

## ***2004 Swimming Technique Improvement Scheme (Phase II)***

**Objective:** To improve swimming technique of participants through consistent & long-term training & to recruit potential swimmers to join affiliated clubs of Hong Kong Amateur Swimming Association for further training.

**Course format:**

- There are 2 Phases for this scheme in a year; the second phase will start from October to March and 1 hour / lesson.
- Two kinds of training sessions are provided:
  - i) 3 lessons per week (Every Mon, Wed & Fri) or
  - ii) 2 lessons per week (Every Tue & Thu)

Participants could apply 2 courses which subject to the vacancy.

**No. of participants:** 25 persons / class

**Requirements:**

1. Age 8 to 16
2. All participants must pass a swimming test to be held on the first lesson of each Phase. Qualified participants will be given priority. (see below qualifying time list). Physical fitness will also be taken into consideration.

**Swimming Test:** The swimming test will be held on the first lesson of each Phase. Swimmers should complete either 100M Freestyle or 100M Breaststroke within below qualifying time:

Freestyle (100M)									
Age 8 & Under		Age 9 & 10		Age 11 & 12		Age 13 & 14		Age 15 & 16	
F	M	F	M	F	M	F	M	F	M
1:38.21	1:34.38	1:28.26	1:20.94	1:13.95	1:12.40	1:15.63	1:07.25	1:22.00	1:08.75

Breaststroke (100M)									
8 & Under		9 & 10		11 & 12		13 & 14		15 & 16	
F	M	F	M	F	M	F	M	F	M
2:03.25	2:02.31	1:48.42	1:48.93	1:40.46	1:37.05	1:40.23	1:31.00	1:43.50	1:33.67

**Swimming Test Quota:** 30 persons / class (on a first-come-first-served basis). The list of accepted participants will be posted on the HKASA web-site ([www.hkasa.org.hk](http://www.hkasa.org.hk)) before 5 days of the Swimming Test day.

**Date of Swimming Test:** Mon, Wed & Fri Class --- 04-10-2004 (Mon)  
Tue & Thu Class --- 05-10-2004 (Tue)

**Swimming Test Venue:** At respective class training venue

**Deadline of Application for Swimming Test:** 20-09-2004 (Monday)

**Result Release:** Test results will be posted on the HKASA web-site 2 days after the Swimming Test.

Course Fee:

- i) Swimming Test is free of charge. Accepted participants must submit the course fee on the first day of the course and get the receipt after paid.
- ii) Venue is free for entry during the Swimming Test and the Course.
- iii) Course fee is calculated on a monthly basis and adjustable according to number of lessons conducted. The average course fee is \$25 per lesson.

Course fee ( per month basis )	
3 lessons per week (Every Mon, Wed & Fri)	2 lessons per week (Every Tue & Thu)
\$300	\$200

Course Schedule: Please refer to the timetable at back

Application Procedure: Entry forms are available at each training venue, the HKASA Office and the HKASA web-site ([www.hkasa.org.hk](http://www.hkasa.org.hk)). Completed entry forms must be posted to the office of clubs-in-charge (Address please refer to back page) respectively **by the deadline of application for swimming test** (according to date stamp).

Enquiry: Clubs-in-charge (Please refer to back page)/ 2572 8594 (HKASA Office)

Remarks:

1. Applicants could only make one application to each class and is not allowed to apply for more than one class at the same time slot. Otherwise, application of which will be rejected.
2. Incomplete or late application will not be accepted.
3. Fee paid will not be refunded in any case.
4. Applicants must complete the application form and letter of indemnity. Applicants do not show up at the swimming test or the letter of indemnity without parents' signature shall be deemed as withdrawal.
5. The information provided by applicant will only be used for the enrolment and promotion of recreation and sports activities organized by our Association and co-organizing parties. For correction of or access to personal data after submission of this form, please contact our staff.
6. Monthly course fee will be subject to venue supply. Fee paid will not be refunded in case of cancellation due to bad weather.
7. HKASA has sole discretion in amendment of the rules without prior notice.
8. Should any dispute arise from the above rules or if any situation occurs which is not covered by the above rules, a final decision will be made by HKASA.
9. Course schedule & venue is subject to venue availability. The further information will be announced later during training.

Swimming Technique Improvement Scheme Co-organizer Information.

