

擁有最多
奧運會及
亞運會香港游泳
代表(泳會)



海天體育會游泳部

HOI TIN ATHLETIC ASSOCIATION

志佩游泳會有限公司

CHI PUI SWIMMING CLUB LIMITED

主辦之2019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，泳員黃竟豪、黃鎔威、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

2018年第18屆印尼亞運會，港隊派出32名代表參賽；本會男泳員卓銘浩、黃竟豪、王俊仁、張健達、劉紹宇、麥浩麟、吳欣鍵；女泳員鄭莉梅、楊珍美、黃筠陶、林凱喬、廖小喬、王芊霖，共13名代表參賽；及港隊代表教練樊偉添

本會取得歷來最佳成績3面銀牌及3面銅牌：

黃筠陶、楊珍美、鄭莉梅勇奪4x100米四式接力銀牌；鄭莉梅、楊珍美勇奪4x200米自由泳接力銅牌；鄭莉梅勇奪4x100米自由泳接力銅牌；林凱喬打破400米個人混合泳分齡紀錄；卓銘浩400米、800米及1500米自由泳刷新香港紀錄及分齡紀錄！黃竟豪、劉紹宇聯同港隊代表合力刷新4x100混合接力香港紀錄。本會熱烈恭賀各位代表勇奪佳績，為港爭光！

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 19/11**

**2019 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.
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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.
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2)Only ONE make up class is allowed in each course for each student. 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, Spotlight Recreation Club Indoor Swimming pool

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 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
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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)

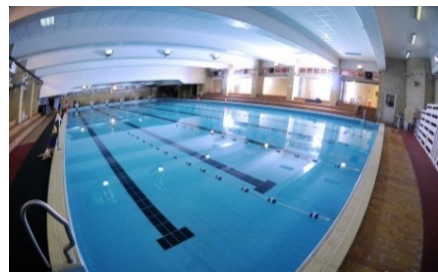
Elementary, Intermediate & Advanced classes will proceed in the same time slot(Suitable For Children aged from 5 or above)

△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

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

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	7/1-25/3 (4/2停suspend)	SP1-1600	4:00-5:00pm	SP1-1700	5:00-6:00pm	SP1-1800	6:00-7:00pm	@ \$150	11	\$1,650
二 Tue	1/1-26/3 (5/2停suspend)	SP2-1600	4:00-5:00pm	SP2-1700	5:00-6:00pm	SP2-1800	6:00-7:00pm		12	\$1,800
		SP2-1900△	7:00-8:00pm							
三 Wed	2/1-27/3 (6/2停suspend)	SP3-1700	5:00-6:00pm	SP3-1800	6:00-7:00pm	SP3-1900△	7:00-8:00pm		12	\$1,800
四 Thurs	3/1-28/3 (7/2停suspend)	SP4-1600	4:00-5:00pm	SP4-1700	5:00-6:00pm	SP4-1800	6:00-7:00pm	@ \$160	12	\$1,800
		SP4-1900△	7:00-8:00pm							
五 Fri	4/1-29/3	SP5-1600	4:00-5:00pm	SP5-1700	5:00-6:00pm	SP5-1800	6:00-7:00pm		13	\$2,080
		SP5-1900	7:00-8:00pm	SP5-2000	8:00-9:00pm					
六 Sat	5/1-30/3	SP6-0800△	8:00-9:00am	SP6-0900	9:00-10:00am	SP6-1000	10:00-11:00am	@ \$160	13	\$2,080
		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	6/1-31/3	SP7-1300	1:00-2:00pm	SP7-1400	2:00-3:00pm	SP7-1500	3:00-4:00pm		13	\$2,080
		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.

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)

提示幼童可穿著游泳
專用紙泳褲或學習褲

每課上堂時
間為50分鐘

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	每堂 Per lesson	堂數 Lessons	費用 Fee
一 Mon	7/1-25/3 (4/2停suspend)	SP1-1600N▲	4:00-4:50pm	SP1-1700N▲	5:00-5:50pm	SP1-1800N▲	6:00-6:50pm	@ \$170	11	\$1,870
二 Tue	1/1-26/3 (5/2停suspend)	SP2-1600N▲	4:00-4:50pm	SP2-1700N▲	5:00-5:50pm	SP2-1800N▲	6:00-6:50pm		12	\$2,040
四 Thurs	3/1-28/3 (7/2停suspend)	SP4-1600N▲	4:00-4:50pm	SP4-1700N▲	5:00-5:50pm	SP4-1800N▲	6:00-6:50pm		12	\$2,040
五 Fri	4/1-29/3	SP5-1630N▲	4:30-5:20pm	SP5-1730N▲	5:30-6:20pm	SP5-1830N▲	6:30-7:20pm		13	\$2,210
六 Sat	5/1-30/3	SP6-0830N▲	8:30-9:20am	SP6-0930N▲	9:30-10:20am	SP6-1030N▲	10:30-11:20am		13	\$2,210
		SP6-1130N▲	11:30-12:20pm	SP6-1230N▲	12:30-1:20pm	SP6-1330N▲	1:30-2:20pm			
		SP6-1430N▲	2:30-3:20pm	SP6-1530N▲	3:30-4:20pm	SP6-1630N▲	4:30-5:20pm			
		SP6-1730N▲	5:30-6:20pm							
日 Sun	6/1-31/3	SP7-1330N▲	1:30-2:20pm	SP7-1430N▲	2:30-3:20pm	SP7-1530N▲	3:30-4:20pm		13	\$2,210
		SP7-1630N▲	4:30-5:20pm	SP7-1730N▲	5:30-6:20pm					

