



舊生請於**27/5**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2019年第三期游泳班章程

### 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

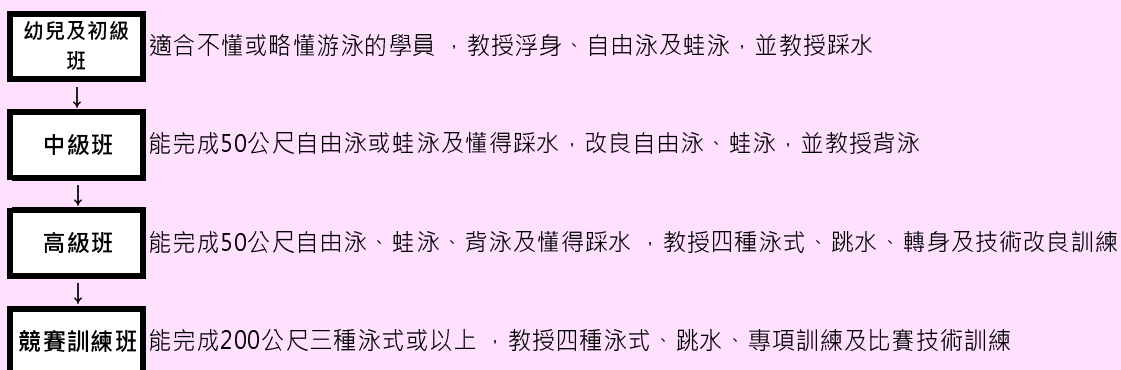
2018年第18屆印尼亞運會，港隊派出32名代表參賽；本會男泳員卓銘浩、黃竟豪、王俊仁、張健達、劉紹宇、麥浩麟、吳欣鍵；女泳員鄭莉梅、楊珍美、黃筠陶、林凱喬、廖小喬、王芊霖，共13名代表參賽；及港隊代表教練樊偉添

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。



精英教練 雲集海天

選定組別、泳池  
及時間填妥下列  
表格連同支票交回登記事  
務員或郵寄本會

上課地點 Venues	支票抬頭 cheque payable to
聖保祿SP、南島SI、喇沙LS、博藝會SL、康怡KHH/C、 羅氏基金LFC、啟歷KL、呂明才書院游泳池LM、 沙田學院ST 及 思貝禮SBS	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

現凡同時報兩個課程即可獲優惠\$100；  
報三個游泳課程即可獲優惠\$200

☆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  
☆

海天體育會游泳部及志佩游泳會有限公司主辦之2019年第三期公開游泳班報名表  
Application Form for 3rd 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 中文(Chinese) Name	英文(Eng.)	電話 (1) Contact no. (2)	
出生日期 / / Date of birth (DD / MM / YYYY)	年齡 Age	性別 女(F) / 男(M) 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			
<b>報讀一個課程:</b>  泳班編號 Class Code: _____  時間 Time: _____ AM/PM		<b>報讀兩個課程:</b>  泳班編號 Class Code: _____ 時間 Time: _____ AM/PM  泳班編號 Class Code: _____ 時間 Time: _____ AM/PM  <b>同時報兩個課程即可獲優惠\$100</b>	
<b>報讀三個課程:</b>  泳班編號 Class Code: _____ 時間 Time: _____ AM/PM  泳班編號 Class Code: _____ 時間 Time: _____ AM/PM  泳班編號 Class Code: _____ 時間 Time: _____ AM/PM  <b>同時報三個課程即可獲優惠\$200</b>			
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	<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		
<b>聲明 Disclaimer</b> 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
請假日期 Date of Abs	一個課程只限一天 For Once Only		日期 Date (DD/MM/YY)
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:

# 聖保祿學校室內暖水游泳池

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

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

## 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

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用Fee
SP35N	17/7-30/8	三、五 Wed,Fri	11:00-11:50nn 12:00-12:50pm 2:00-2:50pm 3:00-3:50pm	\$180 \$170	14	\$2,380
SP24N	18/7-27/8	二、四 Tue,Thur	11:00-11:50nn 12:00-12:50pm		12	\$2,040
	16/7-27/8		2:00-2:50pm 3:00-3:50pm		13	\$2,210
SP1N	15/7-9/9	一 Mon	4:00-4:50pm 5:00-5:50pm 6:00-6:50pm	\$180	9	\$1,620
SP2N	16/7-10/9	二 Tue	4:00-4:50pm 5:00-5:50pm 6:00-6:50pm			
SP4N	18/7-12/9	四 Thurs	4:00-4:50pm 5:00-5:50pm 6:00-6:50pm			
SP5N	19/7-30/8	五 Fri	2:00-2:50pm 3:00-3:50pm		7	\$1,260
	19/7-13/9		4:30-5:20pm 5:30-6:20pm 6:30-7:20pm		9	\$1,620
SP6N	20/7-14/9	六 Sat	8:30-9:20am 9:30-10:20am 10:30-11:20am 11:30-12:20pm 12:30-1:20pm 1:30-2:20pm 2:30-3:20pm 3:30-4:20pm 4:30-5:20pm 5:30-6:20pm			
SP7N	21/7-15/9	日 Sun	1:30-2:20pm 2:30-3:20pm 3:30-4:20pm 4:30-5:20pm 5:30-6:20pm			

## 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)

編號 Code	日期 Period	星期 Day	時間 Time	堂數 Lessons	費用Fee
SP2PN	16/7-10/9	二 Tue	6:00-6:30pm 6:30-7:00pm	5	\$1,500
SP6PN	20/7-14/9	六 Sat	9:00-9:30am	5	\$1,500

現凡同時報兩個課程即可獲優惠\$100 ;  
報三個游泳課程即可獲優惠\$200

\*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

專用泳池

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

編號 Code	日期 Period	星期 Day	時間 Time					每堂 Per lesson	堂數 Lessons	費用Fee
SP13	17/7-28/8	一、三 Mon, Wed	8:00-9:00am	9:00-10:00am	10:00-11:00am	11:00-12:00nn	12:00-1:00pm	\$160 \$150	13	\$1,950
SP35	17/7-30/8	三、五 Wed, Fri	8:00-9:00am	9:00-10:00am	10:00-11:00am	11:00-12:00nn	12:00-1:00pm		14	\$2,100
SP15	19/7-30/8	一、五 Mon, Fri	8:00-9:00am	9:00-10:00am	10:00-11:00am	11:00-12:00nn	12:00-1:00pm		13	\$1,950
SP13	15/7-26/8	一、三 Mon, Wed	2:00-3:00pm	3:00-4:00pm					13	\$1,950
SP24	18/7-27/8	二、四 Tue, Thurs	8:00-9:00am	9:00-10:00am	10:00-11:00am	11:00-12:00nn	12:00-1:00pm		12	\$1,800
	16/7-27/8		2:00-3:00pm	3:00-4:00pm					13	\$1,950
SP1	15/7-9/9	一 Mon	4:00-5:00pm	5:00-6:00pm	6:00-7:00pm			\$160	9	\$1,440
	15/7-26/8		7:00-8:00pm						7	\$1,120
SP2	16/7-10/9	二 Tue	4:00-5:00pm	5:00-6:00pm	6:00-7:00pm	7:00-8:00pm△			9	\$1,440
	16/7-27/8		8:00-9:00pm						7	\$1,120
SP3	17/7-11/9	三 Wed	4:00-5:00pm	5:00-6:00pm	6:00-7:00pm	7:00-8:00pm△			9	\$1,440
SP4	18/7-12/9	四 Thurs	4:00-5:00pm	5:00-6:00pm	6:00-7:00pm	7:00-8:00pm△				
	18/7-29/8		8:00-9:00pm						7	\$1,120
SP5	19/7-30/8	五 Fri	2:00-3:00pm	3:00-4:00pm				\$170	7	\$1,190
	19/7-13/9		4:00-5:00pm	5:00-6:00pm	6:00-7:00pm	7:00-8:00pm	8:00-9:00pm			
SP6	20/7-14/9	六 Sat	8:00-9:00am△	9:00-10:00am	10:00-11:00am	11:00-12:00nn	12:00-1:00pm		9	\$1,530
			1:00-2:00pm	2:00-3:00pm	3:00-4:00pm	4:00-5:00pm	5:00-6:00pm			
SP7	21/7-15/9	日 Sun	6:00-7:00pm	7:00-8:00pm	8:00-9:00pm					
			1:00-2:00pm	2:00-3:00pm	3:00-4:00pm	4:00-5:00pm	5:00-6:00pm			

現凡同時報兩個課程即可獲優惠\$100 ;  
報三個游泳課程即可獲優惠\$200

\*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.

