



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2021年第三期游泳班章程

本會簡介及宗旨

本會自1947年成立至今，在過去一直推動游泳發展，藉以提高香港游泳水平。歷年來，本會有多名泳員打破香港紀錄，並代表香港參加國際賽事均有出色表現。2011年世界盃短池賽，泳員黃鎔威於男子200米自由泳勇奪金牌，同時亦是香港在世界賽游泳項目的首面金牌，成績令人鼓舞；泳員郭建明於第十三屆亞運會中奪得一面男子四百米自由泳銅牌；泳員李亮葵於第十五屆亞運會中奪得一面自由泳接力銅牌；泳員馬希彤及于蕙婷於第十六屆亞運會中再創佳績，共奪得兩面銅牌。另外更於2014年仁川亞運會中，本會亦有2女8男代表香港出戰游泳項目，泳員鄭莉梅於女子4x100米及4x200米自由泳接力奪得兩面銅牌，泳員黃竟豪、黃鎔威、麥浩麟及張健達於男子4x100米自由泳接力賽奪得一面銅牌，再一次為泳壇發放異彩。

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

本會最新消息

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！

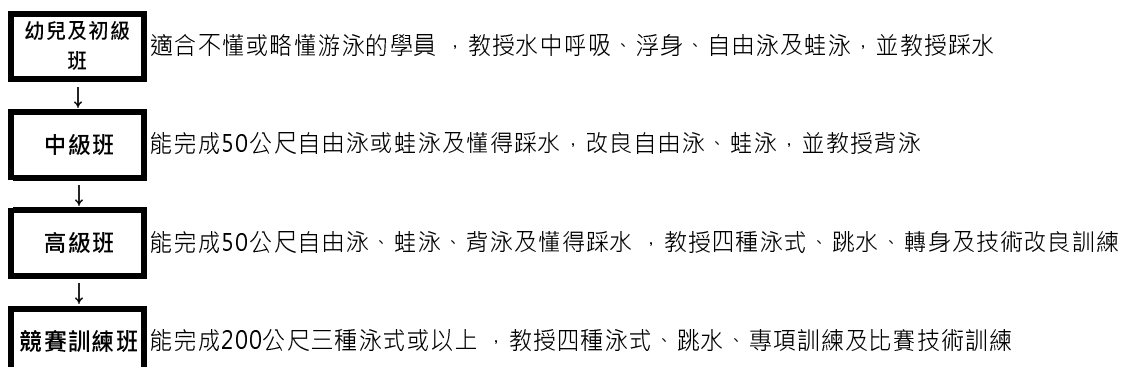
第二屆全國青年運動會劉平兒打破了女子13-14歲組50米及100米蝶泳分齡紀錄及青少年紀錄！

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

課堂須知

- 1)請按照所報班別之時間和地點，於上課前15分鐘到達泳池報到，家長請自行接送子女。
- 2)請帶齊泳衣褲、泳鏡、毛巾、拖鞋等，每次上課時必須戴上本會泳帽。(提示幼童可穿著游泳專用紙泳褲或學習褲)
- 3)本會著重安全第一，因此參加者必須聽從教練指示，未經許可不得上水或下水，違規者將勒令即時退出，所繳費用則不獲發還。
- 4)教練與學生比例均為1:4(幼兒班)、1:4-6(初級班)及1:8-12(中級、高級班)，並分組教授。
- 5)如學員蒙受任何身體損傷或財物損失，本會概不負責。
- 6)如遇特別情況，本會保留更改課程原定導師、上課時間及地點之權利。
- 7)首選泳班如被接納不再另行通知；如需確認報名或索取收據請自行致電本會查詢。
- 8)除課程滿額或取消外，一切已繳費用，概不退還，亦不得轉讓他人或作其他用途。

請假/補堂

- 1)游泳訓練的連貫性十分重要，為了達到合理的成效，學員必須盡量依時出席。
- 2)不論任何請假，每期不可多於一堂，可於開班後自行致電本會預約補課，必須於請假日期起半年內進行補課，逾期概不受理。
- 3)補課當日缺席之學員(不論任何情況)**將不獲第2次補課安排。**

