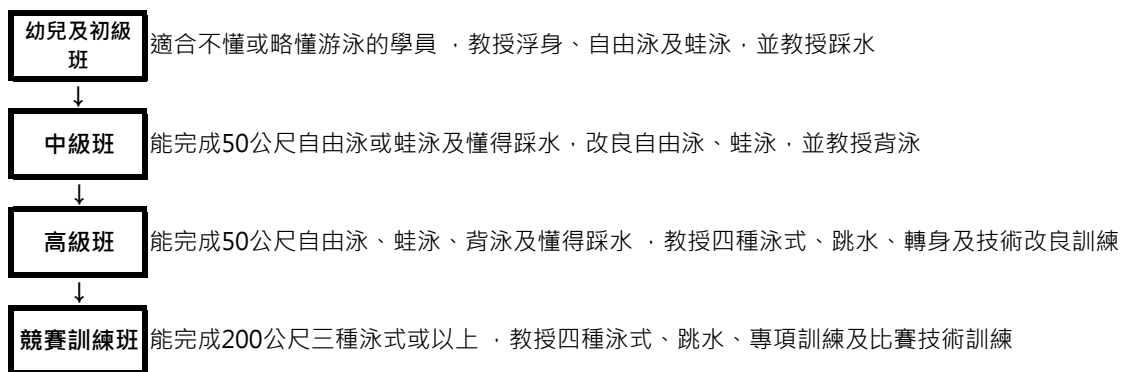
而本會的教學宗旨是貫徹採用實用及有效的新方法授泳，並保證習泳者之安全及身心健康得以正常發展。使參加者在短期內學會游泳及提高游泳水準，從而享受游泳樂趣。

本季最新消息

- 2016巴西奧運會，本會有4名泳員達到奧運會參賽標準
鄭莉梅200米自由泳以1:58.78達奧運會A標代表香港出戰奧運會，本屆奧運會是香港運動員首次以A標參賽。
張健達分別以100米自由泳 50.15及200米自由泳1:51.13達奧運會參賽B標
楊珍美200米蛙泳以2:30.56 達奧運會參賽B標
黃筠陶100米背泳以1:02.24達奧運會參賽B標，同時打破女子15-17歲分齡紀錄
- 麥浩麟於5月第一組長池分齡比賽(第一節)，200米個人四式以2:05.81打破香港紀錄，同時，卓銘浩以16:29.37打破男子13-14歲組1500米自由泳分齡紀錄，劉平兒以1:09.78打破女子10歲或以下組100米蝶泳分齡紀錄。
- 黃鈺茵於印尼巨港舉行之第五屆亞洲中學生游泳錦標賽中，50米蝶泳以27.65打破女子15-17歲分齡紀錄並奪得金牌
- 黃明康於俄羅斯舉行之第六屆亞洲兒童國際運動會中，200自以個人最佳時間1:55.37奪得銅牌。

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。



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 19/8**

**2016 Sep to Dec hosted by
HOI TIN ATHLETIC ASSOCIATION
CHI PUI SWIMMING CLUB LIMITED**

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

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

Important Notes

- 1) Successful applicants will NOT be notified. Parents are requested to arrange delivery and pick-up of their children on their own. Students should bring along their swimming gears, including swimming suits, goggles, towels and slippers (swimming caps will be provided and shall be worn in the class at all time) and report at the pool 15 minutes prior to the class according to the date and time in the time-table.
- 2) No make-up class will be arranged for children who miss class for personal reasons, **unless an advanced notification is received upon the submission of application. Absence of either sick leave or personal leave is limited to one day for each course.** Students are required to present doctor certificate for absence due to illness. Parents are requested to contact the office to check out the schedule for the make-up class at the second lesson. All **make-up class should be proceeded within 6 months** starting from the absent date.

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 1:4(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 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

Enrolment

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



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\$1200(10堂)成人班參加人數如不足4人·將會取消(公眾假期暫停)

△Adult class,\$1200(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 | 每堂 Per lesson | 堂數Lessons | 費用Fee |
|------------------------|---|------------|---------------|------------|---------------|------------|---------------|------------------|-----------|---------|
| 一、三、五 Mon, Wed, Fri | 2/9-30/12 (16/9,10/10, 26/12停suspend) | MH1-0800△ | 8:00-9:00am | MH1-0900△ | 9:00-10:00am | MH1-1000△★ | 10:00-11:00am | @ \$125 | 10 | \$1,250 |
| 二 Tue | 6/9-27/12 | MH2-1700 | 5:00-6:00pm | MH2-1900△★ | 7:00-8:00pm | | | | 17 | \$2,125 |
| 四 Thurs | 1/9-29/12 | MH4-1700 | 5:00-6:00pm | MH4-1900△★ | 7:00-8:00pm | | | | 18 | \$2,250 |
| 五 Fri | 23/9-30/12 | MH5-0900△★ | 9:00-10:00am | MH5-1000△★ | 10:00-11:00am | | | | 15 | \$1,875 |
| | | MH5-1700 | 5:00-6:00pm | MH5-1800★ | 6:00-7:00pm | MH5-1900★ | 7:00-8:00pm | | | |
| 六 Sat | 24/9-31/12 | MH6-0800 | 8:00-9:00am | MH6-0900 | 9:00-10:00am | MH6-1000 | 10:00-11:00am | | 15 | \$1,875 |
| | | 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 | 25/9-25/12 | MH7-0900★ | 9:00-10:00am | MH7-1000★ | 10:00-11:00am | MH7-1100★ | 11:00-12:00nn | 14 | \$1,750 | |
| | | MH7-1200 | 12:00-1:00pm | | | | | | | |

