



SUMMER PROGRAMME

August 2021



Health & Fitness Classes 體適能課程

Aqua Fitness (AQ) 水中健體

Code 編號	Date 日期	Day 星期	Time 時間	Session 節數	Age 年齡	Capacity* 人數*	Fee 費用 Member 會員
AQ01	3/8 - 31/8	Every Tue. 逢星期二	1000 - 1100	5	16+	Max. 6 (2 groups of 3 persons)	\$ 675
AQ03	4/8 - 25/8	Every Wed. 逢星期三	1000 - 1100	4			\$ 540

Instructor - Miss Karmina Lee, holds several professional fitness qualifications including Aqua Fitness Instructor Certificate, Pilates Instructor Certificate of BASI, USA & Advanced Yoga Instructor Certificate. She has been teaching various fitness courses & doing personal training at prestigious clubs for more than 15 years.

Introduction To do aqua fitness you do not need to know how to swim. With the aids of various interesting props, one can do cardio, stretching, balancing & strengthening exercises to improve health & lose weight, particularly suitable for those who have joint pain, Back pain, edema & overweight. A perfect workout for elderly, office workers or even elite athletes.

導師 - 李文鳳女士，擁有多項舞蹈及健體專業資格，包括水中健體教練證書，美國 BASI 普拉提導師證書，瑜珈高級教練證書，高級私人教練證書，健身球證書等。

簡介：本課程利用各種有趣的水中健體工具，在恆溫泳池進行有氧、伸展、平衡、強化運動，參加者不需懂游泳，也能享受水中運動的樂趣，因為水的特性，水中健體能改善心肺功能，更有效減重燒脂，結實肌肉線條，水的阻力能助強健。

*Subject to the social distancing measures as imposed by the Hong Kong SAR Government.

*因應香港政府所訂立的防疫措施

Muscle & Fitness Training (MF) 強肌健體綜合訓練

Code 編號	Date 日期	Day 星期	Time 時間	Session 節數	Age 年齡	Capacity* 人數*	Fee 費用	
							Member 會員	Guest 來賓
MF01	4/8 - 31/8	Every Wed. 逢星期三	1000 - 1100	4	16+	Max. 15	\$ 400	\$ 480
MF02	6/8 - 26/8	Every Fri. 逢星期五	1030 - 1130	4			\$ 400	\$ 480

Instructor - Mr. Ham Fong acquired Advanced Personal Fitness Trainer Certification, Sports Massage Certification, Stretching Instructor, etc. Ham has experience in teaching different exercise classes at SWOs and LCSD.

Introduction The training addresses problems associated with the body's natural muscle loss causing a variety of joint pain, loss of balance, fall sprains, muscle weakness and limb deformation etc. The course will include stretching exercises for improved bodily flexibility. It will also include Pilates exercises to strengthen the waist, abdomen, back and other core muscles. Muscular endurance will be improved by resistance band exercises and free weight training to strengthen the lower limb muscles, to enhance bodily balance and to enhance fall prevention ability.

導師 - 方維涵先生，高級私人教練證書，運動按摩學證書、伸展導師證書及多項體適能教練證書，

並在多個社福機構及康樂文化事務署任教不同項目健體運動班。

簡介：針對人體肌肉隨著年齡增長而自然流失而引發各種關節痛症、失平衡、跌扭傷、肌無力及肢體變形，課程將會以無負重訓練強化下肢肌肉增強平衡防跌，利用普拉提斯(Pilates)鍛鍊來加強腰、腹、背等核心肌肉群，用抗力帶鍛鍊肌耐力，及拉筋伸展運動改進肢體柔軟度增加；肌肉含量之同時可減少脂肪囤積並改善骨質關節健康。

Body Stretching (BS) 伸展運動

Code 編號	Date 日期	Day 星期	Time 時間	Session 節數	Age 年齡	Capacity* 人數*	Fee 費用	
							Member 會員	Guest 來賓
BS01	2/8 - 30/8	Every Mon. 逢星期一	1600 - 1700	5	16+	Max. 15	\$ 500	\$ 600

Instructor - Mr. Moris Law, Asian Academy for Sports & Fitness Professionals.