進度評核

- 1)學員安排於每年第一期及第三期泳班完結前進行評估，讓家長了解學員的進度及獲發成績報告表，並按程度升遷及調配。
- 2)本會將於泳班最後1堂派發「學習紀錄表」，任何當日缺席或請假之學員須於泳班完結後3個月內自行到泳池領取，如欲索取逾期「學習紀錄表」本會將收取代每張\$50手續費。
- 3)如需額外發出證書或證明信，本會將收取每封\$50行政費

		 雷暴 Thunderstorm	 Amber 黃	T1	L3	 Red 紅	 Black 黑	 8 NE 東北	 9	 +10
啟歷國際學校 室內恆溫游泳池	照常					取消 ¹⁾				
其他 室外 游泳池	照常 ²⁾					取消 ¹⁾				
其他 室內 游泳池	照常					取消 ¹⁾				

*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。**

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

Facebook: www.facebook.com/HoiTinSwimming

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 lanes)

專用泳池
Exclusive pool



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

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 aged3-4)

提示幼童可穿著游泳專用紙泳褲或學習褲

編號 Code	日期 Period	星期 Day	時間 Time					每堂 Per lesson	堂數 Lessons	費用Fee	
SP13N	19/7-30/8	一、三 Mon, Wed	10:00-10:50am	11:00-11:50am	12:00-12:50pm			\$180 \$170	13	\$2,210	
	14/7-30/8		2:00-2:50pm	3:00-3:50pm			14		\$2,380		
SP24N	20/7-31/8	二、四 Tue, Thur	10:00-10:50am	11:00-11:50am	12:00-12:50pm				13	\$2,210	
	15/7-31/8		2:00-2:50pm	3:00-3:50pm			14		\$2,380		
SP1N	12/7-6/9	一 Mon	4:00-4:50pm	5:00-5:50pm	6:00-6:50pm			\$180	9	\$1,620	
SP2N	13/7-7/9	二 Tue	4:00-4:50pm	5:00-5:50pm	6:00-6:50pm						
SP4N	15/7-9/9	四 Thurs	4:00-4:50pm	5:00-5:50pm	6:00-6:50pm						
SP5N	16/7-27/8	五 Fri	2:00-2:50pm	3:00-3:50pm			7		\$1,260		
	16/7-10/9		4:30-5:20pm	5:30-6:20pm	6:30-7:20pm		9		\$1,620		
SP6N	17/7-11/9	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						
SP7N	18/7-12/9	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

Pre-school Class(Suitable for infant aged1.5-3)

*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	13/7-7/9	二 Tue	6:00-6:30pm	6:30-7:00pm	5	\$1,500
SP6PN	17/7-11/9	六 Sat	9:00-9:30am		5	\$1,500

現凡同時報兩個課程即可獲優惠\$100 ;

報三個游泳課程即可獲優惠\$200

Enroll 2 courses for a discount of \$100, while 3 courses can less \$200!

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

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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

