



JUL
2018



Tel & WhatsApp : 9010 5962 (Mango)
Website: <http://www.fotop.net/mango>
Email: mangoswimmingclub@yahoo.com.hk
Facebook: mangoswimmingclub



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	FRI	SAT	SUN
	9.16.23.30	6,13,20,27	7,14,21,28	8,15,22,29
BASIC 基本	3:00-4:00PM	3:00-4:00PM	9:00-10:00AM	9:00-10:00AM
BASIC 基本	4:00-5:00PM	4:00-5:00PM	10:00-11:00AM	10:00-11:00AM
INTER 改良	4:00-5:00PM	4:00-5:00PM	11:00-12:00N	11:00-12:00N
BASIC 基本	5:00-6:00 PM	5:00-6:00 PM		
SQUAD / Lane	6:30-7:30 PM	6:30-7:30 PM		
FEE 費用/Class	\$400/@ class	\$400/@ class	\$400/@ class	\$400/@ class

(Basic / INTER is not include admission fee) * (**Squad/Lane 6:30-7:30pm** class is included entrance fee)

 run TSK Sports Ground	Date: 9.16.23.30 (MON) Time:5:00-6:00pm Fee:\$400	 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 JUN / 2,9,16,23,30	4:00-5:30pm	\$750
BASIC 基本	SUN JUN / 3,10,17,24	4:00-5:00pm	\$400
改良/專隊	SUN JUN / 3,10,17,24	5:00-7:00pm	\$800
泳線時段:星期日(6:00-7:00pm)			