Introduction Beginner All level. Dynamic Yoga combines asanas and powerful breathing exercises which works your body, breathing and mind. This is a great cardio, strength and endurance class. For a slim, strong, toned and flexible body. Suitable for people.

導師 - 羅廣森先生，現任亞洲體育及體適能專業學院導師。

簡介：本課程分初級和一般課程。連貫的動態體姿並結合強而有力的呼吸法，鍛鍊身心與呼吸。對鍛鍊心肺功能、體力與耐力及有助益，讓身段更輕盈、強健、調和、靈活柔軟。

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Mindful, Breathing, Meditation (ME) 慢行、呼吸、靜心

Code 編號	Date 日期	Day 星期	Time 時間	Session 節數	Age 年齡	Capacity* 人數*	Fee 費用	
							Member 會員	Guest 來賓
ME02	7/8 - 28/8	Every Sat. 逢星期六	1830 - 1930	4	16+	Max. 15	\$ 552	\$ 662

Instructor - Mr. Moris Law, Asian Academy for Sports & Fitness Instructor.

Introduction The vibration and resonance of singing bowls, one can be in tune with the frequency with nature and the universe. Their powerful vibration and resonance penetrates deep into body cells and organs. Blocked energy is released. Blood-circulation and the nervous system receive a new dynamic stimulation, problems with muscles, digestion and nerves can be reduced and even ceased.

導師 - 羅廣森先生，現任亞洲體育及健身學會導師。

簡介： 現已普遍流行於東西方國家，主要作為靜心 (meditation)、聲音療癒 (sound healing)、聲音按摩 (sound massage)和平衡脈輪 (balancing chakra)的工具，是深受肯定的一種傳統療法。運用自己身體的共振作療癒。體驗這純淨又專注的聲音能量；深層放鬆、提升能量、協調大腦神經中樞促進身體自癒能力等等。

Adult Yoga (YO) 成人瑜珈

Code 編號	Date 日期	Day 星期	Time 時間	Session 節數	Age 年齡	Capacity* 人數*	Fee 費用	
							Member 會員	Guest 來賓
YO01	7/8 - 28/8	Every Sat. 逢星期六	1600 - 1730	4	18+	Max. 15	\$ 912	\$ 1,094

Instructor - Miss Bernice Leung, Experienced Yoga Instructor.

Introduction By practicing Yoga, one will be able to improve flexibility and prevent joint twisting. Regular yoga practice enables one to tone the muscles and reduce stress through relaxation.

導師 - 梁倬綾女士，資深瑜珈教練。

簡介： 透過瑜珈之動作，促使加強身體的柔軟能力，及減低身體關節受損的機會，使脊椎骨健康。經常練習瑜珈動作，更可舒緩肌肉的疲勞，減低精神壓力之作用。

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Playful Parents Yoga (PP) 親子瑜珈

Code 編號	Date 日期	Day 星期	Time 時間	Session 節數	Age 年齡	Capacity* 人數*	Fee 費用	
							Member 會員	Guest 來賓
PP01	7/8 - 28/8	Every Sat. 逢星期六	1500-1600	4	6-11	Max. 15	\$ 1,140	\$ 1,368

Instructor - Miss Bernice Leung, Experienced Yoga Instructor.

Introduction Yoga helps children and parents to improve their strength, flexibility and patience so as to prevent injury and improve one's body performance. Secondly, it can also bridge up the relationship between parents and children thus boosting up communication between parents and children.

導師 - 梁倬綾女士，資深瑜珈教練。

簡介：家長及子女透過瑜珈可強化肌肉和增加柔軟度，減低身體損傷，更可改進身體活動情況，個人忍耐力更大大提升。子女與家長之溝通及互相了解之關係從而增長。

Rehabilitation & Injury Prevention Exercises (RE) 復康保健運動

Code 編號	Date 日期	Day 星期	Time 時間	Session 節數	Age 年齡	Capacity* 人數*	Fee 費用	
							Member 會員	Guest 來賓
RE01	3/8 - 31/8	Every Tue. 逢星期二	1515 - 1615	5	13+	Max. 15	\$ 750	\$ 900

Instructor - Ms. Karmina Lee, Australia teacher certificate cure stretch, stretching coaching certificate, advanced yoga and Pilates instructor certificate. Water fitness instructor certificate, certificate of fitness ball mentor, has many years of experience, Professor.

