

Submission of this form confirms the acceptance of the following conditions :

1. Application is subject to confirmation via return call or email.
2. Fees will be charged according to the session(s) once an application is confirmed.
3. Sick Leave
Please notify the concerned outlets and present a valid medical certificate within the next 48 hours to be eligible for lesson fee waiver at a maximum of once a month. Private swimming lessons students to notify swimming coach directly.
4. Weather Conditions
 - **Lessons as per normal during Rain / Amber Rainstorm Warning Signal/ Red Rainstorm Warning Signal/ Typhoon Signal No. 3, while swimming lesson is taking place at 3/F pool when bubble is on.**
 - **Lessons are cancelled and will not be charged during Red Rainstorm Warning Signal (only apply to G/F Tropical Pool & 3/F Pool when bubble is down) Black Rainstorm Warning Signal/ Typhoon Signal No. 8 or above.**
Lessons will resume as normal 2 hours after the signal is lowered. Lessons will continue if the black rainstorm warning signal is issued after the lessons have started.
5. Cancellation

Regular group classes	<ul style="list-style-type: none">• Children's Classes: One calendar month advance written notice to concerned outlets is required, or payment in lieu.• Adult's Classes: 14 days advance written notice to concerned outlets is required, or payment in lieu.• Accepted written notice will be confirmed via return call or email.
Private lessons	<ul style="list-style-type: none">• 24 hours advance notice is required for any cancellation or time change to concerned outlets (directly to swimming coach for swimming lessons).• Maximum one cancellation per month only.
Application for Lesson Withdrawal / Cancellation' form is available at 5/F Health Club, 9/F Ice Rink and Roof Top Tennis Court.	

6. No refund or make up lesson for classes missed.
7. No lesson will be held on public holidays, except personal training lessons.
8. Priority will be given to Members.
9. The Club reserves the right to make alterations to the classes, policies and the terms and conditions without prior notice. The Club also reserves the right to cancel a class if there is insufficient number of enrolment. Participants are advised to check the updated policies in the 5/F Health Club reception.
10. Applicants must abide by the Club Rules and Bye-Laws. The Club cannot be held responsible for any injuries or misadventures during classes.

遞交此申請表代表申請人確認接受以下各項條款：

1. 所有申請必須經本會以電話或電郵確認。
2. 收費：申請一經接納，本會將依據申請人申請的課堂節數收取費用。
3. 病假
所有 若因患病而未能出席課堂者，請預先通知有關部門（取消私人游泳課堂需直接通知游泳教練），並隨後在四十八小時內遞交有效醫生證明，
課堂 否則本會將如常收取該課堂費用，而是項安排只限每月一堂。本會將透過電話或電郵確認已收妥醫生證明。
4. 天氣情況：請留意下列各情況下之課堂安排，而所有由會所取消之課堂將不會收取費用。
 - **三樓游泳池(當帳篷加建後)** - 當下雨/黃色暴雨警告/紅色暴雨警告/三號風球生效時，**課堂照常**。
 - **地下碧游泳池/三樓游泳池(當帳篷除下)** - 當紅色暴雨警告生效時，**課堂取消**。
 - 當黑色暴雨警告或八號或以上風球生效時，**所有課堂取消**。警告除下兩小時後課堂將回復正常。當黑色暴雨警告於課堂開始後懸掛，該課堂將會繼續上課。
5. 取消課堂

定期團體班	<ul style="list-style-type: none">• 兒童班: 需於終止或取消課堂前一個月以書面通知本會。否則本會將收取相應之課堂費用以代替通知期。• 成人班: 需於終止或取消課堂前十四天以書面通知本會。否則本會將收取相應之課堂費用以代替通知期。• 本會將透過電話或電郵確認已收妥書面通知證明。
特別團體課程	<ul style="list-style-type: none">• 課程一經確認將不接受取消。
所有私人課堂	<ul style="list-style-type: none">• 取消課堂或更改課堂時間需於二十四小時或以前通知本會(取消私人游泳課堂需直接通知游泳教練)，否則將繼續收取課堂費用。• 會員每月只可遞交一次終止、取消或更改課堂時間書面通知。
「退出/取消課程申請表」可於五樓健康中心、九樓溜冰場及天台網球場索取。	

6. 缺席者將不獲退回費用或安排補堂。
7. 公眾假期將不會舉行任何課堂（健身訓練課堂除外）。
8. 會員將獲申請優先權。
9. 本會有權對任何課堂之安排及康體活動規則作出更改。本會亦有權在申請人數不足之情況下取消課堂。參加者可於五樓健康中心查詢最新之活動規則。
10. 申請人必須遵守本會所制定之會章及附則。課堂間如有任何損傷或發生任何意外事故，本會概不負責。



HEALTH & FITNESS

SWIMMING

ENQUIRIES: 2814 1222

SWIMMING LESSONS – GROUPS & PRIVATE

Our very popular swimming programme provides a range of lessons catering for all levels of ability.

We start with the **Parent and Infant** class, which is rewarding and designed for babies (accompanied by adults), from 4 months of age. Babies are introduced to the water at an early age to gain confidence, to learn, to kick, to be submerged and to swim short distances unaided. The coach will introduce activities to the adult who shares in the learning process with baby.

