# Remarks:

## **Application**

- Please complete a Swimming Application Form and return it to the 5/F Health Club Reception.
- Forms received will be passed to the Swimming Coach for processing and schedule confirmation.
- Fees will be charged once Members confirm the acceptance of lesson schedules.
- No lesson will be held on public holidays.

## **Weather Conditions**

- Thunderstorm Warning Signal:
- The Club reserves the right to cancel the lesson according to on-site situation.
- Amber Rainstorm Warning Signal:
- The coach reserves the right to cancel the lesson according to on-site situation.
- Red Rainstorm Warning Signal or Typhoon Signal Number 3:
  - Lessons will be cancelled
  - (except lessons held in 3/F pool when bubble is on).
  - Lessons will resume normal 1 hour after the signal is lowered.
- Black Rainstorm Warning Signal:
- Lessons will be cancelled when the signal is raised.
- Lessons will resume normal 2 hours after the signal is lowered.
- Typhoon Signal Number 8 or higher:
- Lessons will be cancelled when the signal is raised.
- Lessons will resume normal 2 hours after the signal is lowered before 4pm.
- Lessons will remain cancelled for the rest of the day if the signal is lowered after 4pm, as the Club will remain closed.

### Withdrawal / Cancellation

- Regular Group Lessons: <u>One calendar month advance written notice</u> is required. Cancellation forms are available at the 5/F Health Club.
- Private Lessons: At least 24 hours advance notice directly to the coach concerned, not to 5/F Health Club or Activities Team, otherwise, the lesson will still be charged.
- No refund or make-up lessons for unattended lessons.

#### Sick Leave

 Notification should be made to Activities Team prior to the lesson (or directly to swimming coach for private lessons) with subsequent submission of medical certificate within 48 hours. Lesson fee will then be waived (applicable once a month.)

ABERDEEN MARINA CLUB



# Regular Swimming Schedule

Group lessons for different levels: Mother & Infant / Pre-school / Beginner / Advanced & Improver / Swim Team



**Enquiries & Enrolment: 2814 1222** 



# Swimming Programme Schedule (By Level)

# **Swimming Programme Schedule (By Day)**

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Ladies Swim for						
	Fitness						
	Parent & Infant*	NEW 14:45- 15:30 15:30-16:15		NEW 10:00- 10:30 (4-23 Months)			11:00-11:45 (4-23 Months)
	Parent & Infant Advanced*			10:30-11:00			
	(8-23 Months)						
	Pre-School*			NEW 15:30- 16:15		NEW 16:15-17:00 (2.0-4.5 Years)	9.30 10:15-11:00 (2.6-4.6 Years)
	Pre-School Advanced*		14:45-15:30 15:30-16:15				09:30-10:15
	(2.6-4.6 Years)			NEW 15:30 -			
2	Beginner 1	NEW 16:15- 17:00 17:00-17:45	15:30-16:15 17:00-17:45	16:15 16.15-17.00	NEW 15:15- 16:00 17:00-17:45	NEW 15:30- 16:15	08:45-09:30 09:30-10:15
		17:00-17:45		17.00-17.45	17:00-17:45	17:00-17:45	10:15-11:00 11:00-11:45
	Beginner 1 Advanced	NEW 15.30- 16.15	17:00-17:45	17:00-17:45	15:15 – 16:00 17:45-18:45	NEW 16:15- 17:00	09:30-10:15 10:15-11:00
	Beginner 2	16:15-17:00	16:15-17:00		NEW 15:15- 16:00 17:45-18:45	17:00-17:45	09:30-10:15 10:15-11:00
	Beginner 2 Advanced	17.00-17.45	16:15-17:00		16:00-17:00 17:45 – 18:45	17:00-17:45	08:45-09:30 11:00-11:45
	Beginner 3	17:00-17:45	17:45-18:45	16:15-17:00	16:00-17:00 17:45-18:45		11:45-12:45
	Improver / Advanced	NEW 17:45- 18:45	17:45-18:45	17:45-18:45		17:45-18:45	11:45-12:45
	Swim Team	17:45-19:15		17:45-19:15		17:45-19:15	

