



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2023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，本會培訓出多名精英泳員代表香港參加國際賽事如世界游泳錦標賽、亞運及奧運，並打破香港紀錄，包括黃鎔威、郭建明、李亮葵、馬希彤、于蕙婷、鄭莉梅、楊珍美、黃筠陶、麥浩麟、張健達、黃竟儔等。其中鄭莉梅、楊珍美及黃筠陶更出戰2020東京奧運。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**

**2022年第八屆世界青年游泳錦標賽**

- 泳員麥世霆於男子200米蛙泳奪得香港歷史性男子首面銅牌，同時於100米蛙泳預賽以1:02.46刷新15-17歲分齡紀錄

**國際泳聯游泳世界盃2022(多倫多站)**

- 泳員麥世霆於200米蛙泳預賽以2:07.81及決賽以2:07.59兩次打破200米蛙泳香港紀錄及15-17歲分齡紀錄，同時於50米及100米蛙泳預賽亦以28.07及1:00.28打破分齡紀錄

**國際泳聯游泳世界盃2022(印第安納波利斯站)**

- 泳員麥世霆於首日預賽100米蛙泳以1:00.05再次刷新香港15-17歲分齡紀錄

**2022香港公開游泳錦標賽**

海天：屬會全場總冠軍、男子全場總冠軍、女子全場總季軍

志佩：屬會全場第四名，男子全場總亞軍

**教練資歷**

由多位持有中國香港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，教授水中呼吸、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

### 課堂須知

- 1)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。
- 2)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。
- 3)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)
- 4)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。
- 5)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。
- 6)如學員蒙受任何身體損傷或財物損失，本會概不負責。
- 7)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。
- 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，需在該課程內的指定補課日進行(只限一天)。若未能出席指定補課日，則作棄權論。

**由2023年4月起，補課日\*將為該課程內的指定日子，家長不需要個別向本會預約補課。若在指定補課日未能出席，則作棄權論**

\*康怡花園一期及二期課程如因任何天氣情況影響，將不設補堂

### 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)如需額外申請證書或證明信，本會將收取每張\$50行政費

		 雷暴 Thunderstorm	 Amber 黃	T1	L3	 Red 紅	 Black 黑	 8 NE 東北	 9	 +10
其他 <b>室外</b> 游泳池	照常 <sup>2)</sup>					取消 <sup>1)</sup>				
其他 <b>室內</b> 游泳池	照常					取消 <sup>1)</sup>				

\*備註:

- 1)若天文台宣佈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。
- 5)康怡花園一期及二期課程如因任何天氣情況影響，將不設補堂

辦公時間:逢星期一至五:09:30-18:00,星期六:09:30-13:00

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:灣仔告士打道109-111號東惠商業大廈22樓2201室

本會網址: <http://www.hoitin.net> 電郵地址: [info@hoitin.net](mailto:info@hoitin.net)

# 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 lanes)

初、中、高班分組同時進行(適合5歲或以上學員參加)

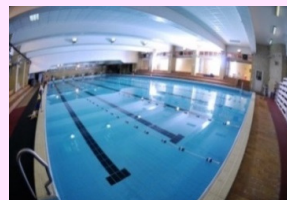
Elementary, Intermediate & Advanced classes will proceed in the same time slot(Suitable For Children aged 5 or above)

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 (1位泳員: 1位成人陪同) 1 swimmer: 1 supervising adult

