



Hong Kong Sports Institute Limited

香港體育學院有限公司

2019 年 1 月至 2019 年 4 月份 社區體育活動

January 2019 – April 2019 Community Sports Programmes

社區體育活動 Community Sports Programmes	報名日期 ENROLMENT DATE	
	現有學員 EXISTING STUDENT	新學員 NEW STUDENT
游泳課程 (A19WJ) Swimming Courses 少年班 Junior Courses	7/12/2018 – 23/12/2018	(遞交表格) Form submitted 7/12/2018 – 23/12/2018
		(抽籤日期) Drawing lots 27/12/2018
		(中籤後繳交費用) Payment for successful applicant 28/12/2018 – 31/12/2018
成人班 Adult Courses	5/12/2018 – 19/12/2018	23/12/2018 – 31/12/2018

**備註 Remarks:**

- ✓ 活動章程內所刊載的報名日期，均以香港體育學院有限公司(簡稱“體院”)的最新公佈為準，如有更改，恕不另行通知。詳情請致電 2605 9483 查詢或瀏覽體院網頁 <http://www.hksi.org.hk>。
- All the information on this booklet, including but not limited to enrolment date and course period is to be determined based on the Hong Kong Sports Institute Limited' s (HKSI) latest records. In case of disputes, the Institute' s decision and record shall be final and binding. Amendment of the offer details would be done without prior notice. Please check with us at 2605 9483 or HKSI website at <http://www.hksi.org.hk> for details.
- ✓ 若報名人數不足，體院將會取消該課程。當有足夠報名人數而確定課程舉行時，體院會致電通知有關報名人士於開課前繳費。倘若在該課程開班七天前仍未收到體院通知，即表示該班已取消，而體院將不作另行通知。
- If there is insufficient enrolment, HKSI reserves the rights to cancel the class. Successful applicants will be notified by phone to pay the course fees before the class commences. If you do not receive notice from HKSI 7 days before course commencement date, it implies that the class has been cancelled without further notice.



## 2019年1月至2019年4月份游泳課程(初級至四級) A19WJ January 2019 - April 2019 SWIMMING COURSES (Level N - 4)

本院之游泳課程現提供少年游泳訓練班，所有課程內容均由體院游泳教練親自設計，並由資深合格教練教授。此外，體院設有室內恆溫泳池，為各學員提供一個四季皆宜，不會受到天氣影響的訓練場地。

HKSI is now providing junior levels swimming training courses. The program is designed by HKSI swimming coach, is one of the most successful courses in the HKSI. All coaches are qualified and experienced to teach. Our indoor isothermal swimming pool is a perfect venue for year round non-stop training.

### 少年游泳班 JUNIOR COURSES [ 年齡 Age: 5-12 ]

**N 級 培養學習游泳的興趣及增加泳員自信心。**

**Level N Aim at nurturing one's interests in swimming and strengthening one's confidence.**

課程編號 Course Code	時間 Time	上課日期 Date	星期 Day	費用 Course Fee	考試日期 Exam Date
WJN612	12:30 - 13:30	5/1/2019 - 27/4/2019 <b>(Except 19/1, 9/3 除外)</b>	SAT (六)	\$1350 (15 節)	13/4
WJN613	13:30 - 14:30				
WJN614	14:30 - 15:30				
WJN615	15:30 - 16:30				
WJN616	16:30 - 17:30				
WJN708	08:00 - 09:00	3/2/2019 - 28/4/2019 <b>(Except 10/3 除外)</b>	SUN (日)	\$1080 (12 節)	14/4
WJN709	09:00 - 10:00				
WJN710	10:00 - 11:00				
WJN711	11:00 - 12:00				
WJN712	12:00 - 13:00				
WJN713	13:00 - 14:00				

**備註** Remarks:

※ 包括十分鐘熱身時間。 Ten minutes warming up session included.

一級 教授背泳、捷泳及浮水技巧為主。

Level 1 Aim at introducing backstroke and front crawl techniques, and to learn front and back floating.

課程編號 Course Code	時間 Time	上課日期 Date	星期 Day	費用 Course Fee	考試日期 Exam Date
WJ1612	12:30 - 13:30	5/1/2019 - 27/4/2019 (Except 19/1, 9/3 除外)	SAT (六)	\$1350 (15 節)	13/4
WJ1613	13:30 - 14:30				
WJ1614	14:30 - 15:30				
WJ1616	16:30 - 17:30				
WJ1617	17:30 - 18:30				
WJ1618	18:30 - 19:30				
WJ1620	20:00 - 21:00				
WJ1708	08:00 - 09:00	3/2/2019 - 28/4/2019 (Except 10/3 除外)	SUN (日)	\$1080 (12 節)	14/4
WJ1709	09:00 - 10:00				
WJ1710	10:00 - 11:00				
WJ1711	11:00 - 12:00				
WJ1712	12:00 - 13:00				

備註 Remarks:

※ 包括十分鐘熱身時間。 Ten minutes warming up session included.

