



Training Schedule of Jul-Aug 2026 (Tung Chung)

Training Schedule of Jul-Aug:

Course	Team	MON	TUE	WED	THU	FRI	SAT	SUN
SFC010124TA	A	5-8pm	5-8pm (1 st hour dryland)	5-8pm		/	1-4pm (1 st hour dryland)	10am-12pm
SFC010224TB	B	3-5pm		3-5pm			4-6pm	
SFC010224TC	C	5-8pm		5-8pm	/	5-8pm	4-7pm (1 st hour dryland)	1-3pm
SFC010224P	Pre-team	/	6-7pm	1-3pm		5-7pm	/	
SFC010224C	Learning Class	1-6pm / 7-8pm					9am-12pm /1-6pm	10am-12pm
		Free choice of the above time slot for the learning class						

Please note that all the training on 1/7 (HKSAR Establishment Day), 23/8 (Islands District Age Group Swimming Competition) would be suspended.

Training fee is as below:

Jul-Aug 2026			Coach 
TeamA	\$1,400/month		Louie Chan (9666 5728)
Team B	\$1,300/month		
Team C	\$1,300/month		Li sir (5331 3566)
Pre-team	\$1,200/month		
Learning Class (Entry fee included)	Aged 4 or below	\$160/lesson	
	Aged 5 or above	\$125/lesson	
	Adults	\$120/lesson	

Please note that all the training on 1/7 (HKSAR Establishment Day), 31/8 (Islands District Age Group Swimming Competition) would be suspended.

- Swimmers are required to pay their own admission fee (Exceptional for Learning class).
- If the Observatory hoists the typhoon signal No. 8 or above and the black rainstorm warning signal two hours before the training, the training will be cancelled on the same day.
- The continuity of swimming training is very important. In order to achieve reasonable results, students must attend training on time.
- Swimmers are required to report at pool **15 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.
- Any swimmers of Pre-team who perform well and being recommended by coach could be promote to Team A.
- For the latest information, kindly refer to <http://swordfishclubswimming.com>.