Introduction This class uses stretch therapy, core work & muscles strengthening etc., whichever appropriate for different participants, to help them recover, rehab & extend the physiotherapy effectiveness, & those who are health concerned can also learn how to strengthen their bodies to prevent injuries & maintain their well-beings.

導師 - 李文鳳女士，澳洲伸展治療師證書、伸展教練證書、高級瑜珈及普拉提導師證書。水中健體導師證書、健身球導師證書等，擁有多數教授經驗。

簡介：本班採用伸展治療、核心鍛鍊、穴位與肌肉按摩及肌肉強化各種方法，選用適合不同參加者的復康運動，以助他們康復及延續物理治療的效用，而注重健康的人亦可學習如何強健身體，以預防受傷及保健。

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Body Slim-up (AD) 纖體健美操

Code 編號	Date 日期	Day 星期	Time 時間	Session 節數	Age 年齡	Capacity 人數	Fee 費用	
							Member 會員	Guest 來賓
AD02	4/8 - 25/8	Every Wed. 逢星期三	1130 - 1230	4	9+	6 - 20	\$560	\$672

Instructor - Ms. Karmina Lee, was a dance graduate of HK Academy of Performing Arts, British International Latin Dance Instructor (Licentiate, IDTA, UK), Zumba Fitness Dance Instructor, government LCSD registered aerobic dance instructors, senior yoga and Pilates instructors have many years professor aerobic dance and aerobics experience.

Introduction - To satisfy those who want to slim up whole body through easy-to-follow & fun dance moves, together with firm-up & muscle toning exercises particularly targeted on common problem areas, workout with grace & styles.

Participants must wear appropriate sportswear and non-marking sport shoes.

備註：

導師 - 李文鳳女士，香港演藝學院舞蹈文憑，英國國際拉丁舞導師(Licentiate, IDTA, UK), Zumba Fitness Dance 導師，

政府康文署註冊健體舞導師、高級瑜珈及普拉提導師，擁有多年教授健體舞及健美操經驗。

簡介：本課程集中鍛鍊女士最想纖瘦的部位，如腰、腹、臀、大腿及手臂等，以舞蹈為主，輔以健美運動，是一個完整、全面的纖體訓練，減少對關節的衝擊，強度適中，適合愛美且想促進健康的人士。參加者須穿著合適的運動服和鞋底不脫色運動鞋。

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Zumba Fitness (ZD) 尊巴健體操

Code 編號	Date 日期	Day 星期	Time 時間	Session 節數	Age 年齡	Capacity 人數	Fee 費用	
							Member 會員	Guest 來賓
ZD02	2/8 - 30/8	Every Mon. 逢星期一	1915 - 2015	5	10+	6 - 20	\$600	\$720

Instructor - Miss Sum Cheuk Ling Tranel, Zumba instructor of different clubs, dance studios and Leisure and Cultural Services Department. She learn Chinese Dance since she was young. In the class, she put Hong Kong Local music cultural into Zumba, with other popular pop and Latino music. Come and just have fun in the class.

Introduction - Zumba Fitness involves dance and aerobic elements. The choreography incorporates Hip-Hop, samba, Salsa, Merengue and Reggaeton. Squats and lunges are also included. Zumba Fitness, the owner of the Zumba program, does not charge licensing fees to gyms or fitness centers. Approximately 15 million people take weekly Zumba classes in over 140,000 locations across more than 185 countries.

備註：

導師 - 岑焯鈴女士，任教多間會所、舞蹈學校及康樂及文化事務署導師。從小學習中國舞，將舞蹈與體適能結合，將香港本地音樂文化加入 Zumba 當中，以及世界流行音樂、拉音樂，令學習起來更有趣味。