# 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\$1350(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, \$1350(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)

編號 Code	日期 Period	星期 Day	時間 Time					每堂 Per lesson	堂數 Lessons	費用Fee
MH1	15/7-28/8	一、三、五 Mon, Wed, Fri	8:00-9:00am△    9:00-10:00am△					<b>\$135 \$115</b>	20	<b>\$2,300</b>
MH15	15/7-26/8	一、五 Mon, Fri	10:00-11:00am    11:00-12:00nn    12:00-1:00pm						13	<b>\$1,495</b>
MH24	2/7-30/7	二、四 Tue,Thurs	5:00-6:00pm    6:00-7:00pm    7:00-8:00pm△						9	<b>\$1,035</b>
MH24A	1/8-27/8								8	<b>\$920</b>
MH5	19/7-13/9	五 Fri	5:00-6:00pm    6:00-7:00pm    7:00-8:00pm					<b>\$135</b>	9	<b>\$1,215</b>
MH6	20/7-14/9	六 Sat	9:00-10:00am    10:00-11:00am    11:00-12:00nn    12:00-1:00pm    2:30-3:30pm 3:45-4:45pm    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)

編號 Code	日期 Period	星期 Day	時間 Time	堂數 Lessons	費用Fee
MH1PN	8/7-26/8	一 Mon	10:00-10:30am 10:30-11:00am	5	\$1,250
MH5PN	5/7-30/8	五 Fri	10:00-10:30am 10:30-11:00am		
MH6PN	6/7-31/8	六 Sat	10:00-10:30am 10:30-11:00am 2:30-3:00pm		

# 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

**專用泳池**

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

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用Fee
SI7	28/7-15/9	日 Sun	2:00-3:00pm 3:00-4:00pm 4:00-5:00pm	\$145	8	\$1,160

**現凡同時報兩個課程即可獲優惠\$100 ;  
報三個游泳課程即可獲優惠\$200**

\*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.



# 維多利亞公園室內游泳池

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)

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用Fee
V24	16/7-27/8	二、四 Tue,Thur	9:00-10:00am 10:00-11:00am 11:00-12:00nn 12:00-1:00pm 2:00-3:00pm 3:00-4:00pm 4:00-5:00pm 5:00-6:00pm	\$135 \$115	13	\$1,495
V35	17/7-28/8	三、五 Wed,Fri	1:00-2:00pm 2:00-3:00pm 3:00-4:00pm			
V3	3/7-28/8	三 Wed	5:00-6:00pm		9	\$1,035
V5	19/7-13/9 (9/8停suspend)	五 Fri	5:00-6:00pm 6:00-7:00pm 7:00-8:00pm	\$135	8	\$1,080
V6	20/7-14/9 (10/8停suspend)	六 Sat	9:00-10:00am 10:00-11:00am 11:00-12:00nn 12:00-1:00pm 2:30-3:30pm 3:45-4:45pm 5:00-6:00pm		8	\$1,080
V7	21/7-15/9 (11/8,1/9停suspend) 21/7-15/9 (4/8,11/8,1/9停suspend)	日 Sun	9:00-10:00am 10:00-11:00am 11:00-12:00nn 12:00-1:00pm		7 6	\$945 \$810

# 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.

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用Fee
LM135	15/7-31/7	一、三、五 Mon, Wed, Fri	2:00-3:00pm 3:00-4:00pm 4:00-5:00pm	\$135	8	\$1,080
LM135A	2/8-28/8				12	\$1,620
LM24	16/7-27/8	二、四 Tue,Thurs	2:00-3:00pm 3:00-4:00pm		13	\$1,755

現凡同時報兩個課程即可獲優惠\$100 ;  
報三個游泳課程即可獲優惠\$200

\*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.



