



迪泳會中山公園游泳池 Dik Wing Association Sun Yat Sen Memorial Park Pool

3歲以上泳班 Swimming Class (above 3yo)

星期 Week	日期 Date	時間 Time	每位收費 Per Person
一 Mon	4, 11, 18, 25/7 1, 8, 15, 22, 29/8	1000-1100 1100-1200 1400-1500 1500-1600 1600-1700 1800-1900 1900-2000	\$1530
三 Wed	6, 13, 20, 27/7 3, 10, 17, 24/8	1400-1500 1500-1600 1600-1700 1800-1900 1900-2000	\$1360
四 Thur	7, 14, 21, 28/7 4, 11, 18, 25/8	1000-1100 1100-1200 1400-1500 1500-1600 1600-1700 1900-2000	\$1360
五 Fri	8, 15, 22, 29/7 5, 12, 19, 26/8	1000-1100 1100-1200 1400-1500 1500-1600 1600-1700 1800-1900 1900-2000 2000-2100	\$1360



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星期 Week	日期 Date	時間 Time	每位收費 Per Person
六 Sat	2, 9, 16, 23, 30/7 6, 13, 30, 27/8	0900-1000 (專線) (reserved lane) 1000-1100 (專線) (reserved lane) 1100-1200 (專線) (reserved lane) 1200-1300 (專線) (reserved lane) 1600-1700 1700-1800 (專線) (reserved lane) 1800-1900	\$1530
日 Sun	3, 10, 17, 24, 31/7 7, 14, 21, 28/8	1000-1100 1100-1200 1200-1300 (專線) (reserved lane)	\$1530
技術改良班 (需由梁教練推薦) Advanced Class (with Coach Leung recommendation)			
五 Fri	8, 15, 22, 29/7 5, 12, 19, 26/8	1900-2000	\$1120
六 Sat	2, 9, 16, 23, 30/7 6, 13, 30, 27/8	1700-1800 (專線) (reserved lane)	\$1260



如欲報名，請聯絡梁教練 96443119

Please contact Coach Leung 96443119.

一經確認報名後，不論病假或事假，均不設補堂。

Once confirmed application, no substitute class will be arranged regardless of any leave.

非專線時段不包括入場費

Entrance fee is not included.

另設泳隊訓練及成人泳班，請向梁教練查詢。

For adult classes and team training, please contact Coach Leung.