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
SP-A	19/7-30/7	一至五 Mon-Fri	11:00-12:00nn 12:00-1:00pm					\$1400/10堂 不設補課 No MakeUp Class		
SP-B	2/8-13/8									
SP13	19/7-30/8	一、三 Mon, Wed	8:00-9:00am	9:00-10:00am	10:00-11:00am	11:00-12:00nn	12:00-1:00pm	\$160 \$150	13	\$1,950
	14/7-30/8		2:00-3:00pm	3:00-4:00pm					14	\$2,100
SP24	20/7-31/8	二、四 Tue, Thurs	8:00-9:00am	9:00-10:00am	10:00-11:00am	11:00-12:00nn	12:00-1:00pm	\$160 \$150	13	\$1,950
	15/7-31/8		2:00-3:00pm	3:00-4:00pm					14	\$2,100
SP1	12/7-6/9	一 Mon	4:00-5:00pm	5:00-6:00pm	6:00-7:00pm			\$160	9	\$1,440
	12/7-30/8		7:00-8:00pm						8	\$1,280
SP2	13/7-7/9	二 Tue	4:00-5:00pm	5:00-6:00pm	6:00-7:00pm	7:00-8:00pm			9	\$1,440
SP3	14/7-25/8	三 Wed	4:00-5:00pm						7	\$1,120
	14/7-8/9		5:00-6:00pm	6:00-7:00pm					9	\$1,440
SP4	15/7-9/9	四 Thurs	4:00-5:00pm	5:00-6:00pm	6:00-7:00pm	7:00-8:00pm			9	\$1,440
SP5	16/7-27/8	五 Fri	10:00-11:00am	11:00-12:00nn	12:00-1:00pm	2:00-3:00pm	3:00-4:00pm	\$170	7	\$1,190
	16/7-10/9		4:00-5:00pm	5:00-6:00pm	6:00-7:00pm	7:00-8:00pm	8:00-9:00pm		9	\$1,530
SP6	17/7-11/9	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	6:00-7:00pm			
SP7	18/7-12/9	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
SP1	12/7-30/8	一 Mon	7:00-8:00pm	10	\$1,350
SP3	14/7-8/9	三 Wed	7:00-8:00pm		
SP6	17/7-11/9	六 Sat	◆8:00-9:00am ◆(只適合能完成50米或以上自由式或蛙式)		

現凡同時報兩個課程即可獲優惠\$100；

報三個游泳課程即可獲優惠\$200

Enroll 2 courses for a discount of \$100, while 3 courses can less \$200!

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



摩理臣山室內游泳池 Morrison Hill Indoor Swimming Pool

地址:灣仔愛群道7號(鄰近伊利沙伯體育館) 7 Oi Kwan Road, Wan Chai(Near Queen Elizabeht Stadium)

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)

※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
MH1	14/7-27/8	一、三、五 Mon,Wed,Fri	9:00-10:00am	\$135 \$115	20	\$2,300
MH15	16/7-27/8	一、五 Mon, Fri	10:00-11:00am 11:00-12:00nn		13	\$1,495

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)

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

備註:除不對外開放時段或比賽日外，家長需自備清潔泳池拖鞋並自費入場觀看上課情況
 Remarks:Parents/Guardians are required to pay the entrance fee. Please be reminded to bring and change your own slippers. No entry for parents/guardians during all session break.

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

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用Fee
V24	15/7-26/8	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 5:00-6:00pm	\$135 \$115	13	\$1,495
V35	14/7-25/8	三、五 Wed,Fri	2:00-3:00pm 3:00-4:00pm			
V3	14/7-25/8	三 Wed	5:00-6:00pm		7	\$805
V5	16/7-10/9	五 Fri	5:00-6:00pm 6:00-7:00pm 7:00-8:00pm	\$135	9	\$1,215
V6	17/7-11/9	六 Sat	9:00-10:00am 10:00-11:00am 11:00-12:00nn 12:00-1:00pm 2:30-3:30pm 3:45-4:45pm 5:00-6:00pm			
V7	18/7-12/9	日 Sun	9:00-10:00am 10:00-11:00am 11:00-12:00nn		8	\$1,080
	18/7-12/9 (8/8停suspend)		12:00-1:00pm			

現凡同時報兩個課程即可獲優惠\$100；

報三個游泳課程即可獲優惠\$200

Enroll 2 courses for a discount of \$100,while 3 courses can less \$200!

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



中山紀念公園室內游泳池 Sun Yat Sen Memorial Park Indoor Swimming Pool

地址:香港西營盤東邊街北16號 16 Eastern Street North, Sai Ying Pun, Hong Kong

幼兒、初、中、高班分組同時進行(適合3歲或以上學員參加)
 Nursery,Elementary, Intermediate & Advanced classes will proceed in the same time slot(Suitable For Children aged 3 or above)

備註:家長可免費於看台上觀看上課情況 Remarks: Free entry of the Spectator's Area for Parents/Guardians.