<u>Monday</u>		<u>Thursday</u>	
14:45 – 15:30	New Parent & Infant (4-23Months)	15:15-16:00	Beginner 1
15:30-16:15	NEW Beginner 1 Adv./ Parent & Infant		Beginner 1 Adv.
16:15-17:00	NEW Beginner 1		Beginner 2
	Beginner 2	16:00-17:00	Beginner 2 Adv.
17:00-17:45	Beginner 1		Beginner 3
	Beginner 2 Adv.	17.00-17.45	Beginner 1
	Beginner 3		Beginner 2
17:45-18:45	NEW Improver / Advanced	17:45-18:45	Beginner 1 Adv./ Beginner 2
17:45-19:15	Swim Team		Beginner 2 Adv./ Beginner 3
<u>Tuesday</u>		<u>Friday</u>	
14:45-15:30	Pre-school Adv.	15:30-16:15	NEW Beginner 1
15:30-16:15	Pre-school Adv.	16:15-17:00	New Pre-school (2.0-4.5 years)
	Beginner 1		Beginner 1 Adv.
16:15-17:00	Beginner 2	17:00-17:45	Beginner 2
	Beginner 2 Adv.		Beginner 2 Adv.
17:00-17:45	Beginner 1		Beginner 1
	Beginner 1 Adv.	17:45-18:45	Improver / Advanced
17:45-18:45	Beginner 3	17:45-19:15	Swim Team
	Improver / Advanced	<u>Saturday</u>	
		8:45-9:30	Preschool (2.6-4.6 Years)
<u>Wednesday</u>			Beginner 1
10:00-10:30	New Parent & Infant (4-23Months)		Beginner 2 Adv.
10:30-11:00	Parent & Infant Adv.	9:30-10:15	Pre-school Adv.
15:30-16:15	Preschool		Beginner 1
	New Beginner 1		Beginner 1 Adv
16:15-17:00	Beginner 1		Beginner 2
	Beginner 3	10:15-11:00	Preschool (2.6-4.6 Years)
17:00-17:45	Beginner 1		Beginner 1
	Beginner 1 Adv		Beginner 1 Adv
17:45-18:45	Improver/Advanced		Beginner 2
17:45-19:15	Swim Team	11:00-11:45	Parent & Infant (4-23 Months)
			Beginner 1
			Beginner 2 Adv
		11:45-12:45	Beginner 3
			Improver/Advanced

<sup>\*</sup>Parental assistance in water is required.
Please see the activities policies from the reverse side.

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

- . Application is subject to confirmation via return call, email or fax. Incomplete information may lead to unsuccessful application.
- Payment : Fees will be charged once an application is confirmed.

Regular group classes	You will be charged on a monthly basis, based on the total number of sessions held in each month.
Special group courses	You will be charged for the whole course.
Private lessons	You will be charged according to the session(s) you enrolled.

3. Sick Leave

Fees may be waived with notification made to concerned outlets prior to the lesson (directly to swimming coach for private swimming lessons) together with subsequent
presentation of medical certificate within 48 hours at a maximum of once a month.
Accepted medical certificate will be confirmed via return call, email or fax.

Weather Conditions: Please note the class arrangements in the following conditions and no charge will be applied to all Club cancelled classes.

Type of	Venue	Raining	Amber Rainstorm	Red Rainstorm	Typhoon	Black Rainstorm	Typhoon Signal	
Lessons	Vollac		Warning Signal	Warning Signal	Signal No.3	Warning Signal	No.8 or above	
Tennis	Roof Top & North Shore Tennis Court	X Lessons are cancelled	Coach reserves the right to cancel the lesson according to on-site situation.	X Lessons are cancelled	Coach reserves the right to cancel the lesson according to on-site situation	X Lessons are cancelled Lessons will resume normal 2 hours after	X Lessons are cancelled	
	8/F Mini Football Centre		√ Lessons a	the signal is lowered.	Lessons will			
	3/F Pool (when bubble is on)		√ Lessons a	is per normal		Lessons will continue	resume normal	
Swimming & Water Aerobics	G/F Tropical Pool & 3/F Pool (when bubble is down)	√ Lesso	ns as per normal	X Lessons are cancelled  Lessons will resume normal 1 hour after the signal is lowered		if the black rainstorm warning signal is ON after the lessons	2 hours after the signal is lowered.	
All other lessons	Various indoor			s per normal		have started.		
	A H = 45 M = 164 h = 1 = 1 = 0 = 1 = 0 = 1 = 0 = 1 = 0 = 1 = 0 = 1 = 0 = 1 = 0 = 1 = 0 = 1 = 0 = 1 = 0 = 1 = 0 = 1 = 0 = 1 = 0 = 1 = 0 = 1 = 0 = 0							

