



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2026年第二期游泳班章程
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

2024巴黎奧運會

本會泳員 鄭莉梅 及 簡綽桐 代表出戰2024巴黎奧運會接力項目

2025年第十五屆全國運動會

香港共派出14名女運動員及17名男運動員

本會泳員 陳梓瑜、高嘉蓮、林凱喬、文薈喬、吳麗華、古逸豪、劉平治、劉紹宇、麥世霆、王一舜 代表出戰

2025-2026香港長池分齡游泳錦標賽

海天：全場總冠軍、女子團體冠軍、男子團體亞軍

志佩：全場總亞軍、男子團體冠軍

- 泳員 林梓深 取得男子11-12歲組最高積分獎
- 泳員 高嘉蓮 取得女子13-14歲組最高積分獎
- 泳員 余東豈 取得男子15-17歲組最高積分獎
- 泳員 黃琬靜 取得女子15-17歲組最高積分獎
- 泳員 吳麗華 取得女子18歲以上組最高積分獎

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、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(第一堂派發)。(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，因此學員必須聽從教練指示，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(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。








補堂安排: 不論任何事假/病假，一期只有一堂補堂，並於指定補課日同時間進行。若未能出席補課日，則作棄權論

(補課日只適用於報名全期之學生，如非報名全期泳班，該堂須以收費處理並不設任何補堂)

*康怡花園俱樂部泳池如因雷暴影響，將不設補堂(紅雨、黑雨或8號以上風球除外)

評估

- 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 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。
- 5)康怡花園俱樂部泳池如因雷暴影響，將不設補堂(紅雨、黑雨或8號以上風球除外)

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 WhatsApp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

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)

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



初班、中班及高班 Elementary, Intermediate & Advanced

| 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* |
|------------|-------------------|---------|--|------------------|---------------|---------|-----------|
| SP1 | 6/4-29/6 | 一 Mon | 4:00-5:00pm 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm | \$215 | 13 | \$2,795 | 6/7/2026 |
| SP2 | 7/4-30/6 | 二 Tue | 4:00-5:00pm 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm | | | | 7/7/2026 |
| SP3 | 1/4-1/7 | 三 Wed | 4:00-5:00pm 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm | | 14 | \$3,010 | 8/7/2026 |
| SP4 | 2/4-2/7 | 四 Thurs | 4:00-5:00pm 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm | | | | 9/7/2026 |
| SP5 | 3/4-3/7 (1/5停) | 五 Fri | 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm 8:00-9:00pm | \$225 | 13 | \$2,925 | 10/7/2026 |
| SP6 | 4/4-4/7 | 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 | | 14 | \$3,150 | 11/7/2026 |
| | | | 4:00-5:00pm 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm | | | | |
| SP7 | 5/4-5/7 | 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 3:00-4:00pm 4:00-5:00pm | | | | 12/7/2026 |

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 | 6/4-29/6 | 一 Mon | 7:00-8:00pm | 10 | \$1,800 |
| SP2 | 7/4-30/6 | 二 Tue | 7:00-8:00pm | | |
| SP3 | 1/4-24/6 | 三 Wed | 7:00-8:00pm | | |
| SP4 | 2/4-25/6 | 四 Thurs | 7:00-8:00pm | | |
| SP6 | 4/4-27/6 | 六 Sat | ◆8:00-9:00am ◆(只適合能完成50米或以上自由式或蛙式) | | |

補堂安排: 不論任何事假/病假·一期只有一堂補堂·並於指定補課日同時間進行。若未能出席補課日·則作棄權論

(補課日只適用於報名全期之學生·如非報名全期泳班·該堂須以收費處理並不設任何補堂)

