

CCHLY Swimming Classes – Group 2016

康樂園鄉村俱樂部游泳班 - 小組 2016



Infant (Age 3-5) / 3-5 歲幼兒班 (Baby Pool)

Water safety at this level is most important. Moreover, children will also gain more confidence in the water and learn a basic stroke to swim safely.

在這階段的課程我們十分著重水上的安全。除了加強小孩游泳的信心外，亦教導他們基本的泳術，可以安全地暢泳。

Beginner (Age 5-7 or above) / 5-7 歲以上小童初班 (Baby Pool)

Children should be able to swim a simple form of freestyle like gliding on front and flutter kick with face in the water unassisted. Children should swim the whole form of Front Crawl by the end of the course.

這階段兒童需要懂得自行用任何方法如撥水或踢腿在水中移動。課程完結時，兒童便能游出完整的自由式。

Intermediate (Age 6 or above) / 6 歲以上小童中班 (Main Pool)

Children should be able to swim at least 25m in any one stroke. We emphasize on enhancing their endurance and improving their stroke form. They will also learn breaststroke and other water skills such as turning, water treading, etc.

這階段兒童需要懂得用任何泳式游 25 米。他們能學到蛙式和其他泳術如轉塘、踏水等。本課程旨在增強學員的持久力和改善他們的泳姿。

Advanced (Age 8 or above) / 7 歲以上小童高班 (Main Pool)

Children should be able to swim at least 50m in any one stroke. They will be taught with methods to enhance endurance on their strokes, so as to be able to swim for longer distances. Butterfly stroke will also be taught.

這階段兒童需要懂得用任何泳式游 50 米，他們除了能增強持久力外，更會學到蝶泳。

Infant & Parents (Age 1.5 to 3) / 1.5 至 3 歲親子班 (Baby Pool)

This course is to allow babies to swim with their parents, to build up their confidence in the water, and to help them enjoy their water time through fun games and activities.

於課程中，家長可與小朋友一同參與，並透過有趣的水中遊戲及活動建立小朋友於水中的信心及興趣。

Private Lessons are also available. Please ask at the Fitness Centre for a Swimming Private Coaching Form. 另設有私人教授，請與職員查詢。

Swimming Courses (Group/ Private) will be conducted in English or Cantonese. For details, please contact the Fitness Centre on 2657 8292.

開辦之課程(小組 / 私人) 將會以英語或廣東話授課，詳情可致電 2657 8292 與康樂部查詢。

Swimming Classes Enrollment Form

<Group lesson>

Applicants MUST sign & return this form prior to their first lesson
(Verbal notification will not be accepted)
申請者必須交回報名表格 (口頭報名恕不接受)

Remarks 備註:

- I understand that neither The Club nor the appointed instructor(s) shall be responsible for any accidents, injuries and/or loss arising from my/my child's participation, however caused.
- Participant(s)/student(s) should be physically fit.
- Some classes may be cancelled due to adverse weather conditions. For confirmation, please call the Fitness Centre on 2657 8292, one hour prior to the class starting time. If either the red rainstorm warning or typhoon signal No. 8 is hoisted two hours prior to the starting time, the class will be cancelled. Thunderstorm warnings may also result in classes being cancelled on short notice. If a class is cancelled due to adverse weather, no charge will be levied.
- In the case of a cancellation due to medical reasons (with medical certificate), a make-up class can be offered during the same or following month. It is the parent's responsibility to arrange a suitable time with the coach, and in a class appropriate for their child, however if no time fits in with the child's schedule, there can be no refund.
- Under no other circumstances will there be any refund or replacement class. For a sick leave cancellation, at least 2 hours notice is required, or no make-up can be offered.
- Applicants CANNOT join the course mid-way through, unless their level is approved by the instructor. Those joining late will be required to pay the fee for the remaining lessons in the term.
- No classes will be arranged on Public Holidays.
- All group swimming classes are billed by the monthly periods below. Participants will NOT be automatically enrolled in the following period. Applicants must fill in an application form for the next period, otherwise their space in the class may be lost.
- For The Country Club at Hong Lok Yuen Members, the course fee will be debited to their CCHLY account at the end of each month.
- Guests are permitted to take part in Swimming Programs, however payments must be paid through a Member's Club account.

