



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2020年第四期游泳班章程

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

2019年香港公開游泳錦標，本會得到各泳員、家長及教練的支持，在32個個人項目及6個接力項目中，我們共取得16金9銀11銅的佳績，更奪得男團、女團及全場總冠軍！

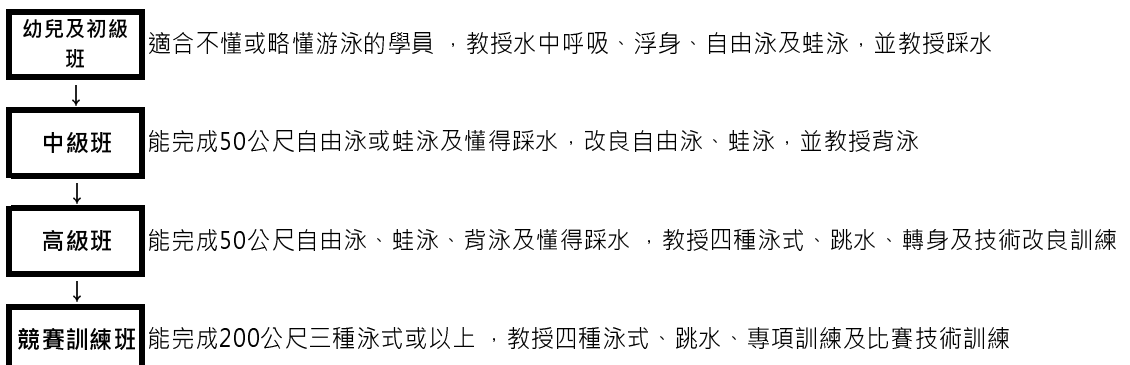
第二屆全國青年運動會劉平兒打破了女子13-14歲組50米及100米蝶泳分齡紀錄及青少年紀錄！

本會男子接力隊黃明康、黃竟豪、劉平治及郭俊希於第一組短池分齡游泳比賽(第二部)男子4x200米自由泳接力中，以7:29.50的成績刷新了本會保持的男子香港紀錄！小將劉建希於100米蝶泳中以1:06.24刷新男子10歲或以下組短池100米蝶泳短池分齡紀錄！

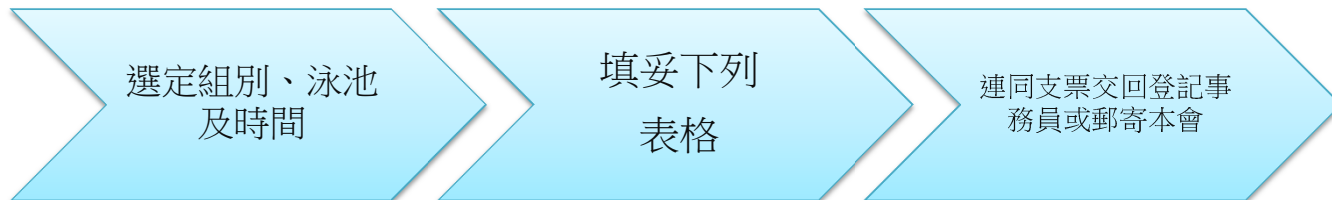
第十屆亞洲分齡錦標賽，本會於個人項目中共取得5金3銀6銅的成績，而接力項目中共取得4金8銀3銅的成績，泳員卓銘浩(15-17歲組)及劉平兒(13-14歲組)取得該組別的最佳泳員獎！劉平兒於50米、100米及200米蝶泳中，更刷新了13-14歲組女子長池香港分齡紀錄，同時打破了100米蝶泳香港女子青少年紀錄！

教練資歷

由多位持有香港業餘游泳總會註冊教練證書的資深專業教練主教。



精英教練 雲集海天



上課地點 Venues	支票抬頭 cheque payable to
聖保祿SP、喇沙LS、 思貝禮國際學校SBS、羅氏基金LFC	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

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

海天體育會游泳部及志佩游泳會有限公司主辦之2020年第四期公開游泳班報名表
 Application Form for 4th Session 2020 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 (1) Contact no. (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			
(首選) (1st choice) 泳班編號 Class Code: _____		時間 Time: _____ AM/PM	
(次選) (2nd choice) 泳班編號 Class Code: _____		時間 Time: _____ AM/PM	
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		
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	請假日期 Date of Abs	家長姓名 Name of Parent	家長簽名 Signature of Parent
	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