二級 改善背泳及捷泳的手腳協調及呼吸技巧，並教授踩水技巧。

Level 2 Aim at advancing backstroke and front crawling techniques, breathing, co-ordination and tread water techniques.

課程編號 Course Code	時間 Time	上課日期 Date	星期 Day	費用 Course Fee	考試日期 Exam Date
WJ2119	19:00 - 20:00	7/1/2019 - 29/4/2019 (Except 4/2 除外)	MON (一)	\$880 (16 節)	15/4
WJ2419	19:00 - 20:00	3/1/2019 - 25/4/2019 (Except 7/2 除外)	THU (四)	\$880 (16 節)	11/4
WJ2420	20:00 - 21:00				
WJ2613	13:30 - 14:30	5/1/2019 - 27/4/2019 (Except 19/1, 9/3 除外)	SAT (六)	\$1350 (15 節)	13/4
WJ2614	14:30 - 15:30				
WJ2615	15:30 - 16:30				
WJ2616	16:30 - 17:30				
WJ2617	17:30 - 18:30				
WJ2708	08:00 - 09:00	3/2/2019 - 28/4/2019 (Except 10/3 除外)	SUN (日)	\$1080 (12 節)	14/4
WJ2709	09:00 - 10:00				
WJ2710	10:00 - 11:00				
WJ2711	11:00 - 12:00				
WJ2712	12:00 - 13:00				
WJ2713	13:00 - 14:00				

備註 Remarks:

※ 包括十分鐘熱身時間。 Ten minutes warming up session included.

三級 改良背泳及捷泳之手腳划水動作，掌握划水感覺並教授起跳方法。

Level 3 Aim at advancing backstroke and front crawl with better arm pull and to learn starting techniques.

課程編號 Course Code	時間 Time	上課日期 Date	星期 Day	費用 Course Fee	考試日期 Exam Date
WJ3119	19:00 - 20:00	7/1/2019 - 29/4/2019 (Except 4/2 除外)	MON (一)	\$880 (16 節)	15/4
WJ3220	20:00 - 21:00	8/1/2019 - 30/4/2019 (Except 5/2 除外)	TUE (二)	\$880 (16 節)	16/4
WJ3420	20:00 - 21:00	3/1/2019 - 25/4/2019 (Except 7/2 除外)	THU (四)	\$880 (16 節)	12/4
WJ3613	13:30 - 14:30	5/1/2019 - 27/4/2019 (Except 19/1, 9/3 除外)	SAT (六)	\$1350 (15 節)	13/4
WJ3614	14:30 - 15:30				
WJ3615	15:30 - 16:30				
WJ3616	16:30 - 17:30				
WJ3617	17:30 - 18:30				
WJ3708	08:00 - 09:00				
WJ3709	09:00 - 10:00				
WJ3710	10:00 - 11:00				
WJ3711	11:00 - 12:00				
WJ3712	12:00 - 13:00				
WJ3713	13:00 - 14:00				
WJ3717	17:00 - 18:00				

備註 Remarks:

※ 包括十分鐘熱身時間。 Ten minutes warming up session included.

四級 加強背泳、捷泳技巧及耐力，並教授胸泳。

Level 4 Aim at enhancing backstroke and front crawl techniques with better endurance, and to develop breaststroke techniques.

課程編號 Course Code	時間 Time	上課日期 Date	星期 Day	費用 Course Fee	考試日期 Exam Date
WJ4612	12:30 - 13:30	5/1/2019 - 27/4/2019 (Except 19/1, 9/3 除外)	SAT (六)	\$1350 (15 節)	6/4 & 13/4
WJ4613	13:30 - 14:30				
WJ4614	14:30 - 15:30				
WJ4615	15:30 - 16:30				
WJ4616	16:30 - 17:30				
WJ4617	17:30 - 18:30				
WJ4708	08:00 - 09:00	3/2/2019 - 28/4/2019 (Except 10/3 除外)	SUN (日)	\$1080 (12 節)	7/4 & 14/4
WJ4709	09:00 - 10:00				
WJ4710	10:00 - 11:00				
WJ4711	11:00 - 12:00				
WJ4712	12:00 - 13:00				
WJ4714	14:00 - 15:00				
WJ4717	17:00 - 18:00				

備註 Remarks:

※ 包括十分鐘熱身時間。 Ten minutes warming up session included.

本院設有競賽級別，只供完成本院四級學員報名。學員須通過水試，並須由教練推薦方可加入。詳情可向接待處職員查詢。

Competitive level courses are designed for students who have completed HKSI's Level 4, and who wish to develop their training in a professional way. Students must meet the test requirements and be recommended by Coaches in order to be promoted to competitive level courses. Please proceed to reception counter for further details.

