舊生請於**8/12**前繳費，逾期學位將開放予新生報名，不設留位。

# 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2018年第一期游泳班章程

## 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**黃鏘威**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**、**黃鏘威**、**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。

## 本會最新消息

-香港國際公開游泳錦標賽2017，本會取得全場總冠軍，男子及女子團體冠軍。
泳員黃竟豪、麥浩麟、于蕙婷及鄭莉梅於4x100米男女混合自由式接力中以3:37.67創造新香港紀錄。

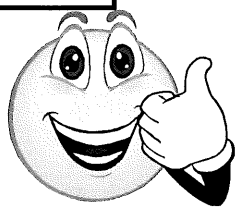
-第十三屆全國運動會（全運會）本會泳員吳欣鍵、鄭莉梅於男女混合4x100米四式接力以4:00.22創下新港績。

-第五屆亞洲室內運動會，本會泳員黃鈺茵、劉詩穎於女子4x50米四式接力取得金牌，泳員黃筠陶於女子50米背泳取得銀牌，泳員麥浩麟於男子100米個人混合泳取得銅牌，泳員黃明康於200米自由泳以1:49.81打破15-17歲分齡紀錄。

## 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。**

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



精英教練 雲集海天

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

**OLD MEMBERS CAN MAKE RESERVATION WITH PRIORITY ON OR BEFORE 8/12**

# 2018 1st Session 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 1:4nursery 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 6645-1461,6477-4784.
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 27th Floor,83 Wan Chai 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)

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# 聖保祿學校室內暖水游泳池

## St. Paul's Convent School Indoor Heated Swimming Pool

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

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

**初、中、高班分組同時進行(適合5歲或以上學員參加)**

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

△附設成人班$1300(10堂)參加人數如不足4人，將會取消

△Adult class ,$1300(10 lessons),will be cancelled if there are less than 4 participants

專用泳池

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 | 每堂 Per lesson | 堂數Lessons | 費用Fee |
|---|---|---|---|---|---|---|---|---|---|---|
| 一 Mon | 8/1-26/3 (19/2停suspend) | SP1-1600 | 4:00-5:00pm | SP1-1700 | 5:00-6:00pm | SP1-1800 | 6:00-7:00pm | @$145 | 11 | $1,595 |
| 二 Tue | 9/1-27/3 | SP2-1600 | 4:00-5:00pm | SP2-1700 | 5:00-6:00pm | SP2-1800 | 6:00-7:00pm | | 12 | $1,740 |
| | | SP2-1900△ | 7:00-8:00pm | | | | | | | |
| 三 Wed | 10/1-28/3 | SP3-1700 | 5:00-6:00pm | SP3-1800 | 6:00-7:00pm | SP3-1900△ | 7:00-8:00pm | | 12 | $1,740 |
| 四 Thurs | 11/1-29/3 (15/2停suspend) | SP4-1600 | 4:00-5:00pm | SP4-1700 | 5:00-6:00pm | SP4-1800 | 6:00-7:00pm | | 11 | $1,595 |
| | | SP4-1900△ | 7:00-8:00pm | | | | | | | |
| 五 Fri | 12/1-30/3 (16/2停suspend) | SP5-1600 | 4:00-5:00pm | SP5-1700 | 5:00-6:00pm | | | @$155 | 11 | $1,705 |
| | 19/1-30/3 (16/2停suspend) | SP5-1800 | 6:00-7:00pm | SP5-1900 | 7:00-8:00pm | SP5-2000 | 8:00-9:00pm | | 10 | $1,550 |
| 六 Sat | 6/1-31/3 (17/2停suspend) | SP6-0800△ | 8:00-9:00am | SP6-0900 | 9:00-10:00am | SP6-1000 | 10:00-11:00am | | 12 | $1,860 |
| | | 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 | 21/1-25/3 (18/2,18/3停 suspend) | SP7-1300 | 1:00-2:00pm | SP7-1400 | 2:00-3:00pm | SP7-1500 | 3:00-4:00pm | | 8 | $1,240 |
| | | SP7-1600 | 4:00-5:00pm | SP7-1700 | 5:00-6:00pm | SP7-1800△ | 6:00-7:00pm | | | |

*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.



