

Notes and Conditions. Please read carefully: -

1. Please send your application form to Multi-Sport Ltd. and not to the HKCC. Your child will not be accepted unless a completed form has been received. Only unsuccessful applicants will be notified otherwise please turn up for the first lesson.
2. The Members Club account will be charged on a monthly basis.
3. Failure to attend lessons in no way absolves the Member from their financial obligations.
4. Guests (non-members) are welcome but priority will be given to club members. Billing must be charged to a valid member's account on guests' fee.
5. In order that lessons may be planned, allocated and billed correctly, 15 days written notice of cancellation is required.
6. There will be no lessons on public holidays.
7. Under no circumstances will children be accepted outside their age category.
8. Uniform: Official Multi-Sport Uniform will be given out at cost of \$200.00 for those who do not have one.
9. 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.
10. For details of cancellations due to inclement weather, please visit our website: www.multi-sport.com.hk/disclaimers-and-policies
11. I accept that the Hong Kong Cricket Club, its servants and employees and Multi-Sport Ltd. and its coaches will not accept liability whatsoever arising out of any accident or injury or to any person or for loss of or damage to any property anywhere within the Hong Kong Cricket Club or any venues in connection with the Hong Kong Cricket Club Multi-Sport programmes.

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HONG KONG CRICKET CLUB
MULTI-SPORT PROGRAMMES 2023

**APPLICATION FORM
HKCC - MULTI-SPORT PROGRAMMES 2023
APPLICATION FORM**

Name	Date of Birth	Day/Programme	Time

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

Please tick to indicate the months you would like to join.

Jan Feb Mar Apr May Jun
 Jul Aug Sept Oct Nov Dec

Parent's Name: _____ HKCC A/C No. _____

Home No.: _____ Work No.: _____

Mobile: _____ Email: _____

Address: _____

Please inform us of any medical conditions we should be aware of.

I have read and accept all the conditions relating to the above course and wish to enroll my child(ren) in the above HKCC Multi-Sport Programme(s).

Signature: _____ Date: _____

GROUP SWIMMING PROGRAMME

Lessons and training will start in April/May 2023 (TBC) subject to weather and will continue until November in the heated pool every Monday, Tuesday and Thursday afternoons.

To ensure your child gets the most out of their lessons please ensure they arrive on time with goggles adjusted and ready to swim. Please do not let your children swim before their lessons on cold days.

The aim of the programme is to have children swimming gracefully and efficiently and to develop a love for the water. Classes have specific focus on technique and stroke correction, while ensuring students are in a safe and enjoyable environment.

Classes and Times: -

Pre-School - 3:00 - 3:30pm

For children aged 3 - 5 years who cannot swim. To maximise results we ask that Parents or guardians participate in the lesson.

Advanced Pre-School – 3:30-4:00pm

For children aged 4 - 5 years who can swim. To maximise results we ask that Parents or guardians are prepared to participate in the lesson until children reach a safe and competent level.

Level 1 – 4:00-4:30pm

Children who are 5yrs and over, but are still learning the basic techniques and need improvement on stamina and style.

Level 2 – 4:45-5:15pm

Children who can swim Freestyle, Backstroke and Breaststroke and are ready for formal lessons delivered in the lanes. Must be able to swim 25m correctly on all 3 strokes

Level 3 – 5:15- 6:00pm

Children 7 and above who can swim 50m on the 3 main strokes with confidence and have a strong understanding of butterfly as well as competitive starts and turns.

Dolphins - 6:00 – 7:00pm

For swimmers who have progressed from Level 3 and/or are ready for team training and further stroke correction, starts and turns. Swimmers must be able to swim at least 200m continuously with correct technique. Swimmers that show interest in further training are invited to train with our swim team at the French International School, as well as compete in regular competitions.

Timetable: -

	Monday	Tuesday	Thursday
3:00 – 3:30 pm	Pre-School		Pre-School
3:30 – 4:00 pm	Adv Pre-School		Adv Pre-School
4:00 – 4:30 pm	Level 1	Level 1	Level 1
4:45 – 5:15 pm	Level 2	Level 2	Level 2
5:15 – 6:00 pm	Level 3	Level 3	Level 3
6:00 – 7:00 pm	Dolphins	Dolphins	Dolphins

Charges:

Members: \$840 per month/Guest \$880 per month

*In the event of either lightning or of typhoon signal No. 8 being hoisted, lessons will be canceled. During dubious weather please contact the Club or Multi-Sport an hour before lessons are scheduled to start.