## Level 4 Advanced (四級-進階班)

本課程內容為改善泳姿、耐力和速度，學習基本的泳賽知識，使學員能繼續發展其游泳興趣，於泳術上更向前邁進一步。適合考獲四級而不欲/及選拔進入競賽班之學生。

This course is designed for improving swimming skills to competitive level and for introducing to competition rules and regulations. It is suitable for students who have passed the level 4 swimming test but not interested in / not be selected to join the competitive level courses.

課程編號 Course Code	時間 Time	上課日期 Date	星期 Day	費用 Course Fee	考試日期 Exam Date
WJ4A	19:00 - 20:00 體能訓練 Fitness	5/1/2019 - 27/4/2019 <b>(Except 19/1, 9/3 除外)</b>	SAT (六)	\$1500 (15 節)	6/4 & 13/4
	20:00 - 21:30 游泳訓練 Swimming				
WJ4B	14:30 - 15:30 體能訓練 Fitness	3/2/2019 - 28/4/2019 <b>(Except 10/3 除外)</b>	SUN (日)	\$1200 (12 節)	7/4 & 14/4
	15:30 - 17:00 游泳訓練 Swimming				
WJ4C	13:00 - 14:00 體能訓練 Fitness				
	14:00 - 15:30 游泳訓練 Swimming				

### 備註 Remarks:

※ 只供現有的四級學員報讀，並由教練推薦方可加入。

For existing Level 4 students apply only and should be recommended by Coach.

※ 教練會按學員水試成績和整體表現編班。

Students should pass the swimming exam and will be arranged to different class by Coach.

## Health and Fitness Course (健體班)

適合四級或以上課程學生。學員可繼續定期游泳及體能訓練，延續其對游泳興趣，並保持強身健體。 This course is designed for students at Level 4 and would like to keep a regular training in swimming and fitness. It helps to keep us the interest in swimming and is good to health.

課程編號 Course Code	時間 Time	上課日期 Date	星期 Day	費用 Course Fee	考試日期 Exam Date
WJ2F	18:30 - 19:00 體能訓練 Fitness	8/1/2019 - 30/4/2019 (Except 5/2 除外)	TUE (二)	\$1440 (16 節)	9/4 & 16/4
	19:00 - 20:00 游泳訓練 Swimming				
WJ4F	18:30 - 19:00 體能訓練 Fitness	3/1/2019 - 25/4/2019 (Except 7/2 除外)	THU (四)		4/4 & 11/4
	19:00 - 20:00 游泳訓練 Swimming				
WJ5FA	18:30 - 19:00 體能訓練 Fitness	4/1/2019 - 26/4/2019 (Except 8/2, 8/3 除外)	FRI (五)	\$1350 (15 節)	5/4 & 12/4
	19:00 - 20:00 游泳訓練 Swimming				
WJ5FB	20:00 - 20:30 體能訓練 Fitness				
	20:30 - 21:30 游泳訓練 Swimming				

備註 Remarks:

※ 只供現有的四級學員報讀，並由教練推薦方可加入。

For existing Level 4 students apply only and should be recommended by Coach.

參加本院少年游泳班之新學員必須預約泳術評核，請致電 2605 9483 預約，名額先到先得，額滿即止。

N 級除外，但必須身高足 1.2 米，並於報名時親臨體院度高，以確保符合高度。

New participants, who would like to join the HKSI Junior Swimming Courses, please contact our staff at **2605 9483** for appointment of Swimming Evaluation on a first-come first-served basis. For the level N, the participant should come to HKSI to ensure his / her height not less than 1.2m.

### 評核日期和時間 Schedule for Swimming Evaluation

**8/12/2018 SAT (六) 13:30 - 15:30** (10 minutes per session 每節十分鐘)

**9/12/2018 SUN (日) 09:00 - 11:00** (10 minutes per session 每節十分鐘)



## 成人游泳班 ADULT COURSES [年齡 Ages 18-65 ]

一級 教授背泳及捷泳為主；目標能完成 25 米距離。

Level 1 Aim at introducing backstroke and front crawl techniques and be able to complete 25 meters

課程編號 Course Code	時間 Time	上課日期 Date	星期 Day	費用 Course Fee	考試日期 Exam Date
*WA11	08:00 - 09:30	7/1/2019 - 29/4/2019 (Except 4/2 除外)	MON (一)	\$1440 (16 節)	15/4
WA01	20:00 - 21:30				
*WA13	08:00 - 09:30	2/1/2019 - 24/4/2019 (Except 6/2 除外)	WED (三)	\$1440 (16 節)	10/4
WA03	20:00 - 21:30				
*WA15	08:00 - 09:30	4/1/2019 - 26/4/2019 (Except 8/2, 8/3 除外)	FRI (五)	\$1350 (15 節)	12/4
WA06	18:30 - 20:00				
WA16	20:00 - 21:30	5/1/2019 - 27/4/2019 (Except 19/1, 9/3 除外)	SAT (六)	\$1350 (15 節)	13/4
WA07	15:30 - 17:00				
WA17	17:00 - 18:30	3/2/2019 - 28/4/2019 (Except 10/3 除外)	SUN (日)	\$1080 (12 節)	14/4

\*只接受現有學員報名。For existing students of application only.

