

Hong Kong Dolphins Swimming Team



SPRING TERM 2018 TRAINING SCHEDULE

HK DOLPHINS SWIMMING TEAM

The Hong Kong Dolphins Swimming Squad is for motivated swimmers who enjoy swimming, and want to progress and train to reach their swimming potential! Dolphins swimmers must complete an assessment or progress through our Advanced swim class, they must be able to complete the ASA National Plan Stage 10 or swim to the same standard.

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 expected distances of 1000m – 3000m. Swimmers are encouraged to join the bin-annual age group sprint competitions to obtain updated times for personal record improvement. Meets are held in the Autumn and Summer Term.

Our guiding aim is to preserve the enjoyment in swim, while motivating our swimmers to train hard and commit to maximum effort for each session. The training season consists of all four strokes development and correction, interval and endurance sets, turns, starts and competition development. Our coaches are highly motivated and bring the fun back to swim training!

Dolphins Swimming attire 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

Tuesday	Wednesday	Friday	Saturday
Jan 9 – Mar 27 no lesson on Feb 20 11 sessions	Jan 10 – Mar 28 no lesson on Feb 21 11 sessions	Jan 12 – Mar 23 no lesson on Feb 16 & 23 11 sessions	Jan 13 – Mar 24 no lesson on Feb 17 & 24 9 sessions
6:30 – 7:30 \$2310	6:30 – 7:30 \$2310	6:30 – 7:30 \$1890	11:00 – 1:00 \$1890

Fees:

Once per week	As indicated above
Twice per week	\$3080
Three times per week	\$3410
Four times per week	\$3800



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

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
SPRING TERM 2018**

Child's Name	Date of Birth

Please indicate the following clearly by tick \checkmark
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 Spring Term 2018.

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