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



聖保祿學校室內暖水游泳池

St. Paul's Convent School Indoor Heated Swimming Pool

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

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

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



幼兒班 (適合3-4歲學員參加) 師生比例為1:4

Nursery Class (Suitable for children aged 3-4) Nursery class 1:4

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* |
|------------|-------------------|------------|-----------------------------|------------------------------|------------------------------|---------------|------------------|---------------|---------|-----------|
| SP1N | 6/4-29/6 | 一 Mon | 4:00-4:50pm | 5:00-5:50pm | 6:00-6:50pm | | \$235 | 13 | \$3,055 | 6/7/2026 |
| SP2N | 7/4-30/6 | 二 Tue | 4:00-4:50pm | 5:00-5:50pm | 6:00-6:50pm | | | | | 7/7/2026 |
| SP3N | 1/4-1/7 | 三 Wed | 4:00-4:50pm | 5:00-5:50pm | 6:00-6:50pm | | | 14 | \$3,290 | 8/7/2026 |
| SP4N | 2/4-2/7 | 四 Thurs | 4:00-4:50pm | 5:00-5:50pm | 6:00-6:50pm | | | | | 9/7/2026 |
| SP5N | 3/4-3/7 (1/5停) | 五 Fri | 5:30-6:20pm | 6:30-7:20pm | | | | 13 | \$3,055 | 10/7/2026 |
| SP6N | 4/4-4/7 | 六 Sat | 8:30-9:20am 2:30-3:20pm | 9:30-10:20am 3:30-4:20pm | 10:30-11:20am 4:30-5:20pm | 11:30-12:20pm | | 14 | \$3,290 | 11/7/2026 |
| SP7N | 5/4-5/7 | 日 Sun | 9:30-10:20am 2:30-3:20pm | 10:30-11:20am 3:30-4:20pm | 11:30-12:20pm | 1:30-2:20pm | | | | 12/7/2026 |

補堂安排: 不論任何事假/病假, 一期只有一堂補堂, 並於指定補課日同時間進行。若未能出席補課日, 則作棄權論

(補課日只適用於報名全期之學生, 如非報名全期泳班, 該堂須以收費處理並不設任何補堂)

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.



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)

維多利亞公園游泳池於20/2-21/4進行定期維修,於維修期間

星期五及星期六的課程將轉往聖保祿學校室內暖水游泳池。

星期日的課程將轉往摩理臣山游泳池同時間進行。

| 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* |
|------------|-------------------|--------|--|------------------|---------------|---------|-----------|
| V5 | 3/4-3/7 (1/5停) | 五 Fri | 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm 8:00-9:00pm | \$145 | 13 | \$1,885 | 10/7/2026 |
| V6 | 4/4-4/7 | 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 | | 14 | \$2,030 | 11/7/2026 |
| V7 | 5/4-5/7 | 日 Sun | 9:00-10:00am 10:00-11:00am 11:00-12:00nn 12:00-1:00pm | | | | 12/7/2026 |

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)

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.

| 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* |
|------------|-----------|--------|----------------------------|------------------|---------------|---------|-----------|
| KT6 | 4/4-4/7 | 六 Sat | 11:00-12:00nn 12:00-1:00pm | \$145 | 14 | \$2,030 | 11/7/2026 |

中山紀念公園游泳池於16/4-5/6進行定期維修,於維修期間課程將轉往堅尼地城游泳池進行。 Due to the annual maintenance work of the Sun Yat Sen Memorial

Park Swimming Pool from 16/4-5/6, all the training classes will be changed to proceed at Kennedy Town Swimming Pool.

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(適合3-4歲學員參加)、初、中、高班分組同時進行

Nursery(Suitable for children aged 3-4). Elementary, Intermediate & Advanced classes will proceed in the same time slot

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.