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# 聖保祿學校室內暖水游泳池

## St. Paul's Convent School Indoor Heated Swimming Pool

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

## 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

專用泳池

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 | 每堂 Per lesson | 堂數 Lessons | 費用Fee |
|---|---|---|---|---|---|---|---|---|---|---|
| 一 Mon | 8/1-26/3 (19/2停suspend) | SP1-1600N▲ | 4:00-5:00pm | SP1-1700N▲ | 5:00-6:00pm | SP1-1800N▲ | 6:00-7:00pm | @$165 | 11 | $1,815 |
| 二 Tue | 9/1-27/3 | SP2-1600N▲ | 4:00-5:00pm | SP2-1700N▲ | 5:00-6:00pm | SP2-1800N▲ | 6:00-7:00pm | | 12 | $1,980 |
| 四 Thurs | 11/1-29/3 (15/2停suspend) | SP4-1600N▲ | 4:00-5:00pm | SP4-1700N▲ | 5:00-6:00pm | SP4-1800N▲ | 6:00-7:00pm | | 11 | $1,815 |
| 五 Fri | 12/1-30/3 (16/2停suspend) | SP5-1630N▲ | 4:30-5:30pm | SP5-1730N▲ | 5:30-6:30pm | | | | 11 | $1,815 |
| | 19/1-30/3 (16/2停suspend) | SP5-1830N▲ | 6:30-7:30pm | | | | | | 10 | $1,650 |
| 六 Sat | 6/1-31/3 (17/2停suspend) | SP6-0830N▲ | 8:30-9:30am | SP6-0930N▲ | 9:30-10:30am | SP6-1030N▲ | 10:30-11:30am | | 12 | $1,980 |
| | | SP6-1130N▲ | 11:30-12:30pm | SP6-1230N▲ | 12:30-1:30pm | SP6-1330N▲ | 1:30-2:30pm | | | |
| | | SP6-1430N▲ | 2:30-3:30pm | SP6-1530N▲ | 3:30-4:30pm | SP6-1630N▲ | 4:30-5:30pm | | | |
| | | SP6-1730N▲ | 5:30-6:30pm | | | | | | | |
| 日 Sun | 21/1-25/3 (18/2,18/3停 suspend) | SP7-1330N▲ | 1:30-2:30pm | SP7-1430N▲ | 2:30-3:30pm | SP7-1530N▲ | 3:30-4:30pm | | 8 | $1,320 |
| | | SP7-1630N▲ | 4:30-5:30pm | SP7-1730N▲ | 5:30-6:30pm | | | | | |

## 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)

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

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懷內，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 |
|---|---|---|---|---|---|---|---|---|---|
| 二 Tue | 2/1-27/3 | SP2-1800PN | 6:00-6:30pm | SP2-1830PN | 6:30-7:00pm | | | 5 | $1,350 |
| 六 Sat | 6/1-31/3 (17/2停suspend) | SP6-0900PN | 9:00-9:30am | | | | | 5 | $1,350 |

*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.

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# 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$1300(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 ,$1300(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.

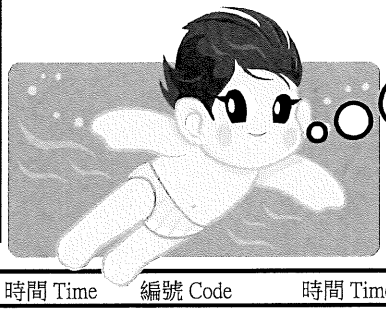
(不對外開放時段:中午12時至下午1時 及 下午5時至6時) (Session break: 12nn to 1pm and 5pm to 6pm)

| 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 | 3/1-28/3 (16/2,19/2停 suspend) | MH1-0800△ | 8:00-9:00am | MH1-0900△ | 9:00-10:00am | MH1-1000△★ | 10:00-11:00am | @$130 | 10 | $1,300 |
| 二 Tue | 2/1-27/3 | MH2-1700 | 5:00-6:00pm | MH2-1900△★ | 7:00-8:00pm | | | | 13 | $1,690 |
| 四 Thurs | 4/1-29/3 (15/2停suspend) | MH4-1700 | 5:00-6:00pm | MH4-1900△★ | 7:00-8:00pm | | | | 12 | $1,560 |
| 五 Fri | 5/1-30/3 (16/2停suspend) | MH5-0900△★ | 9:00-10:00am | MH5-1000△★ | 10:00-11:00am | MH5-1700 | 5:00-6:00pm | | 12 | $1,560 |
| | | MH5-1800★ | 6:00-7:00pm | MH5-1900★ | 7:00-8:00pm | | | | | |
| 六 Sat | 6/1-31/3 (17/2停suspend) | MH6-0800 | 8:00-9:00am | MH6-0900 | 9:00-10:00am | MH6-1000 | 10:00-11:00am | | 12 | $1,560 |
| | | MH6-1100 | 11:00-12:00nn | MH6-1200 | 12:00-1:00pm | MH6-1430★ | 2:30-3:30pm | | | |
| | | MH6-1530★ | 3:30-4:30pm | MH6-1700 | 5:00-6:00pm | | | | | |