簡介： 近來瘋靡全球的 Zumba 在哥倫比亞語的意思是“快速有趣的運動”。該運動結合了拉舞和有節奏低撞擊力的帶氧運動，包括 Salsa, Merengue, Cumbia, Samba, Reggaeton. 和 Hip-Hop。當舞者跳動起來容易盡情投入而不覺疲倦，是一既充滿活力，又奔於自由的舞蹈，容易學習。透過活動能塑造肌肉線條，更達至消脂的作用。
近來瘋靡全球的 Zumba 在哥倫比亞語的意思是“快速有趣的運動”。該運動結合了拉舞和有節奏低撞擊力的帶氧運動，包括 Salsa, Merengue, Cumbia, Samba, Reggaeton. 和 Hip-Hop。當舞者跳動起來容易盡情投入而不覺疲倦，是一既充滿活力，又奔於自由的舞蹈，容易學習。透過活動能塑造肌肉線條，更達至消脂的作用。

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Yoga Pilates (YP) 瑜珈普拉提運動

Code 編號	Date 日期	Day 星期	Time 時間	Session 節數	Age 年齡	Capacity* 人數*	Fee 費用	
							Member 會員	Guest 來賓
YP01	3/8 - 31/8	Every Tue. 逢星期二	1400 - 1515	5	16+	Max. 15	\$ 750	\$ 900

Instructor - Ms. Karmina Lee, was a dance graduate of HK Academy of Performing Arts.

Introduction This course combines the best of Yoga & Pilates, while having the excellent stretching, balancing poses together with the breathing & relaxation exercises from Yoga. It blends with the strong core training of Pilates, strengthening the back & abdominals, helping to protect the spine, relaxing the neck & shoulders. It is an efficient way to improve health, flexibility & relieve stiffness and is a great way to keep fit.

導師 - 李文鳳女士，香港演藝學院舞蹈畢業生。

簡介：本課程集合瑜珈與普拉提的優點，既有瑜珈的優良伸展、平衡式子，又有普拉提的強效腰腹訓練，配合普拉提的小工具如橡筋帶、小球等，增加運動的趣味及多元化，能糾正不良姿勢，保護脊椎，放鬆頸肩，能有效強身纖體。

Ku Fu Classes 功夫課程



Ba Duan Jin (BDJ) 八段錦

Code 編號	Date 日期	Day 星期	Time 時間	Session 節數	Age 年齡	Capacity* 人數*	Fee 費用	
							Member 會員	Guest 來賓
BDJ02	5/8 - 26/8	Every Thu. 逢星期四	1145 - 1245	4	16+	Max. 15	\$ 600	\$ 720

導師 - 許元碧女士，2017年全國運動會香港健身氣功代表隊總教練。中國國家級裁判。註冊香港首席高級教練，港、澳、臺、唯一中國最高技術段位。國際論文一等獎。

簡介：八段錦：中國古代流行的傳統功法。經國家專家科學改編，對人體的精、氣、神三調合一，達到強身健體作用，簡單易學，功效顯著。

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Tai Chi (TA) 楊式太極拳

Code 編號	Date 日期	Day 星期	Time 時間	Session 節數	Age 年齡	Capacity* 人數*	Fee 費用	
							Member 會員	Guest 來賓
TC01	2/8 - 30/8	Every Mon. 逢星期一	1145 - 1300	5	18+	Max. 15	\$ 315	\$ 378

導師 - 區柏就師傅，香港氣功太極社副會長。

簡介：楊式太極動作簡潔，動作和呼吸自然，楊式太極採用「氣沉丹田」，平正簡易的練法，其特點是：架式舒展簡潔，結構謹嚴，身法中正，不偏不倚，動作和順，剛柔內含，輕靈沉著。練法上由鬆入柔，積柔成剛，剛柔相濟。

Yang Sheng Gong (YSG) 養生功

Code 編號	Date 日期	Day 星期	Time 時間	Session 節數	Age 年齡	Capacity* 人數*	Fee 費用	
							Member 會員	Guest 來賓
YSG01	7/8 - 28/8	Every Sat. 逢星期六	0930 - 1100	4	16+	Max. 15	\$ 720	\$ 864

導師 - 許元碧女士，2017年全國運動會香港健身氣功代表隊總教練。中國國家級裁判。

註冊香港首席高級教練，港、澳、臺、唯一中國最高技術段位。國際論文一等獎。

簡介：此養心功可強心健腦，並有助預防老退化症，簡單易學，功效顯著。

Racket Sports Classes 球拍類運動課程

Squash Private Coaching (PSQ) 壁球私人教授

Code 編號	Day 星期	Time 時間	Age 年齡	Fee 費用
SQT01	Mon. to Fri. 星期一至五	0800 - 2000	N/A	1:1 (\$360 / Member / 45mins)
SQT02	Sat., Sun. & Public Holiday 星期六、日及公眾假期	0800 - 1300		1:2 (\$200 / Member / 45mins)
				1:3 (\$150 / Member / 45mins)

Instructors - Mr. Harold Low, Coach of the Junior Training Programme of Hong Kong Squash. Club's appointed Squash Coach.