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* |
|------------|-----------|--------|-------------------------------------|------------------|---------------|---------|-----------|
| SYS6 | 4/4-4/7 | 六 Sat | 3:00-4:00pm 4:00-5:00pm 5:00-6:00pm | \$145 | 14 | \$2,030 | 11/7/2026 |

補堂安排: 不論任何事假/病假,一期只有一堂補堂,並於指定補課日同時間進行。若未能出席補課日,則作棄權論

(補課日只適用於報名全期之學生,如非報名全期泳班,該堂須以收費處理並不設任何補堂)

*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* |
|------------|-------------------|---------|---|------------------|---------------|---------|-----------|
| LK4 | 2/4-2/7 | 四 Thurs | 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm | \$145 | 14 | \$2,030 | 9/7/2026 |
| LK5 | 3/4-3/7 (1/5停) | 五 Fri | 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm | | 13 | \$1,885 | 10/7/2026 |
| LK6 | 4/4-4/7 | 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 4:00-5:00pm 5:00-6:00pm | | 14 | \$2,030 | 11/7/2026 |
| LK7 | 5/4-5/7 | 日 Sun | 9:00-10:00am 10:00-11:00am 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm | | | | 12/7/2026 |

小西灣室內游泳池於2/5-21/6進行定期維修,於維修期間課程將轉往柴灣室外游泳池進行。 Due to the annual maintenance work of the Siu Sai Wan Indoor Swimming Pool from 2/5-21/6, all the training classes will be changed to proceed at Chai Wan Outdoor Swimming Pool.

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(適合3-4歲學員參加)、初、中、高班分組同時進行

Nursery(Suitable for children aged3-4), Elementary, Intermediate & Advanced classes will proceed in the same time slot

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* |
|------------|-------------------|---------|---|------------------|---------------|---------|-----------|
| SSW1 | 6/4-29/6 | 一 Mon | 5:00-6:00pm 6:00-7:00pm | \$145 | 13 | \$1,885 | 6/7/2026 |
| SSW2 | 7/4-30/6 | 二 Tue | 5:00-6:00pm 6:00-7:00pm | | | | 7/7/2026 |
| SSW3 | 1/4-1/7 | 三 Wed | 5:00-6:00pm 6:00-7:00pm | | 14 | \$2,030 | 8/7/2026 |
| SSW4 | 2/4-2/7 | 四 Thurs | 5:00-6:00pm 6:00-7:00pm | | | | 9/7/2026 |
| SSW5 | 3/4-3/7 (1/5停) | 五 Fri | 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm | | 13 | \$1,885 | 10/7/2026 |
| SSW6 | 4/4-4/7 | 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 | | 14 | \$2,030 | 11/7/2026 |
| SSW7 | 5/4-5/7 | 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 | | | | 12/7/2026 |

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* |
|------------|-----------|--------|--------------|------------------|---------------|---------|-----------|
| SSW-T6 | 4/4-4/7 | 六 Sat | 9:00-11:00am | \$185 | 14 | \$2,590 | 11/7/2026 |
| SSW-T7 | 5/4-5/7 | 日 Sun | 4:00-6:00pm | | | | 12/7/2026 |

補堂安排: 不論任何事假/病假,一期只有一堂補堂,並於指定補課日同時間進行。若未能出席補課日,則作棄權論

(補課日只適用於報名全期之學生,如非報名全期泳班,該堂須以收費處理並不設任何補堂)

*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(適合3-4歲學員參加)、初、中、高班分組同時進行

Nursery(Suitable for children aged3-4),Elementary, Intermediate & Advanced classes will proceed in the same time slot

幼兒班 (適合3-4歲學員參加) 師生比例為1:4

Nursery Class(Suitable for children aged3-4)Nursery class 1:4

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* |
|------------|-------------------|--------|--------------|---------------|---------------|---------------|------------------|---------------|---------|-----------|
| LS5 | 3/4-3/7 (1/5停) | 五 Fri | 4:00-5:00pm | 5:00-6:00pm | 6:00-7:00pm | 7:00-8:00pm | \$205 | 13 | \$2,665 | 10/7/2026 |
| LS6 | 4/4-4/7 | 六 Sat | 8:45-9:45am | 9:45-10:45am | 10:45-11:45am | 11:45-12:45pm | | 14 | \$2,870 | 11/7/2026 |
| LS7 | 5/4-5/7 | 日 Sun | 2:15-3:15pm | 3:15-4:15pm | 4:15-5:15pm | 5:15-6:15pm | | | | 12/7/2026 |
| | | | 9:00-10:00am | 10:00-11:00am | 11:00-12:00nn | 12:00-1:00pm | | | | |
| | | | 2:00-3:00pm | 3:00-4:00pm | | | | | | |