## 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懷內，所以嬰兒熟悉在溫水中活動的感覺，您的嬰兒天生已喜**

| 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 | 8/1-26/3 (19/2停suspend) | MH-P1-1000 | 10:00-10:30am | MH-P1-1030 | 10:30-11:00am | | | 5 | $1,100 |
| 三 Wed | 3/1-28/3 | MH-P3-1000 | 10:00-10:30am | MH-P3-1030 | 10:30-11:00am | | | 5 | $1,100 |
| 五 Fri | 5/1-30/3 (16/2停suspend) | MH-P5-1000 | 10:00-10:30am | MH-P5-1030 | 10:30-11:00am | | | 5 | $1,100 |
| 六 Sat | 6/1-31/3 (17/2停suspend) | MH-P6-1000 | 10:00-10:30am | MH-P6-1030 | 10:30-11:00am | MH-P6-1430 | 2:30-3:00pm | 5 | $1,100 |

*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



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## 維多利亞公園室內暖水游泳池於22/2-23/4進行定期維修，於維修期間課程將轉往摩理臣山室內暖水游泳池進行。

Due to the annual maintenance work of the Victoria Park Indoor Heated Swimming Pool from 22rd Feb to 23th Apr,2018,all the training classe will be continue in Morrison Hill Indoor Heated Swimming Pool.

# 維多利亞公園室內暖水游泳池

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 | 每堂 Per lesson | 堂數 Lessons | 費用 Fee |
|---|---|---|---|---|---|---|---|---|---|---|
| 五 Fri | 12/1-30/3 (16/2停suspend) | V5-1700 | 5:00-6:00pm | V5-1800★ | 6:00-7:00pm | V5-1900★ | 7:00-8:00pm | @$130 | 11 | $1,430 |
| 六 Sat | 13/1-31/3 (17/2停suspend) | V6-0900★<br>V6-1200<br>V6-1700 | 9:00-10:00am<br>12:00-1:00pm<br>5:00-6:00pm | V6-1000★<br>V6-1400★ | 10:00-11:00am<br>2:00-3:00pm | V6-1100★<br>V6-1530★ | 11:00-12:00nn<br>3:30-4:30pm | | 11 | $1,430 |
| 日 Sun | 28/1-25/3 (18/2停suspend) | V7-0900★<br>V7-1200 | 9:00-10:00am<br>12:00-1:00pm | V7-1000★ | 10:00-11:00am | V7-1100★ | 11:00-12:00nn | | 8 | $1,040 |

## 灣仔室內暖水游泳池於23/12/2017-11/2/2018進行定期維修，家長可於維修期間轉往其他游泳池。

Due to the maintanence work of Wanchai Indoor Heated Swimming Pool, classes of Wanchai Indoor Heated Swimming Pool during 23 December 2017 to 11 February 2018 will be transferred to Other Swimming Pool

# 灣仔室內暖水游泳池 Wanchai Indoor 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)

## 成人班 Adult Class

一經報名，必須於6個月內完成10堂課程，逾期無效。10 lessons should be completed within 6 months.

| 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 | 25/2-25/3 | W7-0800△ | 8:00-9:00am | | | | | $1,100 | 10 |

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

專用泳池

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

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 | 每堂 Per lesson | 堂數 Lessons | 費用 Fee |
|---|---|---|---|---|---|---|---|---|---|---|
| 日 Sun | 25/2-25/3 | SI7-1400 | 2:00-3:00pm | SI7-1500 | 3:00-4:00pm | SI7-1600 | 4:00-5:00pm | @$130 | 5 | $650 |

*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

speedo

# 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 | 每堂 Per lesson | 堂數 Lessons | 費用 Fee |
|---|---|---|---|---|---|---|---|---|---|---|
| 六 Sat | 6/1-31/3 (17/2停suspend) | SYS6-0900★ | 9:00-10:00am | SYS6-1000★ | 10:00-11:00am | SYS6-1100★ | 11:00-12:00nn | @$130 | 12 | $1,560 |
| | | SYS6-1200 | 12:00-1:00pm | | | | | | | |
| 日 Sun | 7/1-25/3 (18/2停suspend) | SYS7-0900★ | 9:00-10:00am | SYS7-1000★ | 10:00-11:00am | SYS7-1100★ | 11:00-12:00nn | | 11 | $1,430 |
| | | SYS7-1200 | 12:00-1:00pm | | | | | | | |