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



## 初班、中班及高班

Elementary, Intermediate & Advanced classes

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee	補課日*
SP135	17/7-28/8 (19/7 停 suspend)	一、三、五 Mon, Wed, Fri	8:00-9:00am 9:00-10:00am 10:00-11:00am 11:00-12:00nn 12:00-1:00pm	\$200	18	\$3,600	30/8/2023
	17/7-28/8		2:00-3:00pm 3:00-4:00pm		19	\$3,800	30/8/2023
SP24	20/7-29/8	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	\$2,400	31/8/2023
	18/7-29/8		2:00-3:00pm 3:00-4:00pm		13	\$2,600	31/8/2023
SP35	19/7-25/8	三、五 Wed, Fri	4:00-5:00pm		12	\$2,400	30/8/2023
SP1	17/7-4/9	一 Mon	4:00-5:00pm 5:00-6:00pm 6:00-7:00pm		8	\$1,600	11/9/2023
	3/7-21/8		7:00-8:00pm		8	\$1,600	28/8/2023
SP2	18/7-5/9	二 Tue	4:00-5:00pm 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm		8	\$1,600	12/9/2023
SP3	19/7-6/9	三 Wed	5:00-6:00pm 6:00-7:00pm 7:00-8:00pm		8	\$1,600	13/9/2023
SP4	20/7-7/9	四 Thurs	4:00-5:00pm 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm		8	\$1,600	14/9/2023
SP5	21/7-8/9	五 Fri	5:00-6:00pm 6:00-7:00pm 7:00-8:00pm 8:00-9:00pm	\$210	8	\$1,680	15/9/2023
SP6	15/7-9/9	六 Sat	8:00-9:00am 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		9	\$1,890	16/9/2023
			4:00-5:00pm 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm				
SP7	16/7-10/9	日 Sun	1:00-2:00pm 2:00-3:00pm 3:00-4:00pm 4:00-5:00pm 5:00-6:00pm		9	\$1,890	17/9/2023

## 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
SP1	17/7-4/9	一 Mon	7:00-8:00pm	10	\$1,600
SP3	19/7-6/9	三 Wed	7:00-8:00pm		
SP4	20/7-7/9	四 Thurs	7:00-8:00pm		
SP6	15/7-9/9	六 Sat	◆8:00-9:00am ◆(只適合能完成50米或以上自由式或蛙式)		

由2023年4月起, 補課日\*將為該課程內的指定日子, 家長不需要個別向本會預約補課。若在指定補課日未能出席, 則作棄權論

\*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

# 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  
Exclusive 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 lanes)

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 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 (1位泳員: 1位成人陪同) 1 swimmer: 1 supervising adult

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)

Nursery Class(Suitable for children aged 3-4)

提示幼童可穿著游泳專用紙泳褲或學習褲

Tips: Toddler can wear disposable swimming diapers or swimming pants

編號 Code	日期 Period	星期 Day	時間 Time				每堂 Per lesson	堂數 Lessons	費用 Fee	補課日*
SP135N	<b>17/7-28/8</b> (19/7停suspend)	一、三、五 Mon, Wed, Fri	9:00-9:50am	10:00-10:50am	11:00-11:50pm			18	\$3,960	30/8/2023
	<b>17/7-28/8</b>		2:00-2:50pm	3:00-3:50pm				19	\$4,180	30/8/2023
SP24N	<b>20/7-29/8</b>	二、四 Tue, Thurs	9:00-9:50am	10:00-10:50am	11:00-11:50pm			12	\$2,640	31/8/2023
	<b>18/7-29/8</b>		2:00-2:50pm	3:00-3:50pm				13	\$2,860	31/8/2023
SP1N	<b>17/7-4/9</b>	一 Mon	4:00-4:50pm	5:00-5:50pm	6:00-6:50pm		\$220	8	\$1,760	11/9/2023
SP2N	<b>18/7-5/9</b>	二 Tue	4:00-4:50pm	5:00-5:50pm	6:00-6:50pm			8	\$1,760	12/9/2023
SP3N	<b>19/7-6/9</b>	三 Wed	5:00-5:50pm	6:00-6:50pm				8	\$1,760	13/9/2023
SP4N	<b>20/7-7/9</b>	四 Thurs	4:00-4:50pm	5:00-5:50pm	6:00-6:50pm			8	\$1,760	14/9/2023
SP5N	<b>21/7-8/9</b>	五 Fri	5:30-6:20pm	6:30-7:20pm				8	\$1,760	15/9/2023
SP6N	<b>15/7-9/9</b>	六 Sat	8:30-9:20am	9:30-10:20am	10:30-11:20am	11:30-12:20pm		9	\$1,980	16/9/2023
			2:30-3:20pm	3:30-4:20pm	4:30-5:20pm					
SP7N	<b>16/7-10/9</b>	日 Sun	1:30-2:20pm	2:30-3:20pm	3:30-4:20pm	4:30-5:20pm		9	\$1,980	17/9/2023

