


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

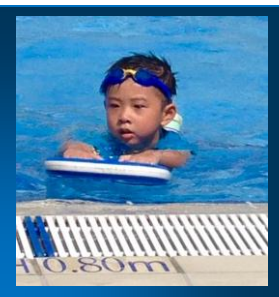
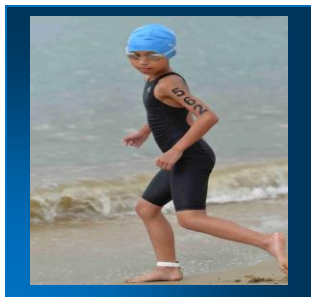
Website: http://www.fotop.net/mango	HK Amateur Swimming Association	
Tel & WhatsApp : 9010 5962 (Mango)	HK Triathlon Association	
Email: mangoswimmingclub@yahoo.com.hk	Leisure & Cultural Department (Community Sports)	

TKO Swimming Pool	Category: Basic, Intermediate and Team. We also offer private lessons and lessons for adults.
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Basic: 4-6 in a group (Submerge, gliding and floating)
Intermediate: Able 25M or above



Intermediate (Friday lessons)		
Fri 3:30-4:30pm	4, 11, 18, 25 / Sep	\$360
Basic (Friday lessons)		
Fri 4:30-5:30pm	4, 11, 18, 25 / Sep	\$360



KT (官塘) Swimming Pool (陳 SIR) Tel:98375921	<p>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。</p> <p>泳隊: 必須能夠在主池游畢 50 米</p> <p>中級改良: 能夠在游畢 25 米</p>
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5, 12, 19, 26 / Sep (Sat)	基本	Sat 3:30-4:30pm (\$360)	6, 13, 20, 27 / Sep (Sun)	基本	2:30-3:30pm (\$360)
5, 12, 19, 26 / Sep (Sat)	泳隊 / 改良	Sat 4:30-6:00pm (\$540)	6, 13, 20, 27 / Sep (Sun)	基本	3:45-4:45pm (\$450)
			6, 13, 20, 27 / Sep(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:
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