



## Training Schedule of Nov-Dec 2019 (Tung Chung)

### 1. Training Schedule of Nov-Dec:

Course	Team	Mon	Tue	Wed	Thu	Fri	Sat	Sun
SFC111219T	<b>Team</b>	5-7pm	/	6-8pm		6-8pm	3-6pm	10am-12pm
SFC111219P	<b>Pre-team</b>			Dryland at 1 <sup>st</sup> hour	/			
SFC3519C	<b>Class</b>				5-6pm		5-6pm	/
SFC4619C		/		5-6pm		2-3pm	/	
			/				3-4pm	
							5-6pm	
SFC0719C					/		/	10-11am

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

\* Please note that the training schedule on 25-26/12 (Christmas) would be suspended for all courses.

### 2. Training fee is as below:

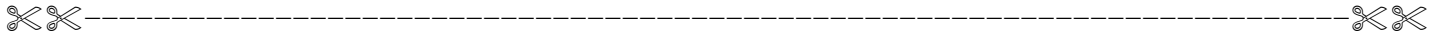
Nov-Dec 2019	
Team & Pre-team	\$800/month
Class	\$100/lesson

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 Nov-Dec 2019

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: \_\_\_\_\_