



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2016年第四期游泳班章程

現有參加者可於
19/8前優先報名

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，泳員黃錫威於男子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、黃錫威、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。

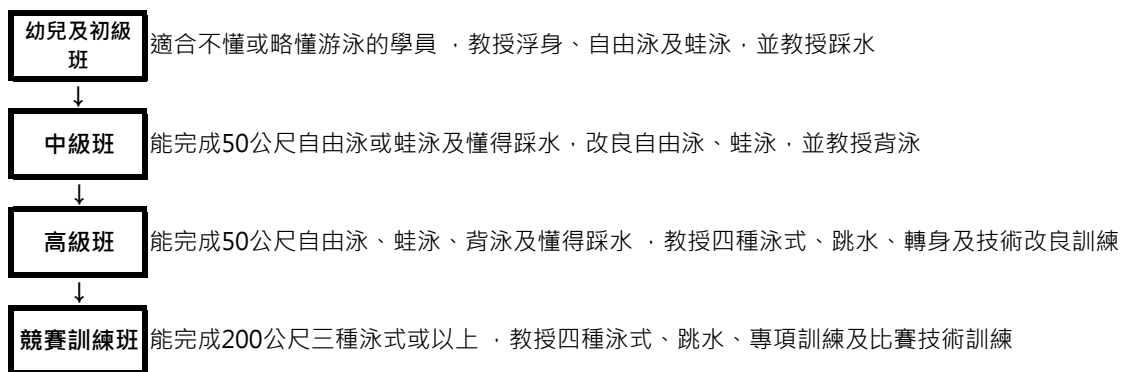
而本會的教學宗旨是貫徹採用實用及有效的新方法授泳，並保證習泳者之安全及身心健康得以正常發展。使參加者在短期內學會游泳及提高游泳水準，從而享受游泳樂趣。

本季最新消息

- 2016巴西奧運會，本會有4名泳員達到奧運會參賽標準
鄭莉梅200米自由泳以1:58.78達奧運會A標代表香港出戰奧運會，本屆奧運會是香港運動員首次以A標參賽。
張健達分別以100米自由泳 50.15及200米自由泳1:51.13達奧運會參賽B標
楊珍美200米蛙泳以2:30.56 達奧運會參賽B標
黃筠陶100米背泳以1:02.24達奧運會參賽B標，同時打破女子15-17歲分齡紀錄
- 麥浩麟於5月第一組長池分齡比賽(第一節)，200米個人四式以2:05.81打破香港紀錄，同時，卓銘浩以16:29.37打破男子13-14歲組1500米自由泳分齡紀錄，劉平兒以1:09.78打破女子10歲或以下組100米蝶泳分齡紀錄。
- 黃鈺茵於印尼巨港舉行之第五屆亞洲中學生游泳錦標賽中，50米蝶泳以27.65打破女子15-17歲分齡紀錄並奪得金牌
- 黃明康於俄羅斯舉行之第六屆亞洲兒童國際運動會中，200自以個人最佳時間1:55.37奪得銅牌。

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

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



**OLD MEMBERS CAN MAKE
RESERVATION WITH PRIORITY ON OR
BEFORE 19/8**

**2016 Sep to Dec hosted by
HOI TIN ATHLETIC ASSOCIATION
CHI PUI SWIMMING CLUB LIMITED**

Beginners Level	Specially designed for children who have no or limited knowledge of swimming	Children will learn the basic swimming skills, including water safety, floating, kicking, basic beginner strokes such as freestyle and breaststroke and treading water
Intermediate Level	Students must be able to swim independently for 50 meters in either freestyle or breaststroke and possess some basics in treading water	Swimmers are challenged to increase their endurance by training more distance of freestyle and breaststroke, as well as elementary backstroke
Advanced Level	Students who can swim above 50 meters in freestyle, breaststroke, backstroke and possess some basics in treading water	Students are taught four swimming strokes. Introduction of more advanced skills such as diving, techniques turning and other racing
Race training	Students who can swim 200 meters in either 3 strokes or more	Students are taught four swimming strokes and racing techniques

Our Principles Swimmers will be instructed at their levels and will learn stroke development and technique along with water safety and personal survival/techniques skills as they advances through the levels.

Important Notes

- 1) Successful applicants will NOT be notified. Parents are requested to arrange delivery and pick-up of their children on their own. Students should bring along their swimming gears, including swimming suits, goggles, towels and slippers (swimming caps will be provided and shall be worn in the class at all time) and report at the pool 15 minutes prior to the class according to the date and time in the time-table.
- 2) No make-up class will be arranged for children who miss class for personal reasons, **unless an advanced notification is received upon the submission of application. Absence of either sick leave or personal leave is limited to one day for each course.** Students are required to present doctor certificate for absence due to illness. Parents are requested to contact the office to check out the schedule for the make-up class at the second lesson. All **make-up class should be proceeded within 6 months** starting from the absent date.

3a) Outdoor Pool's classes will be cancelled if Typhoon No. 8 or above and Black/Red Rainstorm signal is hoisted within two hours from the class starts and make-up class will be scheduled. All classes will normally be held as scheduled when Typhoon Signal No. 3 or below is hoisted or when Yellow Rainstorm Signal is in force. Coaches will have the full authority to cancel the class depending on actual situation.

3b) Indoor Pool's classes will be cancelled if Typhoon No. 8 or above and Black Rainstorm signal is hoisted within two hours from the class starts and make-up class will be scheduled. All classes will normally be held as scheduled when Typhoon Signal No. 3 or below is hoisted or when Red Rainstorm signal/Yellow Rainstorm Signal is in force. Coaches will have the full authority to cancel the class depending on actual situation.