All activities: If typhoon signal no. 8 is lowered after 4pm, all lessons will remain cancelled for the rest of the day.

Members may use their own discretion to decide whether to attend the resumed lessons. However, there will be no refund for lesson missed.

Cancellation

Cancellation	
	<ul> <li>Children Classes: One calendar month advance written notice to concerned outlets is required, or payment in lieu.</li> </ul>
Regular group classes	<ul> <li>Adult Classes: 14 days advance written notice to concerned outlets is required, or payment in lieu.</li> </ul>
	Accepted written notice will be confirmed via return call, email or fax.
Special group courses	No cancellation will be accepted once the application is confirmed.
	<ul> <li>24 hours advance notice for any cancellation or time change to concerned outlets (directly to swimming coach for swimming lessons) is required.</li> </ul>
All private lessons	Members are permitted one cancellation per month only.
,	Lesson will not be postponed unless a notice of time change is confirmed.

'Application for Lesson Withdrawal / Cancellation' form is available at 5/F Health Club, 9/F Chill Zone, 9/F Ice Rink, Roof Top Tennis Court and Activities Office.

- No refund or make up lesson for classes missed.
- No lesson will be held on public holidays, except personal training lessons.
   Priority will be given to members.
- The Club reserves the right to make alterations to the classes and policies without prior notice. The Club also reserves the right to cancel a class if there is insufficient number of
  enrollment. Participants are advised to check the updated policies post at the 5/F Health Club.
- 0. 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、電郵或傳真確認。填報申請表資料不足可能會影響申請。

1人5元 - 丁	明 小四五年1	N/14/14/14/14/14/14/14/14/14/14/14/14/14/
定期團	體班	依據每月開辦之課堂節數按月收取費用。
特別團	體課程	須繳交全期費用。
私人課	堂	將依據申請人申請的課堂節數收取費用。

. 病假

所有課堂	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,否則本會將如常收取	該
川有課星	押骨费田,而是语字排口限每日一带。木命烙漆温雪託、雪部或值直確認已收妥聯生證田。		

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。

	WHITE HALLS I / JE HAVE I CANTES OF THE PER PER PER PER PER PER PER PER PER PE								
課堂類別	地點	下雨	黄色暴雨警告	紅色暴雨警告	三號風球	黑色暴雨警告	八號或以上風球		
網球	頂樓及北岸網球場	× 課堂取消	教練將因應當時 情況取消課堂	× 課堂取消	教練將因應當時 情況取消課堂	×課堂取消	× 課堂取消		
八樓小型足球中心									
游泳及	三樓游泳池 (當帳蓬加建後)	✓ 課堂照常 將回復		將回復正常	警告除下 兩小時後				
水中健康舞	地下碧波游泳池及三樓	J #	果掌照常	× m	堂取消	當黑色暴雨警告於課堂 開始後懸掛,該課堂	課堂將回復正常		
游泳池(當帳蓬除下) 警告除下一小時後課堂將回復正常 警告除下一小時後課堂將回復正常									
所有其他課堂	所有其他課堂 不同室內地點 ✓ 課堂照常								
	<b>所有活動:</b> 當八號風球於下午四時後除下,當天所有課堂將繼續取消。								