由2023年4月起, 補課日\*將為該課程內的指定日子, 家長不需要個別向本會預約補課。若在指定補課日未能出席, 則作棄權論

# 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	補課日*
KT2	18/7-22/8	二 Tue	9:00-10:00am 10:00-11:00am 11:00-12:00nn 12:00-1:00pm 2:00-3:00pm 3:00-4:00pm	\$140	6	\$840	29/8/2023
KT4	20/7-24/8	四 Thurs	9:00-10:00am 10:00-11:00am 11:00-12:00nn 12:00-1:00pm 2:00-3:00pm 3:00-4:00pm		6	\$840	31/8/2023

# 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 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	補課日*
SYS1	17/7-21/8	一 Mon	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	\$140	6	\$840	28/8/2023
SYS3	19/7-23/8	三 Wed	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	\$840	30/8/2023
SYS5	21/7-18/8	五 Fri	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		5	\$700	25/8/2023
SYS6	15/7-9/9	六 Sat	11:00-12:00nn 12:00-1:00pm 3:00-4:00pm 4:00-5:00pm 5:00-6:00pm		9	\$1,260	16/9/2023

由2023年4月起，補課日\*將為該課程內的指定日子，家長不需要個別向本會預約補課。若在指定補課日未能出席，則作棄權論

新增報名地點 New Registration Centre

Sunny Garden Smart Kids Centre 太陽村

地址: 北角道10號亞太廣場3樓

3/F North Point Asia-Pac Centre, 10 North Point Road

電話: 2214 0941 / 2214 9868



\*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

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 3 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) (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	補課日*
SSW13	17/7-28/8	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 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm	\$140	13	\$1,820	30/8/2023
SSW25	18/7-25/8	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 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm		12	\$1,680	29/8/2023
SSW4	20/7-7/9	四 Thurs	5:00-6:00pm 6:00-7:00pm		8	\$1,120	14/9/2023
SSW6	15/7-9/9	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		9	\$1,260	16/9/2023
SSW7	16/7-10/9 (6/8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 4:00-5:00pm 5:00-6:00pm		8	\$1,120	17/9/2023

# 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 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	補課日*
V24	18/7-24/8	二、四 Tue, Thurs	9:00-10:00am 10:00-11:00am 11:00-12:00nn 12:00-1:00pm 3:00-4:00pm 4:00-5:00pm 5:00-6:00pm	\$140	12	\$1680	29/8/2023
V35	19/7-25/8	三、五 Wed, Fri	9:00-10:00am 10:00-11:00am 11:00-12:00nn 12:00-1:00pm		12	\$1680	30/8/2023
	19/7-25/8 (18/8停suspend)		3:00-4:00pm 4:00-5:00pm		11	\$1540	
V3	5/7-23/8	三 Wed	5:00-6:00pm		8	\$1120	30/8/2023
V5	21/7-8/9 (18/8停suspend)	五 Fri	5:00-6:00pm 6:00-7:00pm 7:00-8:00pm		7	\$980	15/9/2023
V6	15/7-9/9 (19/8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	\$1,120	16/9/2023
V7	16/7-10/9 (19/8停suspend)	日 Sun	9:00-10:00am 10:00-11:00am 11:00-12:00nn		8	\$1,120	17/9/2023
	16/7-10/9 (6/8,19/8停suspend)		12:00-1:00pm		7	\$980	17/9/2023

\*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.





# 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)

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	補課日*
LK6	15/7-2/9	六 Sat	9:00-10:00am 10:00-11:00am 11:00-12:00nn 12:00-1:00pm	\$140	8	\$1,120	9/9/2023

## 康怡花園一期及二期課程如因任何天氣情況影響， 將不設補堂

In all weather related cancellations beyond our control, NO REFUND, CREDIT or MAKE-UPS will be provided for all classes at Kornhill Phase I and Phase II Swimming Pool.