4) Parents are allowed to enter in the pool of St. Paul's Convent School, Spotlight Club, Kornhill Club, La Salle College, South Island School, Hong Kong College Of Technology

5) Safety is always on top of our list. Students are strongly requested to follow the rules & regulations in the pool. In serious cases of indiscipline, students will be suspended from the class if it is felt that such disciplinary action is essential. All course fee will not be refunded.

6) Under no circumstances shall we be liable for any loss, damage, physical injury incurred or suffered by students.

7) Students should arrive to the swimming pool on time because continuity is very important to swimming.

8) The ratio of coach to students is 1:4(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 6477-4784.
Fax: 2572-8468 Website: www.hoitin.net Email: info@hoitin.net
★ Please contact us for Private Coaching ★
Official fans page of Hoi Tin Swimming Association can now be found on Facebook. For latest information and photo sharing, please kindly refer to www.facebook.com/HoiTinSwimming

Please keep this brochure for reference

Enrolment Fill in the application form, with the course fee in cheque (payable to Hoi Tin Swimming Consultants Ltd; overdue cheque is not acceptable) and:
(1) hand in to our staff at the pool entrance, or
(2) mail to Hoi Tin Swimming Consultants Ltd. at Room A, 23rd Floor, Cheuk Nang Plaza, 250 Hennessy 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)

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



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	5/9-26/12	SP1-1600	4:00-5:00pm	SP1-1700	5:00-6:00pm	SP1-1800	6:00-7:00pm	@ \$140	17	\$2,380	
二 Tue	6/9-27/12	SP2-1900△	7:00-8:00pm						17	\$2,380	
	20/9-27/12	SP2-1700	5:00-6:00pm	SP2-1800	6:00-7:00pm				15	\$2,100	
三 Wed	7/9-28/12	SP3-1700	5:00-6:00pm	SP3-1800	6:00-7:00pm	SP3-1900△	7:00-8:00pm		17	\$2,380	
四 Thurs	1/9-29/12 (24/11停suspend)	SP4-1600	4:00-5:00pm	SP4-1900△	7:00-8:00pm				17	\$2,380	
	22/9-29/12 (24/11停suspend)	SP4-1700	5:00-6:00pm	SP4-1800	6:00-7:00pm				14	\$1,960	
五 Fri	23/9-30/12 (18/11停suspend)	SP5-1600	4:00-5:00pm	SP5-1700	5:00-6:00pm				14	\$2,100	
	23/9-30/12	SP5-1800	6:00-7:00pm	SP5-1900	7:00-8:00pm	SP5-2000	8:00-9:00pm		15	\$2,250	
六 Sat	24/9-31/12 (17/12停suspend)	SP6-0800△	8:00-9:00am	SP6-0900	9:00-10:00am	SP6-1000	10:00-11:00am		@ \$150	14	\$2,100
		SP6-1100	11:00-12:00mn	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									
24/9-31/12	SP6-1800	6:00-7:00pm	SP6-1900△	7:00-8:00pm	SP6-2000	8:00-9:00pm	15	\$2,250			
日 Sun	25/9-25/12	SP7-1300	1:00-2:00pm	SP7-1400	2:00-3:00pm	SP7-1500	3:00-4:00pm		14	\$2,100	
		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

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

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

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

附設池底專用台板·升高水位 Additional platform set up for raising the water level

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



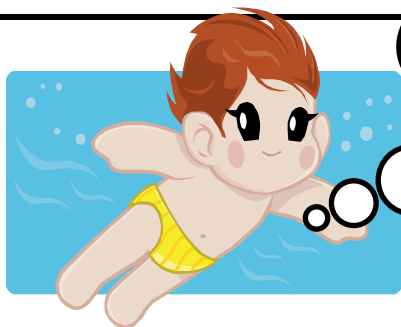
星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
一 Mon	5/9-26/12	SP1-1600▲	4:00-5:00pm	SP1-1700▲	5:00-6:00pm	SP1-1800▲	6:00-7:00pm	@ \$160	17	\$2,720
二 Tue	20/9-27/12	SP2-1700▲	5:00-6:00pm	SP2-1800▲	6:00-7:00pm				15	\$2,400
四 Thurs	1/9-29/12 (24/11停suspend)	SP4-1600▲	4:00-5:00pm						17	\$2,720
	22/9-29/12 (24/11停suspend)	SP4-1700▲	5:00-6:00pm	SP4-1800▲	6:00-7:00pm				14	\$2,240
五 Fri	23/9-30/12 (18/11停suspend)	SP5-1600▲	4:00-5:00pm						14	\$2,240
	23/9-30/12	SP5-1800▲	6:00-7:00pm	SP5-1900▲	7:00-8:00pm				15	\$2,400
六 Sat	24/9-31/12 (17/12停suspend)	SP6-0830▲	8:30-9:30am	SP6-0930▲	9:30-10:30am	SP6-1030▲	10:30-11:30am		14	\$2,240
		SP6-1130▲	11:30-12:30pm	SP6-1230▲	12:30-1:30pm	SP6-1330▲	1:30-2:30pm			
		SP6-1430▲	2:30-3:30pm	SP6-1530▲	3:30-4:30pm	SP6-1630▲	4:30-5:30pm			
		SP6-1730▲	5:30-6:30pm							
日 Sun	25/9-25/12	SP7-1330▲	1:30-2:30pm	SP7-1430▲	2:30-3:30pm	SP7-1530▲	3:30-4:30pm	14	\$2,240	
		SP7-1630▲	4:30-5:30pm	SP7-1730▲	5:30-6:30pm					

學前幼兒班 適合1歲半至3歲小童

*5堂為一個單位(師生比例1:2)