會員可自行決定是否參加當天回復之課堂,唯缺席者將不獲退回該課堂之費用。

取消課堂

机用床生	
定期團體班	<ul> <li>• 兒童班· 請於終止或取消課堂前一個月以書面通知本會。否則本會將炎取相應之課堂費用以代替通知期。</li> <li>• 成人班· 請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。</li> <li>• 本會將逐過電話、電郵或傳具確認足收安書面通知虛實。</li> </ul>
特別團體課程	・課程ー經確認將不接受取消。
所有私人課堂	<ul> <li>取消課堂或更边課堂時間辦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。</li> <li>會員每月只可遵交一次終止、取消或更改課堂時間書面徵至。</li> <li>本會只會在確定收到更改課堂時間通知後才會接受課堂延期。</li> </ul>
	「退出/取消課程申請表」可於五樓健康中心、九樓 Chill Zone、九樓溜冰場、天台網球場及康體活動辦公室索取。

- 6. 缺席者將不獲退回費用或安排補堂。
- . 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
- 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,本會槪不負責。

#### 8 SHUM WAN ROAD, ABERDEEN, HONG KONG.

TEL: (852) 2555 8321 FAX: (852) 3020 7489 Email: sports@aberdeenmarinaclub.com Website: http://www.aberdeenmarinaclub.com

# Swimming



ABERDEEN MARINA CLUB



# **SWIMMING**

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.
- Swim for Fitness: Children's Aimed for the busy child who needs to get some exercise at least once a week. A once or twice weekly workout can help improve stamina, general fitness and burn unwanted calories. Improve all 4 strokes and learn to turn
  - And dive.
  - <u>Ladies'</u> A great way to keep in shape. Improve your Stamina and swimming skills with tips and work outs from
  - one of our club coaches. You will soon feel the benefits as your skills, efficiency and general fitness improves.
- 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	J	Pre-school	J	Beginner 1	]	Beginner 2	Beginner 3
			Improver / Advanced		Swim Team		Children's Swim for Fitness	Ladies' Swim for Fitness
Тур	es of Lesson 8	k Cha	rges					
	Group Lesson Half-hour lesson (on Half-hour lessons (twic 45-min lessons (twic 1-hour lessons (once 1-hour lessons (twic	vice a v a weel e a weel a week	<u>veek)</u> ( <u>)</u> ( <u>ek)</u> )				Member   \$190 / session   \$175 / session   \$235 / session   \$220 / session   \$265 / session   \$250 / session   \$250 / session	Guest \$265 / session \$250 / session \$310 / session \$295 / session \$335 / session \$320 / session
	Swim Team ***Participants will be of 1-hour lesson	charged	for all lessons (reg	ardless (	of attendance), whic	ch will b	e held on Monday, Wedne \$105 / session	sday & Friday every week.*** \$185 / session
	Children's Swim fo 1-hour lesson (once 1-hour lessons (twice	a week	)				\$185 / session \$125 / session	\$265 / session \$205 / session
	Ladies' Swim for Fi 1-hour lesson	itness					\$265 / session	\$345 / session
00	Private Lesson Half-hour private lessor 1 hour private lessor						\$475 / session \$925 / session	\$570 / session \$1,025 / 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.

Name Middle Nam  Month Year  Mrs First Name	Age:  Middle Name	Gender : M / F
Mrs First Name	Middle Name	Last Name
First Name	[Н]	[0]
	• •	
	Fax :	
me Middle Name	Last Name M'ship N	lo. :
good health and has no speci s, successors, representatives ead this Release and fully und I understand that all of the te	al problems associated was and assigns. I give my derstand that I am not relums and conditions contains and conditions contains.	with his/her care. I execute permission for my child to ying on any statements or ained therein also apply to
	Date:	
or the Club's display and eing used in any printed or o acceptance of all the condit	promotional purposes digital material. ions stated at the back	s, including on all print
f	fy that I am the parent or legal good health and has no special specia	y confirm my consent to the Club for using of the Club's display and promotional purpose sing used in any printed or digital material.  acceptance of all the conditions stated at the back FOR OFFICE USE ONLY:  Received by Received date

Enquiry: Tel.: 2814 1222 Fax: 3020 7499 Email: reservations@aberdeenmarinaclub.com