

# October 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> | HK Amateur Swimming Association                  |
| Tel & WhatsApp : 9010 5962 (Mango)   | HK Triathlon Association                         |
| Email: mangoswimmingclub@yahoo.com.hk  | Leisure & Cultural Department (Community Sports) |

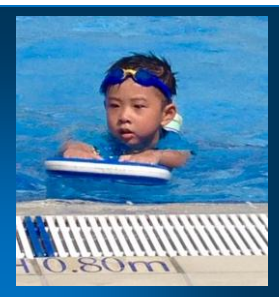
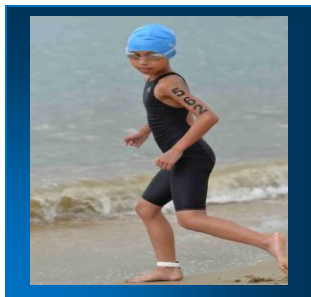


|                   |  |
|-------------------|--|
| TKO Swimming Pool | Category: Basic, Intermediate and Team.<br>We also offer private lessons and lessons for adults. |
|-------------------|--|

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



|                               |                        |       |
|-------------------------------|------------------------|-------|
| Intermediate (Friday lessons) |                        |       |
| Fri 3:30-4:30pm               | 2, 9, 16, 23, 30 / Oct | \$450 |
| Basic (Friday lessons)        |                        |       |
| Fri 4:30-5:30pm               | 2, 9, 16, 23, 30 / Oct | \$450 |



|  |  |
|--|--|
| KT (官塘) Swimming Pool (陳 SIR) Tel:98375921 | <p><b>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。</b></p> <p><b>泳隊: 必須能夠在主池游畢 50 米</b></p> <p><b>中級改良: 能夠在游畢 25 米</b></p> |
|--|--|

|                               |         |                         |  |         |                     |
|-------------------------------|---------|-------------------------|--|---------|---------------------|
| 3, 10, 17, 24, 31 / Oct (Sat) | 基本      | Sat 3:30-4:30pm (\$450) | 4, 11, 18, 25 / Oct (Sun)                    | 基本      | 2:30-3:30pm (\$360) |
| 3, 10, 17, 24, 31 / Oct (Sat) | 泳隊 / 改良 | Sat 4:30-6:00pm (\$675) | 4, 11, 18, 25 / Oct (Sun)                    | 基本      | 3:45-4:45pm (\$360) |
|                               |         |                         | 4, 11, 18, 25 / Oct(Sun) (6:00-7:00pm)(Lane) | 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: |
|-------|-------------|-----------------------------|--------|