

2020年2月至2020年4月份 游泳課程 (競賽級) A 2 0 W J
February 2020 – April 2020 SWIMMING COURSES (Competitive Level)

香港體育學院有限公司 (簡稱“體院”) 為有潛質的學員開設競賽級游泳班。課程由資深合格教練提供專業訓練，務求改進學員泳術，以達至參加競賽的水平。

Hong Kong Sports Institute Limited (hereinafter known as “HKSIL”) organizes competitive levels swimming courses for potential swimmers. Courses are conducted by experienced & qualified swimming coaches and mainly designed for improving swimming techniques & upgrading swimmers to reach a level of taking part in competitions.

課程編號 Course Code	HARD-KICKER (HK)			
上課日期 Date	星期 Day	時間 Time	費用 Course Fee	考試日期 Exam Date
17/2 – 30/4	MON (一) (9 lessons) (except : 24/2,13/4除外) TUE (二) (10 lessons) (except : 25/2, 除外) WED (三) (11 lessons) THU (四) (11 lessons) FRI (五) 8 lessons (except :13/3,10/4 除外)	18:15 - 19:00 Fitness 19:00 - 20:30 Swimming 20:30 - 20:45 Stretching	\$80 / lesson	不設考試 No Exam
	SAT (六) (8 lessons) (except : 14/3, 11/4 除外)	16:45 - 18:00 Fitness 18:00 - 20:00 Swimming 20:00 - 20:15 Stretching		
	SUN (日) (6 lessons) (except : 15/3, 22/3, 5/4, 12/4 除外)	09:00 - 10:30 Fitness 10:30 - 13:00 Swimming 13:00 - 13:15 Stretching		

課程編號 Course Code	STROKER (SIC-S) / IM-er (SIC-IM) / CHALLENGER (SIC-C)			
上課日期 Date	星期 Day	時間 Time	費用 Course Fee	考試日期 Exam Date
17/2 – 30/4	MON (一) (9 lessons) (except : 24/2,13/4除外) TUE (二) (10 lessons) (except : 25/2, 除外) WED (三) (11 lessons) THU (四) (11 lessons) FRI (五) 8 lessons (except :13/3,10/4 除外)	18:15 - 19:00 Fitness 19:00 - 20:30 Swimming 20:30 - 20:45 Stretching	\$84 / lesson	不設考試 No Exam
	SAT (六) (8 lessons) (except : 14/3, 11/4 除外)	16:45 - 18:00 Fitness 18:00 - 20:00 Swimming 20:00 - 20:15 Stretching		
	SUN (日) (6 lessons) (except : 15/3, 22/3, 5/4, 12/4 除外)	09:00 - 10:30 Fitness 10:30 - 13:00 Swimming 13:00 - 13:15 Stretching		

注意事項 Remarks:

1. 報名程序

- 1.1 報名表將於考試後一星期經由教練派發給各學員；
- 1.2 請填妥表格(包括揀選個人之上課日期)，並於申請表收集日期內交回接待處，以便作出處理(提交表格時不須繳付學費)；
- 1.3 若因額滿而未獲接納之申請，體院職員會於繳費日期前以電話聯絡有關之申請者作出安排；
- 1.4 倘若沒有體院來電，申請人可於繳費日期內到接待處繳交費用；
- 1.5 截止報名申請日期：13/ 2 / 2020 (星期四)
- 1.6 繳費日期：15 / 2 / 2020 至 17 / 2 / 2020

2. 泳班學位安排之優先次序

- 2.1 第1優先權會安排予增加或申請最多訓練節數之現有及升班學員；
- 2.3 第2優先權會安排予有特別申請要求之現有學員；
- 2.4 第3優先權會給予插班生。

1. ENROLMENT PROCEDURE

- 1.1 The application form will be distributed via coaches one week after the swimming examination;
- 1.2 Completed application form (with selected training days) should be returned to reception counter (no payment required at that time) within the Form Collection Period;
- 1.3 When the selected class is full, HKSIL staff will contacted you via phone for other arrangement;
- 1.4 Please settle your payment within the payment period when no call from HKSIL is received;
- 1.5 Application Form Collection Deadline : 13/2/2020 (Thursday)
- 1.6 Payment Period : 15/2/2020 to 17/2/ 2020

2. PRIORITY

- 2.1 First priority will be given to those applicants (existing and promoted swimmers) who wish to have additional or maximum training session;
- 2.2 Second priority will be given to those applicants with special requests;
- 2.3 Third priority will be given to those new comers.