課程內容:

- 水感認知
- 水中安全技巧
- 熟習水性
- 輔助背浮
- 嬰兒手握池邊移動
- 水中潛泳到池邊-(約1米距)



水對嬰兒來說具有親和力，因嬰兒已花了10個月漂浮於母親的子宮內，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	20/9-27/12	SP-P2-1800	6:00-6:30pm	SP-P2-1830	6:30-7:00pm			5	\$1,250
六 Sat	24/9-31/12	SP-P6-0900	9:00-9:30am					5	\$1,250

*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\$1200(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,\$1200(10 lessons),will be cancelled if there are less than 4 participants

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

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

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

星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	每堂 Per lesson	堂數Lessons	費用Fee
一、三、五 Mon, Wed, Fri	2/9-30/12 (16/9,10/10, 26/12停suspend)	MH1-0800△	8:00-9:00am	MH1-0900△	9:00-10:00am	MH1-1000△★	10:00-11:00am	@ \$125	10	\$1,250
二 Tue	6/9-27/12	MH2-1700	5:00-6:00pm	MH2-1900△★	7:00-8:00pm				17	\$2,125
四 Thurs	1/9-29/12	MH4-1700	5:00-6:00pm	MH4-1900△★	7:00-8:00pm				18	\$2,250
五 Fri	23/9-30/12	MH5-0900△★	9:00-10:00am	MH5-1000△★	10:00-11:00am				15	\$1,875
		MH5-1700	5:00-6:00pm	MH5-1800★	6:00-7:00pm	MH5-1900★	7:00-8:00pm			
六 Sat	24/9-31/12	MH6-0800	8:00-9:00am	MH6-0900	9:00-10:00am	MH6-1000	10:00-11:00am		15	\$1,875
		MH6-1100	11:00-12:00nn	MH6-1200	12:00-1:00pm	MH6-1400★	2:00-3:00pm			
		MH6-1530★	3:30-4:30pm	MH6-1700	5:00-6:00pm					
日 Sun	25/9-25/12	MH7-0900★	9:00-10:00am	MH7-1000★	10:00-11:00am	MH7-1100★	11:00-12:00nn	14	\$1,750	
		MH7-1200	12:00-1:00pm							

學前幼兒班 適合1歲半至3歲小童

*5堂為一個單位(師生比例1:2) *上課時間可再商議

課程內容:

- 水感認知
- 水中安全技巧
- 熟習水性
- 輔助背浮
- 嬰兒手握池邊移動
- 水中潛泳到池邊-(約1米距離)



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宮內，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
一 Mon	5/9-26/12	MH-P1-1000	10:00-10:30am	MH-P1-1030	10:30-11:00am			5	\$1,000
三 Wed	7/9-28/12	MH-P3-1000	10:00-10:30am	MH-P3-1030	10:30-11:00am			5	\$1,000
五 Fri	2/9-29/12	MH-P5-1000	10:00-10:30am	MH-P5-1030	10:30-11:00am			5	\$1,000
六 Sat	24/9-31/12	MH-P6-1000	10:00-10:30am	MH-P6-1030	10:30-11:00am	MH-P6-1430	2:30-3:00pm	5	\$1,000
		MH-P6-1500	3:00-3:30pm						

*由於租訂泳池之申請有待作實，如日期有任何更改，本會將另行通知。Special cancellation notice will be given upon any changes to the pool booking.

★=不設專池、專線

灣仔室外暖水游泳池於1/12/2016-5/2/2017進行定期維修，家長可於維修期間轉往其他游泳池。 Due to the maintenance work of Wanchai Indoor Heated Swimming Pool, classes of Wanchai Indoor Heated Swimming Pool during 1 December 2016 to 5 February 2017 will be transferred to Other Swimming Pool

灣仔室內游泳池 Wanchai Indoor Swimming Pool

地址:香港灣道27號(灣仔碼頭側) 27 Harbour Road, Wan Chai (Next to Wan Chai Ferry Pier)

中、高、競賽訓練班分組同時進行(只適合能完成50公尺及懂得踩水者)

Intermediate, Advanced and Competitive training classes will be divided into different groups (only suitable for swimmers who can finish 50m test and treading water)

△附設成人班\$1100(10堂)成人班參加人數如不足4人，將會取消

△Adult class, \$1100(10 lessons), will be cancelled if there are less than 4 participants

*敬請留意逢星期六游泳班只可安排25米線道以作訓練

*Please note that every Saturday swimming classes can only be arranged 25 exclusive line for training

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.

星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
六 Sat	24/9-19/11	W6-1000	10:00-11:00am	W6-1100	11:00-12:00nn	W6-1400	2:00-3:00pm	@ \$120	9	\$1,080
		W6-1500	3:00-4:00pm	W6-1600	4:00-5:00pm	W6-1700	5:00-6:00pm			
		W6-1800	6:00-7:00pm							
日 Sun	25/9-20/11	W7-0800△	8:00-9:00am	W7-1200	12:00-1:00pm	W7-1300	1:00-2:00pm		9	\$1,080

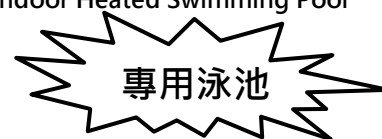
競賽訓練班 Competitive Training Class 任何情況下不設補課 In any case, no makeup class will be arranged.

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.