# 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)

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
SYS13	<b>15/7-26/8</b>	一、三 Mon, Wed	11:00-12:00nn 12:00-1:00pm	<b>\$135</b> <b>\$115</b>	13	<b>\$1,495</b>
SYS6	<b>20/7-14/9</b>	六 Sat	10:00-11:00am 11:00-12:00nn 12:00-1:00pm	<b>\$135</b>	9	<b>\$1,215</b>

# 堅尼地城游泳池

Kennedy Town 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)

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
KT24	<b>16/7-27/8</b>	二、四 Tue, Thur	11:00-12:00nn 12:00-1:00pm	<b>\$135</b> <b>\$115</b>	13	<b>\$1,495</b>
KT5	<b>19/7-13/9</b>	五 Fri	4:00-5:00pm 5:00-6:00pm	<b>\$135</b>	9	<b>\$1,215</b>
KT6	<b>20/7-14/9</b>	六 Sat	2:30-3:30pm 3:45-4:45pm 5:00-6:00pm			

# 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)

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
LK15	15/7-26/8	一、五 Mon, Fri	9:00-10:00am▲ 10:00-11:00am 12:00-1:00pm▲ 1:00-2:00pm 2:00-3:00pm	<b>\$135</b> <b>\$115</b>	13	<b>\$1,495</b>
	1/7-29/7		5:00-6:00pm▲ 6:00-7:00pm▲ 7:00-8:00pm		9	<b>\$1,035</b>
<b>LK15A</b>	<b>2/8-26/8</b>				8	<b>\$920</b>
LK24	16/7-27/8	二、四 Tue, Thurs	8:00-9:00am▲ 9:00-10:00am▲ 10:00-11:00am 12:00-1:00pm▲ 1:00-2:00pm	<b>\$135</b> <b>\$115</b>	13	<b>\$1,498</b>
	2/7-30/7		2:00-3:00pm		9	<b>\$1,035</b>
<b>LK24A</b>	<b>1/8-27/8</b>		5:00-6:00pm▲ 6:00-7:00pm▲ 7:00-8:00pm		8	<b>\$920</b>
LK3	17/7-4/9	三 Wed	5:00-6:00pm▲ 6:00-7:00pm 7:00-8:00pm	<b>\$135</b>	8	<b>\$1,080</b>
LK6	20/7-7/9	六 Sat	9:00-10:00am▲ 10:00-11:00am▲ 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm			
			2:00-3:00pm▲ 3:00-4:00pm▲ 4:00-5:00pm 5:00-6:00pm			
LK7	21/7-8/9 (4/8停)	日 Sun	9:00-10:00am▲ 10:00-11:00am▲ 11:00-12:00nn 12:00-1:00pm▲ 1:00-2:00pm		7	<b>\$945</b>
			5:00-6:00pm			

現凡同時報兩個課程即可獲優惠\$100 ;  
報三個游泳課程即可獲優惠\$200

\*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.





# 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)

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lesson	費用Fee
SSW13	15/7-26/8	一、三 Mon,Wed	9:00-10:00am▲ 10:00-11:00am▲ 11:00-12:00nn▲ 12:00-1:00pm 1:00-2:00pm▲ 2:00-3:00pm▲ 3:00-4:00pm▲ 4:00-5:00pm▲ 7:00-8:00pm	\$135 \$115	13	\$1,495
SSW25	16/7-27/8	二、五 Tue,Fri	9:00-10:00am▲ 10:00-11:00am▲ 11:00-12:00nn▲ 12:00-1:00pm 1:00-2:00pm▲ 2:00-3:00pm▲ 3:00-4:00pm▲ 4:00-5:00pm▲ 7:00-8:00pm▲			
SSW1	15/7-9/9	一 Mon	5:00-6:00pm 6:00-7:00pm▲	\$135	9	\$1,215
SSW2	16/7-10/9	二 Tue	5:00-6:00pm 6:00-7:00pm▲			
SSW3	17/7-11/9	三 Wed	5:00-6:00pm 6:00-7:00pm▲			
SSW4	18/7-12/9	四 Thurs	5:00-6:00pm 6:00-7:00pm▲			
SSW5	19/7-13/9	五 Fri	5:00-6:00pm 6:00-7:00pm▲ 7:00-8:00pm			
SSW6	20/7-14/9	六 Sat	9:00-10:00am▲ 10:00-11:00am▲ 11:00-12:00nn 12:00-1:00pm 2:00-3:00pm▲ 3:00-4:00pm▲ 4:00-5:00pm▲ 5:00-6:00pm 6:00-7:00pm▲			
SSW7	21/7-15/9 (4/8停suspend)	日 Sun	9:00-10:00am▲ 10:00-11:00am▲ 11:00-12:00nn▲ 12:00-1:00pm 1:00-2:00pm 2:00-3:00pm▲ 5:00-6:00pm		8	\$1,080