District	Course Code	Venue (Opening Date)	Day	Time	Co-organizer	Address/ Contact No.	
HK	MHSP135A	Morrison Hill Swimming Pool	Every Mon, Wed, Fri	1700-1800	Pacific Swimming Club	Rm 1908, BLK S2, Telford Gardens, Kowloon Bay (☎:9345 3972)	
	MHSP135B			1800-1900	Hoi Tin Athletic Association	Rm A, 19/F, Cheuk Nang 21 <sup>st</sup> Century Plaza, 250 Hennessy Road, Wanchai (☎:9047 3902)	
	MHSP135C			1900-2000	Happy Valley Athletic Association Ltd.	Empire Court, 16/F Hysan Avenue, HK (☎:9131 8838)	
	MHSP24A		Every Tue, Thu	1700-1800	Happy Valley Athletic Association Ltd.		
	MHSP24B			1800-1900	Hoi Tin Athletic Association		
	MHSP24C			1900-2000	Pacific Swimming Club		
	WCTP135A	Wanchai Training Pool	Every Mon, Wed, Fri	1700-1800	Win Tin Swimming Club	Rm 1505B, Fortress Tower, 250 King's Road, North Point, HK (☎:2512 2793)	
	WCTP135B			1700-1800	Pacific Swimming Club	Rm 1908, BLK S2, Telford Gardens, Kowloon Bay (☎:9345 3972)	
	WCTP135C			1800-1900	Hoi Tin Athletic Association	Rm A, 19/F, Cheuk Nang 21 <sup>st</sup> Century Plaza, 250 Hennessy Road, Wanchai (☎:9047 3902)	
	WCTP135D			1800-1900	Happy Valley Athletic Association Ltd.	Empire Court, 16/F Hysan Avenue, HK (☎:9131 8838)	
	WCTP24A		Every Tue, Thu	1700-1800	Win Tin Athletic Association		
	WCTP24B			1700-1800	Pacific Swimming Club		
	WCTP24C			1800-1900	Hoi Tin Athletic Association		
	WCTP24D			1800-1900	Happy Valley Athletic Association Ltd.		
KLN	KPSP135A		Kowloon Park Swimming Pool	Every Mon, Wed, Fri	1900-2000	Kwun Tong Swimming Club	10 Kai Lim Rd, Kwun Tong Swimming Pool, Kwun Tong (☎:2347 9601)
	KPSP135B				2000-2100		
	KPSP24A	Every Tue, Thu		1900-2000			
	KPSP24B			2000-2100			
	LCKSP135A	Lai Chi Kok Swimming Pool	Every Mon, Wed, Fri	1900-2000	Eastern Winter Swimming Association	Attn: EWS 1, Lai Wan Road, Mei Foo, KLN (☎:9123 8080)	
	LCKSP135B			1900-2000			
	LCKSP135C			2000-2100			
	LCKSP135D			2000-2100			
	LCKSP24A		Every Tue, Thu	1900-2000			
	LCKSP24B			1900-2000			
	LCKSP24C			2000-2100			
	LCKSP24D			2000-2100			
	KTSP135A	Kwun Tong Swimming Pool	Every Mon, Wed, Fri	1800-1900	Kwun Tong Swimming Club	10 Kai Lim Rd, Kwun Tong Swimming Pool, Kwun Tong (☎:2347 9601)	
	KTSP135B			1800-1900			
KTSP24A	Every Tue, Thu		1800-1900				
KTSP24B			1800-1900				

District	Course Code	Venue (Opening Date)	Day	Time	Co-organizer	Address/ Contact No.
N.T.	FLSP135	Fanling Swimming Pool	Every Mon, Wed, Fri	1830-1930	Tai Po Swimming Club	P.O. Box 742, Tai Po, N.T. (☎:2665 7749) (☎:9495 9492)
	FLSP24		Every Tue, Thu	1830-1930		
	TPSP135A	Tai Po Swimming Pool	Every Mon, Wed, Fri	1730-1830	Tai Po Swimming Club	P.O. Box 742, Tai Po, N.T. (☎:2665 7749) (☎:9495 9492)
	TPSP135B			1730-1830		
	TPSP135C			1830-1930		
	TPSP135D			1830-1930		
	STSP135A	Shatin Jockey Club Swimming Pool	Every Mon, Wed, Fri	1830-1930	Current Club	Ho Yee Yun Rosalind 5E, Block 3, Ravana Garden, Shatin, NT (☎:9075 3011)
	STSP135B			1830-1930	HK Marlins Swim. Club##	No 5, O Tau Village, Sai Kung, N.T. (☎:2792 5730)
	STSP24A		Every Tue, Thu	1830-1930	Current Club	
	STSP24B			1830-1930	HK Marlins Swim. Club##	
	MOSSP135A	Ma On Shan Swimming Pool	Every Mon, Wed, Fri	1830-1930	Current Club	Ho Yee Yun Rosalind 5E, Block 3, Ravana Garden, Shatin, NT (☎:9075 3011)
	MOSSP135B			1830-1930	South China Athletic Association	Swimming Section, SCAA, 88 Caroline Hill Road, Hong Kong (☎:2890 7736)
	MOSSP24A		Every Tue, Thu	1830-1930	Current Club	
	MOSSP24B			1830-1930	South China Athletic Association	
	SMVSP135A	Shing Mun Valley Swimming Pool	Every Mon, Wed, Fri	1830-1930	Eastern Winter Swimming Association	Attn: EWS 1, Lai Wan Road, Mei Foo, KLN (☎:9123 8080)
	SMVSP135B			1830-1930		
	SMVSP24A		Every Tue, Thu	1830-1930		
	SMVSP24B			1830-1930		
	TMSP135A	Tuen Mun Swimming Pool	Every Mon, Wed, Fri	1730-1830	Sea Lion Aqua Club Ltd.	Flat A 1/F, Yee Hong Building, 3 On Chun Lane, Yuen Long (☎:2470 0768)
	TMSP135B			1730-1830		
TMSP135C	1830-1930					
TMSP135D	1830-1930					
YLSP135A	Yuen Long Swimming Pool	Every Mon, Wed, Fri	1630-1730	Sea Lion Aqua Club Ltd.	Flat A 1/F, Yee Hong Building, 3 On Chun Lane, Yuen Long (☎:2470 0768)	
YLSP135B			1730-1830			
YLSP135C			1830-1930			
YLSP135D			1930-2030			
YLSP24A		Every Tue, Thu	1630-1730			
YLSP24B			1730-1830			
YLSP24C			1830-1930			
YLSP24D			1930-2030			

備註：## - English is the medium of communication in HK Marlins Swimming Club

Coaches are offered by HKASA affiliated club

Course schedule & venue is subject to venue availability. The further information will be announced later during training

HKASA have the final decision on changing the above information

