

# Hong Kong Dolphins Swimming Team



## **SUMMER TERM 2017 TRAINING SCHEDULE**

## HK DOLPHINS SWIMMING TEAM

The Hong Kong Dolphins Swimming Squad is for those who enjoy and have enthusiasm for swimming, and want to train in a competitive environment. Potential Dolphins swimmers must complete an assessment or progress through our Advanced class.

The Junior Dolphins and Senior Dolphins are grouped by ability rather than age with swimmers ranging from 8 – 18 yrs. Sessions are held over 1 to 2 hours, with distances covered 1000 m – 3000 m. Swimmers are expected to join at least 2 of the 3 age group competitions to obtain updated times for recorded improvement. Meets are held throughout the year.

Our guiding aim is to keep the enjoyment in swim training by finding a good balance between the necessary fitness and stamina sessions, and skills based sessions where swimmers learn the correct and most efficient technique of all strokes, but also the competitive skills that are needed to compete to a high standard.

Swimmers must be able to complete the ASA National Plan Stage 10 or swim to the same standard.

### **Coaches:**

Director of Aquatics	Suzy Roy	Phys Ed Degree, ASA Swim Teacher
Competitive Coach	Lewis Jones	Phys Ed Degree, ASA Swim Teacher
Competitive Coach	Matt Brady	Masters in Education, USA Swim teacher. (Ex N.Carolina State Champion)

### Dolphins Swimming Costumes Replacement Costs

Item Code	SWIMMING	Price \$
SW001	Swimming Goggles	\$60
SW002	Swimming Cap (Lycra)	\$30
SW003	Multi-Sport Swimming Cap (Silicone)	\$60

Coaches will bring your ordered equipment to you at earliest available lesson. Please call our office at 2540 1257 if you have any questions.

To order:

Please arrange completed form with cheque made payable to “Multi-Sport Limited” and send by post.

Children’s Name:	Day	Time
Equipment Item Code	Quantity	Price \$
1		
2		
TOTAL :		

## TRAINING AT FRENCH INTERNATIONAL SCHOOL

34 PRICE ROAD, JARDINE'S LOOKOUT, HK

<b>Tuesday</b> Apr 18 – Jun 27 no lesson on May 30	<b>Wednesday</b> Apr 19 – Jun 28 no lesson on May 3	<b>Friday</b> Apr 21 – Jun 30	<b>Saturday</b> Apr 22 – Jun 24
10 sessions	10 sessions	11 sessions	10 sessions
6:30 – 7:30 \$1800	6:30 – 7:30 \$1800	6:30 – 7:30 \$1980	11:00 – 1:00 \$1800

### Fees:

Once per week	As indicated above
Twice per week	\$2520
Three times per week	\$3100
Four times per week	\$3485



**\*\*SWIMMING CAP MUST BE WORN DURING LESSONS\*\***

**\*\*THOSE WITHOUT A SWIM CAP WILL NOT BE ALLOWED IN THE POOL\*\***

### Notes & Conditions

1. Refunds, credit letters or make up lessons will not be given for non-attendance of training session for any reason.
2. Sessions are automatically cancelled during Red/Black rain warnings or the hoisting of the No.8 Typhoon Signal or when course venues are closed due to inclement weather.
3. A credit letter shall only be issued for lessons cancelled by Multi-Sport due to unforeseeable circumstances.
4. Refunds, credit letters or make up lessons will not be given for non-attendance of lessons for any reason
5. Swimming caps MUST be worn during swimming lesson. For those without a swim cap will not be allowed in the pool.
6. Special 10% discount to FIS students only applies to those who train once a week.
7. Multi-Sport Ltd may use media equipment during any session for analysis and/ or promotional purposes. By enrolling on any Multi-Sport programme you are giving permission for images of your child to be used by Multi-Sport Ltd for any lawful purpose. If you would rather Multi-Sport Ltd did not use images of your child, please make us aware in writing.

## HONG KONG DOLPHINS SWIMMING TEAM APPLICATION FORM SUMMER TERM 2017

Child's Name	Date of Birth

Please indicate the following clearly by tick ✓  
Day of training:

FIS – Tue <input type="checkbox"/>	FIS – Wed <input type="checkbox"/>	FIS – Fri <input type="checkbox"/>	FIS – Sat <input type="checkbox"/>
------------------------------------	------------------------------------	------------------------------------	------------------------------------

Please fill in all details accurately or application may not be accepted.

Parents Name: (Please print) \_\_\_\_\_

Tel No. Home \_\_\_\_\_ Work \_\_\_\_\_ Mobile \_\_\_\_\_

Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Return Address: \_\_\_\_\_

I have read and accept all the conditions relating to the above and wish to enrol my child in the Hong Kong Dolphins Swimming Team Summer Term 2017.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please send completed application form and payment to:

Multi-Sport Limited  
8/F, Kingdom Power Commercial Building  
32 – 36 Des Voeux Road West  
Hong Kong  
Tel : 2540 1257  
Fax : 2609 1779  
Email : admin@multi-sport.com.hk