

# 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 assessed and encouraged to improve their Personal Bests termly, as well as having the opportunity to join the bi-annual sprint competitions. 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 \$
SW002	Swimming Cap (Lycra)	\$40
SW003	Multi-Sport Swimming Cap (Silicone)	\$70

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.

Child’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>Saturday</b>  Oct 8 – Dec 17 No lesson on Nov 5 10 Sessions
11:30 – 1:00 \$3300



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

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  
AUTUMN TERM 2022**

Child's Name	Date of Birth

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 2022

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](mailto:admin@multi-sport.com.hk)

# Hong Kong Dolphins Swimming Team



## AUTUMN TERM 2022 TRAINING SCHEDULE