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

△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

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



專用泳池
Exclusive 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	
SP1N	19/10-28/12	一 Mon	4:00-4:50pm	5:00-5:50pm	6:00-6:50pm	\$180	11	\$1,980		
SP2N	20/10-29/12	二 Tue	4:00-4:50pm	5:00-5:50pm	6:00-6:50pm					
SP3N	21/10-30/12	三 Wed	5:00-5:50pm	6:00-6:50pm						
SP4N	22/10-31/12	四 Thurs	4:00-4:50pm	5:00-5:50pm	6:00-6:50pm					
SP5N	16/10-25/12	五 Fri	4:30-5:20pm	5:30-6:20pm	6:30-7:20pm					
SP6N	17/10-26/12	六 Sat	8:30-9:20am	9:30-10:20am	10:30-11:20am				11:30-12:20pm	12:30-1:20pm
			2:30-3:20pm	3:30-4:20pm	4:30-5:20pm				5:30-6:20pm	
SP7N	18/10-27/12	日 Sun	1:30-2:20pm	2:30-3:20pm	3:30-4:20pm	4:30-5:20pm				

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	20/10-29/12	二 Tue	6:00-6:30pm	6:30-7:00pm	5	\$1,500
SP6PN	17/10-26/12	六 Sat	9:00-9:30am		5	\$1,500

*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

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



初班、中班及高班

專用泳池
Exclusive pool

編號 Code	日期 Period	星期 Day	時間 Time					每堂 Per lesson	堂數 Lessons	費用 Fee
SP1	19/10-28/12	一 Mon	4:00-5:00pm	5:00-6:00pm	6:00-7:00pm			\$160	11	\$1,760
SP2	20/10-29/12	二 Tue	4:00-5:00pm	5:00-6:00pm	6:00-7:00pm					
SP3	21/10-30/12	三 Wed	5:00-6:00pm	6:00-7:00pm	7:00-8:00pm					
SP4	22/10-31/12	四 Thurs	4:00-5:00pm	5:00-6:00pm	6:00-7:00pm					
SP5	16/10-25/12	五 Fri	4:00-5:00pm	5:00-6:00pm	6:00-7:00pm	7:00-8:00pm	8:00-9:00pm	\$170	\$1,870	
SP6	17/10-26/12	六 Sat	8:00-9:00am	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				
SP7	18/10-27/12	日 Sun	1:00-2:00pm	2:00-3:00pm	3:00-4:00pm	4:00-5:00pm	5:00-6:00pm			

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 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
SP2	20/10-29/12	二 Tue	7:00-8:00pm					10	\$1,350
SP3	21/10-30/12	三 Wed	7:00-8:00pm						
SP4	22/10-31/12	四 Thurs	7:00-8:00pm						
SP6	17/10-26/12	六 Sat	◆8:00-9:00am	◆(只適合能完成50米或以上自由式或蛙式)					
SP7	18/10-27/12	日 Sun	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.

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

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
MH3	21/10-30/12	三 Wed	6:00-7:00pm	7:00-8:00pm			\$135	11	\$1,485
MH5	16/10-25/12	五 Fri	5:00-6:00pm	6:00-7:00pm	7:00-8:00pm				
MH6	17/10-26/12	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					

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
MH135	16/10-30/12 (26/10,25/12停 suspend)	一、三、五 Mon, Wed, Fri	8:00-9:00am	9:00-10:00am			10	\$1,350
MH24	17/10-31/12	二、四 Tue,Thurs	7:00-8:00pm					

維多利亞公園室內游泳池 Victoria Park Indoor Swimming Pool

地址:銅鑼灣興發街維多利亞公園(近天后港鐵站) Victoria Park, Hing Fat Street, Causeway Bay(Near Tin Hau MTR Station)

初、中、高班分組同時進行(適合5歲或以上學員參加)

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

※初班之訓練只會在訓練池進行 ※Elementary class will only proceed in the training pool

備註:除不對外開放時段或比賽日外,家長需自備清潔泳池拖鞋並自費入場觀看上課情況

Remarks:Parents/Guardians are required to pay the entrance fee. Please be reminded to bring and change your own slippers. No entry for parents/guardians during all session break

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

編號 Code	日期 Period	星期 Day	時間 Time				每堂 Per lesson	堂數 Lessons	費用Fee
V5	16/10-25/12	五 Fri	5:00-6:00pm	6:00-7:00pm	7:00-8:00pm		\$135	11	\$1,485
V6	17/10-26/12	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				
V7	18/10-27/12	日 Sun	9:00-10:00am	10:00-11:00am	11:00-12:00nn	12:00-1:00pm			

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(港鐵太古站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.