競賽訓練班 Competitive Course

適合能以三種泳式以上游畢200公尺的學員 Suitable for Swimmers who could finish 200 M in each of three strokes.

| 編號 Code | 日期 Period | 星期 Day | 時間 Time | | 每堂 Per lesson | 堂數 Lessons | 費用Fee | 補課日* |
|------------|-----------|--------|--------------|---------------|------------------|---------------|---------|-----------|
| LS-T6 | 4/4-4/7 | 六 Sat | 2:15-3:45pm | 3:45-5:15pm | \$260 | 14 | \$3,640 | 11/7/2026 |
| LS-T7 | 5/4-5/7 | 日 Sun | 9:00-10:30am | 10:30-12:00nn | | | | 12/7/2026 |

成人班 Adult Class

成人班參加人數如不足4人, 將會取消 Class will be cancelled if less than 4 participants.

不論任何事假病假, 天氣或場地影響停課, 均不設補堂。

No make-up classes will be provided regardless of any personal leave, sick leave, weather or venue restrictions.

| 編號 Code | 日期 Period | 星期 Day | 時間 Time | 堂數 Lessons | 費用Fee | 補課日* |
|------------|-----------|--------|--------------|---------------|-----------|------------------------------------|
| LS-A7 | 5/4-28/6 | 日 Sun | 8:30-10:00am | | \$975/每個月 | 不設任何 請假補堂 No MakeUp Class |



新增報名地點New Registration Center
Cosmos Elite

地址: 九龍荔枝角永康街18號永康中心15樓1516室

電話: 3162 3168

補堂安排: 不論任何事假/病假, 一期只有一堂補堂, 並於指定補課日同時間進行。若未能出席補課日, 則作棄權論

(補課日只適用於報名全期之學生, 如非報名全期泳班, 該堂須以收費處理並不設任何補堂)

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



九龍公園室內游泳池於16/4-5/6 進行例行維修，故期間的泳班將於室外游泳池進行。 Due to annual maintenance work of Kowloon Park Indoor Swimming Pool during 16/4-5/6, all the swimming classes will proceed at the outdoor swimming pool during this period.

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 | 4/4-4/7 | 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 | \$145 | 14 | \$2,030 | 11/7/2026 |
| K7 | 5/4-5/7 | 日 Sun | 9:00-10:00am 10:00-11:00am 11:00-12:00nn | | | | 12/7/2026 |

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

幼兒(適合3-4歲學員參加)、初、中、高班分組同時進行
Nursery(Suitable for children aged3-4),Elementary, Intermediate & Advanced classes will proceed in the same time slot

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 | 1/4-1/7 | 三 Wed | 5:00-6:00pm 6:00-7:00pm | \$195 | 14 | \$2,730 | 8/7/2026 |
| ST4 | 2/4-2/7 | 四 Thurs | 5:00-6:00pm 6:00-7:00pm | | | | 9/7/2026 |
| ST5 | 3/4-3/7 | 五 Fri | 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm | | | | 10/7/2026 |
| ST6 | 4/4-4/7 | 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 5:00-6:00pm 6:00-7:00pm | | | | 11/7/2026 |
| ST7 | 5/4-5/7 | 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 | | | | 12/7/2026 |