# 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.

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lesson	費用Fee
KHC24	16/7-27/8	二、四 Tue,Thurs	2:00-3:00pm▲	\$145 \$135	13	\$1,755
	2/7-30/7		6:00-7:00pm		9	\$1,215
KHC24A	1/8-27/8		6:00-7:00pm		8	\$1,080
KHC15	1/7-29/7	一、五 Mon, Fri	6:00-7:00pm▲		9	\$1,215
KHC15A	2/8-26/8		6:00-7:00pm▲		8	\$1,080
KHC3	17/7-28/8	三 Wed	6:00-7:00pm▲	\$145	7	\$1,015
KHC6	20/7-7/9	六 Sat	2:00-3:00pm▲		8	\$1,160

現凡同時報兩個課程即可獲優惠\$100 ;  
報三個游泳課程即可獲優惠\$200

\*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.





# 康怡花園二期H座室外游泳池 Kornhill Phase II Block H Outdoor Swimming Pool

地址: 鯽魚涌康怡花園康盛街12號 12 Hong Shing Street, Kornhill, Quarry Bay (Kornhill Recreation Club)

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)

▲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.

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
KHH1	15/7-28/8	一、三、五 Mon, Wed, Fri	9:00-10:00am▲ 10:00-11:00am	\$145 \$135	20	\$2,700
KHH24	16/7-27/8	二、四 Tue, Thurs	9:00-10:00am▲ 10:00-11:00am 3:00-4:00pm▲ 4:00-5:00pm▲		13	\$1,755
	27/7-30/7		5:00-6:00pm 7:00-8:00pm		9	\$1,215
KHH24A	1/8-27/8				8	\$1,080
KHH15	15/7-26/8	一、五 Mon, Fri	3:00-4:00pm▲ 4:00-5:00pm▲		13	\$1,755
	1/7-29/7		5:00-6:00pm 7:00-8:00pm		9	\$1,215
KHH15A	2/8-26/8				8	\$1,080
KHH3	17/7-28/8	三 Wed	3:00-4:00pm▲ 4:00-5:00pm▲		7	\$945
	3/7-28/8		5:00-6:00pm 7:00-8:00pm	\$145	9	\$1,305
KHH6	20/7-7/9	六 Sat	9:00-10:00am▲ 10:00-11:00am 3:00-4:00pm▲ 4:00-5:00pm▲ 5:00-6:00pm 6:00-7:00pm▲		8	\$1,160
KHH7	21/7-8/9	日 Sun	9:00-10:00am▲ 10:00-11:00am 11:00-12:00nn 2:00-3:00pm 3:00-4:00pm▲ 4:00-5:00pm▲ 5:00-6:00pm		8	\$1,160

現凡同時報兩個課程即可獲優惠\$100 ;  
報三個游泳課程即可獲優惠\$200

\*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

2018年參考價 \*\*課程活動會籍 (\$225 / 3個月) \*\*學生會籍 (\$345 / 3個月) · 2019年會籍費用有待康怡花園俱樂部容後公佈。

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)

本會尚於鯽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。

## 康蘭居全天候室內恆溫游泳池

地點: 鯽魚涌康山道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

新增報名地點

Sunny Garden Smart Kids Centre 太陽村

地址: 北角道10號亞太廣場3樓



\*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.