二級 教授蛙泳為主、加強背泳及捷泳技術；目標完成 50 米距離。

Level 2 Aim at introducing breaststroke techniques and develops proper backstroke and front crawl techniques.

Able to complete 50 meters.

課程編號 Course Code	時間 Time	上課日期 Date	星期 Day	費用 Course Fee	考試日期 Exam Date
*WA21A	08:00 - 09:30	7/1/2019 - 29/4/2019 (Except 4/2 除外)	MON (一)	\$1440 (16 節)	15/4
WA21B	20:00 - 21:30				
*WA23A	08:00 - 09:30	2/1/2019 - 24/4/2019 (Except 6/2 除外)	WED (三)	\$1440 (16 節)	10/4
WA23B	20:00 - 21:30				
*WA25	08:00 - 09:30	4/1/2019 - 26/4/2019 (Except 8/2, 8/3 除外)	FRI (五)	\$1350 (15 節)	12/4
WA26A	18:30 - 20:00				
WA26B	20:00 - 21:30	5/1/2019 - 27/4/2019 (Except 19/1, 9/3 除外)	SAT (六)	\$1350 (15 節)	13/4
WA27	17:00 - 18:30				

\*只接受現有學員報名。For existing students of application only.

三級 教授蝶泳及跳水為主、蛙式出發時的水下動作；目標完成 100 米距離。

Level 3 Aim at introducing butterfly stroke techniques and develops proper backstroke, front crawl and breaststroke techniques. Able to complete 100 meters.

課程編號 Course Code	時間 Time	上課日期 Date	星期 Day	費用 Course Fee	考試日期 Exam Date
WA36A	16:00 - 17:30	5/1/2019 - 27/4/2019 (Except 19/1, 9/3 除外)	SAT (六)	\$1350 (15 節)	13/4
WA36B	18:30 - 20:00				
WA36C	20:00 - 21:30				
WA37	08:30 - 10:00	3/2/2019 - 28/4/2019 (Except 10/3 除外)	SUN (日)	\$1080 (12 節)	14/4

\*只接受現有學員報名。For existing students of application only.

少年游泳班基本要求	Requirements of Junior Swimming Courses
<b>第 N 級課程</b> 1. 五歲至十二歲和身高達 1.2 米。 (成功報名後，如身高或年齡不符合要求將不獲退款安排)	<b>LEVEL N</b> 1. Aged 5 to 12 and height not less than 1.2m. (After successful enrollment, course refund will not be accepted if age and height of participants do not meet requirements.)
<b>第一級課程</b> 1. 捷泳 10 米 (最少有一次呼吸動作) 2. 背浮打腿 (正確踢腿動作) 3. 浮水 (面向天、面向地各 5 秒) 4. 在水中能呼氣，水面能吸氣 (口吸鼻呼：最少連續五次)	<b>LEVEL 1</b> 1. Able to accomplish 10 meters front crawl with continuous movement and demonstrate breathing for one time. 2. Able to float on the back with proper backstroke kick. 3. Able to float with face up and down for 5 seconds. 4. Exhale under water through the nose and inhale while the head is above water through the mouth continuously for 5 times.
<b>第二級課程</b> 1. 背泳 15 米 (動作連貫，面部在全程中都能保持於水面上；正確踢腿動作) 2. 捷泳 15 米 (最少有二次呼吸動作 (右及左)) 3. 浮水 (面向天，面向地各 5 秒) 4. 在水中能呼氣，水面能吸氣(口吸鼻呼：最少連續五次)	<b>LEVEL 2</b> 1. Able to accomplish 15 meters backstroke with continuous movement and face above the water during the whole distance. 2. Able to accomplish 15 meters front crawl with continuous movement and demonstrate 2 times bilateral breathing. 3. Able to float with face up and down for 5 seconds each. 4. Exhale under water through the nose and inhale while the head is above water through the mouth continuously for 5 times.
<b>第三級課程</b> 1. 背泳 25 米 (動作連貫，面部在全程中都能保持於水面上；正確踢腿動作) 2. 捷泳 25 米 (連貫手動作以左及右兩邊呼吸；正確踢腿動作；移臂時手掌須離開水面) 3. 深水踩水 10 秒 (保持頭部於水面上) 4. 初級起跳法：跪跳 - 淺水區 (手指先觸及水面)	<b>LEVEL 3</b> 1. Able to accomplish 25 meters backstroke with continuous movement and demonstrate proper kicking technique. 2. Able to accomplish 25 meters front crawl with continuous movement and demonstrate bilateral breathing. 3. Able to tread water for 10 seconds in deep water with head above water. 4. Kneeling dive in shallow water. Start with one knee on the pool deck. Enter the water fingers first with head down.