Participants should bring their own racquets and wear appropriate sportswear and non-marking sport shoes.

導師 - 羅耀強先生，香港壁球總會青少年培訓計劃教練及本會壁球教練。

參加者必須自備球拍，穿著合適運動服及不脫色運動鞋。

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TENNIS SUMMER COURSES 網球暑期班

Code 編號	Course Name 訓練班名稱	Date 日期	Day 星期	Time 時間	Session 節數	Age 年齡	Capacity* 人數*	Fee 費用	
								Member 會員	Guest 來賓
RB1	Red Ball 紅波班	5/7~15/7	Every Mon & Thu 逢星期一、四	0900~1030	4	4~8	6	\$880	\$1040
RB2		19/7~29/7							
RB3		2/8~12/8							
RB4		16/8~26/8							
OB1	Orange Ball 橙波班	5/7~15/7	Every Tue & Fri 逢星期二、五	1030-1200	4	8~10	6	\$960	\$1120
OB2		19/7~29/7							
OB3		2/8~12/8							
OB4		16/8~26/8							
GB1	Green Ball 綠波班	6/7~16/7	Every Tue & Fri 逢星期二、五	1430~1600	4	10+	6	\$960	\$1120
GB2		20/7~30/7							
GB3		3/8~13/8							
GB4		17/8~27/8							
YB1	Yellow Ball 黃波班	5/7~15/7	Every Mon & Thu 逢星期一、四	1430~1600	4	10+	6	\$960	\$1120
YB2		19/7~29/7							
YB3		2/8~12/8							
YB4		16/8~26/8							

Remarks 備註:

~ Instructor –Mr Bronson Fung / Mr Ocean Ng
導師 –由馮家業先生或吳國洋先生教授。

~ Participants are required to bring their own racquets (if have), wear appropriate sportswear and non-marking sports shoes.
參加者必須自備球拍 (如有) · 穿著合適運動服及不脫色運動鞋。

~ Each participant can invite one guest to participate in the Class
每位參加者可邀請一位來賓參加網球班

** Rackets would be provided by the Club for the use of the participants at the classes.

本會將提供球拍給予網球訓練班的學員於堂上使用



班別簡介

紅波~ (比正常網球少 75%氣壓) 適合 4-8 歲小朋友 · 尺寸較大 · 球速最慢 · 彈度最低 · 小朋友對打時 · 不會使用正常的網 · 而是在球場邊線對邊線打橫對打。

橙波~ (比正常網球少 50%氣壓) 適合 8-10 歲小朋友 · 球速比紅波快 · 但比綠波慢 · 彈度比紅波高但比綠波低。

綠波~ (比正常網球少 25%氣壓) 適合 10 歲以上小朋友 · 球速比橙波快 · 但比黃波慢 · 彈度比橙波高但比黃波低。

黃波~ (正常網球) 適合 10 歲至 18 歲擁有網球經驗的青少年

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*因應香港政府所訂立的防疫措施

Table Tennis Private Coaching (PTT) 乒乓球私人教授

Code 編號	Day 星期	Time 時間	Age 年齡	Fee 費用
PTT01	Mon. to Fri. 星期一至五	0800 - 2200	N/A	\$280 / hour (一級教練)
PTT02	Sat., Sun. & Public Holiday 星期六、日及公眾假期	0800 - 1300		\$330 / hour (二級教練) \$430 / hour (三級教練)

Instructors - Table Tennis Private Coaching will be conducted by the professional coaches of the Kwok Sui Sports Development Co.

Participants should bring their own racquets and wear appropriate sportswear and non-marking sport shoes.