## 康怡花園一期C座室外游泳池Kornhill Phase I Block C Outdoor Swimming Pool

地址:鯽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 5 or above)

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

備註:家長可免費於看台上觀看上課情況 (1位泳員: 1位成人陪同)

Remarks: Free entry of the Spectator's Area for Parents/Guardians.(1 swimmer: 1 supervising adult)

編號 Code	日期Period	星期Day	時間Time	每堂 Per lesson	堂數 Lessons	費用Fee	補課日*
KHC24	18/7-24/8	二、四 Tue, Thurs	2:00-2:55pm▲	\$170	12	\$2,040	29/8/2023
	4/7-24/8		6:00-6:55pm		16	\$2,720	29/8/2023
KHC15	3/7-25/8	一、五 Mon, Fri	6:00-6:55pm▲		16	\$2,720	28/8/2023
KHC3	5/7-23/8	三 Wed	6:00-6:55pm▲		8	\$1,360	30/8/2023
KHC6	15/7-9/9	六 Sat	2:00-2:55pm▲		9	\$1,530	16/9/2023

由2023年4月起, 補課日\*將為該課程內的指定日子, 家長不需要個別向本會預約補課。若在指定補課日未能出席, 則作棄權論

本會尚於鯽魚涌康蘭居會所舉行游泳課程, 詳情可致電本會/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

\*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.



# 康怡花園一期及二期課程如因任何天氣情況影響， 將不設補堂

In all weather related cancellations beyond our control, NO REFUND, CREDIT or MAKE-UPS will be provided for all classes at Kornhill Phase I and Phase II Swimming Pool.

## 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 3 or above)

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

備註: 家長可免費於看台上觀看上課情況 (1位泳員: 1位成人陪同)

Remarks: Free entry of the Spectator's Area for Parents/Guardians. (1 swimmer: 1 supervising adult)

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee	補課日*
KHH24	4/7-24/8	二、四 Tue, Thurs	5:00-5:55pm	\$170	16	\$2720	29/8/2023
KHH15	3/7-25/8	一、五 Mon, Fri	5:00-5:55pm		16	\$2720	28/8/2023
KHH3	5/7-23/8	三 Wed	5:00-5:55pm		8	\$1360	30/8/2023
KHH6	15/7-9/9	六 Sat	11:00-11:55nn 5:00-5:55pm		9	\$1530	16/9/2023
KHH7	16/7-10/9	日 Sun	11:00-11:55nn		9	\$1530	17/9/2023

### \*參加者報讀以下時段課程必須為康怡花園俱樂部之課程活動會籍或學生會籍

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee	補課日*
KHH1	17/7-28/8	一、三、五 Mon, Wed, Fri	9:00-9:55am▲ 10:00-10:55am	\$170	19	\$3230	30/8/2023
KHH24	18/7-24/8	二、四 Tue, Thurs	9:00-9:55am▲ 10:00-10:55am 3:00-3:55pm▲ 4:00-4:55pm▲		12	\$2040	29/8/2023
KHH15	17/7-25/8	一、五 Mon, Fri	3:00-3:55pm▲ 4:00-4:55pm▲		12	\$2040	28/8/2023
KHH3	19/7-23/8	三 Wed	3:00-3:55pm▲ 4:00-4:55pm▲		6	\$1020	30/8/2023
KHH6	15/7-9/9	六 Sat	9:00-9:55am▲ 10:00-10:55am 3:00-3:55pm▲ 4:00-4:55pm▲		9	\$1530	16/9/2023
KHH7	16/7-10/9	日 Sun	9:00-9:55am▲ 10:00-10:55am		9	\$1,530	17/9/2023

辦理會籍支票抬頭: Kornhill Recreation Club Ltd \*\*活動會籍費用請向康怡花園俱樂部查詢

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)

由2023年4月起，補課日\*將為該課程內的指定日子，家長不需要個別向本會預約補課。若在指定補課日未能出席，則作棄權論



# 九龍公園游泳池 Kowloon Park 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 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.