星期 Date	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee
六 Sat	24/9-19/11	W-T6-1000	10:00-12:00pm	W-T6-1200	12:00-2:00pm			\$1,800
日 Sun	25/9-20/11	W-T7-1200	12:00-2:00pm					\$1,800

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



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(Moretton Terrace) to Shek Pai Wan

幼兒、初、中、高班分組同時進行(適合3歲或以上學員參加)

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

備註:家長可免費入場觀看子女，需自備清潔泳池拖鞋方可進入泳池

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

星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
日 Sun	25/9-25/12	SI7-1400	2:00-3:00pm	SI7-1500	3:00-4:00pm	SI7-1600	4:00-5:00pm	@ \$125	14	\$1,750

*由於租訂泳池之申請有待作實，如日期有任何更改，本會將另行通知。Special cancellation notice will be given upon any changes to the pool booking.

★=不設專池、專線

speedo

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)

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
二 Tue	6/9-27/12	V2-1700	5:00-6:00pm					@ \$125	17	\$2,125
四 Thurs	1/9-29/12 (29/9,13/10,20/10, 27/10停suspend)	V4-1700	5:00-6:00pm						14	\$1,750
五 Fri	9/9-30/12 (7/10,28/10停 suspend)	V5-1700	5:00-6:00pm						15	\$1,875
	30/9-30/12 (28/10停suspend)	V5-1800★	6:00-7:00pm	V5-1900★	7:00-8:00pm				13	\$1,625
六 Sat	1/10-31/12 (15/10,29/10停 suspend)	V6-0900★	9:00-10:00am	V6-1000★	10:00-11:00am	V6-1100★	11:00-12:00nn		12	\$1,500
	1/10-31/12 (29/10停suspend)	V6-1200	12:00-1:00pm						13	\$1,625
日 Sun	2/10-25/12 (30/10停suspend)	V7-0900★	9:00-10:00am	V7-1000★	10:00-11:00am	V7-1100★	11:00-12:00nn		12	\$1,500
		V7-1200	12:00-1:00pm							

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)

星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
六 Sat	24/9-31/12	SYS6-0900★	9:00-10:00am	SYS6-1000★	10:00-11:00am	SYS6-1100★	11:00-12:00nn	@ \$125	15	\$1,875
		SYS6-1200	12:00-1:00pm	SYS6-1400★	2:00-3:00pm	SYS6-1500★	3:00-4:00pm			
		SYS6-1600★	4:00-5:00pm							
日 Sun	25/9-25/12	SYS7-0900★	9:00-10:00am	SYS7-1000★	10:00-11:00am	SYS7-1100★	11:00-12:00nn	14	\$1,750	
		SYS7-1200	12:00-1:00pm							

*由於租訂泳池之申請有待作實，如日期有任何更改，本會將另行通知。Special cancellation notice will be given upon any changes to the pool booking.

★=不設專池、專線

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)

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	5/9-26/12	SSW1-1700	5:00-6:00pm	SSW1-1800▲★	6:00-7:00pm			@125	17	\$2,125
二 Tue	6/9-27/12	SSW2-1700	5:00-6:00pm	SSW2-1800▲★	6:00-7:00pm				17	\$2,125
三 Wed	7/9-28/12	SSW3-1700▲	5:00-6:00pm	SSW3-1800▲★	6:00-7:00pm				17	\$2,125
四 Thurs	22/9-29/12	SSW4-1700	5:00-6:00pm	SSW4-1800▲★	6:00-7:00pm				15	\$1,875
五 Fri	2/9-30/12	SSW5-1600★	4:00-5:00pm	SSW5-1700	5:00-6:00pm	SSW5-1800▲★	6:00-7:00pm		18	\$2,250
		SSW5-1900★	7:00-8:00pm							
六 Sat	24/9-31/12	SSW6-0900▲★	9:00-10:00am	SSW6-1000▲★	10:00-11:00am	SSW6-1100★	11:00-12:00nn		15	\$1,875
		SSW6-1200	12:00-1:00pm	SSW6-1400▲★	2:00-3:00pm	SSW6-1500▲★	3:00-4:00pm			
		SSW6-1600▲★	4:00-5:00pm	SSW6-1700	5:00-6:00pm	SSW6-1800▲★	6:00-7:00pm			
日 Sun	25/9-25/12	SSW7-0900★	9:00-10:00am	SSW7-1000★	10:00-11:00am	SSW7-1100▲★	11:00-12:00nn	14	\$1,750	
		SSW7-1200	12:00-1:00pm	SSW7-1300▲★	1:00-2:00pm	SSW7-1400▲★	2:00-3:00pm			
		SSW7-1700	5:00-6:00pm							

港島東室內游泳池於11/9/2016-31/10/2016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,2016 to 31th Oct,2016,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)

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	7/11-26/12	LK1-1700▲	5:00-6:00pm	LK1-1800▲★	6:00-7:00pm			@125	8	\$1,000
三 Wed	2/11-28/12	LK3-1700▲	5:00-6:00pm	LK3-1800▲★	6:00-7:00pm	LK3-1900★	7:00-8:00pm		9	\$1,125
四 Thurs	3/11-29/12	LK4-1700	5:00-6:00pm	LK4-1800▲★	6:00-7:00pm				9	\$1,125
五 Fri	4/11-30/12	LK5-1600★	4:00-5:00pm	LK5-1700	5:00-6:00pm	LK5-1800▲★	6:00-7:00pm		9	\$1,125
		LK5-1900★	7:00-8:00pm							
六 Sat	5/11-31/12	LK6-0900▲★	9:00-10:00am	LK6-1000▲★	10:00-11:00am	LK6-1100★	11:00-12:00am		9	\$1,125
		LK6-1200	12:00-1:00pm	LK6-1300▲★	1:00-2:00pm	LK6-1400▲★	2:00-3:00pm			
		LK6-1500★	3:00-4:00pm	LK6-1600★	4:00-5:00pm	LK6-1700	5:00-6:00pm			
		LK6-1800▲★	6:00-7:00pm							
日 Sun	6/11-25/12	LK7-0900▲★	9:00-10:00am	LK7-1000▲★	10:00-11:00am	LK7-1100★	11:00-12:00am	8	\$1,000	
		LK7-1200	12:00-1:00pm	LK7-1300▲★	1:00-2:00pm	LK7-1400▲★	2:00-3:00pm			
		LK7-1700▲	5:00-6:00pm							

*由於租訂泳池之申請有待作實，如日期有任何更改，本會將另行通知。Special cancellation notice will be given upon any changes to the pool booking.