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

編號 Code	日期Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用Fee
SYS13	14/7-25/8	一、三 Mon,Wed	11:00-12:00nn 12:00-1:00pm	\$135 \$115	13	\$1,495
SYS5	16/7-27/8	五 Fri	11:00-12:00nn 12:00-1:00pm		7	\$805

堅尼地城游泳池 Kennedy Town Swimming Pool

地址:香港堅尼地城西祥街北2號 2 Sai Cheung Street North, Kennedy Town, Hong Kong

幼兒、初、中、高班分組同時進行(適合3歲或以上學員參加)
 Nursery,Elementary, Intermediate & Advanced classes will proceed in the same time slot(Suitable For Children aged from 3 or above)

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

編號 Code	日期Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用Fee
KT24	15/7-26/8	二、四 Tue,Thurs	11:00-12:00nn 12:00-1:00pm	\$135 \$115	13	\$1,495
KT6	3/7-28/8	六 Sat	11:00-12:00nn 12:00-1:00pm 5:00-6:00pm	\$135	9	\$1,215

現凡同時報兩個課程即可獲優惠\$100；

報三個游泳課程即可獲優惠\$200

Enroll 2 courses for a discount of \$100,while 3 courses can less \$200!

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



*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 5 or above)

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

備註:除不對外開放時段,家長需自備清潔泳池拖鞋並自費入場觀看上課情況 Remarks:Parents/Guardians are required to pay the entrance fee. Please be reminded to bring and change your own slippers. No entry for parents/guardians during all session break.

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

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lesson	費用Fee
SSW13	14/7-25/8	一、三 Mon,Wed	9:00-10:00am▲ 10:00-11:00am▲ 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm▲ 2:00-3:00pm▲ 3:00-4:00pm▲ 4:00-5:00pm 7:00-8:00pm	\$135 \$115	13	\$1,495
SSW25	16/7-27/8	二、五 Tue,Fri	9:00-10:00am▲ 10:00-11:00am▲ 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm▲ 2:00-3:00pm▲ 3:00-4:00pm▲ 4:00-5:00pm 7:00-8:00pm			
SSW1	12/7-6/9	一 Mon	5:00-6:00pm 6:00-7:00pm▲	\$135	9	\$1,215
SSW2	13/7-7/9	二 Tue	5:00-6:00pm 6:00-7:00pm▲			
SSW3	14/7-8/9	三 Wed	5:00-6:00pm 6:00-7:00pm▲			
SSW4	15/7-9/9	四 Thurs	5:00-6:00pm 6:00-7:00pm▲			
SSW5	16/7-10/9	五 Fri	5:00-6:00pm 6:00-7:00pm▲			
SSW6	17/7-11/9	六 Sat	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 5:00-6:00pm 6:00-7:00pm▲			
SSW7	18/7-12/9 (8/8停suspend)	日 Sun	9:00-10:00am▲ 10:00-11:00am▲ 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm 2:00-3:00pm▲ 5:00-6:00pm		8	\$1,080

現凡同時報兩個課程即可獲優惠\$100 ;

報三個游泳課程即可獲優惠\$200

Enroll 2 courses for a discount of \$100,while 3 courses can less \$200!

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。

康蘭居全天候室內恆溫游泳池

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 Waterfall 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 Waterfall 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 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
KHC24	15/7-26/8	二、四 Tue, Thurs	2:00-3:00pm▲	\$145 \$135	13	\$1,755
	6/7-26/8		6:00-7:00pm		16	\$2,160
KHC15	2/7-27/8	一、五 Mon, Fri	6:00-7:00pm▲		17	\$2,295
KHC3	7/7-25/8	三 Wed	6:00-7:00pm▲	\$145	8	\$1,160
KHC6	3/7-28/8	六 Sat	2:00-3:00pm▲		9	\$1,305

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 Remarks: Free entry of the Spectator's Area for Parents/Guardians.