# 堅尼地城室內暖水游泳池 Kennedy Town Indoor Heated Swimming Pool

地址:香港堅尼地城西祥街北2號 2 Sai Cheung Street North, Kennedy Town, 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)

(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 |
|---|---|---|---|---|---|---|---|---|---|---|
| 六 Sat | 6/1-31/3 (17/2停suspend) | KT6-1600 ★ | 4:00-5:00pm | KT6-1700 | 5:00-6:00pm | | | @$130 | 12 | $1,560 |

# 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 | 每堂 Per lesson | 堂數 Lessons | 費用 Fee |
|---|---|---|---|---|---|---|---|---|---|---|
| 一 Mon | 1/1-26/3 (19/2停suspend) | SSW1-1700 | 5:00-6:00pm | SSW1-1800▲★ | 6:00-7:00pm | | | @$130 | 12 | $1,560 |
| 二 Tue | 2/1-27/3 | SSW2-1700 | 5:00-6:00pm | SSW2-1800▲★ | 6:00-7:00pm | | | | 13 | $1,690 |
| 三 Wed | 3/1-28/3 | SSW3-1700▲ | 5:00-6:00pm | SSW3-1800▲★ | 6:00-7:00pm | | | | 13 | $1,690 |
| 四 Thurs | 4/1-29/3 (15/2停suspend) | SSW4-1700 | 5:00-6:00pm | SSW4-1800▲★ | 6:00-7:00pm | | | | 12 | $1,560 |
| 五 Fri | 5/1-30/3 (16/2停suspend) | SSW5-1600★ | 4:00-5:00pm | SSW5-1700 | 5:00-6:00pm | SSW5-1800▲★ | 6:00-7:00pm | | 12 | $1,560 |
| | | SSW5-1900★ | 7:00-8:00pm | | | | | | | |
| 六 Sat | 6/1-31/3 (17/2停suspend) | SSW6-0900▲★ | 9:00-10:00am | SSW6-1000▲★ | 10:00-11:00am | SSW6-1100★ | 11:00-12:00nn | | 12 | $1,560 |
| | | 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 | 14/1-25/3 (18/2停suspend) | SSW7-0900★ | 9:00-10:00am | SSW7-1000★ | 10:00-11:00am | SSW7-1100▲★ | 11:00-12:00nn | | 10 | $1,300 |
| | | SSW7-1200 | 12:00-1:00pm | SSW7-1300▲★ | 1:00-2:00pm | SSW7-1400▲★ | 2:00-3:00pm | | | |
| | | SSW7-1700 | 5:00-6:00pm | | | | | | | |

*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.

★=不設專池、專線

speedo

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

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

初、中、高班分組同時進行(適合5歲或以上學員參加)
Elementary, Intermediate & Advanced classes will proceed in the same time slot(Suitable For Children aged from 5 or above)

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

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 | 每堂 Per lesson | 堂數 Lessons | 費用 Fee |
|---|---|---|---|---|---|---|---|---|---|---|
| 三 Wed | 3/1-28/3 | LK3-1700▲ | 5:00-6:00pm | LK3-1800▲★ | 6:00-7:00pm | LK3-1900★ | 7:00-8:00pm | @$130 | 13 | $1,690 |
| 五 Fri | 5/1-30/3 (16/2停suspend) | LK5-1600★ | 4:00-5:00pm | LK5-1700 | 5:00-6:00pm | LK5-1800▲★ | 6:00-7:00pm | | 12 | $1,560 |
| | | LK5-1900★ | 7:00-8:00pm | | | | | | | |
| 六 Sat | 6/1-31/3 (17/2停suspend) | LK6-0900▲★ | 9:00-10:00am | LK6-1000▲★ | 10:00-11:00am | LK6-1100★ | 11:00-12:00am | | 12 | $1,560 |
| | | LK6-1200 | 12:00-1:00pm | LK6-1300▲★ | 1:00-2:00pm | LK6-1400▲★ | 2:00-3:00pm | | | |
| | | LK6-1500★ | 3:00-4:00pm | LK6-1600★ | 4:00-5:00pm | LK6-1700 | 5:00-6:00pm | | | |
| 日 Sun | 7/1-25/3 (18/2停suspend) | LK7-0900▲★ | 9:00-10:00am | LK7-1000▲★ | 10:00-11:00am | LK7-1100★ | 11:00-12:00am | | 11 | $1,430 |
| | | LK7-1200 | 12:00-1:00pm | LK7-1300▲★ | 1:00-2:00pm | LK7-1700▲ | 5:00-6:00pm | | | |

