




## Training Schedule of Mar-Apr 2024 (Tung Chung)

### Training Schedule of Mar-Apr:

Course	Team	MON	TUE	WED	THU	FRI	SAT	SUN
SFC010124TA	A	6-8pm	6-8pm	5-8pm <small>(1<sup>st</sup> hour dryland)</small>	6-8pm	/	1-4pm <small>(1<sup>st</sup> hour dryland)</small>	10am-12pm
SFC010224TB	B	5-7pm		5-7pm <small>(1<sup>st</sup> hour dryland)</small>	5-7pm			
SFC010224TC	C			5-7pm	/	5-7pm	/	
SFC010224P	Pre-team	/			4:30-5:30pm		6-7pm	9-10am
SFC010224L	Rookie	/		4:30-5:30pm	/		3-4pm	10-11am
SFC010224C	Learning Class	4-6pm / 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 29-30/3, 1/4 (Easter), 4/4 (Ching Ming Festival) would be suspended.

### Training fee is as below:

Mar-Apr 2024			Coach 
Team A	\$1200/month		Louie Chan (9666 5728)
Team B	\$1100/month		
Team C	\$1000/month		
Pre-team	\$900/month		
Rookie	\$800/month		
Learning Class (Entry fee included)	Aged 4 or below	\$160/lesson	Li sir (5331 3566)
	Aged 5 or above	\$125/lesson	
	Adults	\$120/lesson	

- 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>.