



Tung Chung Swimming Pool

Sword Fish Club (Tung Chung)

Sword Fish Club has found for more than 30 years. Many elite swimmers have been well trained up by coaches. We have won numerous awards in the competitions organized by the Hong Kong Amateur Swimming Association and the Hong Kong Schools Sports Federation. Coaches have trained up swimmers as the Hong Kong Swimming Team and Hong Kong Regional Swimming Team Representatives.

We have been providing swimming classes and team to primary and secondary schools. Always win the support from teachers and parents for years. On the other hand, we have always been promoting swimming. Our distribution of teams is as follows:

Tung Chung, Tseung Kwan O, Kwun Tong, Tai Po, Yuen Long, Sham Shui Po, Tsing Yi, Tuen Mun.

Coaches in the Club are well-qualified with different coaches and official certificates. We focus on professional and systemic training by using creative, interactive, practical and safe with fun way to promote swimming. We hope swimmers will enjoy swimming in a safe and enjoyable environment.

Course	Targeted Age	Course Aim	Ratio
Nursery Level	3-15	Children will learn the basic swimming skills, including water safety, floating, kicking, basic beginner strokes and breathing skills.	1 : 2-3
Beginners Level		Freestyle should be learned and practiced.	1 : 4-6
Intermediate Level		Learning Backstroke and Breaststroke, reviewing the Freestyle and try to learn Butterfly kick.	
Training Level (Pre-Team)	6-15	Able to swim for 50M Freestyle and 25M Backstroke/Breaststroke Butterfly full stroke would be learned and being ready for the training team.	1 : 8-20
Adult Class	18 or above	Mainly to learn Breaststroke and train up the fitness.	1 : 10

Sword Fish Club Summer Swimming Course 2024

Course Code	Date	Day	Time	Lessons	Fee
TC701A	3/7 – 15/7	Mon, Wed, Fri	9-10am / 10-11am / 11am-12pm / 4-5pm / 5-6pm / 7-8pm	6	\$750 (Aged 5 or above) \$900 (Aged 4 or below)
TC701B	17/7 – 29/7				
TC801A	31/7 – 12/8				
TC801B	14/8 – 26/8				

Course Code	Date	Day	Time	Lessons	Fee
TC704	3/7 – 28/7	Wed, Fri	9-10am / 10-11am / 11am-12pm / 4-5pm / 5-6pm / 7-8pm	8	\$1000 (Aged 5 or above) \$1200 (Aged 4 or below)
TC804	31/7 – 23/8				
TC705	4/7 – 27/7	Thu. Sat			
TC706	1/8 – 24/8				

Course Code	Date	Day	Time	Lessons	Fee
TC707	6/7 – 24/8	Sun	9-10am / 10-11am / 11am-12pm	8	\$1080 (Aged 5 or above) \$1440 (Aged 4 or below)
TC708					
TC709					

*Admission Fee is included. By applying the above classes, swimmers can get a free swimming cap.

* Applications will be accepted on a first-come-first-served basis.



Swimming Course (Tung Chung) 2024

1. Students are required to report at pool 10 minutes prior to the class according to the time and date in the timetable.
2. Parents are required to pick up your children at the entrance after the lesson.
3. Course fee is non-refundable and non-transferable unless the course is full or cancelled.
4. Students are required to show their receipt on the first lesson and keep the receipt until the course has finished.
5. Absence of either sick leave or personal leave is limited to one day for each course. Students are required to present doctor certificate for absence due to illness.
6. Courses will be cancelled if Typhoon No. 8 or above and Black Rainstorm signal is hoisted within two hours from the course starts. All courses will normally be held as scheduled for other circumstances. No refund will be allowed for cancellation of courses due to weather.
7. If the pool is not available for any outbreak or unforeseeable problem, no refund will be allowed. If time and venue are available, make up class will be arranged.
8. The Club reserves the rights to disqualify any student for violation of the rules or lack of attendance, course fee will not be refundable.
9. Sword Fish Club reserves the rights to amend the above rules and regulations without priority notice.

Disclaimer :

1. I agree that my son/ daughter to participate in the swimming course of your Club and claimed that his/ her health condition is suitable for swimming.
2. I agree to follow the rules and regulations of your Club and agree my son/ daughter to obey the instructions given by the coach during the training classes. I declare that I will bear all costs of any sufferings, injuries and damage of belongings during the participation of any swimming classes and will not ask for compensation of any kind from your Club. °
3. I agree and give Sword Fish Club the right to use any information or materials of my son/ daughter on promotional items and advertisement.

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