# 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

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

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

專用泳池



編號 Code	日期Period	星期 Day	時間 Time				每堂 Per lesson	堂數 Lessons	費用Fee
SL24	<b>16/7-29/8</b>	二、四 Tue, Thurs	9:00-10:00am 2:00-3:00pm	10:00-11:00am 3:00-4:00pm	11:00-12:00nn 3:00-4:00pm	12:00-1:00pm	<b>\$165 \$155</b>	14	<b>\$2,170</b>
SL35	<b>17/7-30/8</b>	三、五 Wed, Fri	9:30-10:30am 2:30-3:30pm	10:30-11:30am 3:30-4:30pm	11:30-12:30pm 3:30-4:30pm	12:30-1:30pm			
SL1	<b>15/7-26/8</b>	一 Mon	10:30-11:30am 2:30-3:30pm	11:30-12:30pm 3:30-4:30pm	12:30-1:30pm		<b>\$165 \$155</b>	7	<b>\$1,085</b>
	<b>15/7-9/9</b>		4:30-5:30pm	5:30-6:30pm	6:30-7:30pm	7:30-8:30pm 8:30-9:30pm			
SL2	<b>16/7-10/9</b>	二 Tue	4:00-5:00pm	5:00-6:00pm	6:00-7:00pm		<b>\$165</b>	9	<b>\$1,485</b>
SL3	<b>17/7-11/9</b>	三 Wed	4:30-5:30pm	5:30-6:30pm	6:30-7:30pm	7:30-8:30pm 8:30-9:30pm			
SL4	<b>18/7-12/9</b>	四 Thurs	4:00-5:00pm	5:00-6:00pm	6:00-7:00pm				
SL5	<b>19/7-13/9</b>	五 Fri	4:30-5:30pm	5:30-6:30pm	6:30-7:30pm	7:30-8:30pm	<b>\$175</b>	9	<b>\$1,575</b>
SL6	<b>20/7-14/9</b>	六 Sat	8:30-9:30am 2:30-3:30pm	9:30-10:30am 3:30-4:30pm	10:30-11:30am 4:30-5:30pm	11:30-12:30pm 5:30-6:30pm 6:30-7:30pm			
			7:30-8:30pm						
SL7	<b>21/7-15/9</b>	日 Sun	8:00-9:00am 2:00-3:00pm	9:00-10:00am 3:00-4:00pm	10:00-11:00am 4:00-5:00pm	11:00-12:00nn 12:00-1:00pm	<b>\$175</b>	9	<b>\$1,575</b>

## 競賽訓練班 Competitive Course

不設補課

No MakeUp 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.

編號 Code	日期Period	星期 Day	時間 Time				每堂 Per lesson	堂數 Lessons	費用Fee
SL-T5	<b>19/7-13/9</b>	五 Fri	7:30-9:00pm				<b>\$210</b>	9	<b>\$1,890</b>
SL-T6	<b>20/7-14/9</b>	六 Sat	7:30-9:00pm						
SL-T7	<b>21/7-15/9</b>	日 Sun	8:00-9:30am	9:30-11:00am					

## 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.

編號 Code	日期Period	星期 Day	時間 Time				堂數 Lessons	費用Fee
SL1	<b>15/7-9/9</b>	一 Mon	8:30-9:30pm△				10	\$1,550

現凡同時報兩個課程即可獲優惠\$100 ;

報三個游泳課程即可獲優惠\$200

\*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

專用泳池

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

編號 Code	日期 Period	星期 Day	時間 Time					每堂 Per lesson	堂數 Lessons	費用Fee
SP13	17/7-28/8	一、三 Mon, Wed	8:00-9:00am	9:00-10:00am	10:00-11:00am	11:00-12:00nn	12:00-1:00pm	\$160 \$150	13	\$1,950
SP35	17/7-30/8	三、五 Wed, Fri	8:00-9:00am	9:00-10:00am	10:00-11:00am	11:00-12:00nn	12:00-1:00pm		14	\$2,100
SP15	19/7-30/8	一、五 Mon, Fri	8:00-9:00am	9:00-10:00am	10:00-11:00am	11:00-12:00nn	12:00-1:00pm		13	\$1,950
SP13	15/7-26/8	一、三 Mon, Wed	2:00-3:00pm	3:00-4:00pm					13	\$1,950
SP24	18/7-27/8	二、四 Tue, Thurs	8:00-9:00am	9:00-10:00am	10:00-11:00am	11:00-12:00nn	12:00-1:00pm		12	\$1,800
	16/7-27/8		2:00-3:00pm	3:00-4:00pm					13	\$1,950
SP1	15/7-9/9	一 Mon	4:00-5:00pm	5:00-6:00pm	6:00-7:00pm			\$160	9	\$1,440
	15/7-26/8		7:00-8:00pm						7	\$1,120
SP2	16/7-10/9	二 Tue	4:00-5:00pm	5:00-6:00pm	6:00-7:00pm	7:00-8:00pm△			9	\$1,440
	16/7-27/8		8:00-9:00pm						7	\$1,120
SP3	17/7-11/9	三 Wed	4:00-5:00pm	5:00-6:00pm	6:00-7:00pm	7:00-8:00pm△			9	\$1,440
SP4	18/7-12/9	四 Thurs	4:00-5:00pm	5:00-6:00pm	6:00-7:00pm	7:00-8:00pm△				
	18/7-29/8		8:00-9:00pm						7	\$1,120
SP5	19/7-30/8	五 Fri	2:00-3:00pm	3:00-4:00pm				\$170	7	\$1,190
	19/7-13/9		4:00-5:00pm	5:00-6:00pm	6:00-7:00pm	7:00-8:00pm	8:00-9:00pm			
SP6	20/7-14/9	六 Sat	8:00-9:00am△	9:00-10:00am	10:00-11:00am	11:00-12:00nn	12:00-1:00pm		9	\$1,530
			1:00-2:00pm	2:00-3:00pm	3:00-4:00pm	4:00-5:00pm	5:00-6:00pm			
SP7	21/7-15/9	日 Sun	6:00-7:00pm	7:00-8:00pm	8:00-9:00pm					
			1:00-2:00pm	2:00-3:00pm	3:00-4:00pm	4:00-5:00pm	5:00-6:00pm			