本會尚於鰂魚涌康蘭居會所舉行游泳課程，詳情可致電康蘭居會所查詢。

## 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

*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



speedo

# 博藝會室內暖水游泳池

Spotlight Recreation Club Indoor Swimming pool

地址:九龍黃埔花園黃埔號(石船)B2 B2, The Whampoa Garden, Hung Hom

家長可免費入場觀看子女(需自備清潔拖鞋方可進入泳池)

水深:0.8米至1.9米(25米泳池)，並設活動纖維台予幼兒及初班使用

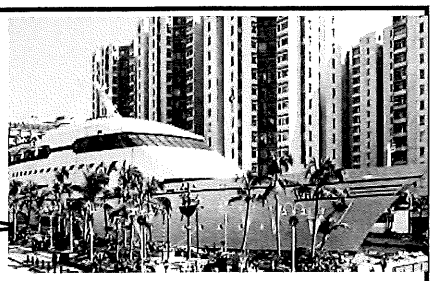
幼兒、初、中、高班分組同時進行(適合3歲或以上學員參加)

Free entry for Parents/Guardians.

(Please bring along your own clean slippers for entering the pool)

Water depth: 0.8m-1.9m (25m Swimming Pool),Additional platform for Nursery & Elementary classes

Nursery, Elementary, Intermediate & Advanced classes will proceed in the same timeslot (Suitable for Children agedfrom 3 or above)



專用泳池

| 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 Mon | 1/1-26/3 (19/2停suspend) | SL1-1630<br>SL1-1930 | 4:30-5:30pm<br>7:30-8:30pm | SL1-1730<br>SL1-2030 | 5:30-6:30pm<br>8:30-9:30pm | SL1-1830 | 6:30-7:30pm | @$150 | 12 | $1,800 |
| 二 Tue | 2/1-27/3 (13/2停suspend) | SL2-1600 | 4:00-5:00pm | SL2-1700 | 5:00-6:00pm | SL2-1800 | 6:00-7:00pm | | 12 | $1,800 |
| 三 Wed | 3/1-28/3 (14/2停suspend) | SL3-1630<br>SL3-1930 | 4:30-5:30pm<br>7:30-8:30pm | SL3-1730<br>SL3-2030 | 5:30-6:30pm<br>8:30-9:30pm | SL3-1830 | 6:30-7:30pm | | 12 | $1,800 |
| 四 Thurs | 4/1-29/3 (15/2停suspend) | SL4-1600 | 4:00-5:00pm | SL4-1700 | 5:00-6:00pm | SL4-1800 | 6:00-7:00pm | | 12 | $1,800 |
| 五 Fri | 5/1-30/3 (16/2停suspend) | SL5-1530<br>SL5-1830 | 3:30-4:30pm<br>6:30-7:30pm | SL5-1630<br>SL5-1930 | 4:30-5:30pm<br>7:30-8:30pm | SL5-1730 | 5:30-6:30pm | @$160 | 12 | $1,920 |
| 六 Sat | 6/1-31/3 (17/2停suspend) | SL6-0830<br>SL6-1130<br>SL6-1630<br>SL6-1930 | 8:30-9:30am<br>11:30-12:30pm<br>4:30-5:30pm<br>7:30-8:30pm | SL6-0930<br>SL6-1430<br>SL6-1730 | 9:30-10:30am<br>2:30-3:30pm<br>5:30-6:30pm | SL6-1030<br>SL6-1530<br>SL6-1830 | 10:30-11:30am<br>3:30-4:30pm<br>6:30-7:30pm | | 12 | $1,920 |
| 日 Sun | 14/1-25/3 (18/2停suspend) | SL7-0800<br>SL7-1100<br>SL7-1500 | 8:00-9:00am<br>11:00-12:00nn<br>3:00-4:00pm | SL7-0900<br>SL7-1200<br>SL7-1600 | 9:00-10:00am<br>12:00-1:00pm<br>4:00-5:00pm | SL7-1000<br>SL7-1400 | 10:00-11:00am<br>2:00-3:00pm | | 10 | $1,600 |

## 競賽訓練班 Competitive Course

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 | 每堂 Per lesson | 堂數 Lessons | 費用Fee |
|---|---|---|---|---|---|---|---|---|---|---|
| 五 Fri | 5/1-30/3 (16/2停suspend) | SL-T5-1930 | 7:30-9:00pm | | | | | @$190 | 12 | $2,280 |
| 六 Sat | 6/1-31/3 (17/2停suspend) | SL-T6-1930 | 7:30-9:00pm | | | | | | 12 | $2,280 |
| 日 Sun | 14/1-25/3 (18/2停suspend) | SL-T7-0800 | 8:00-9:30am | SL-T7-0930 | 9:30-11:00am | | | | 10 | $1,900 |

