



## Training Schedule of Jan-Feb 2020 (Tung Chung)

### 1. Training Schedule of Jan-Feb:

| Course     | Team            | Mon          | Tue | Wed   | Thu          | Fri          | Sat            | Sun              |
|------------|-----------------|--------------|-----|---|--------------|--------------|----------------|------------------|
| SFC010220T | <b>Team</b>     | <b>6-8pm</b> | /   | <b>6-8pm</b><br>Dryland at 1 <sup>st</sup> hour | <b>7-9pm</b> | <b>6-8pm</b> | <b>3-6pm</b>   | <b>10am-12pm</b> |
| SFC010220P | <b>Pre-team</b> |              |     |   |              |              |                |                  |
| SFC3520C   | <b>Class</b>    | /            | /   | <b>5-6pm</b>                                    | /            | <b>5-6pm</b> | /              | /                |
| SFC4620C   |                 |              |     | /   | <b>5-6pm</b> | /            | <b>2-3pm</b>   |                  |
|            |                 |              |     |   |              |              | <b>3-4pm</b>   |                  |
|            |                 |              |     |   |              |              | <b>5-6pm</b>   |                  |
| SFC0120C   |                 |              |     | /   | /            | /            | <b>10-11am</b> |                  |

\* Swimmers are required to pay their own admission fee (Exceptional for Swimming class).

\* Please note that the training schedule on 1/1 (First day of year) & 24-27/1 (Lunar New Year) would be suspended for all courses.

### 2. Training fee is as below:

| Jan-Feb 2020    |              |
|-----------------|--------------|
| Team & Pre-team | \$800/month  |
| Class           | \$100/lesson |

3. Swimmers are required to report at pool **10 minutes** prior to the class according to the time and date in the timetable. Swimmers should arrive to the swimming pool on time because continuity is essential to swimming.

4. For the latest information, kindly refer to <http://swordfishclubswimming.com>.

5. The Club reserves the rights to disqualify any swimmer for violation of the rules or lack of attendance, training fee will not be refundable.

Enquiries: 9666 5728 (Louie Chan) / 6842 1607 (Tony Chan)



### Sword Fish Club Training Schedule of Jan-Feb 2020

Name (Chinese): \_\_\_\_\_ (English): \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: M / F

Tel: \_\_\_\_\_ Address: \_\_\_\_\_

School: \_\_\_\_\_ Class & Class No.: \_\_\_\_\_

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. 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.

Parent/ Guardian's Signature: \_\_\_\_\_ Parent/ Guardian's Name: \_\_\_\_\_