學前幼兒班 適合1歲半至3歲小童

*5堂為一個單位(師生比例1:2) *上課時間可再商議

課程內容:

- 水感認知
- 水中安全技巧
- 熟習水性
- 輔助背浮
- 嬰兒手握池邊移動
- 水中潛泳到池邊-(約1米距離)



水對嬰兒來說具有親和力，因嬰兒已花了10個月漂浮於母親的子宮內，所以嬰兒熟悉在溫水中活動的感覺，您的嬰兒天生已喜歡游泳！

| 星期 Day | 日期 Period | 編號 Code | 時間 Time | 編號 Code | 時間 Time | 編號 Code | 時間 Time | 堂數Lessons | 費用 Fee |
|--------|------------|------------|---------------|------------|---------------|------------|-------------|-----------|---------|
| 一 Mon | 5/9-26/12 | MH-P1-1000 | 10:00-10:30am | MH-P1-1030 | 10:30-11:00am | | | 5 | \$1,000 |
| 三 Wed | 7/9-28/12 | MH-P3-1000 | 10:00-10:30am | MH-P3-1030 | 10:30-11:00am | | | 5 | \$1,000 |
| 五 Fri | 2/9-29/12 | MH-P5-1000 | 10:00-10:30am | MH-P5-1030 | 10:30-11:00am | | | 5 | \$1,000 |
| 六 Sat | 24/9-31/12 | MH-P6-1000 | 10:00-10:30am | MH-P6-1030 | 10:30-11:00am | MH-P6-1430 | 2:30-3:00pm | 5 | \$1,000 |
| | | MH-P6-1500 | 3:00-3:30pm | | | | | | |

*由於租訂泳池之申請有待作實，如日期有任何更改，本會將另行通知。Special cancellation notice will be given upon any changes to the pool booking.

★=不設專池、專線

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5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 5 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 | 3/9-31/12 (26/11停) | 灣仔室內游泳池 Wanchai Indoor Swimming Pool | 逢星期四 Thur | 4:00-5:30pm | 8-13歲 Age 8-13 | \$3,400 | 不設補課 No MakeUp Class |
| | | | 逢星期六 Sat | 3:00-5:00pm | | | |
| P2 | 3/9-31/12 (26/11停) | | 逢星期一 Mon | 5:30-7:30pm | 11-15歲 Age 11-15 | | |
| | | | 逢星期六 Sat | 5:00-7:00pm | | | |
| P5 | 1/9-29/12 (27/12停) | 博藝會室內暖水游泳池 Spotlight Recreation Club Indoor Swimming pool | 逢星期二 Tue | 7:00-8:30pm | 8至12歲 Age 8-12 | \$3,800 | |
| | | | 逢星期四 Thur | | | | |
| P7 | 1/9-29/12 | 小西灣室內游泳池 Siu Sai Wan Indoor Swimming Pool | 逢星期一及四 Mon & Thur | 5:00-6:30pm | 6-10歲 Age 6-10 | \$3,400 | |
| P8A | 2/9-30/12 | 喇沙書院室外游泳池 La Salle College Outdoor Swimming Pool | 逢星期五 Fri | 4:00-5:30pm | 6-8歲 Age 6-8 | \$3,800 | |
| | | | 逢星期日 Sun | 2:00-3:30pm | | | |
| P8B | 3/9-31/12 | 喇沙書院室外游泳池 La Salle College Outdoor Swimming Pool | 逢星期一 Mon | 6:00-7:30pm | | | |
| | | | 逢星期六 Sat | 5:30-7:00pm | | | |
| P8C | 1/9-29/12 | 喇沙書院室外游泳池 La Salle College Outdoor Swimming Pool | 逢星期二及四 Tue & Thur | 5:30-7:00pm | | | |
| P10A | 3/9-31/12 | 將軍澳室外游泳池 Tseung Kwan O Outdoor Swimming Pool | 逢星期三 Wed | 5:00-6:30pm | 5-8歲 Age 5-8 | \$3,200 | |
| P10B | 3/9-31/12 | | 逢星期六 Sat | 9:00-10:30am | | | |
| | | | 逢星期三 Wed | 6:30-8:00pm | | | |
| P10C | 2/9-30/12 | | 逢星期六 Sat | 10:30-12:00am | | | |
| | | 逢星期二及五 Tue & Fri | 4:30-6:00pm | 8-12歲 Age 8-12 | | | |
| P11 | 1/9-29/12 | 觀塘游泳池 Kwun Tong Swimming Pool | 逢星期三 Wed | 6:00-7:30pm | 5-13歲 Age 5-13 | \$3,200 | |
| | | | 逢星期日 Sun | 2:00-3:30am | | | |
| P12 | 3/9-31/12 | 中山紀念公園室內游泳池 Sun Yat Sen Memorial Park IndoorSwimming Pool | 逢星期三 Wed | 7:00-9:00pm | 5-8歲 Age 5-8 | \$3,400 | |
| | | | 逢星期六 Sat | 2:00-4:00pm | | | |

*由於租訂泳池之申請有待作實，如日期有任何更改，本會將另行通知。Special cancellation notice will be given upon any changes to the pool booking

- 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。
 - 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



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****

STUDENT NO:

海天體育會游泳部及志佩游泳會有限公司主辦之2016年第四期公開游泳班報名表

Application Form for 4th Session 2016 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 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 _____ 學員為本會 Member 新生 New 舊生 Old
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

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

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 _____ 由教練評核 Access by coach 不懂游泳 Do not know 曾學游泳 Have learnt before
Swimming ability: _____ 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: _____

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