★=不設專池、專線

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)

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.

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
二 Tue	6/9-11/10	KHH2-1600	4:00-5:00pm	KHH2-1700	5:00-6:00pm	KHH2-1800★	6:00-7:00pm	@ \$125	6	\$750
三 Wed	7/9-12/10	KHH3-1600	4:00-5:00pm	KHH3-1700	5:00-6:00pm	KHH3-1800★	6:00-7:00pm		6	\$750
四 Thurs	1/9-13/10	KHH4-1600	4:00-5:00pm	KHH4-1700	5:00-6:00pm	KHH4-1800★	6:00-7:00pm		7	\$875
五 Fri	2/9-14/10	KHH5-1700	5:00-6:00pm	KHH5-1800★	6:00-7:00pm	KHH5-1900★	7:00-8:00pm		7	\$875
六 Sat	17/9-15/10	KHH6-0900▲★	9:00-10:00am	KHH6-1000▲★	10:00-11:00am	KHH6-1400★	2:00-3:00pm		5	\$625
		KHH6-1500▲★	3:00-4:00pm	KHH6-1600▲★	4:00-5:00pm	KHH6-1700	5:00-6:00pm			
日 Sun	18/9-16/10	KHH7-0900▲★	9:00-10:00am	KHH7-1000▲★	10:00-11:00am	KHH7-1100	11:00-12:00nn	5	\$625	
		KHH7-1500▲★	3:00-4:00pm	KHH7-1600▲★	4:00-5:00pm	KHH7-1700	5:00-6:00pm			

***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

**課程活動會籍 (\$195 / 3個月) 期由每月一號開始起計為期三個月, 只可續會一次(即每名人士可參與「課程活動會籍」為期最多六個月)。

**學生會籍 (\$300 / 3個月) 期由每月一號開始起, 可續會至申請人年滿十八歲為限。

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)**

Cheque payable to: Kornhill Recreation Club Ltd

The course membership fee (\$195 / 3 month)

Student membership (\$300 / 3 month)

Join method: Please attach your own photo ID, write down your ID card name & contact number at the back, with the membership fee to Kornhill Recreation Club.

本會尚於鯽魚涌康蘭居會所舉行游泳課程, 詳情可致電或親臨康蘭居會所查詢。

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.

★=不設專池、專線

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試用

幼兒、初、中、高班分組同時進行(適合3歲或以上學員參加)

Free entry for Parents/Guardians.

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

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

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



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	19/9-23/1	SL1-1630	4:30-5:30pm	SL1-2030	8:30-9:30pm			@\$145	19	\$2,755
	26/9-23/1	SL1-1730	5:30-6:30pm	SL1-1830	6:30-7:30pm	SL1-1930	7:30-8:30pm		18	\$2,610
二 Tue	6/9-24/1	SL2-1800	6:00-7:00pm						21	\$3,045
	20/9-24/1	SL2-1600	4:00-5:00pm	SL2-1700	5:00-6:00pm				19	\$2,755
三 Wed	21/9-18/1	SL3-1630	4:30-5:30pm	SL3-1730	5:30-6:30pm	SL3-1830	6:30-7:30pm		18	\$2,610
		SL3-1930	7:30-8:30pm	SL3-2030	8:30-9:30pm					
四 Thurs	1/9-19/1	SL4-1800	6:00-7:00pm						21	\$3,045
	22/9-19/1	SL4-1600	4:00-5:00pm	SL4-1700	5:00-6:00pm				18	\$2,610
五 Fri	23/9-20/1	SL5-1530	3:30-4:30pm	SL5-1630	4:30-5:30pm	SL5-1730	5:30-6:30pm		18	\$2,790
		SL5-1830	6:30-7:30pm	SL5-1930	7:30-8:30pm					
六 Sat	24/9-21/1	SL6-0830	8:30-9:30am	SL6-0930	9:30-10:30am	SL6-1030	10:30-11:30am	@\$155	18	\$2,790
		SL6-1130	11:30-12:30pm	SL6-1430	2:30-3:30pm	SL6-1530	3:30-4:30pm			
		SL6-1630	4:30-5:30pm	SL6-1730	5:30-6:30pm	SL6-1830	6:30-7:30pm			
		SL6-1930	7:30-8:30pm							
日 Sun	25/9-22/1	SL7-0800	8:00-9:00am	SL7-0900	9:00-10:00am	SL7-1000	10:00-11:00am	18	\$2,790	
		SL7-1100	11:00-12:00nn	SL7-1200	12:00-1:00pm	SL7-1400	2:00-3:00pm			
		SL7-1500	3:00-4:00pm	SL7-1600	4:00-5:00pm					

競賽訓練班 Competitive Training 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.

星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
五 Fri	23/9-20/1	SL-T5-1930	7:30-9:00pm					@\$180	18	\$3,240
六 Sat	24/9-21/1	SL-T6-1930	7:30-9:00pm						18	\$3,240
日 Sun	25/9-22/1	SL-T7-0800	8:00-9:30am	SL-T7-0930	9:30-11:00am				18	\$3,240

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.

