擁有最多 奧運會及 亞運會香港游泳 代表(泳會)



舊生請於30/8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<u>黃鍇威</u>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<u>郭建明</u>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<u>李亮葵</u>於第十五屆亞運會中奪得一面自由泳接力銅牌;泳員<u>馬希彤及于蕙婷</u>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<u>鄭莉梅</u>於女子4x100米及4x200米自由泳接力奪得兩面銅牌,泳員黃竟豪、黃鍇威、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

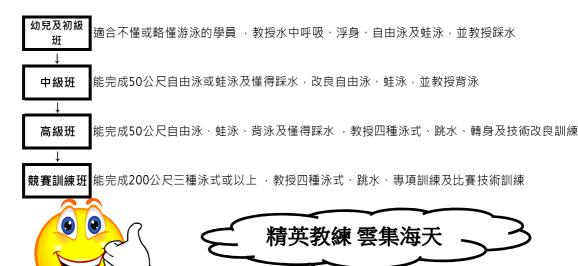
第18屆世界游泳錦標賽女子4x100米自由泳接力及4x200米自由泳接力,本會泳員**鄭莉梅**聯同港隊代表分別得到第10名及等11名,直接奪得2020東京奧運會參賽資格!

泳員**楊珍美**亦於第18屆世界游泳錦標賽女子50米蛙泳,以31.61秒的成績,刷新香港紀錄

泳員**黃筠陶**於世界大學生運動會女子100米背泳初賽,以出1分01秒29達到奧運B標,本會全力支持本會各代表及香港游泳隊,繼續為港爭光!

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。



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

speedo>

| 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、 | 海天游泳顧問有限公司 |
| 羅氏基金LFC、啟歷KL、沙田學院ST 及 思貝禮SBS | Hoi Tin Swimming Consultants Limited |
| 其他游泳池 | 海天體育會有限公司 |
| Other Swimming Pool | 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2019年第四期公開游泳班報名表 Application Form for 4th Session 2019 Course hosted by HTA & CPS

| | App | olication F | orm for 41 | th Session | 2019 Cours | e hosted | by HIA & | CPS |
|--------------|------------------|----------------------|--|------------|--------------------------------------|----------------------|----------------------------|------------------------------------|
| 個人資料 | Personal Informa | ation | | 學員編號Studen | t Number (Official us | e) | | |
| 學員姓名 | 中文(Chinese) | | | 英文(Eng.) | | | 電話 | (1) |
| Name | | | | | | | Contact no. | (2) |
| 出生日期 | | / | 1 | 年齢 | | | 性別 | 女(F) / 男(M) |
| Date of birt | h | (DD / M | M / YYYY) | Age | | | Sex | |
| 就讀學校N | Name of school | | | | | 班別Class | | 上午 / 下午 / 全日 AM /PM / Whole Day |
| 報讀資料 | Course Informa | ation | | | | • | | × |
| (首選) | (1st choice) | 泳班編號Cla | ss Code: | | 時間Time: | | AM/PM | |
| (次選) | (2nd choice) | 泳斑編號Cla | ss Code: | | 時間Time: | | AM/PM | |
| | - | | | | 知;如需確認報名或 cepted. Parents are wel | | | o |
| 組別 | 口幼兒 | 口初級 | 口中級 | □高級 | 口競賽訓練班 | | □泳隊預備組 | 口成人 |
| | Nursery | Elementary | Intermediate | Advanced | Competition Train | ing | Pre-Team | Adult |
| 游泳能力 | | 口由教練評核 | Access by coach | 口不懂游泳 | kDo not know | 口曾學游泳 [| Have learnt before | |
| Swimming | ability : | 口能掌握 Able | to swim | 種泳式並能完 | 成50公尺或以上 | | strokes for 50m or a | ibove |
| 聲明 Discl | laimer | | | | | | | |
| | | | 明其身體狀況適合游 員作金錢上或其他方i | | 會所訂明的規例及同意- | 子女在練習期間服 | 後教練及領隊之指示 | 、並同意不會因參加任何在上課 |
| | | | | | | | | the rules and regulations of your |
| | | | ctions given by the coa compensation of any l | | | bear all costs of an | y surrenings, injuries and | d damage of belongings during the |
| 請假 Leav | | | | 1 | 家長姓名 | | 家長簽名 | 日期 |
| 請假日期 | | | 一個課程只限一天 | | Name of Parent | | Signature of Paren | t Date (DD/MM/YY) |
| Date of Abs | ii 於閩莊後白 | 行致電本會預約 | For Once Only 前課 | - | | | | |
| | | ce for make up arran | |] | | _ | | |
| Official | 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