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用Fee
KHH1	14/7-27/8	一、三、五 Mon, Wed, Fri	9:00-10:00am▲ 10:00-11:00am	\$145 \$135	20	\$2,700
KHH24	15/7-26/8	二、四 Tue, Thurs	9:00-10:00am▲ 10:00-11:00am 3:00-4:00pm▲ 4:00-5:00pm▲		13	\$1,755
	6/7-26/8		5:00-6:00pm 7:00-8:00pm		16	\$2,160
KHH15	16/7-27/8	一、五 Mon, Fri	3:00-4:00pm▲ 4:00-5:00pm▲		13	\$1,755
	2/7-27/8		5:00-6:00pm 7:00-8:00pm		17	\$2,295
KHH3	14/7-25/8	三 Wed	3:00-4:00pm▲ 4:00-5:00pm▲		7	\$945
	7/7-25/8		5:00-6:00pm 7:00-8:00pm		8	\$1,080
KHH6	3/7-28/8	六 Sat	9:00-10:00am▲ 10:00-11:00am 11:00-12:00nn 3:00-4:00pm▲ 4:00-5:00pm▲ 5:00-6:00pm 6:00-7:00pm▲	\$145	9	\$1,305
KHH7	4/7-29/8	日 Sun	9:00-10:00am▲ 10:00-11:00am 11:00-12:00nn 3:00-4:00pm▲ 4:00-5:00pm▲ 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3個月(\$270) **學生會籍3個月(\$405) 。

入會方法: 請連同一張近照(近照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)

現凡同時報兩個課程即可獲優惠\$100 ;

報三個游泳課程即可獲優惠\$200

Enroll 2 courses for a discount of \$100,while 3 courses can less \$200!

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



大環山室外游泳池 Tai Wan Shan Swimming Pool

地址:紅磡環海街7號 7 Wan Hoi Street · Hung Hom

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
TWS2	13/7-31/8	二 Tue	9:00-10:00am 10:00-11:00am 11:00-12:00nn 2:00-3:00pm 3:00-4:00pm 4:00-5:00pm 6:00-7:00pm 7:00-8:00pm	\$135 \$115	8	\$920
TWS3	14/7-25/8	三 Wed	9:00-10:00am 10:00-11:00am 11:00-12:00nn 2:00-3:00pm 3:00-4:00pm 4:00-5:00pm 6:00-7:00pm 7:00-8:00pm		7	\$805
TWS5	16/7-27/8	五 Fri	9:00-10:00am 10:00-11:00am 11:00-12:00nn 2:00-3:00pm	\$135	7	\$945
	16/7-10/9		3:00-4:00pm 4:00-5:00pm 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm			
TWS6	17/7-11/9	六 Sat	9:00-10:00am 10:00-11:00am 11:00-12:00nn 2:00-3:00pm 3:00-4:00pm 4:00-5:00pm 6:00-7:00pm 7:00-8:00pm		9	\$1,215
TWS7	18/7-12/9 (8/8停suspend)	日 Sun	9:00-10:00am 10:00-11:00am 11:00-12:00nn		8	\$1,080

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
K6	17/7-11/9	六 Sat	12:00-1:00pm 1:00-2:00pm 6:00-7:00pm 7:00-8:00pm 8:00-9:00pm	\$135	9	\$1,215

現凡同時報兩個課程即可獲優惠\$100；

報三個游泳課程即可獲優惠\$200

Enroll 2 courses for a discount of \$100,while 3 courses can less \$200!

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



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

專用泳線
Exclusive lane

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

編號 Code	日期 Period	星期 Day	時間 Time	每堂 Per lesson	堂數 Lessons	費用 Fee
LS13	19/7-30/8	一、三 Mon, 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	\$155 \$145	13	\$1,885
LS24	15/7-31/8	二、四 Tue, 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 4:00-5:00pm 5:00-6:00pm		14	\$2,030
LS5	16/7-27/8	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	\$155	7	\$1,085
	16/7-10/9		4:00-5:00pm 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm		9	\$1,395
LS6	17/7-11/9	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			
LS7	18/7-12/9	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			

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	17/7-11/9	六 Sat	2:15-3:45pm 3:45-5:15pm	\$180	9	\$1,620
LS-T7	18/7-12/9	日 Sun	9:00-10:30am 10:30-12:00nn			

現凡同時報兩個課程即可獲優惠\$100 ;

報三個游泳課程即可獲優惠\$200

Enroll 2 courses for a discount of \$100, while 3 courses can less \$200!