※SL24-0800/0900之班別若只選擇一星期一課之學員學費為\$1150/10課

※\$1100/course for classes SL24-0800/0900, swimming once per week

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

星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	費用 Fee	堂數 Lessons
二至五 Tue to Fri	1/9-26/1	SL2345-0700	7:00-8:00am	SL2345-0800	8:00-9:00am			\$750 (每月) per month	
※以上月費成人班只適用於能完成25米泳式者 ※The monthly fee is only applicable to swimmers who can finish 25m									
二、四 Tue, Thurs	1/9-26/1	SL24-0800	8:00-9:00am	SL24-0900	9:00-10:00am			\$1,150	10
一 Mon	19/9-23/1	SL1-2030	8:30-9:30pm					\$1,450	10
六 Sat	24/9-21/1	SL6-1930	7:30-8:30pm					\$1,550	10

*由於租訂泳池之申請有待作實·如日期有任何更改·本會將另行通知。Special cancellation notice will be given upon any changes to the pool booking.

大角咀室內游泳池於12/9/2016-31/10/2016進行定期維修，家長可於維修期間轉往其他游泳池。

Due to the annual maintenance work of the Tai Kok Tsui Indoor Swimming Pool from 12th Sep,2016 to 31th Oct,2016, all the training classed will be paused. Swimmers are advised to continue their trainings in other Swimming Pool.

大角咀室內游泳池 Tai Kok Tsui Indoor Swimming Pool

地址:九龍大角咀福全街63號大角咀市政大樓4樓 4/F,Tai Kok Tsui Municipal Services Building and Sports Centre,53 Fuk Tsun Street,Tai Kok Tsui
初、中、高班分組同時進行(適合5歲或以上學員參加)

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

備註:除不對外開放時段·家長需自備清潔泳池拖鞋並自費入場觀看上課情況

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

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

星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
六 Sat	5/11-31/12	TKT6-1500★	3:00-4:00pm	TKT6-1600★	4:00-5:00pm	TKT6-1800★	6:00-7:00pm	@\$125	9	\$1,125
		TKT6-1700	5:00-6:00pm					@\$130		\$1,170

深水埗公園室外游泳池 Sham Shui Po Park Outdoor Swimming Pool

地址:九龍深水埗荔枝角道733號733 Lai Chi Kok Road, Sham Shui Po, Kowloon

初、中、高班分組同時進行(適合5歲或以上學員參加)

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

(不對外開放時段:中午12時至下午1時 及 下午6時至7時) (Session break: 12nn to 1pm and 6pm to 7pm)

星期 Date	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
六 Sat	17/9-29/10	SS6-1600	4:00-5:00pm	SS6-1700	5:00-6:00pm	SS6-1800	6:00-7:00pm	@\$125	7	\$875

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)

星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
六 Sat	24/9-31/12	K6-1200	12:00-1:00pm	K6-1300	1:00-2:00pm	K6-1800★	6:00-7:00pm	@\$125	15	\$1,875
		K6-1900	7:00-8:00pm	K6-2000	8:00-9:00pm					
		*K6-1700	5:00-6:00pm	*(只適合中高級班) Only for Intermediate OR Advanced classes						

觀塘游泳池 Kwun Tong Swimming Pool

地址:九龍觀塘翠屏道2號 (港鐵站D出口) 2 Tsui Ping Road, Kwun Tong, Kowloon

幼兒、初、中、高班分組同時進行(適合3歲或以上學員參加)

Nursery, elementary, Intermediate & Advanced classes will be divided into different groups(suitable for children aged from 3 or above)

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

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

(不對外開放時段:中午12時至下午1時; 下午6時至晚上7時) (Temporary closure: 12nn to 1pm and 6pm to 7pm)

星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
五 Fri	23/9-30/12	LT5-1700★	5:00-6:00pm	LT5-1900★	7:00-8:00pm			@\$115	15	\$1,725
		LT5-1800	6:00-7:00pm					@\$120		\$1,800
六 Sat	24/9-31/12	LT6-1000★	10:00-11:00am	LT6-1100★	11:00-12:00mn	LT6-1500★	3:00-4:00pm	@\$115	15	\$1,725
		LT6-1600★	4:00-5:00pm	LT6-1700★	5:00-6:00pm			@\$120		\$1,800
		LT6-1200	12:00-1:00pm	LT6-1800	6:00-7:00pm			@\$120		\$1,800
日 Sun	25/9-25/12	LT7-1000★	10:00-11:00am	LT7-1100★	11:00-12:00mn			@\$115	14	\$1,610
		LT7-1200	12:00-1:00pm					@\$120		\$1,680

*由於租訂泳池之申請有待作實，如日期有任何更改，本會將另行通知。Special cancellation notice will be given upon any changes to the pool booking.

★=不設專池、專線

喇沙書院室外游泳池 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

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

星期 Date	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
五 Fri	23/9-30/12	LS5-1600	4:00-5:00pm	LS5-1700	5:00-6:00pm	LS5-1800	6:00-7:00pm	@ \$130	15	\$1,950
		LS5-1900	7:00-8:00pm							
六 Sat	24/9-31/12	LS6-0845	8:45-9:45am	LS6-0945	9:45-10:45am	LS6-1045	10:45-11:45am			15
		LS6-1145	11:45-12:45pm	LS6-1415	2:15-3:15pm	LS6-1515	3:15-4:15pm			
		LS6-1615	4:15-5:15pm	LS6-1715	5:15-6:15pm					
日 Sun	25/9-25/12	LS7-0900	9:00-10:00am	LS7-1000	10:00-11:00am	LS7-1100	11:00-12:00nn		14	\$1,820
		LS7-1200	12:00-1:00pm	LS7-1400	2:00-3:00pm	LS7-1500	3:00-4:00pm			

競賽訓練班 Competitive Training Class

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.