<p><b>第四級課程</b></p> <ol style="list-style-type: none"> <li>1. 捷泳 50 米 (正確泳姿、左右兩邊呼吸)</li> <li>2. 背泳 50 米 (正確泳姿)</li> <li>3. 深水踩水 30 秒 (保持頭部於水面上)</li> <li>4. 初級起跳法：跪跳 - 深水區 (低頭，手掌先觸及水面，入水位置距離池邊最少有一米)</li> </ol>	<p><b>LEVEL 4</b></p> <ol style="list-style-type: none"> <li>1. Able to swim 50 meters front crawl properly and demonstrate bilateral breathing.</li> <li>2. Able to accomplish 50 meters backstroke properly.</li> <li>3. Able to tread water for 30 seconds in deep water with head above water.</li> <li>4. Kneeling dive in deep water. Start with one knee on the pool deck. Enter the water fingers first with head down. The entry position should have at least 1 meter away from the pool side.</li> </ol>
<p><b>成人游泳班基本要求</b></p>	
<p><b>第一級課程</b></p> <ol style="list-style-type: none"> <li>1. 能以任何泳式游畢 10 米及熟水性。</li> </ol> <p><b>第二級課程</b></p> <ol style="list-style-type: none"> <li>1. 能以背泳游畢 25 米，動作連貫及面部在水面之上。</li> <li>2. 能以捷泳游畢 25 米，動作連貫及兩邊呼吸。</li> </ol> <p><b>第三級課程</b></p> <ol style="list-style-type: none"> <li>1. 能以背泳游畢 50 米，動作連貫及面部在水面之上。</li> <li>2. 能以捷泳游畢 50 米，動作連貫及兩邊呼吸。</li> <li>3. 能以蛙泳游畢 50 米，動作連貫及呼吸與划水動作配合。</li> </ol>	<p><b>LEVEL 1</b></p> <ol style="list-style-type: none"> <li>1. Able to swim 10 meters of any stroke and show confident in water.</li> </ol> <p><b>LEVEL 2</b></p> <ol style="list-style-type: none"> <li>1. Able to accomplish 25 meters backstroke with continuous movement and face above the water during the whole distance.</li> <li>2. Able to accomplish 25 meters front crawl with continuous movement and demonstrate bilateral breathing.</li> </ol> <p><b>LEVEL 3</b></p> <ol style="list-style-type: none"> <li>1. Able to accomplish 50 meters backstroke with continuous movement and face above the water during the whole distance.</li> <li>2. Able to accomplish 50 meters front crawl with continuous movement and demonstrate bilateral breathing.</li> <li>3. Able to accomplish 50 meters breaststroke with continuous movement and demonstrate arm and leg coordination.</li> </ol>



# Hong Kong Sports Institute Limited

## 香港體育學院有限公司

### 運動課程報名表格

#### Sports Course Enrolment Form

課程期數 Batch No.				課程期數 Batch No.			
選擇次序 Choice Order	1	2	3	家長證數量 No. of Guardian Pass	0	1	2
課程編號 Course Code				請於空格加上 <input checked="" type="checkbox"/> 號 Please appropriate			

#### I. 申請人資料 Particulars of Applicant (請以英文正楷填寫表格 Please complete this form in BLOCK LETTERS)

\*姓名 Name (中文 Chinese) \_\_\_\_\_ (英文 English) \_\_\_\_\_ (Surname) \_\_\_\_\_ (Name)

\*須與身份證明文件相同(Should be the same as the one shown on the identity document)

性別 Sex :  男 Male  女 Female

出生日期 Date of Birth : 

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日 Day 月 Month 年 Year

身份證明文件號碼 : \_\_\_\_\_  
Identity Document No.

通訊地址 Correspondence address : \_\_\_\_\_

電郵地址 Email address : \_\_\_\_\_

如不欲接收本院任何宣傳資料, 請於空格加上  號. If you do not wish to receive promotional information from us, please tick the box .