## 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.

一經報名，必須於6個月內完成10堂課程，逾期無效。10 lessons should be completed within 6 months.

| 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 | 2/1-29/3 (13/2-19/2停 suspend) | SL2345-0700 | 7:00-8:00am | SL2345-0800 | 8:00-9:00am | | | $800(每月) per month | |
| | | ※以上月費成人班只適用於能完成25米泳式者<br>※The monthly fee is only applicable to swimmers who can finish 25m | | | | | | | |
| 二、四 Tue, Thurs | 2/1-29/3 (13/2,15/2停 suspend) | SL24-0800 | 8:00-9:00am | SL24-0900 | 9:00-10:00am | | | $1,200 | 10 |
| 一 Mon | 1/1-26/3 (19/2停suspend) | SL1-2030 | 8:30-9:30pm | | | | | $1,500 | 10 |

*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



speedo

# 啟歷國際學校室內恆溫游泳池

## Kellett School The British international School in Hong Kong Indoor Heated Swimming Pool

地址:九龍灣臨興街7號 7 Lam Hing Street,Kowloon Bay

交通選擇：
· 九龍灣港鐵站設有免費穿梭巴士往九龍灣國際展貿中心，下車步行3分鐘即可到達
· 公共交通工具：101X, 215X、219X、224X、98D、296D

(25米專用泳線) (25m exclusive lines )

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: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 | 每堂 Per lesson | 堂數 Lessons | 費用 Fee |
|---|---|---|---|---|---|---|---|---|---|---|
| 日 Sun | 3/12-18/3 (24/12,31/12,7/1, 11/2,18/2停suspend) | KL7-1000 | 10:00-11:00am | KL7-1100 | 11:00-12:00nn | KL7-1200 | 12:00-1:00pm | @$120 | 11 | $1,320 |

# 觀塘暖水游泳池 於9/1-28/2進行定期維修，家長可於維修期間轉往其他游泳池。 Due to the maintanence work of Kwun Tong Indoor Heated Swimming Pool, classes of Kwun Tong Indoor Heated Swimming Pool during 9th January to 28th February will be transferred to other Swimming Pool.

# 觀塘暖水游泳池 Kwun Tong 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 | 每堂 Per lesson | 堂數 Lessons | 費用 Fee |
|---|---|---|---|---|---|---|---|---|---|---|
| 六 Sat | 3/3-31/3 | LT6-1000★ | 10:00-11:00am | LT6-1100★ | 11:00-12:00nn | LT6-1500★ | 3:00-4:00pm | @$120 | 5 | $600 |
| | | LT6-1600★ | 4:00-5:00pm | LT6-1700★ | 5:00-6:00pm | | | | | |
| | | LT6-1200 | 12:00-1:00pm | LT6-1800 | 6:00-7:00pm | | | @$125 | | $625 |

# 藍田室內暖水游泳池 Lam Tin Indoor Heated Swimming Pool

地址:九龍藍田慶田街1號藍田綜合大樓1樓 1/F Lam Tin Complex, 1 Hing Tin Street, Lam Tin, 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 | 每堂 Per lesson | 堂數 Lessons | 費用 Fee |
|---|---|---|---|---|---|---|---|---|---|---|
| 六 Sat | 6/1-24/2 (17/2停suspend) | BT6-0900★ | 9:00-10:00am | BT6-1000★ | 10:00-11:00nn | BT6-1100★ | 11:00-12:00nn | @$120 | 7 | $840 |

*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.



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

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

初、中、高班分組同時進行(適合5歲或以上學員參加)

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

備註:除不對外開放時段，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 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 |
|---|---|---|---|---|---|---|---|---|---|---|
| 六 Sat | 6/1-31/3 (17/2停suspend) | TKT6-1500★ | 3:00-4:00pm | TKT6-1600★ | 4:00-5:00pm | TKT6-1800★ | 6:00-7:00pm | @$130 | 12 | $1,560 |
| | | TKT6-1700 | 5:00-6:00pm | | | | | @$135 | | $1,620 |

# 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)

※(只適合中高級班) Only for Intermediate OR Advanced classes

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 |
|---|---|---|---|---|---|---|---|---|---|---|
| 六 Sat | 6/1-31/3 (17/2停suspend) | K6-1200 | 12:00-1:00pm | K6-1300 | 1:00-2:00pm | ※K6-1700 | 5:00-6:00pm | @$130 | 12 | $1,560 |
| | | K6-1800★ | 6:00-7:00pm | K6-1900 | 7:00-8:00pm | K6-2000 | 8:00-9:00pm | | | |