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

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
Exclusive lane

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

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
ST3	14/7-25/8	三 Wed	10:00-11:00am 11:00-12:00nn 12:00-1:00pm		7	1120
ST4	15/7-26/8	四 Thurs	2:00-3:00pm 3:00-4:00pm 4:00-5:00pm			
ST5	16/7-27/8	五 Fri	4:00-5:00pm 5:00-6:00pm 6:00-7:00pm			
ST6	3/7-28/8	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 5:00-6:00pm 6:00-7:00pm	\$160	9	\$1,440
ST7	4/7-29/8	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			

現凡同時報兩個課程即可獲優惠\$100；

報三個游泳課程即可獲優惠\$200

Enroll 2 courses for a discount of \$100,while 3 courses can less \$200!

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



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

■康城港鐵站C出口

- 巴士298E 坑口站公共運輸交匯處至環保大道
- 巴士797M 港鐵將軍澳站至環保大道
- 小巴113坑口至峻瀝(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
SBS13	14/7-18/8	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 \$130	11	\$1,430
	12/7-18/8		3:00-4:00pm 4:00-5:00pm 5:00-6:00pm		12	\$1,560
SBS24	15/7-19/8	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		11	\$1,430
	13/7-19/8		3:00-4:00pm 4:00-5:00pm 5:00-6:00pm		12	\$1,560
SBS1	5/7-16/8 5/7-30/8	一 Mon	6:00-7:00pm 7:00-8:00pm 8:00-9:00pm	\$180 \$140	7 9	980 \$1260
SBS2	6/7-17/8 6/7-31/8	二 Tue	6:00-7:00pm 7:00-8:00pm 8:00-9:00pm		7 9	980 \$1260
SBS3	7/7-18/8 7/7-25/8	三 Wed	6:00-7:00pm 7:00-8:00pm 8:00-9:00pm		7 8	980 \$1120
SBS4	8/7-19/8 8/7-26/8	四 Thurs	6:00-7:00pm 7:00-8:00pm 8:00-9:00pm		7 8	980 \$1120
SBS5	16/7-20/8	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		6	\$840
	9/7-20/8		3:00-4:00pm 4:00-5:00pm 5:00-6:00pm		7	\$980
	16/7-10/9		6:00-7:00pm 7:00-8:00pm 8:00-9:00pm			
SBS6	17/7-11/9	六 Sat	10:30-11:30am 11:30-12:30pm 12:30-1:30pm 2:30-3:30pm 3:30-4:30pm 4:30-5:30pm 5:30-6:30pm		9	\$1,260
SBS7	18/7-12/9	日 Sun	9:00-10:00am 10:00-11:00am 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm			

競賽訓練班Competitive Course

編號 Code	日期 Period	星期 Day	時間 Time	優惠價	堂數 Lessons	費用Fee
SBS-T6	17/7-11/9	六 Sat	3:00-4:30pm 4:30-6:00pm	\$200 \$170	9	\$1,530
SBS-T7	18/7-12/9	日 Sun	10:00-11:30am 11:30-1:00pm			

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
SBS135	2/7-30/8	一、三、五 Mon, Wed, Fri	8:00-9:00pm	10	\$1,400

現凡同時報兩個課程即可獲優惠\$100；

報三個游泳課程即可獲優惠\$200

Enroll 2 courses for a discount of \$100, while 3 courses can less \$200!