 \triangle 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

專用泳池

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 |
|------------|---|-------------|-------------|--------------|---------------|---------------|--------------|------------------|---------------|--------------------------|
| SP1N | 1 6 /9-3 0 /1 2 | → Mon | 4:00-4:50pm | 5:00-5:50pm | 6:00-6:50pm | | | | | ድ ሳ 220 |
| SP2N | 1 7/ 9-31/1 2 | 二 Tue | 4:00-4:50pm | 5:00-5:50pm | 6:00-6:50pm | | | | 16 | \$2, 880 |
| SP3N | 1 8/9-25/12 | 三 Wed | 5:00-5:50pm | 6:00-6:50pm | | | | | 15 | \$2, 7 0 0 |
| SP4N | 19/9-26/12 (21/11停suspend) | 四 Thurs | 4:00-4:50pm | 5:00-5:50pm | 6:00-6:50pm | | | \$ 180 | 14 | \$2, 5 2 0 |
| SP5N | 20/9-27/12 | 五 Fri | 4:30-5:20pm | 5:30-6:20pm | 6:30-7:20pm | | | 3 190 | 15 | \$2, 700 |
| GD(M | 21/9-28/12 | | 8:30-9:20am | 9:30-10:20am | 10:30-11:20am | 11:30-12:20pm | 12:30-1:20pm | | 10 | #0 040 |
| SP6N | (26/10,21/12 停 suspend) | 六 Sat | 1:30-2:20pm | 2:30-3:20pm | 3:30-4:20pm | 4:30-5:20pm | 5:30-6:20pm | | 13 | \$2, 340 |
| SP7N | 2 2/ 9-2 9/12 | ⊟ Sun | 1:30-2:20pm | 2:30-3:20pm | 3:30-4:20pm | 4:30-5:20pm | 5:30-6:20pm | | 15 | \$2,700 |
| | | 學前 | 前幼兒班 | <u>班適合1</u> | 歲半至3 | 歲小童 | | l | 為一個 生比例1 | |
| 編號 Code | 日期 Period | 星期 Day | | | 時間 Time | | | 堂! Less | | 費用Fee |
| SP2PN | 1 7/ 9-31/1 2 | 二 Tue | 6:00-6:30pm | 6:30-7:00pm | | | | 5 | 5 | \$1,50 0 |
| SP6PN | 21/9-28/12 (26/10,21/12停 suspend) | 六 Sat | 9:00-9:30am | | | | | 5 | 5 | \$1,500 |





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)

<u>初、中、高班分組同時進行(適合5歲或以上學員參加)</u>

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

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

專用泳池

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

| 編號 Code | 日期 Period | 星期 Day | | | 時間 Time | | | 每堂 Per lesson | 堂數 Lessons | 費用Fee |
|------------|---|---------|--------------|--------------|---------------|---------------|--------------|------------------|---------------|--------------------------|
| SP1 | 16/9-30/12 | → Mon | 4:00-5:00pm | 5:00-6:00pm | 6:00-7:00pm | | | | 16 | # 0.500 |
| SP2 | 17/9-31/12 | 二 Tue | 4:00-5:00pm | 5:00-6:00pm | 6:00-7:00pm | 7:00-8:00pm△ | | # 160 | 16 | \$2,560 |
| SP3 | 18/9-25/12 | 三 Wed | 5:00-6:00pm | 6:00-7:00pm | 7:00-8:00pm△ | | | \$ 160 | 15 | \$2,400 |
| SP4 | 19/9-26/12 (21/11停 suspend) | 四 Thurs | 4:00-5:00pm | 5:00-6:00pm | 6:00-7:00pm | 7:00-8:00pm△ | | | 14 | \$2,240 |
| SP5 | 20/9-27/12 | 五 Fri | 4:00-5:00pm | 5:00-6:00pm | 6:00-7:00pm | 7:00-8:00pm | 8:00-9:00pm | | 15 | \$ 2,550 |
| | | | 8:00-9:00am△ | 9:00-10:00am | 10:00-11:00am | 11:00-12:00nn | 12:00-1:00pm | | | |
| SP6 | 21/9-28/12 (26/10,21/12 停suspend) | 六 Sat | 1:00-2:00pm | 2:00-3:00pm | 3:00-4:00pm | 4:00-5:00pm | 5:00-6:00pm | \$17 0 | 13 | \$ 2 ,2 10 |
| | | | 6:00-7:00pm | 7:00-8:00pm | 8:00-9:00pm | | | ψ 170 | | |
| CD7 | 20/0 20/12 | Π α | 1:00-2:00pm | 2:00-3:00pm | 3:00-4:00pm | 4:00-5:00pm | 5:00-6:00pm | | 15 | # 0.550 |
| SP7 | 22/9-29/12 | 日 Sun | 6:00-7:00pm△ | | | | | | 15 | \$2,550 |