聯絡電話 Contact Tel. No. : (住宅 Home) \_\_\_\_\_ (手提電話 Mobile) \_\_\_\_\_

緊急聯絡人姓名和電話 Emergency Contact Person & Tel. No. : \_\_\_\_\_

繳費辦法 Methods of Payment :  現金 Cash  信用卡 Credit Card  銀行及支票號碼 Bank & Cheque No. \_\_\_\_\_

<b>Disability</b>	
請問貴子弟 / 閣下有否過敏、醫療情況、物理限制或個人需要? Does your child / Do you have any allergies, medical conditions, physical restrictions or individual needs?	<input type="checkbox"/> 否 No <input type="checkbox"/> 是 Yes
如是, 請詳述: If yes, please specify:	

#### II. 條件及條款 Terms and Conditions

此課程申請表及報名細則及條件之中文版只作參考, 如有差異之處, 則以英文版為準。

In the event of discrepancy, the English version of this application form and the terms and conditions of enrollment shall prevail.

<b>聲明 Declaration</b>	
1. 本人聲明: 本人健康及體能良好, 適宜參加上述活動。如果我因本人的疏忽或健康或體能欠佳, 而引致於參加這項活動時傷亡, 香港體育學院有限公司則無須負責。I declare that: I am healthy, physical fit, and suitable to participate in the above sports activity. The Hong Kong Sports Institute Limited shall not be liable for any injury or death which I may suffer in this sports activity, if the cause of injury or death is due to my own negligence or inadequacy in health and fitness.	
2. 本人同意及接受上述條件及條款並明白此乃香港體育學院有限公司接納本人課程申請之先決條件。I accept the above terms and conditions and understand that this is a condition precedent to HKSI accepting of my application for the above course.	
申請人簽署 Applicant's Signature _____	日期 Date _____

<b>未滿十八歲之申請人必須由父母或監護人填寫此欄</b> Please fill in this part by parent or guardian for applicant under 18		
<b>聲明 Declaration</b>		
1. 本人聲明: _____(參加者姓名) 的健康及體能良好, 適宜參加上述活動。如果申請人因他/她的疏忽或健康或體能欠佳, 而引致於參加這項活動時傷亡, 香港體育學院有限公司則無須負責。I declare that: _____ (applicant's name) is healthy, physical fit, and suitable to participate in the above sports activity. The Hong Kong Sports Institute Limited shall not be liable for any injury or death which the applicant may suffer in this sports activity, if the cause of injury or death is due to his/her negligence or inadequacy in health and fitness.		
2. 本人及上述申請人同意及接受上述條件及條款並明白此乃香港體育學院有限公司接納上述申請人課程申請之先決條件。I and the above applicant accept the above terms and conditions and understand that this is a condition precedent to HKSI accepting the above applicant's application for the above course.		
父母或監護人姓名 Name of Parent or Guardian _____	簽署 Signature _____	日期 Date _____

#### 備註 Remarks

- ※ 所有運動課程將以粵語為主要溝通語言。Cantonese will be the main language used in the course.
- ※ 體院保留取消有關運動課程及已預訂場地等之權利。不便之處, 敬請原諒。  
HKSI reserves the right to cancel the sports course or booking of venue, etc. We apologize for any inconvenience caused.
- ※ 為配合體院的整體發展, 體院已推出場地管理措施。凡需進入或逗留於訓練場館觀眾席等候青少年學員的家長, 需預先向本院登記及必須於進場時出示家長證。每位學員最多可申請家長證兩張。(只適用於青少年游泳班、羽毛球班及武術班)  
In order to align with the development of HKSI, the facility management measures are enforced. For parents of youngster participants of the HKSI sports courses, who needed to enter or stay at the training venue's spectator stand for waiting their youngsters should apply "Guardian Pass" from HKSI in advance and present it before entering the spectator stand. Each participant can apply for a maximum of 2 passes. (For Swimming, Badminton and Wushu Junior Courses only)
- ※ 本表格之一切資料只供體院使用, 在未得申請人同意情況下, 體院絕不會將此表格內之個人資料外洩。  
All information contained in this application form is for HKSI use only and will not be released for other purposes without the applicant's prior consent.
- ※ 運動課程收益將撥作發展香港精英運動員之用。Revenues derived from the sports course will be used for the development of elite athletes in HK.

## 報名細則及條款

1. 參加者必須確定身體健康狀況良好，適合參加所申請之活動。
2. **游泳班之申請人必須年滿五歲及身高 1.20 米或以上，成功報名後，如身高或年齡不符合要求將不獲退款安排**；而其他運動班之申請人必須年滿六歲。
3. 凡未滿十八歲之申請人，必須由家長簽名同意。
4. 報名時必須出示申請人的身份證明文件正本或副本，作為核實申請人資格用途。

### 報名方法 (新學員)

#### 少年游泳課程 (第 N 級至第四級)

報名方法以抽籤方式收生，游泳班新生首先進行泳術測試，填妥報名表格後於 **27/ 12/ 2018** 舉行抽籤。中籤者將會個別另行通知。游泳班中籤者請於 **28/ 12/ 2018** 至 **31/ 12/ 2018** 繳交費用，逾期繳費恕不受理，剩餘名額將由其他候補人士填補。