# 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 | 每堂 Per lesson | 堂數 Lessons | 費用 Fee |
|---|---|---|---|---|---|---|---|---|---|---|
| 六 Sat | 6/1-31/3 (17/2停suspend) | TK6-1200 | 12:00-1:00pm | TK6-1400★ | 2:00-3:00pm | TK6-1500★ | 3:00-4:00pm | @$125 | 12 | $1,500 |
| | | TK6-1600★ | 4:00-5:00pm | TK6-1700★ | 5:00-6:00pm | TK6-1800 | 6:00-7:00pm | | | |

## 競賽訓練班 Competitive Course

適合能以兩種泳式以上游畢200公尺的學員 Suitable for Swimmers who could finish 200 M in each of two 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 | 每堂 Per lesson | 堂數 Lessons | 費用Fee |
|---|---|---|---|---|---|---|---|---|---|---|
| 六 Sat | 6/1-31/3 (17/2停suspend) | TKO-T6-1500 | 3:00-4:30pm | TKO-T6-1630 | 4:30-6:00pm | | | @$140 | 12 | $1,680 |

*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

# 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 )

專用泳線

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 | 每堂 Per lesson | 堂數 Lessons | 費用 Fee |
|---|---|---|---|---|---|---|---|---|---|---|
| 五 Fri | 5/1-30/3 (16/2停suspend) | LS5-1600 | 4:00-5:00pm | LS5-1700 | 5:00-6:00pm | LS5-1800 | 6:00-7:00pm | @$140 | 12 | $1,680 |
| | | LS5-1900 | 7:00-8:00pm | | | | | | | |
| 六 Sat | 6/1-31/3 (17/2停suspend) | LS6-0845 | 8:45-9:45am | LS6-0945 | 9:45-10:45am | LS6-1045 | 10:45-11:45am | | 12 | $1,680 |
| | | 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 | 14/1-25/3 (18/2停suspend) | LS7-0900 | 9:00-10:00am | LS7-1000 | 10:00-11:00am | LS7-1100 | 11:00-12:00nn | | 10 | $1,400 |
| | | LS7-1200 | 12:00-1:00pm | LS7-1400 | 2:00-3:00pm | LS7-1500 | 3:00-4:00pm | | | |

## 競賽訓練班 Competitive Course

適合能以三種泳式以上游畢200公尺的學員 Suitable for Swimmers who coul d 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 | 每堂 Per lesson | 堂數 Lessons | 費用Fee |
|---|---|---|---|---|---|---|---|---|---|---|
| 六 Sat | 5/1-30/3 (17/2停suspend) | LS-T6-1415 | 2:15-3:45pm | LS-T6-1545 | 3:45-5:15pm | | | @$160 | 12 | $1,920 |
| 日 Sun | 14/1-25/3 (18/2停suspend) | LS-T7-0900 | 9:00-10:30am | | | | | | 10 | $1,600 |

*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



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# 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15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 15 who can finish 100m breaststroke, freestyle and backstroke

