

## **2005 Swimming Technique Improvement Scheme (Phase I)**

**Objective:** To improve swimming technique of participants through consistent & long-term training and 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 first phase will start from April to September with 1 hour / lesson.
- Two types of training sessions are provided:
  - i) 3 lessons per week (Every Mon, Wed & Fri) or
  - ii) 2 lessons per week (Every Tue & Thu)

Participants can apply 2 courses which subject to the vacancy.

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

**Requirements:**

1. Age 8 to 16
2. Participants must pass a swimming test and reach below listed qualifying time to be held at the first lesson of each Phase before they are eligible to take part in the course. Physical fitness will also be taken into consideration.

**Swimming Test:** The water test will be held at 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).

**Date of Swimming Test:** Mon, Wed & Fri Class --- 01-04-2005 (Fri)  
 - Class chosen at Kowloon Park Swimming Pool --- 01-06-2004 (Wed)  
 Tue & Thu Class --- 07-04-2005 (Thu)  
 - Class chosen at Kowloon Park Swimming Pool --- 02-06-2004 (Thu)

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

**Deadline of Application for Swimming Test:** 24-03-2005 (Thu)

Result Release: Test result will be released after the swimming test.

Course Fee:

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

Monthly Course Fee	
3 lessons per week (Every Mon, Wed & Fri)	2 lessons per week (Every Tue & Thu)
HK\$300	HK\$200

Course Schedule: Please refer to the timetable at the back page

Application Procedure: Entry forms are available at each training venue, HKASA & respective co-organizers' office and HKASA's 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 the back page) respectively by 24 March 2005.

Enquiry: Clubs-in-charge (Please refer to the 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 HKASA 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 availability. Fee paid will not be refunded in case of cancellation due to bad weather.
7. HKASA has sole discretion in amendment to 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, final decision will be made by HKASA.
9. The courses in Kowloon Park Swimming Pool in the first phase will only be provided from July to September only due to venue maintenance and course in June will be relocated to Sham Shui Po Swimming Pool. Courses at Morrison Hill Swimming Pool, during its closing period on May & June, will be relocated to Victoria Park Swimming Pool.

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)
	MHSP135D			2000-2100	Pacific Swimming Club	
	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 (Open in June; Course in July will be held at Sham Shui Po 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			
	SMVSP135C			1830-1930			Kowloon City District Recreation & Sports Council
	SMVSP24A		Every Tue, Thu	1830-1930	Eastern Winter Swimming Association		
	SMVSP24B			1830-1930			
	SMVSP24C			1830-1930		Kowloon City District Recreation & Sports Council	
	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				

Remarks : \*\* - The training course will be continued at Victoria Park Swimming Pool during the closure of Morrison Hill Swimming Pool in May & June.

## - English is the medium of communication for HK Marlins Swimming Club  
- Please read remarks point 9

Coaches are appointed by HKASA affiliated clubs

HKASA has the final decision on any amendment to the above information

The information of the training course may be changed at any time whenever necessary

# Swimming Technique Improvement Scheme 2005-2006(Phase I)

## 游泳技術改良班 2005-2006 (第一期)

### 報名表格 Application Form

One form for one course only

一張表格只可填報一個課程

**Course Code**

課程編號 \_\_\_\_\_

**Personal Particular 個人資料：**

Surname 姓氏         中文姓名 \_\_\_\_\_

Other Name 名字

Date of Birth 出生日期

Identify Document No. 身分證明文件號碼

Sex 性別\*

-   -

DD日          MM月          YY年

M男/F女

Address 地址 (Fill in English 請以英文正楷填寫)

HK / KLN / NT\*

Contact Tel. No.(1)

聯絡電話(1)

Contact Tel. No.(2)

聯絡電話(2)

Fax No.

傳真號碼

Club(If Any) \_\_\_\_\_

所屬屬會(如有)

**In case of Emergency, please contact 如有任何緊急事情，請代通知：**

Name (English) \_\_\_\_\_ 中文姓名 \_\_\_\_\_

Contact Tel. No. (1)

聯絡電話(1)

Contact Tel. No.(2)

聯絡電話(2)

Fax No.

傳真號碼

Relationship \_\_\_\_\_

與參加者關係

**Declaration 責任聲明：**

My son/daughter\*, (Applicant's name) \_\_\_\_\_, is physically fit without any physical defect, and suitable to participate in the above mentioned activity. The organizer and co-organizer shall not be liable for any injury or death that may suffer in this activity.

小兒 / 小女\*(參加者姓名) \_\_\_\_\_的健康及體能良好並適宜參與上述訓練課程。若因健康及體能欠佳而引致受傷或死亡，主辦及協辦機構則無需負任何責任。

Date  
日期

Parent's Signature  
父母簽署

Relationship & Tel. No.  
關係及聯絡電話

Name of Sign Person (Block Letter)  
簽署人姓名(請用正楷填寫)

Remark 備註： " \* " 請將不適用刪去 / please delete accordingly

辦事處專用 For office use :

訓練班費用：	水試成績：	取錄 / 不被取錄	收據號碼
支票號碼：			