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 | 2/4-2/7 | 四 Thurs | 5:30-7:00pm | \$240 | 14 | \$3,360 | 9/7/2026 |
| ST-T5 | 3/4-3/7 | 五 Fri | 5:00-6:30pm 6:30-8:00pm | | | | 10/7/2026 |
| ST-T6 | 4/4-4/7 | 六 Sat | 9:30-11:00am 2:30-4:00pm 5:00-6:30pm | | | | 11/7/2026 |
| ST-T7 | 5/4-5/7 | 日 Sun | 12:00-1:30pm | | | | 12/7/2026 |

補堂安排: 不論任何事假/病假，一期只有一堂補堂，並於指定補課日同時間進行。若未能出席補課日，則作棄權論

(補課日只適用於報名全期之學生，如非報名全期泳班，該堂須以收費處理並不設任何補堂)

思貝禮國際學校室內恆溫游泳池

■康城港鐵站C出口

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(適合3-4歲學員參加)、初、中、高班分組同時進行

Nursery(Suitable for children aged3-4),Elementary, Intermediate & Advanced classes will proceed in the same time slot

| 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* |
|------------|-------------------|---------|---------------|---------------|---------------|---------------|------------------|---------------|---------|-----------|
| SBS2 | 7/4-30/6 | 二 Tue | 5:00-6:00pm | 6:00-7:00pm | 7:00-8:00pm | 8:00-9:00pm | \$195 | 13 | \$2,535 | 7/7/2026 |
| SBS3 | 1/4-1/7 | 三 Wed | 5:00-6:00pm | 6:00-7:00pm | 7:00-8:00pm | 8:00-9:00pm | | 14 | \$2,730 | 8/7/2026 |
| SBS4 | 2/4-2/7 | 四 Thurs | 5:00-6:00pm | 6:00-7:00pm | 7:00-8:00pm | 8:00-9:00pm | | | | 9/7/2026 |
| SBS5 | 3/4-3/7 (1/5停) | 五 Fri | 5:00-6:00pm | 6:00-7:00pm | 7:00-8:00pm | 8:00-9:00pm | \$205 | 13 | \$2,665 | 10/7/2026 |
| SBS6 | 4/4-4/7 | 六 Sat | 10:30-11:30am | 11:30-12:30pm | 12:30-1:30pm | 1:30-2:30pm | | 14 | \$2,870 | 11/7/2026 |
| SBS7 | 5/4-5/7 | 日 Sun | 8:00-9:00am | 9:00-10:00am | 10:00-11:00am | 11:00-12:00nn | | | | 12/7/2026 |
| | | | 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 | | 每堂 Per lesson | 堂數 Lessons | 費用Fee | 補課日* |
|------------|-----------|--------|---------------|--------------|------------------|---------------|---------|-----------|
| SBS-T6 | 4/4-4/7 | 六 Sat | 3:00-4:30pm | 4:30-6:00pm | \$260 | 14 | \$3,640 | 11/7/2026 |
| SBS-T7 | 5/4-5/7 | 日 Sun | 10:00-11:30am | 11:30-1:00pm | | | | 12/7/2026 |

幼兒班 (適合3-4歲學員參加) 師生比例為1:4

Nursery Class(Suitable for children aged3-4)Nursery class 1:4

| | | | | | | | | |
|-------|-------------------|---------|-------------|--------------|-------|----|---------|-----------|
| SBS2N | 7/4-30/6 | 二 Tue | 5:00-5:50pm | 6:00-6:50pm | \$215 | 13 | \$2,795 | 7/7/2026 |
| SBS3N | 1/4-1/7 | 三 Wed | 5:00-5:50pm | 6:00-6:50pm | | 14 | \$3,010 | 8/7/2026 |
| SBS4N | 2/4-2/7 | 四 Thurs | 5:00-5:50pm | 6:00-6:50pm | | | | 9/7/2026 |
| SBS5N | 3/4-3/7 (1/5停) | 五 Fri | 5:00-5:50pm | 6:00-6:50pm | | 13 | \$2,795 | 10/7/2026 |
| SBS6N | 4/4-4/7 | 六 Sat | 2:00-2:50pm | 3:00-3:50pm | | 14 | \$3,010 | 11/7/2026 |
| SBS7N | 5/4-5/7 | 日 Sun | 8:30-9:20am | 9:30-10:20am | | | | 12/7/2026 |