導師 - 乒乓球私人教授課程將由國瑞體藝發展公司專業教練教授。

參加者必須自備球拍，穿著合適運動服及不脫色運動鞋。

Chess Classes 棋藝課程



Go for Beginner (GO) 初級圍棋

Code 編號	Date 日期	Day 星期	Time 時間	Session 節數	Age 年齡	Capacity 人數	Fee 費用	
							Member 會員	Guest 來賓
GO01	29/7 - 26/8	Every Thur. 逢星期四	0900 - 1000	5	4 - 12	3 - 8	\$750	\$900

Remarks:

Instructors - Professional instructors from Go Club.

Introduction - The history of Go, basic concept and rules; concept of eyes; Overall combats situation and individual strength appraisal; Layouts Principle; Capturing pieces and endgame counting; Introduction to online game room and local go organizations.

備註：

導師 - 由香港圍棋社專業導師教授。

簡介： 棋具介紹、圍棋基本規則：氣與禁著點，課程總結及學員棋力評估，圍棋吃子技巧，圍棋基本技巧：連接和分斷、打吃與出逃，圍棋勝負計算：中國數子法，圍棋基本規則二：劫、打二還一。

International Chess for Beginner (IC) 初級國際象棋

Code 編號	Date 日期	Day 星期	Time 時間	Session 節數	Age 年齡	Capacity 人數	Fee 費用	
							Member 會員	Guest 來賓
IC01	29/7 - 26/8	Every Thur. 逢星期四	1000 - 1100	5	4 - 12	3 - 8	\$750	\$900

Remarks:

Instructors - Professional instructors from Go Club.

Aim - To develop participants' logical thinking skills, pattern recognition and memory abilities and to improve their emotion quotient and adversity quotient through learning the game.

Introduction - History and Development of International Chess, the Playing Board and pieces, the Movements of pieces and rules, basic skills, algebraic notation, strength appraisal, introduction to local and international Chess Society, etc.

備註：

導師 - 由香港圍棋社專業導師教授。

目標： 學習象棋好處包括智能發展和提高圖像記憶能力，對幼兒尤其有效。國際象棋在國際學校較為普及，但近年經大力推廣，本地少年下國際象棋人數每年都以雙位數字增加，部份學生更代表本港參加國際賽事。

簡介： 本課教授基本規則、特殊步法，簡單殺棋方式等。



*Subject to the social distancing measures as imposed by the Hong Kong SAR Government.

*因應香港政府所訂立的防疫措施

Chinese Chess for Beginner (CC) 初級中國象棋

Code 編號	Date 日期	Day 星期	Time 時間	Session 節數	Age 年齡	Capacity 人數	Fee 費用	
							Member 會員	Guest 來賓
CC01	29/7 - 26/8	Every Thur. 逢星期四	1100 - 1200	5	4 - 12	3 - 8	\$750	\$900

Remarks:

Instructors - Professional instructors from Go Club.

Aim - To develop participants' logical thinking skills, pattern recognition and memory abilities.

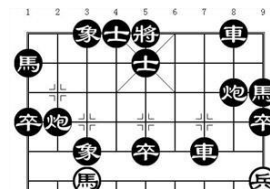
Introduction - To demonstrate the participants' the basic skill and ruling of the game.

備註:

導師 - 由香港圍棋社專業導師教授。

目標: 學習象棋好處包括智能發展和提高圖像記憶能力, 對兒童尤其有效。

簡介: 本課教授初次接觸中國象棋之兒童, 教授基本規則和簡單技巧。



Swimming Classes 游泳

Private Swimming Coaching (PSC) 私人游泳教授

Code 編號	Day 星期	Time 時間	Age 年齡	Fee 費用
PSC	Every Mon 逢星期一	1000 - 1400	N/A	1:1 (\$550 / person / hour)
	Every Tue. to Fri. 逢星期二至五	0700 - 1400 1500 - 2100		1:2 (\$370 / person / hour)
	Every Sat. 逢星期六	0700 - 1300		1:3 (\$270 / person / hour)

Instructors - Professional swimming instructors from Hoi Tin Swimming Consultants Limited.

Children over 4 are not allowed to enter the opposite sex changing room. Children who are unable to take shower or dress themselves should be accompanied by membership card holders.

