



APR
2018



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Basic 基本	Intermediate 改良	Squad 專隊	Cycling 單車	Run 跑步
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Sai Kung Swimming Pool
西貢游泳池
Mango 9010 5952

Category: Basic ~ 4-6 in a group (Submerge, gliding & floating)
Intermediate ~ able to swim 25M Squad~ 100M or Triathlon
We also offer private lessons and lessons for adults.

Application deadline for courses are one week before the first lesson. If the minimum amount of participants (3 / courses) for a certain course is not met, all course applicants will be notified that the course will not proceed.

	MON 16,23,30/APR	FRI 20,27/APR	SAT 22,29/APR	
BASIC 基本	4:00-5:00PM	4:00-5:00PM	9:00-10:00AM	
BASIC 基本	5:00-6:00 PM	5:00-6:00 PM	10:00-11:00AM	
INTER/SQUAD	5:00-6:00 PM	5:00-6:00 PM	11:00-12:00N	
FEE 費用/Class	\$300/ @ class	\$200 / @ class	\$200/ @ class	

Class fee is not included entrance fee, please bring octopus for entrance.

 run TSK Sports Ground	Date:12,19,26 (THU) Time:6:00-7:30pm Fee:\$450	 cycling	Please contact Mango
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Kwun Tong Swimming Pool
官塘游泳池
陳 SIR 9837 5921

基本 - 適合 3-8 歲初學者, 內容 - 潛入水中, 滑翔和浮身, 持浮板踢腳及划手動作.
泳隊 - 必須能夠在主池游畢 50 米 **改良** - 能夠游畢 25 米

改良/專隊	SAT APR / 7,14,21,28	4:00-5:30pm	\$600
BASIC 基本	SUN APR / 8,15,22,29	4:00-5:00pm	\$400
改良/專隊	SUN APR / 8,15,22,29	5:00-7:00pm	\$800
泳線時段:星期日(6:00-7:00pm)			