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

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

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

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

| 組別 Code | 日期 Period | 地點 Venue | 訓練週次 Date | 時間 Time | 年齡 Age | 費用 Fee | 備註 Remarks |
|---|---|---|---|---|---|---|---|
| P1 | 22/2-31/3 | 灣仔室內暖水游泳池 Wanchai Indoor Heated Swimming Pool | 逢星期四 Thur | 4:00-5:30pm | 8-13歲 Age 8-13 | $2,700 | 不設補課 No MakeUp Class |
| | | | 逢星期六 Sat | 3:00-5:00pm | | | |
| | 3/1-11/2 | 摩理臣山室內暖水游泳池 Morrison Hill Indoor Heated Swimming Pool | 逢星期六 Sat | 3:00-5:00pm | | | |
| | | | 逢星期日 Sun | 12:00-2:00pm | | | |
| P2 | 12/2-31/3 (17/2,19/2停) | 灣仔室內暖水游泳池 Wanchai Indoor Heated Swimming Pool | 逢星期一 Mon | 5:00-7:00pm | 11-15歲 Age 11-15 | | |
| | | | 逢星期六 Sat | 5:00-7:00pm | | | |
| | 1/1-10/2 | 維多利亞公園室內暖水游泳池 Victoria Park Indoor Heated Swimming Pool | 逢星期一 Mon | 5:00-6:00pm | | | |
| | | | 逢星期六 Sat | 5:00-6:00pm | | | |
| P5 | 2/1-29/3 (13,15,20/2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 | 5至7歲 Age 5-7 | $3,000 | |
| | | | 逢星期四 Thur | | | | |
| P7 | 1/1-29/3 (19/2停) | 小西灣室內暖水游泳池 Siu Sai Wan Indoor Heated Swimming Pool | 逢星期一及四 Mon & Thur | 5:00-6:30pm | 6-10歲 Age 6-10 | $2,700 | |
| P8A | 5/1-30/3 (16/2,18/2停) | 喇沙書院室外暖水游泳池 La Salle College Outdoor Heated Swimming Pool | 逢星期五 Fri | 4:00-5:30pm | 6-8歲 Age 6-8 | $3,000 | |
| | | | 逢星期日 Sun | 2:00-3:30pm | | | |
| P8B | 1/1-31/3 (17/2停) | | 逢星期一 Mon | 6:00-7:30pm | | | |
| | | | 逢星期六 Sat | 5:30-7:00pm | | | |
| P8C | 2/1-29/3 (15/2停) | | 逢星期二及四 Tue & Thur | 5:30-7:00pm | | | |
| P10A | 3/1-31/3 (17/2停) | 將軍澳室外暖水游泳池 Tseung Kwan O Outdoor Heated Swimming Pool | 逢星期三 Wed | 5:00-6:30pm | 5-8歲 Age 5-8 | $2,550 | |
| | | | 逢星期六 Sat | 9:00-10:30am | | | |
| P10B | 3/1-31/3 (17/2停) | | 逢星期三 Wed | 6:30-8:00pm | | | |
| | | | 逢星期六 Sat | 10:30-12:00am | | | |
| P10C | 2/1-30/3 (16/2停) | | 逢星期二及五 Tue & Fri | 4:30-6:00pm | 8-12歲 Age 8-12 | | |
| P12 | 3/1-31/3 (17/2停) | 中山紀念公園室內暖水游泳池 Sun Yat Sen Memorial Park Indoor Heated Swimming Pool | 逢星期三 Wed | 7:00-9:00pm | 5-8歲 Age 5-8 | $2,700 | |
| | | | 逢星期六 Sat | 2:00-4:00pm | | | |
| P13 | 9/1-29/3 (15/2停) | 聖保祿學校室內暖水游泳池 St. Paul's Convent School Indoor Heated Swimming Pool | 逢星期二及四 | 4:00-5:30pm | 6-10歲 Age 6-10 | $3,000 | |

*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 bookir



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

2)不論病假或事假，每期只限一堂。家長可於開課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。

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66451461，64774784，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 灣仔灣仔道83號27樓，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****

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# 海天體育會游泳部及志佩游泳會有限公司主辦之2018年第一期公開游泳班報名表

# Application Form for 1st Session 2018 Course hosted by HTA & CPS

| 個人資料 Personal Information | | 學員編號 Student Number (Official use ) | | |
|---|---|---|---|---|
| 學員姓名 Name | 中文(Chinese) | 英文(Eng.) | 電話 Contact no. | (1) (2) |
| 出生日期 Date of birth | / / (DD / MM / YYYY) | 年齡 Age | 性別 Sex | 女(F) / 男(M) |
| 就讀學校 Name of school | | | 班別 Class | 上午 / 下午 / 全日 AM / PM / Whole Day |

| 報讀資料 Course Information | | | | | | |
|---|---|---|---|---|---|---|
| 泳班班號 Class Code | 首選 1st choice | | | | 次選 2nd choice | |
| 不論新生或舊生，首選泳班如被接納不再另行通知；如需確認報名或索取收據請自行致電本會查詢。 No notification will be given if first choice is accepted. Parents are welcome to call for confirmation. | | | | | | |
| 組別 | □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 |
| 游泳能力 Swimming ability： | □由教練評核 Access by coach □能掌握 Able to swim _____種泳式並能完成50公尺或以上 | | □不懂游泳Do not know | | □曾學游泳 Have learnt before _____strokes for 50m or above | | |

**聲明 Disclaimer**

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.

| 請假 Leave | | | 家長姓名 Name of Parent | 家長簽名 Signature of Parent | 日期 Date (DD/MM/YY) |
|---|---|---|---|---|---|
| 請假日期 Date of Abs | | 只限一天 For Once Only | | | |
| 請於開班後自行致電本會預約補課 Please call the office for make up arrangement | | | _____ | _____ | _____ |

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



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