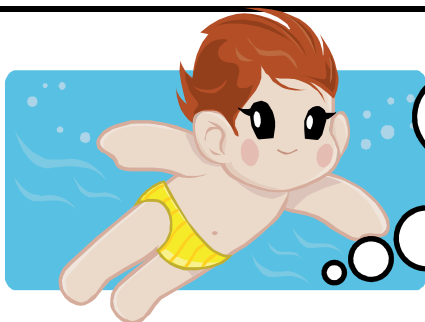
學前幼兒班 適合1歲半至3歲小童

每課上堂時間為30分鐘

*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	8/1-26/3	SP2-1800PN	6:00-6:30pm	SP2-1830PN	6:30-7:00pm			5	\$1,450
六 Sat	5/1-30/3	SP6-0900PN	9:00-9:30am					5	\$1,450

*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.

報名程序

選定
 >組別
 >泳池
 >時間

課堂須知

- 1) 請按照所報班別之時間和地點，於上課前15分鐘到達泳池報到，家長請自行接送子女。
- 2) 請帶齊泳衣褲、泳鏡、毛巾、拖鞋等，每次上課時必須戴上本會泳帽。(提示幼童可穿著游泳專用紙泳褲或學習褲)
- 3) 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。
- 4) 教練與學生比例均為1:4(幼兒班)、1:4-6(初級班)及1:8-12(中級、高級班)，並分組教授。
- 5) 如學員蒙受任何身體損傷或財物損失，本會概不負責。
- 6) 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。

請假/補堂

- 1) 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。
- 2) 不論任何請假，每期不可多於一堂，可於開班後自行致電本會預約補課，亦必須於請假日期起半年內進行補課，逾期概不受理。
- 3) 補課當日缺席之學員(不論任何情況) **將不獲第2次補課安排。**

上課地點 Venues	支票抬頭 cheque payable to
聖保祿SP、南島SI、 博藝會SL、喇沙LS及啟歷KL 泳池	海天游泳顧問有限公司 Hoi Tin Swimming Consultants Limited
其他游泳池 Other Swimming Pool	海天體育會有限公司 Hoi Tin Athletic Association Limited

天氣安排

所有室外游泳池

1a) 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。

1b) 而雷暴或大雨則照常上課，教練會按情況作出適當處理。

所有室內游泳池

2a) 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。

2b) 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。

進度評核

1) 學員安排於每年3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。

2) 如需額外發出證書或證明信，本會將收取每封\$30行政費

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

辦公時間致電本會：25721428 傳真：25728468

非辦公時間電話：66451461、64774784

辦事處：灣仔灣仔道83號27樓

本會網址：http://www.hoitin.net 電郵地址：info@hoitin.net

Facebook: www.facebook.com/HoiTinSwimming

☆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

☆學費如以現金繳付，則務必直接交回本會辦事處辦理☆

☆私人教授之時間及學費可致電本會查詢☆

海天體育會游泳部及志佩游泳會有限公司主辦之2019年第一期公開游泳班報名表

Application Form for 1st Session 2019 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.
出生日期 Date of birth	/ / (DD / MM / YYYY)	年齡 Age	性別 Sex
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			
泳班編號 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 Nursery	<input type="checkbox"/> 幼兒 Nursery	<input type="checkbox"/> 初級 Elementary	<input type="checkbox"/> 中級 Intermediate
	<input type="checkbox"/> 高級 Advanced	<input type="checkbox"/> 競賽訓練班 Competition Training	<input type="checkbox"/> 泳隊預備組 Pre-Team
	<input type="checkbox"/> 成人 Adult		
游泳能力 Swimming ability :	<input type="checkbox"/> 由教練評核 Access by coach <input type="checkbox"/> 不懂游泳 Do not know <input type="checkbox"/> 曾學游泳 Have learnt before		
	<input type="checkbox"/> 能掌握 Able to swim _____ 種泳式並能完成50公尺或以上 _____ 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	
請假日期 Date of Abs	只限一天 For Once Only	家長簽名 Signature of Parent	
請於開班後自行致電本會預約補課 Please call the office for make up arrangement		日期 Date (DD/MM/YY)	
Official use only:	Received by:	Cash/Cheque:	A/C received by:
		Remarks:	