^{*}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

<u>初、中、高班分組同時進行(適合5歳或以上</u>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 |
|------------|-----------------------------|--------|--------------|---------------|---------------|--------------|-------------|------------------|---------------|---------|
| МН2 | 3/9-31/12 (1/10停suspend) | 二 Tue | 5:00-6:00pm | | | | | | 17 | \$2,295 |
| MH5 | 20/9-27/12 | 五 Fri | 5:00-6:00pm | 6:00-7:00pm | 7:00-8:00pm | | | \$135 | | |
| MH6 | 21/9-28/12 | | 9:00-10:00am | 10:00-11:00am | 11:00-12:00nn | 12:00-1:00pm | 2:30-3:30pm | | 15 | \$2,025 |
| MITO | 2119-26/12 | 六 Sat | 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 | 2/ 9-30/12 | 一、三、五 Mon, Wed, Fri | 8:00-9:00am 9:00-10:00am | 10 | #1 250 |
| MH24 | 3/9-31/12 | 二、四 Tue,Thurs | 7:00-8:00pm | 10 | \$1,350 |

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 | 2/ 9-30/12 | → Mon | 10:00-10:30am | 10:30-11:00am | | | | |
| MH5PN | 6/9-27/12 | 五 Fri | 10:00-10:30am | 10:30-11:00am | | | 5 | \$1,250 |
| MH6PN | 7/9-28/12 | 六 Sat | 9:00-9:30am | 9:30-10:00am | 11:00-11:30am | 11:30-12:00nn | | |

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 | 6/10-29/12 | ⊟ Sun | 2:00-3:00pm | 3:00-4:00pm | 4:00-5:00pm | \$145 | 13 | \$1,885 |



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 | 20/9-27/12 | 五 Fri | 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm | | | |
| V6 | 21/9-28/12 *21/9及12/10 0900-1300 轉到摩理臣山游泳池 21/9-28/12 | 六Sat | 9:00-10:00am* 10:00-11:00am* 11:00-12:00nn* 12:00-1:00pm* *21/9及12/10(星期六)上午9:00-1:00進行比賽, 故當天訓練將轉到摩理臣山室內游泳池同時間進行。 2:30-3:30pm 3:45-4:45pm 5:00-6:00pm | \$135 | 15 | \$2,025 |
| V7 | *15/12 0900-1200 轉到摩理臣山 游泳池 | ⊟ Sun | 9:00-10:00am* 10:00-11:00am* 11:00-12:00mn* * 15/12(星期日)上午9:00-12:00進行比賽, 故當天訓練將轉到摩理臣山室內游泳池同時間進行。 | | | |
| V7 | 22/9-29/12 (15/12停) | ⊟ Sun | 12:00-1:00pm | \$135 | 14 | \$1,890 |

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 |
|------------|------------|--------|---------------|---------------|---------------|--------------|------------------|---------------|---------|
| SYS6 | 5/10-28/12 | 六 Sat | 09:00-10:00am | 10:00-11:00am | 11:00-12:00nn | 12:00-1:00pm | \$135 | 13 | \$1,755 |

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

<u>幼兒、初、中、高班分組同時進行(適合3歲或以上學員參加)</u>

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 | □ ## D:- 1 | 日 tfl D | | | T本目I Time | 每堂 | 堂數 | 弗 田C |
|------|------------|---------|-------------|-------------|-------------|--------------|---------|-----------------|
| Code | 日期 Period | 星期 Day | | | 時間 Time | Per lesson | Lessons | 費用Fee |
| KT5 | 20/9-27/12 | 五. Fri | 4:00-5:00pm | 5:00-6:00pm | | \$135 | 15 | \$2,025 |
| KT6 | 21/9-28/12 | 六 Sat | 2:30-3:30pm | 3:45-4:45pm | 5:00-6:00pm | Φ133 | 13 | φ 2, 023 |



