


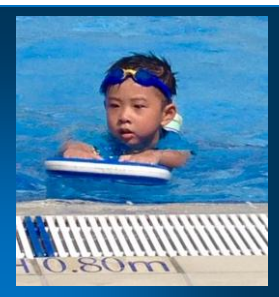
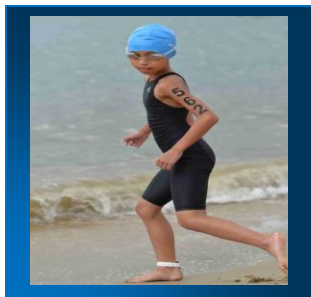
# July 2015 training program(TKO & KT) Mango Swimming Club 敏高游泳會

|                                                                                                                                                             |                                                                                                                 |                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Website: <a href="http://www.fotop.net/mango">http://www.fotop.net/mango</a><br>Tel & WhatsApp : 9010 5962 (Mango)<br>Email: mangoswimmingclub@yahoo.com.hk | HK Amateur Swimming Association<br>HK Triathlon Association<br>Leisure & Cultural Department (Community Sports) |  |
| TKO Swimming Pool                                                                                                                                           | Category: Basic, Intermediate and Team.<br>We also offer private lessons and lessons for adults.                |                                                                                     |

**Basic: 4-6 in a group (Submerge, gliding and floating)**  
**Intermediate: Able 25M or above**



|                               |                          |       |
|-------------------------------|--------------------------|-------|
| Intermediate (Friday lessons) |                          |       |
| Fri 3:30-4:30pm               | 3, 10, 17, 24, 31 / July | \$450 |
| Basic (Friday lessons)        |                          |       |
| Fri 4:30-5:30pm               | 3, 10, 17, 24, 31 / July | \$450 |



**KT (官塘) Swimming Pool (陳 SIR)**  
**Tel:98375921**

**基本/ 適合 3 - 8 歲初學者 內容 / 潛入水中, 滑翔和浮身, 持浮板自由式踢腳及划手動作。**  
**泳隊: 必須能夠在主池游畢 50 米**  
**中級改良: 能夠在游畢 25 米**

|                           |         |                         |                           |         |                     |
|---------------------------|---------|-------------------------|---------------------------|---------|---------------------|
| 4, 11, 18, 25 / Jul (Sat) | 基本      | Sat 3:30-4:30pm (\$360) | 5, 12, 19, 26 / Jul (Sun) | 基本      | 2:30-3:30pm (\$360) |
| 4, 11, 18, 25 / Jul (Sat) | 泳隊 / 改良 | Sat 4:30-6:00pm (\$540) | 5, 12, 19, 26 / Jul (Sun) | 基本      | 3:45-4:45pm (\$360) |
|                           |         |                         | 5, 12, 19, 26 / Jul (Sun) | 泳隊 / 改良 | 5:00-7:00pm (\$540) |

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.

截止報名日期為上課日一星期前。每班人數最少 3 名學員，如該班報名人數不足，將會個別通知受影響學員。

|       |             |                             |        |
|-------|-------------|-----------------------------|--------|
| Name: | Tel: Parent | Tel: Helper (if applicable) | Email: |
|-------|-------------|-----------------------------|--------|