

# Hong Kong Dolphins Swimming Team



## AUTUMN TERM 2010 TRAINING SCHEDULE

## **HK DOLPHINS SWIMMING TEAM**

The Hong Kong Dolphins Swimming team is for athletes who would like to get really fit, feel great and take part in regular swimming meets and social events. Dolphins train throughout the year.

Sessions are between 1,000m to 5,000m., with duration of 1 - 2 hours. There is a junior squad (ages 7 – 12) and a senior squad (ages 12 – 18). Swimmers that make the qualifying times will be entered into ASA swimming competitions.

Potential Dolphins swimmers must start in our Level 3 classes. Swimmers must be proficient in all four strokes, starts and turns. Ideally swimmers should have the maturity, commitment and enthusiasm to handle training, before being invited.

Regular swimming meets are arranged. Details will be announced in due course.

Coaches:

Christopher Funnell

Phys Ed Degree, ASA Swim Teacher

Pierre Steynberg

Cert. Ed. Phys. Ed., ASA Swim Teacher

### **Dolphins Swimming Costumes Replacement Costs**

Item Code	SWIMMING	Price \$
SW001	Swimming Goggles	\$60
SW002	Swimming Cap	\$30
SW003	Dolphins Swimming Cap (Silicone)	\$35
SW004	Dolphins Swimming Suit (Boys)	\$120
SW005	Dolphins Swimming Suit (Girls)	\$160

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>Wednesday</b> Sept 8 – Dec 15 (no lesson on Oct 27) 14 sessions	<b>Friday</b> Sept 10 – Dec 17 (no lesson on Oct 1 & 29) 13 sessions	<b>Saturday</b> Sept 18 – Dec 18 (no lesson on Oct 16) 13 sessions
6:30 – 7:30 \$2250	6:30 – 7:30 \$2100	11:00 – 1:00 \$2100

Fees:

Once per week                      As indicated above

Twice per week                    \$2985

Three times per week            \$3450



**\*\* 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. Special 10% discount to FIS students only applies to those who train once a week.

**HONG KONG DOLPHINS  
SWIMMING TEAM APPLICATION FORM  
AUTUMN TERM 2010**

<b>Child's Name</b>	<b>Date of Birth</b>

Please indicate the following clearly by tick ✓

Day of training:

<b>FIS – Wed</b> <input type="checkbox"/>	<b>FIS – Fri</b> <input type="checkbox"/>	<b>FIS – Sat</b> <input type="checkbox"/>
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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 Autumn Term 2010.

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

Please send completed application form and payment to:

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