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 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 |
|------------|--------------------|----------------|-------------|---------------|---------|
| SBS35 | 1/4-26/6 (1/5停) | 三、五 Wed,Fri | 8:00-9:00pm | 10 | \$1,800 |

補堂安排: 不論任何事假/病假，一期只有一堂補堂，並於指定補課日同時間進行。若未能出席補課日，則作棄權論

(補課日只適用於報名全期之學生，如非報名全期泳班，該堂須以收費處理並不設任何補堂)

*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(適合3-4歲學員參加)、初、中、高班分組同時進行

Nursery(Suitable for children aged3-4), Elementary, Intermediate & Advanced classes will proceed in the same time slot

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* |
|------------|-------------------|---------|-------------|--------------|---------------|---------------|------------------|---------------|---------|-----------|
| LFC1 | 6/4-29/6 | 一 Mon | 6:00-7:00pm | 7:00-8:00pm | 8:00-9:00pm | | \$195 | 13 | \$2,535 | 6/7/2026 |
| LFC2 | 7/4-30/6 | 二 Tue | 6:00-7:00pm | 7:00-8:00pm | 8:00-9:00pm | | | | | 7/7/2026 |
| LFC3 | 1/4-1/7 | 三 Wed | 6:00-7:00pm | 7:00-8:00pm | 8:00-9:00pm | | | 14 | \$2,730 | 8/7/2026 |
| LFC4 | 2/4-2/7 | 四 Thurs | 6:00-7:00pm | 7:00-8:00pm | 8:00-9:00pm | | | | | 9/7/2026 |
| LFC5 | 3/4-3/7 (1/5停) | 五 Fri | 5:00-6:00pm | 6:00-7:00pm | 7:00-8:00pm | 8:00-9:00pm | \$205 | 13 | \$2,665 | 10/7/2026 |
| LFC6 | 4/4-4/7 | 六 Sat | 8:30-9:30am | 9:30-10:30am | 10:30-11:30am | 11:30-12:30pm | | 14 | \$2,870 | 11/7/2026 |
| LFC7 | 5/4-5/7 | 日 Sun | 2:00-3:00pm | 3:00-4:00pm | 4:00-5:00pm | 5:00-6:00pm | | | | 12/7/2026 |

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 | 3/4-3/7 (1/5停) | 五 Fri | 6:00-7:30pm | | | | \$260 | 13 | \$3,380 | 10/7/2026 |
| LFC-T6 | 4/4-4/7 | 六 Sat | 3:30-5:00pm | | | | | 14 | \$3,640 | 11/7/2026 |
| LFC-T7 | 5/4-5/7 | 日 Sun | 9:30-11:00am | | | | | | | 12/7/2026 |

幼兒班 (適合3-4歲學員參加) 師生比例為1:4

Nursery Class(Suitable for children aged3-4)Nursery class 1:4

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* |
|------------|-------------------|---------|-------------|-------------|-------------|--|------------------|---------------|---------|-----------|
| LFC2N | 7/4-30/6 | 二 Tue | 6:00-6:50pm | 7:00-7:50pm | 8:00-8:50pm | | \$255 | 13 | \$3,315 | 7/7/2026 |
| LFC4N | 2/4-2/7 | 四 Thurs | 6:00-6:50pm | 7:00-7:50pm | 8:00-8:50pm | | | 14 | \$3,570 | 9/7/2026 |
| LFC5N | 3/4-3/7 (1/5停) | 五 Fri | 6:00-6:50pm | 7:00-7:50pm | | | | 13 | \$3,315 | 10/7/2026 |
| LFC6N | 4/4-4/7 | 六 Sat | 1:30-2:20pm | 2:30-3:20pm | | | | 14 | \$3,570 | 11/7/2026 |
| LFC7N | 5/4-5/7 | 日 Sun | 2:00-2:50pm | 3:00-3:50pm | | | | | | 12/7/2026 |