現凡同時報兩個課程即可獲優惠\$100 ;  
報三個游泳課程即可獲優惠\$200

\*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.

# 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\$1350(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, \$1350(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)

編號 Code	日期 Period	星期 Day	時間 Time				每堂 Per lesson	堂數 Lessons	費用Fee
MH1	15/7-28/8	一、三、五 Mon, Wed, Fri	8:00-9:00am△    9:00-10:00am△				<b>\$135 \$115</b>	20	<b>\$2,300</b>
MH15	15/7-26/8	一、五 Mon, Fri	10:00-11:00am	11:00-12:00nn	12:00-1:00pm			13	<b>\$1,495</b>
MH24	2/7-30/7	二、四 Tue,Thurs	5:00-6:00pm    6:00-7:00pm    7:00-8:00pm△					9	<b>\$1,035</b>
MH24A	1/8-27/8							8	<b>\$920</b>
MH5	19/7-13/9	五 Fri	5:00-6:00pm    6:00-7:00pm    7:00-8:00pm				<b>\$135</b>	9	<b>\$1,215</b>
MH6	20/7-14/9	六 Sat	9:00-10:00am	10:00-11:00am	11:00-12:00nn	12:00-1:00pm			
			3:45-4:45pm	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)

編號 Code	日期 Period	星期 Day	時間 Time	堂數 Lessons	費用Fee
MH1PN	8/7-26/8	一 Mon	10:00-10:30am 10:30-11:00am	5	\$1,250
MH5PN	5/7-30/8	五 Fri	10:00-10:30am 10:30-11:00am		
MH6PN	6/7-31/8	六 Sat	10:00-10:30am 10:30-11:00am 2:30-3:00pm		

# 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

**專用泳池**

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

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用Fee
SI7	28/7-15/9	日 Sun	2:00-3:00pm 3:00-4:00pm 4:00-5:00pm	\$145	8	\$1,160

**現凡同時報兩個課程即可獲優惠\$100 ;**

**報三個游泳課程即可獲優惠\$200**

\*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.



# 維多利亞公園室內游泳池

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)

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用Fee
V24	16/7-27/8	二、四 Tue,Thur	9:00-10:00am 10:00-11:00am 11:00-12:00nn 12:00-1:00pm 2:00-3:00pm 3:00-4:00pm 4:00-5:00pm 5:00-6:00pm	\$135 \$115	13	\$1,495
V35	17/7-28/8	三、五 Wed,Fri	1:00-2:00pm 2:00-3:00pm 3:00-4:00pm			
V3	3/7-28/8	三 Wed	5:00-6:00pm		9	\$1,035
V5	19/7-13/9 (9/8停suspend)	五 Fri	5:00-6:00pm 6:00-7:00pm 7:00-8:00pm	\$135	8	\$1,080
V6	20/7-14/9 (10/8停suspend)	六 Sat	9:00-10:00am 10:00-11:00am 11:00-12:00nn 12:00-1:00pm 2:30-3:30pm 3:45-4:45pm 5:00-6:00pm		8	\$1,080
V7	21/7-15/9 (11/8,1/9停suspend) 21/7-15/9 (4/8,11/8,1/9停suspend)	日 Sun	9:00-10:00am 10:00-11:00am 11:00-12:00nn 12:00-1:00pm		7 6	\$945 \$810

# 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.

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用Fee
LM135	15/7-31/7	一、三、五 Mon, Wed, Fri	2:00-3:00pm 3:00-4:00pm 4:00-5:00pm	\$135	8	\$1,080
LM135A	2/8-28/8				12	\$1,620
LM24	16/7-27/8	二、四 Tue,Thurs	2:00-3:00pm 3:00-4:00pm		13	\$1,755

現凡同時報兩個課程即可獲優惠\$100 ;  
報三個游泳課程即可獲優惠\$200

\*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.