#### 所有運動課程

報名方法以抽籤方式收生，羽毛球及乒乓球的新生需報名進行技術測試，繳交表格、抽籤、繳費等日期可參考第一頁之內容，中籤者將會個別另行通知，逾期繳費恕不受理，剩餘名額將由其他候補人士填補。

#### 成人游泳課程

親身報名，名額先到先得。(親臨報名人士之申請將獲優先處理)

### 6. 付款辦法

I 須親臨本院體育館接待處遞交以下文件。

手續辦理時間 星期一至日: 上午八時至下午八時

-填妥之報名表格

-現金、信用卡或劃線支票 (支票抬頭為「香港體育學院有限公司」，支票背面須寫上申請人姓名、電話及課程編號)

II 郵寄 (以郵戳為準，逾期作廢)

-把填妥之報名表格連同劃線支票郵寄至「沙田源禾路 25 號香港體育學院社區關係部」收(支票抬頭為「香港體育學院有限公司」，支票背面須寫上申請人姓名、電話及課程編號。如因地址不全，引致郵誤，本院恕不負責。資料不全，恕不受理。

7. 除特殊情况外，所有課程一經報名，不得申請退款、轉班或轉讓他人代替參加。
8. 所有球類活動參加者，於上課時須穿上合適的運動服裝及清潔不脫色的膠底運動鞋。
9. 如因特殊情况申請退款，必須連同有效證明文件(學校證明或醫生證明)以書面作出申請，並必須由管理層批核才可作實，並需繳付港幣五十元手續費用。
10. 如需索取體院課程之證明書，必須填寫有關表格作出申請，並需繳付港幣二十元手續費用。申請約需十四個工作天處理。
11. 報名後請核對香港體育學院有限公司發出之機印收據上之資料，正確無誤方可離開，否則體院恕不負責。
12. 報名後請保留香港體育學院有限公司發出之機印收據，以便於活動當日供教練或導師查閱。
13. 體院所舉辦之課程或活動，均有體院所發出之收據。如有任何人士稱其課程或活動為體院所辦，而未能發出體院之有效收據，均與體院無關。
14. 因各地區天氣可能有別，室外課程之參加者請於**上課前一小時**致電體院 (查詢電話 2605 9483)。
15. 香港體育學院有限公司保留修改上述資料之權利，而無須作另行通知。

## TERMS & CONDITIONS OF ENROLMENT

1. Participants MUST be physically fit to participate in the activity.
2. **Swimming courses' applicant MUST be aged 5 or above and reach the height of 1.2M. After successful enrollment, course refund will not be accepted if age and height of participants do not meet requirements.** For other sports courses, applicants MUST be aged 6 or above.
3. For applicants who are under the age of 18, applications MUST have parent's authorization.
4. Participants should produce the originals or copies of their identity documents upon enrollment for our verification of their eligibility.

### 5. ENROLMENT METHODS (NEW STUDENTS)

#### Junior swimming course (Level N to level 4)

Students for level N to level 4 are selected by drawing lots. New students will be completed skill assessment. Drawing result of swimming class application will be available on **27/ 12/ 2018** and successful applicant will be confirmed by phone. All successful swimming class applicants please enroll from **28/ 12/ 2018** to **31/ 12/ 2018**, late entry will not be accepted and vacancy will be replaced by waiting list applicant.

#### All sport courses

Students are selected by drawing lots. Applicants of Badminton and Table Tennis course would be recommended to complete skill test firstly. Successful applicant will be confirmed by phone. Date of application form submitted, drawing lots and payment in details refer to Page 1. Late entry will not be accepted and vacancy will be replaced by waiting list applicant.

#### Adult swimming courses

In Person & first-come-first-served **※ Priority will be given to in person application ※**

### 6. PAYMENT METHODS

I. Submit the following documents to HKSI Sports Complex Reception Counter. **Enrolment Time** Mon to Sun: 8:00a.m. to 8:00 p.m.

1.1. Completed application form.

1.2. Cash, Credit Card or Crossed Cheque made payable to 「Hong Kong Sports Institute Limited」. Please print the applicant's name, telephone number and course code at the back of the cheque.

II. By Mail (Cut off date according to the date chop made by Post Office)

Mail the completed form with Crossed Cheque made payable to 「Hong Kong Sports Institute Limited」 to 「Community Relations Department, Hong Kong Sports Institute, 25 Yuen Wo Road, Shatin, Hong Kong」 Please print the applicant's name, telephone number and course code at the back of the cheque. If postage cannot be made due to missing address, HKSI has no responsibilities. Application will not be processed if information is missing.