導師 - 海天游泳顧問有限公司專業游泳教練

4歲以上的兒童均不得進入異性更衣室。兒童如需成人協助更衣或洗澡, 需由一名成人會員陪同。

*Subject to the social distancing measures as imposed by the Hong Kong SAR Government.

*因應香港政府所訂立的防疫措施

Group Swimming Coaching (GSW) 組別游泳

Code 編號	Course Name 訓練班名稱	Date 日期	Time 時間	Session 節數	Age 年齡	Capacity* 人數*	Fee 費用 Member 會員
GSW04	初級 Beginner	4/8 - 20/8	09:00 - 10:00	8	5+	Max. 6	\$ 1440
GSW05	改良班及中級班 Improver & Intermediate	Every Mon. & Wed. & Fri	10:00 - 11:00		5+	Max. 6	\$ 1360
GSW06	幼兒 Toddler	逢星期一 及 三 及 五	11:00 - 12:00		3-5	Max. 4	\$ 1840

Remarks

備註:

~ Instructors - Professional swimming instructors from Hoi Tin Swimming Consultants Limited.

導師 - 由海天游泳顧問有限公司專業游泳教練教授。

Toddlers: Children will learn how to float. Suitable for children aged 3-5.

幼兒班: 適合 3-5 歲之幼兒，克服對水的恐懼，教授在水中換氣、潛水及培養對游泳的興趣。

Beginners: Children will learn the breathing technique and basic training on water safety, floating, and kicking. Suitable for children aged 5 or above with no swimming experience.

初級班: 適合 5 歲以上完全不懂游泳的學員，以教授蛙泳及踩水為主。課程著重基礎訓練，如換氣、浮水、划手及蹬腿等。

Improvers: Children will learn breaststroke, freestyle and treading water. Suitable for children aged 5 or above who must completed Beginners Course or who have experience in swimming.

改良班: 適合 5 歲或以上已完成(初級班)或略懂游泳的學員。課程教授蛙泳、自由式及踩水。

Intermediate: Participants should be able to swim 25M in breaststroke or freestyle. Children will learn backstroke and butterfly stroke.

中級班: 參加者能完成 25 米蛙泳或自由式及懂得踩水。課程包括改良蛙泳及自由式，並教授背泳



Application Form 報名表格

I wish to enroll myself / my following family member(s) for the Club's Interest Class. I understand that there will be no refund upon the confirmation of the enrolment by the Club and that neither the Club nor the appointed coach(s) shall be responsible for any accident or injury arising from my / my family member's participation. All charges are to be debited to my Club account.

本人 / 本人家眷 欲報名參加會所安排之興趣班。本人明白報名一經確實後，不能取消，並所需費用將於本人賬戶內扣除。在課堂練習過程中，參加者如有任何意外導致損傷，會方及教練均不須對本人，本人家屬承擔任何責任。

Name 姓名	Age 年齡	Sex 性別	Member 會員	Course Code 課程編號

- Remarks:
1. Please enter the course code clearly.
 2. A Member may invite a maximum of 1 guests to participate in the class(only in Multi-activities Room), a Member may invite a maximum of 2 guests to participate in the Chess class. A guest must be accompanied by his / her hosting Member.
 3. Classes will be cancelled in the event of a Typhoon Signal No. 8 or the Red or Black rainstorm warning is hoisted.
 4. Participants must wear appropriate sportswear and non-marking sport shoes.
 5. Enrollment on first come first served basis, upon receipt of application form.

- 備註：
- 一. 請清楚填寫課程編號。
 - 二. 每個會籍只可以邀請最多一名來賓參加興趣訓練班(只限於在多用活動室上之課程)，而棋藝課程每個會籍只可以邀請最多兩名來賓參加。每名來賓均須由邀請之會員陪同參加。
 - 三. 若天文台懸掛八號颱風訊號或紅色或黑色暴雨訊號，所有課程將會取消。
 - 四. 參加者需要穿著合適的運動服和鞋底不脫色運動鞋。
 - 五. 先到先得，以收到報名表為準。

會員姓名
Member's name: _____

會員號碼
Membership no: _____

聯絡電話號碼
Contact telephone numbers: _____

(住宅) _____ (手提)
(Home) _____ (Mobile)

會員簽署
Member's signature: _____

日期
Date: _____

查詢： 2837 1820
傳真回覆： 2890 5501