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 | 3/4-26/6 | 五 Fri | 8:00-9:00pm | | | | 10 | \$1,800 |

補堂安排: 不論任何事假/病假，一期只有一堂補堂，並於指定補課日同時間進行。若未能出席補課日，則作棄權論

(補課日只適用於報名全期之學生，如非報名全期泳班，該堂須以收費處理並不設任何補堂)

*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
WhatsApp留位

本會職員收到後會回覆家長
確認及提供付款方法

辦公時間電話: 25721428 WhatsApp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

| 上課地點 Venues | 支票抬頭 cheque payable to |
|---|--|
| 聖保祿SP、康怡花園KH、喇沙LS、沙田學院ST、 羅氏基金LFC、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 Pools | 海天體育會有限公司 Hoi Tin Athletic Association Limited |

補堂安排: 不論任何事假/病假，一期只有一堂補堂，並於指定補課日同時間進行。若未能出席補課日，則作棄權論

(補課日只適用於報名全期之學生，如非報名全期泳班，該堂須以收費處理並不設任何補堂)

海天體育會游泳部及志佩游泳會有限公司主辦之2026年第二期公開游泳班報名表

Application Form for 2nd Session 2026 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 | 女(F) / 男(M) |
| Date of birth (DD / MM / YYYY) | Age | Sex | |
| 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 | | | |
| 你從何得知本會課程: <input type="checkbox"/> 本會網頁 <input type="checkbox"/> Facebook <input type="checkbox"/> 宣傳單張 <input type="checkbox"/> 朋友介紹 <input type="checkbox"/> 其他: _____ | | | |
| How did you receive the course information? <input type="checkbox"/> Website <input type="checkbox"/> Facebook <input type="checkbox"/> Leaflet <input type="checkbox"/> Friend <input type="checkbox"/> Others: _____ | | | |
| (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 <input type="checkbox"/> 初級 <input type="checkbox"/> 中級 <input type="checkbox"/> 高級 <input type="checkbox"/> 競賽訓練班 <input type="checkbox"/> 泳隊預備組 <input type="checkbox"/> 成人 | | |
| Nursery | Elementary Intermediate Advanced Competition Training Pre-Team Adult | | |
| 游泳能力 | <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 | | |
| Swimming ability: | <input type="checkbox"/> 能掌握 Able to swim _____ 種泳式並能完成50公尺或以上 _____ strokes for 50m or above | | |
| 聲明 Disclaimer | | | |
| 本人同意小兒/小女參加貴會主辦之游泳班，並聲明其身體狀況適合游泳。本人當緊守貴會所訂明的規例及同意子女在練習期間服從教練及領隊之指示，並同意不會因參加任何在上課期間所蒙受的身體傷亡及財物損失而向貴會及職員作金錢上或其他方面的賠償要求。 I agree that my son/ daughter to participant in the swimming course of your Association and claimed that his/ her health condition is suitable for swimming. I agree to follow the rules and regulations of your Association and agree my son/ daughter to obey the instructions given by the coach during the training classes. I declare that I will bear all costs of any sufferings, injuries and damage of belongings during the participation of any swimming classes and will not ask for compensation of any kind from your Association. | | | |
| 補課安排 | | 家長姓名 | 家長簽名 |
| 補堂安排: 不論任何事假/病假，一期只有一堂補堂，並於指定補課日同時間進行。若未能出席補課日，則作棄權論 | | Name of Parent | Signature of Parent |
| | | | 日期 Date (DD/MM/YY) |
| Official use only: | Received by: | Cash/Cheque: | A/C received by: Remarks: |