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 Lessons	費用 Fee
SSW1	19/10-28/12	一 Mon	5:00-6:00pm 6:00-7:00pm▲	\$135	11	\$1,485
SSW2	20/10-29/12	二 Tue	5:00-6:00pm 6:00-7:00pm▲			
SSW3	21/10-30/12	三 Wed	5:00-6:00pm 6:00-7:00pm▲			
SSW4	22/10-31/12	四 Thurs	5:00-6:00pm 6:00-7:00pm▲			
SSW5	16/10-25/12	五 Fri	4:00-5:00pm 5:00-6:00pm 6:00-7:00pm▲ 7:00-8:00pm			
SSW6	17/10-26/12	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	18/10-27/12	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			

港島東室內游泳池於11/9/2020-31/10/2020進行定期維修,家長可於維修期間轉往康怡花園俱樂部游泳池和小西灣室內游泳池。 Due to the annual maintenance work of the Island East Indoor Swimming Pool from 11st Sep,2020 to 31th Oct,2020,all the training classed will be paused. Swimmers are advised to continue their trainings in Kornhill Recreation Club Swimming Pool and Siu Sai Wan Indoor Swimming Pool

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		
LK5	6/11-18/12	五 Fri	4:00-5:00pm	\$135	7	\$945		
	6/11-25/12		5:00-6:00pm 6:00-7:00pm▲ 7:00-8:00pm		8	\$1,080		
LK6	7/11-26/12	六 Sat	9:00-10:00am▲ 10:00-11:00am▲ 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm		8	\$1,080		
			2:00-3:00pm▲ 3:00-4:00pm▲ 4:00-5:00pm 5:00-6:00pm					
LK7	1/11-27/12	日 Sun	9:00-10:00am▲ 10:00-11:00am▲ 11:00-12:00nn 12:00-1:00pm▲ 1:00-2:00pm				9	\$1,215

*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.



九龍公園室內游泳池 Kowloon Park Indoor Swimming Pool

地址:九龍尖沙咀柯士甸道22號九龍公園 22 Austin Road, Kowloon Park, Tsim Sha Tsui

初、中、高班分組同時進行(適合5歲或以上學員參加)

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

備註:除不對外開放時段或比賽日外,家長需自備清潔泳池拖鞋並自費入場觀看上課情況

Remarks:Parents/Guardians are required to pay the entrance fee. Please be reminded to bring and change your own slippers. No entry for parents/guardians during all session break.

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

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
K6	17/10-26/12	六 Sat	12:00-1:00pm 1:00-2:00pm 7:00-8:00pm 8:00-9:00pm	\$135	11	\$1,485

何文田室內游泳池 Ho Man Tin Indoor Swimming Pool

地址:九龍何文田忠義街1號

初、中、高班分組同時進行(適合5歲或以上學員參加)

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

備註:除不對外開放時段或比賽日外,家長需自備清潔泳池拖鞋並自費入場觀看上課情況

Remarks:Parents/Guardians are required to pay the entrance fee. Please be reminded to bring and change your own slippers. No entry for parents/guardians during all session break.

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

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
HMT5	6/11-25/12	五 Fri	4:00-5:00pm 5:00-6:00pm 6:00-7:00pm	\$135	8	\$1,080
HMT6	7/11-26/12	六 Sat	11:00-12:00nn 12:00-1:00pm 2:00-3:00pm 3:00-4:00pm 4:00-5:00pm 5:00-6:00pm			

喇沙書院室外游泳池 La Salle College Outdoor Swimming Pool

地址:九龍塘喇沙利道18號 18 La Salle Road, Kowloon Tong

水深:1米至4.2米(50米專線) Water depth:1m-4.2m (50m exclusive lanes)

幼兒或初級班可於活動纖維台上習泳

Additional platform for Nursery & Elementary classes

幼兒、初、中、高班分組同時進行(適合3歲或以上學員參加)

Nursery, elementary, Intermediate & Advanced classes proceed in the same time slot (Suitable For Children aged from 3 or above)

備註:家長可免費入場觀看子女,需自備清潔泳池拖鞋方可進入泳池

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



編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
LS5	16/10-25/12	五 Fri	4:00-5:00pm 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm	\$155	11	\$1,705
LS6	17/10-26/12	六 Sat	8:45-9:45am 9:45-10:45am 10:45-11:45am 11:45-12:45pm 2:15-3:15pm 3:15-4:15pm 4:15-5:15pm 5:15-6:15pm			
LS7	18/10-27/12	日 Sun	9:00-10:00am 10:00-11:00am 11:00-12:00nn 12:00-1:00pm 2:00-3:00pm 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 could finish 200 M in each of three strokes.

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
LS-T6	17/10-26/12	六 Sat	2:15-3:45pm 3:45-5:15pm	\$180	11	\$1,980
LS-T7	18/10-27/12	日 Sun	9:00-10:30am 10:30-12:00nn			

*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.