The next level is the **Pre-school** class, for children between the ages of 2½ to 5 who cannot swim (with adults accompanying). In this class, they are taught kicking and pulling techniques, how to submerge themselves and lift their head to breathe, and to swim unaided on the back and front. Lots of fun activities are also involved in order to make this a great class for the active toddler and their parent or helper.

Once the children can swim unaided, there is a wide range of lessons available, from the beginner to the advanced swimmer.

Beginner 1: This is aimed at children who can 'doggy paddle' and lift their heads to breath. Water safety and improvement of stroke are taught in this class.

Beginner 2: For children who can swim across the pool confidently. In this class, students are taught how to improve their freestyle and backstroke. The main emphasis is on correct technique, as well as the improvement of general fitness and stamina.

Beginner 3: For children who can swim a width of good-quality freestyle and backstroke. In this class, the breast stroke is introduced as well as the improvement of the other two strokes. Children will be trained to swim several widths at a time with excellent technique.

Improver: For children who can swim lengths of back stroke, breast stroke and freestyle. Butterfly will be introduced as well as the improvement of the other three strokes. The basics of diving in from the side of the pool are also introduced in this class.

Advanced: For the stronger swimmer, this is aimed at improving all four strokes, and improving stamina and diving skills.

Swim Team: For children who can swim all 4 strokes. All aspects of competitive swimming are introduced including correct starts, turns and the finish of all strokes. A high level of fitness will be achieved by regular attendance and children are invited and encouraged to participate in swimming competitions and represent the Aberdeen Marina Club.

Private Lessons: Private lessons with one of our coaches are available at various times to suit the individual child or adult. A private lesson can be the ideal choice for beginners to give them extra encouragement and prepare the child for a group lesson.

Company Portfolio: Harry Wright International, established in 1975, is the Premier Swim Club in Hong Kong. It is offering successful programmes of swimming lesson and training to children. Their professional instructors are from various countries including England, Australia, Germany and China (including Hong Kong). They have trained many top swimmers locally and internationally and some still retain current or past national records.

Level

- Parent & infant** (Must Wear Waterproof Diaper)
 Pre-school
 Beginner 1
 Beginner 2
- Beginner 3**
 Improver / Advanced
 Swim Team

Types of Lesson & Charges

<u>Group Lesson</u>	<u>Member</u>	<u>Guest</u>
<input type="checkbox"/> 45-min lesson (Once a week)	\$305 / session	\$395 / session
<input type="checkbox"/> 45-min lessons (Twice a week)	\$265 / session	\$350 / session
<input type="checkbox"/> 1-hour lesson (Once a week)	\$315 / session	\$400 / session
<input type="checkbox"/> 1-hour lessons (Twice a week)	\$280 / session	\$360 / session
Swim Team		
Participants will be charged for all lessons (regardless of attendance), which will be held on Monday, Wednesday & Friday every week.		
<input type="checkbox"/> 1-hour lesson	\$125 / session	\$215 / session
Private Lesson		
<input type="checkbox"/> Half-hour private lesson	\$515 / session	\$620 / session
<input type="checkbox"/> 1 hour private lesson	\$985 / session	\$1,100 / session

(Please ✓ where appropriate)

ACTIVITIES APPLICATION FORM

One application form per participant

Please complete this application form in BLOCK LETTERS and return to the Central Reservations Centre at least 7 days before the lesson starts. Application is subject to confirmation via return call, email or fax.

Participant's Information

Participant's Name : _____ [member / guest]
 First Name Middle Name Last Name

Date of Birth (For child lesson only) : _____ Age: _____ Gender : M / F
 Date Month Year

Parent's / Guardian's Name : Mr / Ms / Mrs _____
 First Name Middle Name Last Name

Contact Tel. : _____ [H] _____ [O]

Mobile No. : _____ Fax : _____

Email Address : _____

Preferred Date of 1st Lesson : _____

Member's Information

Member's Name : _____ M'ship No. : _____
 First Name Middle Name Last Name

Participation Agreement

I, the undersigned, hereby represent and certify that I am the parent or legal guardian of _____, who is now _____ years of age and who is in good health and has no special problems associated with his/her care. I execute this Release for my child, myself and my heirs, successors, representatives and assigns. I give my permission for my child to participate in the Activity. I certify that I have read this Release and fully understand that I am not relying on any statements or representations of any party released hereby. I understand that all of the terms and conditions contained therein also apply to my child's participation in this Activity. I further understand that I must be present during the entire time of my child's participation in the Activity.

Signature of Parent or Legal Guardian of Participant:

_____ Date: _____

By signing on this application form, I hereby confirm my consent to the Club for using of the images taken during the event which may include the participant for the Club's display and promotional purposes, including on all printed materials, online and digital media.

I do not consent to any of my images being used in any printed or digital material.

Submission of this application confirms the acceptance of all the conditions stated at the back of this form:

FOR OFFICE USE ONLY :

Received by : _____
 Received date : _____
 Date of 1st lesson : _____
 Confirmed by : _____
 Confirmed date : _____

Member's Signature _____
 Date : _____