星期 Date	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
六 Sat	24/9-31/12	LS-T6-1415	2:15-3:45pm	LS-T6-1545	3:45-5:15pm			@ \$150	15	\$2,250
日 Sun	25/9-25/12	LS-T7-0900	9:00-10:30am						14	\$2,100

將軍澳室外游泳池 Tseung Kwan O Outdoor Swimming Pool

地址:將軍澳運隆路 9 號 9 Wan Lung Road, Tseung Kwan O

幼兒、初、中、高班分組同時進行(適合3歲或以上學員參加)

Nursury, elementary, Intermediate & Advanced classes will be divided into different groups (suitable for children aged from 3 or above)

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

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

(不對外開放時段:中午12時至下午1時及下午6時30分至7時30分) (Session break: 12nn to 1pm and 6:30pm to 7:30pm)

星期 Day	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
六 Sat	24/9-31/12	TK6-1200	12:00-1:00pm					@ \$120	15	\$1,800
	24/9-29/10	TK6-1430★	2:30-3:30pm	TK6-1530★	3:30-4:30pm	TK6-1630★	4:30-5:30pm			
	5/11-31/12		2:00-3:00pm		3:00-4:00pm		4:00-5:00pm			
	24/9-29/10	TK6-1730★	5:30-6:30pm	TK6-1830	6:30-7:30pm					
	5/11-31/12		5:00-6:00pm		6:00-7:00pm					

競賽訓練班 Competitive Training Class

適合能以兩種泳式以上游畢200公尺的學員 Suitable for Swimmers who could finish 200 M in each of two strokes.

星期 Date	日期 Period	編號 Code	時間 Time	編號 Code	時間 Time	編號 Code	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
六 Sat	24/9-31/12	TKO-T6-1500	3:00-4:30pm	TKO-T6-1630	4:30-6:00pm			@ \$135	15	\$2,025

*由於租訂泳池之申請有待作實,如日期有任何更改,本會將另行通知。Special cancellation notice will be given upon any changes to the pool booking.

★=不設專池、專線

泳隊預備組 Pre- Team

泳隊預備組的目的是推動游泳運動，培訓新秀泳員。對象是年齡5至13歲之泳員，該組以四式基礎訓練為目標，透過嚴格訓練，為未來打好基礎，培養正確訓練態度，增強個人自信心，強壯體格，使泳員身心健康及德育方面得以平衡發展。必須能游100米蛙泳、100米自由泳及100米背泳。成績良好者更會被推薦成為海天體育會泳隊成員及參加香港業餘游泳總會舉辦之各級分齡泳賽

We aim at promoting swimming and training novice swimmers.

Requirement: Aged 5 to 13 who can finish 100m breaststroke, freestyle and backstroke

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

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

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

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

組別 Code	日期 Period	地點 Venue	訓練週次 Date	時間 Time	年齡 Age	費用 Fee	備註 Remarks
P1	3/9-31/12 (26/11停)	灣仔室內游泳池 Wanchai Indoor Swimming Pool	逢星期四 Thur	4:00-5:30pm	8-13歲 Age 8-13	\$3,400	不設補課 No MakeUp Class
			逢星期六 Sat	3:00-5:00pm			
P2	3/9-31/12 (26/11停)		逢星期一 Mon	5:30-7:30pm	11-15歲 Age 11-15		
			逢星期六 Sat	5:00-7:00pm			
P5	1/9-29/12 (27/12停)	博藝會室內暖水游泳池 Spotlight Recreation Club Indoor Swimming pool	逢星期二 Tue	7:00-8:30pm	8至12歲 Age 8-12	\$3,800	
			逢星期四 Thur				
P7	1/9-29/12	小西灣室內游泳池 Siu Sai Wan Indoor Swimming Pool	逢星期一及四 Mon & Thur	5:00-6:30pm	6-10歲 Age 6-10	\$3,400	
P8A	2/9-30/12	喇沙書院室外游泳池 La Salle College Outdoor Swimming Pool	逢星期五 Fri	4:00-5:30pm	6-8歲 Age 6-8	\$3,800	
			逢星期日 Sun	2:00-3:30pm			
P8B	3/9-31/12	喇沙書院室外游泳池 La Salle College Outdoor Swimming Pool	逢星期一 Mon	6:00-7:30pm			
			逢星期六 Sat	5:30-7:00pm			
P8C	1/9-29/12	喇沙書院室外游泳池 La Salle College Outdoor Swimming Pool	逢星期二及四 Tue & Thur	5:30-7:00pm			
P10A	3/9-31/12	將軍澳室外游泳池 Tseung Kwan O Outdoor Swimming Pool	逢星期三 Wed	5:00-6:30pm	5-8歲 Age 5-8	\$3,200	
P10B	3/9-31/12		逢星期六 Sat	9:00-10:30am			
			逢星期三 Wed	6:30-8:00pm			
P10C	2/9-30/12		逢星期六 Sat	10:30-12:00am			
		逢星期二及五 Tue & Fri	4:30-6:00pm	8-12歲 Age 8-12			
P11	1/9-29/12	觀塘游泳池 Kwun Tong Swimming Pool	逢星期三 Wed	6:00-7:30pm	5-13歲 Age 5-13	\$3,200	
			逢星期日 Sun	2:00-3:30am			
P12	3/9-31/12	中山紀念公園室內游泳池 Sun Yat Sen Memorial Park IndoorSwimming Pool	逢星期三 Wed	7:00-9:00pm	5-8歲 Age 5-8	\$3,400	
			逢星期六 Sat	2:00-4:00pm			