Tel 電話：2657 8292 Fax 傳真：2657 8266

- 本人明瞭貴會或指定之導師均不須為本人/本人之子女於參加活動時導致任何意外、受傷及/或損失負責。
- 參加者須確保本人/貴子弟健康良好，適宜參加上述活動。
- 部份課堂或會因天氣惡劣而取消，請於開課前一小時致電 2657 8292 康樂部查詢。若天文台懸掛八號或以上風球、紅色或以上暴雨警告訊號，所有興趣班將會取消。特發性雷暴警告可致部份課堂於短時間內取消，以致未能及時通知有關人士。本會將不會對因天氣惡劣而取消之課堂收取費用。
- (小組)如因病假(必須出示有效之病假紙)而取消之課堂，本會將會收取該堂費用，並會於當月或下一月份安排補堂，遺家長必須與教練共同合作以作出最合適之安排，如雙方未能共同找到合適時間，補堂將不再作安排。
- 課程費用一概不得退還或轉讓。參加者因私人理由而缺席課堂將不作退款。而病假必須於課堂兩小時前提出通知，本會將會收取該堂費用及安排補堂。(必須出示有效之病假紙)
- 除非得到教練同意水平合適，否則本課程不可中途插班。首次報名的學員必須一次過繳付一期的學費，其後的學費將按期收取。
- 所有公眾假期均無須上課。
- 所有泳班均按學期收費。泳班課程將不會自動續報下一期，學員必需繳交下一期之報名表，否則有關位置有可能會被新學員取代。
- 康樂園鄉村會所會員，課程費用將記入會員之賬戶內。
- 歡迎非會員參加泳班，但費用必須記入康樂園鄉村會所會員之賬戶內。

Level 課程	Duration 持續時間	Fee 費用	Days 日期	Time 時間	Months 月份
<input type="checkbox"/> Infant 幼兒班	55 mins	\$200/session	<input type="checkbox"/> Monday & Wednesday (星期一及星期三)	<input type="checkbox"/> 2:30-3:25 / 3:15pm <input type="checkbox"/> 3:30-4:25 / 4:15pm <input type="checkbox"/> 4:30-5:25 / 5:15pm <input type="checkbox"/> 5:30-6:25 / 6:15pm <input type="checkbox"/> 6:30-7:25 / 7:15pm <input type="checkbox"/> 7:30-8:25 / 8:15pm	<input type="checkbox"/> May & June (五月及六月)
<input type="checkbox"/> Beginner 小童初班	55 mins	\$200/session			
<input type="checkbox"/> Intermediate 小童中班	55 mins	\$190/session	<input type="checkbox"/> Tuesday & Thursday (星期二及星期四)	<input type="checkbox"/> 5:30-6:25 / 6:15pm <input type="checkbox"/> 6:30-7:25 / 7:15pm <input type="checkbox"/> 7:30-8:25 / 8:15pm	<input type="checkbox"/> Jul (七月)
<input type="checkbox"/> Advanced 小童高班	55 mins	\$180/session			
<input type="checkbox"/> Infant & Parents 親子班	45 mins	\$250/session	<input type="checkbox"/> Saturday (星期六)	Sat & Sun 星期六及日 <input type="checkbox"/> 8:00-8:55 / 8:45am <input type="checkbox"/> 9:00-9:55 / 9:45am <input type="checkbox"/> 10:00-10:55 / 10:45am <input type="checkbox"/> 11:00-11:55 / 11:45am <input type="checkbox"/> 12:00-12:55 / 12:45pm	<input type="checkbox"/> Aug (八月)
			<input type="checkbox"/> Sunday (星期日)		

Please tick preferred sessions and you will be contacted shortly to confirm the class.

Student's Name 學員姓名		D.O.B 出生日期		Age 年齡	Sex 性別	Surcharge 附加費
Name of Parents: 家長姓名:		Membership No.: 會員編號:				
Tel. No. 電話號碼	Home 住宅	Office 辦事處	Mobile 手機			
*E-mail Address: 電郵地址:		Parent's Signature 家長簽名:				

Official use only 本欄由會方填寫

Handled by: 確證員工姓名: _____

Confirmed Date: 確證日期: _____