PARENT & BABY SWIMMING

Infant swimming lessons for children aged between 6 months to 3 years.
An invaluable start to any child's swimming career.

This programme is tailored for infant to preschool children and includes fun and stimulating activities to have them enjoying the water in a safe and social environment. We also teach the parents the correct techniques to hold and submerge the children to give them the best foundations for becoming happy water babies.

Day & Times:

Monday mornings from June 2023 until the end of September 2023.

9:30 – 10:00am 6 – 12 months
10:00 – 10:30am 13 – 24 months
10:30 – 11:00am 2 – 4 yrs old

Fee per month: Members: \$800



PRIVATE SWIMMING LESSONS ARE AVAILABLE

30 mins	
1 pax	2 pax
\$520	\$260@

(maximum 2 persons with similar age and ability)

Please call the Multi-Sport office on 2540 1257 for booking and information.

ADULT MASTERS SWIMMING

Masters swim training will start mid-April (TBC) through to November. The course is intended for adults who are good swimmers and would like to improve their technique and keep fit.

Lessons are held twice a week and swimmers normally achieve 2-3KM each session. This team environment makes every session fun and challenging. Although swimmers are reaching impressive distances there is always a clear focus of improving existing technique as well as advancing fitness

Evening training

Every Tuesday and Thursday

Time: 7:15 – 8:15 pm

Fee per month: Once a week- Member: \$640 Guests: \$760
Twice a week- Member: \$1080 Guests: \$1400
Fee per session: Member: \$160 Guests: \$190

ADULTS STROKE CLINICS

This session is for adults who are looking to become stronger swimmers by improving technique and efficiency in the water. Swimmers will focus on all strokes and distances will be tailored to the ability of the group.

Swimmers are required to swim a minimum of 25 metres.

Every Tuesday and Thursday

Time: 10:00 – 11:00am

Fee per month: Once a week- Member: \$640 Guests: \$760
Twice a week- Member: \$1080 Guests: \$1400
Fee per session: Member: \$160 Guests: \$190

GYM FOR TOTS

This course enables toddlers to learn a variety of skills such as balancing, climbing, jumping, running, throwing and catching. Infants learn to participate in a group, respond to instructions while developing confidence and self-esteem. These fun filled lessons are an invaluable start to any child's education.

Mothers or fathers are expected to be present and to give individual attention to their own child, who must be one or two years and walking. Please ensure both guardian and child wear suitable attire.

Takes place every Tuesday (Jan – Jun; Sept – Dec, 2023)

Venue: Tues: 2/F Multi-Purpose Room

Age	Tuesday AM
12 - 23 mths	9:00 – 9:45
24 - 35 mths	9:45 – 10:30

Fee per month: Members: \$720/ Guests: \$760 per month

GYMNASTICS

The strength, co-ordination, agility and flexibility obtained in our Gym for Joy Programme has life lasting benefits and there is a great deal of carry over skill into other sports. All the basics are covered with an emphasis on floor work, beam, trampette and vaulting. The programme has its own Gym for Joy award scheme that caters for the three-year-old beginner to the advanced gymnast. As children progress through the structured awards we hope to develop their bodies, minds and characters. Gymnastics Competitions and Parent Interactive Lessons are organised throughout the year so that gymnasts have the opportunity to demonstrate the routines and skills acquired during lessons.

Course:

Every Friday and Saturday (Jan – Jun; Sept - Dec, 2023)

Place: 2/F Multi-Purpose Room

Age	Friday PM	Saturday AM	Saturday PM
3 - 4	3:00 – 3:30	9:00 – 9:30	
4 - 5	3:30 – 4:00	9:30 – 10:00	3:00 – 3:45
5 – 7	4:00 – 4:45	10:00 – 10:45	2:15 – 3:00
7 – 8	4:45 – 5:30	10:45 – 11:30	1:15- 2:15
Advanced	5:30 – 6:30	11:30 – 12:30	

Fee per month:

Members: \$800/Guest : \$840 per month