*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

- 注意事項**
- 1) 首選泳班如被接納，不再另行通知，請按照所報班別之時間和地點，帶齊適當的泳具，包括泳衣褲、泳鏡、毛巾、拖鞋等（每次上課時必須戴上本會泳帽），於上課前15分鐘到達泳池報到，家長請自行接送子女。
 - 2) 不論病假或事假，每期不可多於一堂；病假請出示醫生紙，事假除非報名時列明，否則一律不獲補課；報名後所有因私人理由請假，恕不受理。另外，凡於報名表上列明確實請假日期及病假已出示醫生證明，可於開班後自行致電本會預約補課，補課一經預約將不能取消或更改，亦必須於請假日期起半年內進行補課，逾期概不受理。
 - 3a) 所有室外游泳池若天文台於上課前兩小時內懸掛八號或以上颱風訊號、紅色或黑色暴雨警告訊號，當天訓練將會取消，日後補課。而雷暴或大雨則照常上課，教練會按情況作出適當處理。
 - 3b) 所有室內游泳池若天文台於上課前兩小時內懸掛八號或以上颱風訊號、黑色暴雨警告訊號，當天訓練將會取消，日後補課。而紅色暴雨警告訊號、雷暴或大雨則照常上課，教練會按情況作出適當處理。
 - 4) 本會著重安全第一，因此參加者必須遵守泳員守則，聽從教練指示，未經許可不得上水或下水，違規者將勒令即時退出，所繳費用則不獲發還。
 - 5) 如學員蒙受任何身體損傷或財物損失，本會概不負責。
 - 6) 游泳訓練的連貫性十分重要，為了達到合理的成效，學員必須盡量依時出席。
 - 7) 教練與學生比例均為1:4(幼兒班)、1:6(初級班)及1:8-12(中級、高級班)，並分組教授。
 - 8) 學員將被安排於每年2月及8月泳班完結前的第三堂進行評估，讓家長了解學員的進度及獲發成績報告表，並按程度升遷及調配。（如需額外發出證書或證明信，本會將收取每封\$30行政費）
 - 9) 除課程滿額或取消外，一切已繳費用，概不退還，亦不得轉讓他人或作其他用途。
 - 10) 如遇特別情況，本會保留更改課程原定導師、上課時間及地點之權利。

查詢 辦公時間 (逢星期一至五：0930-1800，星期六：0930-1300，星期日及公眾假期休息)

請於辦公時間內致電本會25721428，非辦公時間電話64774784，傳真25728468

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



本會已增設Facebook專頁，內含最新資訊及相片分享www.facebook.com/HoiTinSwimming

☆私人教授之時間及學費可致電本會查詢☆

報名辦法 請填妥下列表格，連同支票，交回登記事務員或以郵寄方式

寄回本會辦事處 灣仔軒尼詩道250號卓能廣場23樓A室，海天游泳顧問有限公司收啟。

☆學費如以現金繳付，則務必直接交回本會辦事處辦理☆

(支票抬頭請寫上：海天游泳顧問有限公司；本會恕不接受期票)

本課程以先到先得的形式接受報名，有意參加泳班者，請從速報名。(學費包括泳帽及入場費)

****請保留本章程作參考用途****

STUDENT NO:

海天體育會游泳部及志佩游泳會有限公司主辦之2016年第四期公開游泳班報名表

Application Form for 4th Session 2016 Course hosted by HTA & CPS

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.

姓名 中文 _____ 英文 _____ 出生日期 _____ 年 _____ 月 _____ 日 年齡 _____ 性別 _____
Name: (CHI) _____ (ENG) _____ Date of birth: _____ (yy) _____ (mm) _____ (dd) Age: _____ Sex: 男(M)/女(F)

聯絡電話 _____ 緊急聯絡電話 _____ 學員為本會 Member 新生New 舊生Old
Tel no: _____ Emergency tel no: _____

電郵地址 _____
E-mail Address: _____

地址 _____
Address: _____

就讀學校 _____ 學校班別 _____
Name of school: _____ Class: _____ (AM/PM/Whole Day)

組別Group: 幼兒Nursery 初級Elementary 中級Intermediate 高級Advanced 競賽訓練班Competition Training 泳隊預備組Pre-Team 成人Adult

泳班編號Class Code: (首選)(1st choice) _____ (次選)(2nd choice) _____

學費 Fee: \$ _____ 現金 Cash 支票 Cheque (號碼 No.: _____) [支票抬頭: 海天游泳顧問有限公司]
cheque payable to: Hoi Tin Swimming Consultants Limited

日期 _____ 家長/監護人姓名 _____ *家長/監護人簽名 _____ (必須簽署)
Date: _____ Name of Parent/Guardian: _____ *Signature of Parent/ Guardian: _____ (Must Sign)

游泳能力 _____ 由教練評核 Access by coach 不懂游泳 Do not know 曾學游泳 Have learnt before
Swimming ability: _____ 能掌握 Able to swim _____ 種泳式並能完成50公尺或以上 strokes for 50m or above

事假原因 _____ 請假日期 _____ (每期不可多於一堂)
Reasons for Abs: _____ Date of Abs: _____ (less than 1 day per course)

★凡於報名表上列明請假日期者，可於開班後自行致電本會預約補課；如學員因病請假，須於病假後向本會出示醫生證明並預約補課日期。

★Parents are required to check the schedule and call the office to arrange for the make-up class. Please be reminded to present the doctor certificate for sick leave.

你從何得知本會課程： 舊生 本會網頁 FACEBOOK 宣傳單張 朋友介紹 其他：_____

How did you receive the course information? Old Member Website FACEBOOK Leaflet Friend Others: _____

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