港島東室內游泳池於11/9/2019-31/10/2019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,2019 to 31th Oct,2019,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 |
|------------|-----------------------------------|--------|--|------------------|---------------|---------|
| LK3 | 6/11-25/12 | ≡Wed | 5:00-6:00pm▲ 6:00-7:00pm 7:00-8:00pm | | | |
| LK5 | 1/11-27/12 (25/12停 suspend) | 五 Fri | 4:00-5:00pm | | 8 | \$1,080 |
| | 1/11-27/12 | | 5:00-6:00pm 6:00-7:00pm▲ 7:00-8:00pm | 0105 | | |
| LK6 | 2/11-28/12 | 六 Sat | 9:00-10:00am▲ 10:00-11:00am▲ 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm | \$135 | | |
| LKO | 2/11-20/12 | | 2:00-3:00pm▲ 3:00-4:00pm▲ 4:00-5:00pm 5:00-6:00pm | | 9 | \$1,215 |
| LK7 | 3/11-29/12 | ∃ Sun | 9:00-10:00am▲ 10:00-11:00am▲ 11:00-12:00nn 12:00-1:00pm▲ 1:00-2:00pm | | | |
| LIX/ | J111-27/12 | | 5:00-6:00pm | | | |

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 | | 每堂 Per lesson | 堂數 Lessons | 費用Fee | | | | |
|------------|------------|--------------------------------|---------------|------------------|--------------------|----------------|--------------|-------|---------|---------|
| SSW1 | 16/9-30/12 | → Mon | 5:00-6:00pm | 6:00-7:00pm▲ | | | | | 16 | \$2,160 |
| SSW2 | 17/9-31/12 | 二 Tue 5:00-6:00pm 6:00-7:00pm▲ | | | | | | 10 | \$2,100 | |
| SSW3 | 18/9-25/12 | \equiv Wed | 5:00-6:00pm | 6:00-7:00pm▲ | | | | | | |
| SSW4 | 19/9-26/12 | 四 Thurs | 5:00-6:00pm | 6:00-7:00pm▲ | | | | | | |
| SSW5 | 20/9-27/12 | 五 Fri | 4:00-5:00pm | 5:00-6:00pm | 6:00-7:00pm▲ | 7:00-8:00pm | | \$135 | | |
| SSW6 | 21/9-28/12 | 六 Sat | 9:00-10:00am▲ | 10:00-11:00am▲ | 11:00-12:00nn | 12:00-1:00pm | 2:00-3:00pm▲ | | 15 | \$2,025 |
| | | 21/3-20/12 /\ Sat | | 3:00-4:00pm▲ | 4:00-5:00pm▲ | 5:00-6:00pm | 6:00-7:00pm▲ | | | |
| SSW7 | 22/9-29/12 | ⊟ Sun | 9:00-10:00am▲ | 10:00-11:00am▲ | 11:00-12:00nn▲ | . 12:00-1:00pm | 1:00-2:00pm | | | |
| | | ay-2y12 🗆 Sun | 2:00-3:00pm▲ | 5:00-6:00pm | | | | | | |

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

地址:鰂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 |
|------------|--------------------------|-----------------|---|------------------|---------------|---------------|
| КНН3 | 4/ 9-9/1 0 | \equiv Wed | 4:00-5:00pm▲ 5:00-6:00pm* 6:00-7:00pm▲ | | 6 | ¢ 970 |
| КНН5 | 6/9-11/10 | 五 Fri | 4:00-5:00pm▲ 5:00-6:00pm* 6:00-7:00pm▲ 7:00-8:00pm | | 6 | \$8 70 |
| КНН6 | 1 4/ 9-12/10 | 六 Sat | 9:00-10:00am▲ 10:00-11:00am 2:00-3:00pm 3:00-4:00pm▲ 4:00-5:00pm▲ | | E | fran e |
| | | | 5:00-6:00pm* | \$ 145 | 5 | \$7 25 |
| | 7/9-12/10 | | 11:00-12:00nn* | | 6 | \$8 70 |
| КНН7 | 1 5/ 9-13/10 | 5/9-13/10 ∃ Sun | 9:00-10:00am▲ 10:00-11:00am 11:00-12:00nn | | | trans. |
| | | | 4:00-5:00pm▲ 5:00-6:00pm* | 5 | \$7 25 | |

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)

(專池時段:上午11時至中午12時 及 下午5時至6時)

辦理會藉支票抬頭: Kornhill Recreation Club Ltd

2019年課程活動會藉(\$270/3個月) **學生會籍(\$405/3個月) · 詳情可致電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)

本會尚於鰂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。

地點: 鰂魚涌康山道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





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,所繳費用則不獲發環。
- 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

| |), | 十 雷暴 Thunderstorm | Amber 黄 | T 1 | L 3 | Red #I | Black 黑 | ★8 NE 東北 | X 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 | | | | | | 取消 | | | | | | |
| 其他 <mark>室外</mark> 游泳池 | 照常 | | | | | 取消 | | | | | | |
| 其他 <mark>室內</mark> 游泳池 | 其他 <mark>室内</mark> 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

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