# 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)

編號 Code	日期Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用Fee
SYS13	15/7-26/8	一、三 Mon, Wed	11:00-12:00nn 12:00-1:00pm	\$135 \$115	13	\$1,495
SYS6	20/7-14/9	六 Sat	10:00-11:00am 11:00-12:00nn 12:00-1:00pm	\$135	9	\$1,215

# 堅尼地城游泳池 Kennedy Town 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)

編號 Code	日期Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用Fee
KT24	16/7-27/8	二、四 Tue, Thur	11:00-12:00nn 12:00-1:00pm	\$135 \$115	13	\$1,495
KT5	19/7-13/9	五 Fri	4:00-5:00pm 5:00-6:00pm	\$135	9	\$1,215
KT6	20/7-14/9	六 Sat	2:30-3:30pm 3:45-4:45pm 5:00-6:00pm			

# 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)

編號 Code	日期Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用Fee
LK15	15/7-26/8	一、五 Mon, Fri	9:00-10:00am▲ 10:00-11:00am 12:00-1:00pm▲ 1:00-2:00pm 2:00-3:00pm	\$135 \$115	13	\$1,495
	1/7-29/7				9	\$1,035
LK15A	2/8-26/8		5:00-6:00pm▲ 6:00-7:00pm▲ 7:00-8:00pm		8	\$920
LK24	16/7-27/8	二、四 Tue, Thurs	8:00-9:00am▲ 9:00-10:00am▲ 10:00-11:00am 12:00-1:00pm▲ 1:00-2:00pm 2:00-3:00pm	\$135 \$115	13	\$1,498
	2/7-30/7				9	\$1,035
LK24A	1/8-27/8		5:00-6:00pm▲ 6:00-7:00pm▲ 7:00-8:00pm		8	\$920
LK3	17/7-4/9	三 Wed	5:00-6:00pm▲ 6:00-7:00pm 7:00-8:00pm	\$135	8	\$1,080
LK6	20/7-7/9	六 Sat	9:00-10:00am▲ 10:00-11:00am▲ 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm 2:00-3:00pm▲ 3:00-4:00pm▲ 4:00-5:00pm 5:00-6:00pm			
LK7	21/7-8/9 (4/8停)	日 Sun	9:00-10:00am▲ 10:00-11:00am▲ 11:00-12:00nn 12:00-1:00pm▲ 1:00-2:00pm 5:00-6:00pm		7	\$945

現凡同時報兩個課程即可獲優惠\$100 ;  
報三個游泳課程即可獲優惠\$200

\*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.



## 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。
- 7)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。
- 8)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。

## 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，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。**

## 進度評核

- 1)學員安排於每年第一期及第三期泳班完結前進行評估，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)本會將於泳班最後1堂派發「學習紀錄表」，任何當日缺席或請假之學員須於泳班完結後3個月內自行到泳池領取，如欲索取逾期「學習紀錄表」本會將收取代每張\$50手續費。
- 3)如需額外發出證書或證明信，本會將收取每封\$50行政費

		 雷暴 Thunderstorm	 Amber 黃	T1	L3	 Red 紅	 Black 黑	 8 NE 東北	 9	+10
香港仔浸信會 呂明才書院室外游泳池	照常					取消				
啟歷國際學校 室內恆溫游泳池	照常					取消				
其他 <b>室外</b> 游泳池	照常					取消				
其他 <b>室內</b> 游泳池	照常						取消			

\*備註:

- 1)若天文台宣佈(本會停課)訊號生效前二小時及以後之課堂將會取消並會安排補課。
- 2)教練會觀察當時情況決定學員是否適宜下水，如天氣情況不適宜下水，教練會安排學員於陸上有蓋位置練習游泳姿勢及體能練習。
- 3)如場地未能開放，本會收到通知後會儘快聯絡家長/學員。
- 4)**復課安排:香港天文台宣佈除下訊號後2小時及其後的課堂將會回復正常。**

**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 非辦公時間電話: 66451461 傳真:  
25728468**

**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](mailto:info@hoitin.net)**