思貝禮國際學校 室內恆溫游泳池

Shrewsbury International School Hong Kong
Heated Swimming Pool

地址:將軍澳石角路10號 10 Shek Kok 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)

康城港鐵站C出口

- 巴士298E 坑口站公共運輸交匯處至峻滢
- 巴士797M 港鐵將軍澳站至峻滢
- 巴士796X 尖沙咀東至峻滢
- 小巴112A 或 112M 康城港鐵站至峻滢 步行1分鐘
- 小巴113坑口至峻滢(循環線)

編號 Code	日期 Period	星期 Day	時間 Time				每堂 Per lesson	堂數 Lessons	費用 Fee
SBS1	2/11-28/12	一 Mon	6:00-7:00pm	7:00-8:00pm	8:00-9:00pm	\$140	9	\$1,260	
SBS2	3/11-29/12	二 Tue	6:00-7:00pm	7:00-8:00pm	8:00-9:00pm				
SBS3	4/11-30/12	三 Wed	6:00-7:00pm	7:00-8:00pm	8:00-9:00pm				
SBS4	5/11-31/12 (24/12停suspend)	四 Thurs	6:00-7:00pm	7:00-8:00pm	8:00-9:00pm		7	\$980	
SBS5	6/11-18/12	五 Fri	6:00-7:00pm	7:00-8:00pm	8:00-9:00pm				
SBS6	7/11-19/12	六 Sat	10:30-11:30am	11:30-12:30pm	12:30-1:30pm		9	\$1,260	
			2:30-3:30pm	3:30-4:30pm	4:30-5:30pm				5:30-6:30pm
SBS7	1/11-27/12	日 Sun	9:00-10:00am	10:00-11:00am	11:00-12:00pm	12:00-1:00pm	1:00-2:00pm	9	\$1,260

競賽訓練班

編號 Code	日期 Period	星期 Day	時間 Time				每堂 Per lesson	堂數 Lessons	費用 Fee
SBS-T6	7/11-19/12	六 Sat	3:00-4:30pm	4:30-6:00pm		\$170	7	\$1,190	
SBS-T7	1/11-27/12	日 Sun	10:00-11:30am	11:30-1:00pm			9	\$1,530	

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3人，將會取消

10 lessons for 1 course, class will be cancelled if there are less than 3 participants.

一經報名，必須於3個月內完成10堂課程，逾期無效。10 lessons should be completed within 3 months.

編號 Code	日期 Period	星期 Day	時間 Time				堂數 Lessons	費用 Fee
SBS135	2/11-30/12 (25/12停suspend)	一、三、五 Mon, Wed, Fri	8:00-9:00pm				10	\$1,400

新增報名地點

小宇宙語言及藝術中心 Little Cosmos

地址: 新界將軍澳唐德街9號將軍澳中心商場二樓206號

舖(將軍澳地鐵站B出口)

電話: 3162 3188 / 3162 3168



*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.



保良局羅氏基金中學

室內恆溫游泳池

Po Leung Kuk Laws Foundation College
Indoor Heated Swimming Pool

地址：香港將軍澳陶樂路8號 8, To Lok 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)

△附設成人班\$1400(10堂)參加人數如不足4人，將會取消

△Adult class, \$1400(10 lessons), will be cancelled if there are less than 4 participants

■寶琳港鐵站 A1出口

- 巴士290(彩明站 到 富麗花園/怡心園)
- 巴士290X(康城站 到 富麗花園/怡心園)
- 小巴 10M(觀塘裕民坊 到 慧安園)

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
LFC1	19/10-28/12	一 Mon	◆6:00-7:00pm ◆(不適合中及高級班) ----- 7:00-8:00pm 8:00-9:00pm	\$140	11	\$1,540
LFC2	20/10-29/12	二 Tue	◆6:00-7:00pm ◆7:00-8:00pm ◆(不適合中及高級班) ----- 8:00-9:00pm			
LFC3	21/10-30/12	三 Wed	◆6:00-7:00pm ◆(不適合中及高級班) ----- 7:00-8:00pm 8:00-9:00pm			
LFC4	22/10-31/12	四 Thurs	◆6:00-7:00pm 7:00-8:00pm ◆(不適合中及高級班) ----- 8:00-9:00pm			
LFC5	16/10-25/12	五 Fri	6:00-7:00pm 7:00-8:00pm 8:00-9:00pm			
LFC6	17/10-26/12	六 Sat	8:30-9:30am 9:30-10:30am 10:30-11:30am 11:30-12:30nn 12:30-1:30pm 1:30-2:30pm 2:30-3:30pm 3:30-4:30pm			
LFC7	18/10-27/12	日 Sun	8:00-9:00am 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			

競賽訓練班

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
LFC-T5	16/10-25/12	五 Fri	6:00-7:30pm	\$170	11	\$1,870
LFC-T6	17/10-26/12	六 Sat	3:30-5:00pm			
LFC-T7	18/10-27/12	日 Sun	9:30-11:00am 2:30-4:00pm			

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
LFC24	19/10-30/12	一、三 Mon, Wed	8:00-9:00pm	10	\$1,300
LFC5	16/10-25/12	五 Fri	8:00-9:00pm		\$1,400

*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