編號Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用Fee	補課日*
K6	15/7-9/9	六 Sat	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 6:00-7:00pm 7:00-8:00pm 8:00-9:00pm	\$140	9	\$1,260	16/9/2023
K7	16/7-10/9 (6/8停suspend)	日 Sun	9:00-10:00am 10:00-11:00am 11:00-12:00nn		8	\$1,120	17/9/2023

# 沙田學院室內恆溫游泳池 Sha Tin College Indoor Heated Swimming

地址:沙田穗禾路麗禾里3號 No. 3 Lai Wo Lane Fo Tan, Sha Tin,Hong Kong

專用泳線

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 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 (1位泳員:1位成人陪同)(1 swimmer: 1 supervising adult)

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	補課日*
ST3	5/7-6/9	三 Wed	5:00-6:00pm 6:00-7:00pm	\$195	10	\$1,950	13/9/2023
ST4	20/7-7/9	四 Thurs	5:00-6:00pm 6:00-7:00pm		8	\$1,560	14/9/2023
ST5	21/7-8/9	五 Fri	5:00-6:00pm 6:00-7:00pm 7:00-8:00pm		8	\$1,560	15/9/2023
ST6	15/7-9/9	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		9	\$1,755	16/9/2023
ST7	16/7-10/9	日 Sun	9:00-10:00am 10:00-11:00am 12:00-1:00pm 1:00-2:00pm 2:00-3:00pm 3:00-4:00pm 4:00-5:00pm		9	\$1,755	17/9/2023

## 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	堂數 Lessons	費用Fee	補課日*
ST-T4	20/7-7/9	四 Thurs	5:30-7:00pm	\$240	8	\$1,920	14/9/2023
ST-T5	21/7-8/9	五 Fri	5:30-7:00pm		8	\$1,920	15/9/2023
ST-T6	15/7-9/9	六 Sat	2:30-4:00pm		9	\$2,160	16/9/2023
ST-T7	16/7-10/9	日 Sun	12:00-1:30pm		9	\$2,160	17/9/2023

由2023年4月起,補課日\*將為該課程內的指定日子,家長不需要個別向本會預約補課。若在指定補課日未能出席,則作棄權論

\*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.



# 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)

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 (1位泳員: 1位成人陪同)(1 swimmer: 1 supervising adult)

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	補課日*
LS135	17/7-28/8	一、三、五 Mon, Wed, Fri	9:00-10:00am 10:00-11:00am 11:00-12:00nn 2:00-3:00pm 3:00-4:00pm	\$190	19	\$3610	30/8/2023
LS13	17/7-28/8	一、三 Mon, Wed	4:00-5:00pm		13	\$2470	30/8/2023
LS24	18/7-29/8	二、四 Tue, Thurs	9:00-10:00am 10:00-11:00am 11:00-12:00nn 2:00-3:00pm 3:00-4:00pm 4:00-5:00pm		13	\$2470	31/8/2023
LS5	21/7-8/9	五 Fri	4:00-5:00pm 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm		8	\$1,520	15/9/2023
LS6	15/7-9/9	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		9	\$1,710	16/9/2023
LS7	16/7-10/9	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		9	\$1,710	17/9/2023

## 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	補課日*
LS-T6	15/7-9/9	六 Sat	2:15-3:45pm 3:45-5:15pm	\$240	9	\$2,160	16/9/2023
LS-T7	16/7-10/9	日 Sun	9:00-10:30am 10:30-12:00nn		9	\$2,160	17/9/2023