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

**Little
Cosmos**
Little Cosmos Language & Art Centre
小宇宙語言及藝術中心

speedo

*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)

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

△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 less than 4 participants

編號 Code	日期 Period	星期 Day	時間 Time	優惠價	堂數 Lessons	費用Fee
LFC13	26/7-30/8	一、三 Mon,Wed	10:00-11:00am 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm	\$180 \$130	11	\$1,430
	12/7-30/8		3:00-4:00pm 4:00-5:00pm ◆5:00-6:00pm ◆(不適合中及高級班)		15	\$1,950
LFC24	22/7-31/8	二、四 Tue,Thurs	10:00-11:00am 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm		12	\$1,560
	13/7-31/8		3:00-4:00pm 4:00-5:00pm 5:00-6:00pm		15	\$1,950
LFC5	23/7-27/8	五 Fri	10:00-11:00am 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm		6	\$780
	16/7-27/8		3:00-4:00pm 4:00-5:00pm 5:00-6:00pm		7	\$910
LFC1	12/7-6/9	一 Mon	◆6:00-7:00pm ◆(不適合中及高級班)	\$180 \$140	9	\$1,260
			7:00-8:00pm 8:00-9:00pm			
LFC2	13/7-7/9	二 Tue	6:00-7:00pm 8:00-9:00pm			
			◆7:00-8:00pm ◆(不適合中及高級班)			
LFC3	14/7-8/9	三 Wed	◆6:00-7:00pm ◆(不適合中及高級班)			
			7:00-8:00pm 8:00-9:00pm			
LFC4	15/7-9/9	四 Thurs	6:00-7:00pm 8:00-9:00pm			
			◆7:00-8:00pm ◆(不適合中及高級班)			
LFC5	16/7-10/9	五 Fri	6:00-7:00pm 7:00-8:00pm △8:00-9:00pm			
LFC6	17/7-11/9	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			
LFC7	18/7-12/9	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			

競賽訓練班 Competitive Course

編號 Code	日期 Period	星期 Day	時間 Time	優惠價	堂數 Lessons	費用Fee
LFC-T5	16/7-10/9	五Fri	6:00-7:30pm	\$190 \$170	9	\$1,530
LFC-T6	17/7-11/9	六Sat	3:30-5:00pm			
LFC-T7	18/7-12/9	日Sun	9:30-11:00am			

現凡同時報兩個課程即可獲優惠\$100；

報三個游泳課程即可獲優惠\$200

Enroll 2 courses for a discount of \$100,while 3 courses can less \$200!

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

選定組別、泳池
及時間填妥下列
表格連同支票交回登記事
務員或郵寄本會

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

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

☆本課程以先到先得的形式接受報名，有意參加泳班者，
請從速報名。
☆學費包括泳帽及入場費
☆學費如以現金繳付，則務必直接交回本會辦事處辦理
☆

海天體育會游泳部及志佩游泳會有限公司主辦之2021年第三期公開游泳班報名表
Application Form for 3rd Session 2021 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 Contact no.
出生日期 Date of birth	/ / (DD / MM / YYYY)	年齡 Age	性別 Sex
就讀學校 Name of school	班別 Class 上午 / 下午 / 全日 AM / PM / Whole Day		
報讀資料 Course Information			
報讀一個課程: 泳班編號 Class Code: _____ 時間 Time: _____ AM/PM		報讀兩個課程: 泳班編號 Class Code: _____ 時間 Time: _____ AM/PM 泳班編號 Class Code: _____ 時間 Time: _____ AM/PM 同時報兩個課程即可獲優惠\$100	
報讀三個課程: 泳班編號 Class Code: _____ 時間 Time: _____ AM/PM 泳班編號 Class Code: _____ 時間 Time: _____ AM/PM 泳班編號 Class Code: _____ 時間 Time: _____ AM/PM 同時報三個課程即可獲優惠\$200			
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	☐ 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
游泳能力 Swimming ability :	☐ 由教練評核 Access by coach ☐ 不懂游泳 Do not know ☐ 曾學游泳 Have learnt before ☐ 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則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.			
請假 Leave 請假日期 Date of Abs		家長姓名 Name of Parent	
一個課程只限一天 For Once Only 請於開班後自行致電本會預約補課 Please call the office for make up arrangement		家長簽名 Signature of Parent	
		日期 Date (DD/MM/YY)	
Official use only:	Received by:	Cash/Cheque:	A/C received by:
Remarks:			