7. Unless under special circumstances, no application for refund, change of or making substitution is allowed after enrolment.
8. All the participants in sports courses should wear clear and non-marking sneakers.
9. Any refund on special circumstances should be made in writing with supporting document (School letter or doctor certificate) can only be accepted based on management's approval. Handling fee **HK \$50** will be required.
10. Reference Letter for course attendance can only be applied by filing the relevant form. It takes around 14 working days to process the application and **HK \$20** handling fee will be required.
11. Please CHECK all the details on the receipt. HKSI will take no responsibility for the amendment after enrolment.
12. Please KEEP the HKSI payment receipt for checking on the activity day.
13. An official receipt will be issued to all participants of courses or activities that organized by HKSI. HKSI will take no responsibility for participant of any courses or activity claimed to be organized by HKSI without producing HKSI official receipt.
14. Due to the variation of weather condition in different area, participants of outdoor course should check with HKSI **ONE** hour before the course commences (Enquiries: 2605 9483).
15. HKSI reserves the right to amend the above terms and conditions without prior notice.

## 天氣惡劣時之課程安排指引

### 惡劣天氣

天氣惡劣、雷暴警告或雨勢嚴重時，室外課程將會被取消，學員請於使用場地或上課前一小時，致電體院查詢（電話：2605 9483）。

### 一號或三號熱帶氣旋警告訊號

所有室內課程照常，室外課程則視乎場地狀況而定（請參考「惡劣天氣」）。

### 八號或更高熱帶氣旋警告訊號

所有課程將會全部被取消，家長須即時前來體院或有關課程地點接回上課之學員。若於上課前二小時已取消所有熱帶氣旋警告訊號，或發出較低之警告訊號，室內課程將照常進行。室外課程必須在場地狀況許可下才會復課，請於上課前一小時致電體院查詢。

### 黃色/紅色暴雨警告訊號

所有室內課程將如常進行，而室外課程則需視乎場地狀況而定（請參考「惡劣天氣」）。惟體院勸喻所有參加者應視乎個別安全情況而作出最後離家上課決定。

### 黑色暴雨警告訊號

如天文台已經發出黑色暴雨警告訊號，所有課程將會被取消。如室內課程正在進行中，將會如常進行，而室外課程則會即時停止。若於上課前二小時已經取消黑色暴雨警告訊號，室內課程將照常進行，室外課程必須在場地狀況許可下才會復課，請於上課前一小時致電本院查詢。

### Guidelines for Inclement Weather

#### Inclement Weather

In case of inclement weather or thunderstorm warning, outdoor courses may be cancelled. Please check with HKSI (Tel: 2605 9483) ONE hour before.

#### Tropical Cyclone Warning Signal No. 1 or 3

All indoor courses will be held as scheduled. Outdoor courses will be cancelled if facilities are not suitable for training (Please refer "Inclement Weather").

#### Tropical Cyclone Warning Signal No. 8 or above

All courses will be cancelled and parents should come to pick up their children immediately when Tropical Cyclone Warning Signal No. 8 has been issued. All courses will be held as scheduled when the signal has been lowered 2 hours before the course starts. Outdoor courses will only be resumed if the facilities are suitable for training. For enquiries, please call HKSI ONE hour before the course starts.

#### Amber/Red Rainstorm

All indoor courses will be held as scheduled with the exception of outdoor courses which will only be resumed if facilities are suitable for training. Participants are advised to leave home only under safe conditions.

#### Black Rainstorm

If the Black Rainstorm Signal is issued, all courses will be cancelled. If the indoor courses are being in progress, it will be held as scheduled, but the outdoor courses will be stopped immediately. If the signal is cleared 2 hours before the course starts, all indoor courses will be held as scheduled, and outdoor courses will be resumed if the facilities are suitable for training.

# 香港體育學院位置圖

## Hong Kong Sports Institute Location Map



港鐵火炭站 A 出口 ► 火炭鐵路大樓 ► 有蓋行人天橋  
(步行約五分鐘便可直達)

By MTR: To Fo Tan Station, Exit A to Fo Tan Railway House,  
Covered Foot Bridge (About 5 mins. Walk)

「如你不欲收取通函郵件，請在信箱貼上『不收取通函』標貼。標貼可於全線郵政局、各區民政事務處的公眾諮詢服務中心、公共屋邨辦事處和個別私人屋苑的管理處免費索取。請注意，『不收取通函』標貼機制並不涵蓋由政府及相關機構、立法會議員、區議會議員、選舉候選人和根據《稅務條例》第 88 條合資格獲豁免繳稅的慈善機構所投寄的通函郵件。」

"If you would like to opt out from receiving circular mail, please place a "No Circular Mail" sticker on the letter box. The stickers are freely available at all post offices, Public Enquiry Service Centres of District Offices as well as estate management offices of public housing estates and selected private residential developments. However, circular mail posted by the Government and related organisations, Legislative Councillors, District Councillors, election candidates and charitable bodies eligible for tax relief under Section 88 of the Inland Revenue Ordinance are exempted from this opt-out scheme."