由2023年4月起, 補課日\*將為該課程內的指定日子, 家長不需要個別向本會預約補課。若在指定補課日未能出席, 則作棄權論

新增報名地點New Registration Center

小宇宙語言及藝術中心 Little Cosmos

地址: 觀塘興業街15號中美中心B座3樓307室

(觀塘地鐵站B出口) 電話: 3162 3188 / 3162 3168



# 思貝禮國際學校室內恆溫游泳池

Shrewsbury International School Hong Kong Heated Swimming Pool

■康城港鐵站C出口

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

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用Fee	補課日*
SBS13	17/7-14/8	一、三 Mon,Wed	◆9:00-10:00am ◆(只適合幼兒班) ----- 10:00-11:00am 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm 2:00-3:00pm	\$180	9	\$1620	16/8/2023
	3/7-14/8		3:00-4:00pm 4:00-5:00pm		13	\$2340	16/8/2023
SBS24	18/7-15/8	二、四 Tue,Thurs	◆9:00-10:00am ◆(只適合幼兒班) ----- 10:00-11:00am 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm 2:00-3:00pm		9	\$1620	17/8/2023
	4/7-15/8		3:00-4:00pm 4:00-5:00pm		13	\$2340	17/8/2023
SBS1	10/7-4/9	一 Mon	◆5:00-6:00pm ◆(不適合中及高級班) ----- 6:00-7:00pm 7:00-8:00pm 8:00-9:00pm		9	\$1,620	11/9/2023
SBS2	11/7-5/9	二 Tue	◆5:00-6:00pm ◆(不適合中及高級班) ----- 6:00-7:00pm 7:00-8:00pm 8:00-9:00pm		9	\$1,620	12/9/2023
SBS3	12/7-6/9	三 Wed	5:00-6:00pm 6:00-7:00pm 7:00-8:00pm 8:00-9:00pm		9	\$1,620	13/9/2023
SBS4	13/7-7/9	四 Thurs	◆5:00-6:00pm ◆(不適合中及高級班) ----- 6:00-7:00pm 7:00-8:00pm 8:00-9:00pm		9	\$1,620	14/9/2023
SBS5	21/7-18/8	五 Fri	◆9:00-10:00am ◆(只適合幼兒班) ----- 10:00-11:00am 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm 2:00-3:00pm	\$190	5	\$950	不設任何 請假補堂 No MakeUp Class
	7/7-11/8		3:00-4:00pm 4:00-5:00pm		6	\$1,140	18/8/2023
	14/7-8/9		5:00-6:00pm 6:00-7:00pm 7:00-8:00pm 8:00-9:00pm		9	\$1,710	15/9/2023
SBS6	8/7-9/9	六 Sat	10:30-11:30am 11:30-12:30pm 12:30-1:30pm 1:30-2:30pm 2:30-3:30pm 3:30-4:30pm 4:30-5:30pm 5:30-6:30pm		10	\$1,900	16/9/2023
SBS7	9/7-10/9	日 Sun	8:00-9:00am 9:00-10:00am 10:00-11:00am 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm		10	\$1,900	17/9/2023

## 競賽訓練班Competitive Course

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用Fee	補課日*
SBS-T6	8/7-9/9	六 Sat	3:00-4:30pm 4:30-6:00pm	\$240	10	\$2,400	16/9/2023
SBS-T7	9/7-10/9	日 Sun	10:00-11:30am 11:30-1:00pm		10	\$2,400	17/9/2023

## 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,course 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 must be completed within 3 months.

編號 Code	日期 Period	星期 Day	時間 Time	堂數 Lessons	費用Fee
SBS135	3/7-30/8	一、三、五 Mon,Wed,Fri	8:00-9:00pm	10	\$1,600

由2023年4月起，補課日\*將為該課程內的指定日子，家長不需要個別向本會預約補課。若在指定補課日未能出席，則作棄權論

\*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

# 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)

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

備註：家長可免費於看台上觀看上課情況 (1位泳員：1位成人陪同)

Remarks: Free entry of the Spectator's Area for Parents/Guardians. (1 swimmer: 1 supervising adult)

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee	補課日*
LFC13	17/7-28/8	一、三 Mon, Wed	10:00-11:00am 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm 3:00-4:00pm 4:00-5:00pm 5:00-6:00pm	\$180	13	\$2,340	30/8/2023
LFC24	18/7-29/8	二、四 Tue, Thurs	10:00-11:00am 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm 3:00-4:00pm 4:00-5:00pm 5:00-6:00pm		13	\$2,340	31/8/2023
LFC5	21/7-18/8	五 Fri	10:00-11:00am 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm 3:00-4:00pm 4:00-5:00pm		5	\$900	25/8/2023
LFC1	17/7-4/9	一 Mon	◆6:00-7:00pm ◆(不適合中及高級班) 7:00-8:00pm 8:00-9:00pm		8	\$1,440	11/9/2023
LFC2	18/7-5/9	二 Tue	6:00-7:00pm 7:00-8:00pm 8:00-9:00pm		8	\$1,440	12/9/2023
LFC3	19/7-6/9	三 Wed	◆6:00-7:00pm ◆(不適合中及高級班) 7:00-8:00pm 8:00-9:00pm	\$190	8	\$1,440	13/9/2023
LFC4	20/7-7/9	四 Thurs	6:00-7:00pm 7:00-8:00pm 8:00-9:00pm		8	\$1,440	14/9/2023
LFC5	21/7-8/9	五 Fri	5:00-6:00pm 6:00-7:00pm 7:00-8:00pm 8:00-9:00pm		8	\$1,520	15/9/2023
LFC6	15/7-9/9	六 Sat	8:30-9:30am 9:30-10:30am 10:30-11:30am 11:30-12:30pm 1:30-2:30pm 2:30-3:30pm 3:30-4:30pm 4:30-5:30pm		9	\$1,710	16/9/2023
LFC7	16/7-10/9	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 4:00-5:00pm 5:00-6:00pm		9	\$1,710	17/9/2023

## 競賽訓練班 Competitive Course

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee	補課日*
LFC-T5	21/7-8/9	五 Fri	6:00-7:30pm	\$240	8	\$1,920	15/9/2023
LFC-T6	15/7-9/9	六 Sat	3:30-5:00pm		9	\$2,160	16/9/2023
LFC-T7	16/7-10/9	日 Sun	9:30-11:00am		9	\$2,160	17/9/2023

## 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, course will be cancelled if there are less than 4 participants.

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

編號 Code	日期 Period	星期 Day	時間 Time	堂數 Lessons	費用 Fee
LFC5	21/7-8/9	五 Fri	8:00-9:00pm	10	\$1,600

由2023年4月起，補課日\*將為該課程內的指定日子，家長不需要個別向本會預約補課。若在指定補課日未能出席，則作棄權論

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

辦公時間電話: 25721428 非辦公時間電話: 66451461 傳真: 25728468

辦事處: 灣仔告士打道109-111號東惠商業大廈22樓2201室

本會網址: <http://www.hoitin.net> 電郵地址: [info@hoitin.net](mailto:info@hoitin.net)

上課地點 Venues	支票抬頭 cheque payable to
聖保祿SP、喇沙LS、沙田學院ST、 羅氏基金LFC、康怡花園KH、思貝禮國際學校 SBS	海天游泳顧問有限公司 Hoi Tin Swimming Consultants Limited
其他游泳池 Other Swimming Pools	海天體育會有限公司 Hoi Tin Athletic Association Limited

由2023年4月起，補課日\*將為該課程內的指定日子，家長不需要個別  
向本會預約補課。若在指定補課日未能出席，則作棄權論

海天體育會游泳部及志佩游泳會有限公司主辦之2023年第三期公開游泳班報名表

Application Form for 3rd Session 2023 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)	英文(Eng.)	電話 (1)	
Name		Contact no. (2)	
出生日期 / /	年齡	性別	
Date of birth (DD / MM / YYYY)	Age	Sex	女(F) / 男(M)
就讀學校 Name of school		班別 Class 上午 / 下午 / 全日 AM / PM / Full 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 us for confirmation or request receipt.			
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 Assessed 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 participate 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.			
補課安排		家長姓名 Name of Parent	家長簽名 Signature of Parent
本人知悉由2023年4月起，補課日將為該課程內的指定日子，若在指定補課日未能出席，則作棄權論		日期 Date (DD/MM/YY)	
Official use only:	Received by:	Cash/Cheque:	A/C received by:
Remarks:			