

**2024 Mar to Jun**

# Swimming Course Application Form

## Organized by Win Tin Swimming Club Limited

Potential students will be recommended to join the swimming team of Win Tin Swimming Club. With over 30 years of teaching experience. Win Tin Swimming Club garnered the Boys overall, Girls overall and Club overall championship over 120 times in local important swimming competitions. In the past, Win Tin Swimming Club has been awarded as the highest score swimming club of Hong Kong China Swimming Association for 15 years consecutively.



### Swimming Pools in Hong Kong Island



**1) Victoria Park Swimming Pool**

Address: 1 Hing Fat Street, Causeway Bay, HK  
(near Tin Hau MTR station exit A2)  
Meeting place: Swimming Pool main entrance

**2) Siu Sai Wan Swimming Pool**

Address: 1/F Siu Sai Wan Complex  
15 Siu Sai Wan Road, Hong Kong.  
Meeting place: Swimming Pool main entrance

**3) Kennedy Town Swimming Pool**

Address: 2 Sai Cheung Street North, Kennedy Town, H.K.  
Meeting place: Swimming Pool main entrance

**4) Morrison Hill Swimming Pool**

Address: 7 Oi Kwan Road, Wan Chai, Hong Kong  
(near Queen Elizabeth Stadium)  
Meeting place: Swimming Pool main entrance

**5) Chai Wan Swimming Pool**

Address: 345 San Ha Street, Chai Wan, HK  
Meeting place: Swimming Pool main entrance



Remarks: Except for temporary closures or match days, parents may bring their own swimming pool plastic slippers and enter the swimming pool area to observe the lesson at their own cost.  
(Daily temporary closure hours: 12noon – 1pm; 5pm-6pm)

We have other swimming courses in **KOWLOON AREA** and **SHATIN AREA** for all levels,

Please visit our website [www.wtsc.com.hk](http://www.wtsc.com.hk) or call to 2512-2793 for enquiry

Win Tin Office Address: Room 1205, Fortress Tower, 250 King's Road, North Point, Hong Kong

Fax: 2512 2486 E-mail: [course@wtsc.com.hk](mailto:course@wtsc.com.hk)

(office hours : Mon to Fri, 9:30am to 1pm, 2pm to 5pm; Sat, 9:30am to 1pm; Closed on Sun or Public Holidays )

## Enrolment and Student Model Code

- For the enrolment before the enrolment deadline of the Children Course, and Four Styles Improvement Course, The Company will notify the enrolment status of students who have applied for the Swimming Course three days prior to the start of the Course by SMS.
- If the students are not accepted to their 1st preferred class, The Company will individually contact the students three days prior to the start of the 1st preferred class to confirm the lesson times of their 2nd and 3rd preferred classes to assist, in order to arrange time for lessons.
- If there are any extraordinary circumstances, The Company reserves the right to change the coaches, class times and locations.
- No make-up lessons are allowed for the "Swimming Team Prep Course".
- Students in Children Course and Four Styles Improvement Course may apply for one make-up lesson for every five lessons (e.g. if there are six lessons for a swimming course, one make-up lesson is allowed; or if there are 13 lessons for a swimming course, two make-up lessons are allowed; and so forth.)
- If students apply for sick leave, they must submit a valid medical certificate on the same day or within three days. All leave applications must be applied to the pool manager, course assistant or coach 14 days before class. The company reserves the right not to process any application for leave that is less than 14 days before the class, and the student will be treated as absenteeism from class on that day without making any make-up arrangements.
- Any student who is unable to participate in the swimming class within a short time due to illness or physical injury (students must submit a doctor's certificate) (usually asking for leave for 2 weeks or more), can apply for suspension of class within 1 week after the doctor issues the certificate.
- If the student is absent for a make-up lesson, he/she is deemed to have renounced the make-up lesson and The Company will not arrange to make up for the same lesson twice.
- All leaves of absence must be handled in the manner of make-up lessons. No refund shall be made for missed lessons.
- There is no make-up lesson for the first lesson of all swimming courses.
- For summer term assessments, please refer to the swimming class enrollment form.

- For students who are absent or take leave of absence during assessment days, The Company will not make-up the assessment for them.
- If the assessment results are satisfactory, The Company will recommend the student to join Win Tin Swimming Team for a systematic competition training throughout the year.
- New students who enroll in swimming class for the first time can receive a swimming cap in the first class. Any student can replace the damaged swimming cap in the form of 1 for 1 (not including man-made damage). The cost of replacing the cap after the cap is damaged/lost is \$30 (charged per visit).
- Starting from 1st October 2020, if the student would like to obtain the certificate, The Company will collect an administration fee of HKD 50 for each certificate and student should pick it up personally at The Company office or the swimming pool. For obtaining the certificate by post (Surface Mail), The Company will collect an administration fee of HKD 120. For the sake of processing the certificate application, students must submit the certificate application form together with the application fee to The Company office or to submit them personally to Club staff at the swimming pool. The Company will take two working weeks to handle the application.
- If the student would like to obtain the certificate after such period (no certificates overdue for six months or more will be re-issued), The Company will collect a processing fee of HKD 150. The student must pick it up personally at The Company office or the swimming pool. Student is also optional to obtain the certificate by post (Surface Mail), and The Company will collect a processing fee of HKD 220.
- If student would like to cancel the application due to any personal reason after the application has been submitted successfully, administration fee of HKD\$200 have to be paid for any cancel class.
- Students have to bring the following items to lessons: Swim cap of the Company/ Swimming suit / swimming trunks; Outerwear / towel; Swimming pool slippers (must be slip-proof; please do not wear sandals).
- Students must arrive at the meeting place of the swimming pool 15 minutes prior to the start of lessons and be led to the swimming pool by The Company's coach or teaching assistant. Late arrivals are considered an absence and The Company will not arrange for make-up lessons.
- The Company does not encourage students to bring valuable items to lessons. The Company is not responsible for any property loss occurred during lessons.
- All lessons cancelled due to adverse weather, no compensation lesson will be arranged
- For more information please visit the Company website: [www.wtsc.com.hk](http://www.wtsc.com.hk)

## Procedures

All applications will be on first-come-first-served basis. Only check is acceptable. Cash, post-dated check, postal order or other payment are unacceptable.

A.) Make check payable to: **Win Tin Swimming Club Ltd.**

**Please write down the name of student, contact no and course(s) applied on the back of check.**

**Please submit the check or bank deposit receipt together with the application form to our office on or before 16/2/2024(Fri)(address: 1205, Fortress Tower, 250 King's Road, North Point).**



## Application Form (Please fill in all information, otherwise the application will not be processed.)

**Class :** First Class Course Code: \_\_\_\_\_ Date: \_\_\_\_\_ Time : \_\_\_\_\_  
 Second Class Course Code: \_\_\_\_\_ Date: \_\_\_\_\_ Time : \_\_\_\_\_

New Student

I would like to have a receipt.

(Please provide a self-addressed envelope with a \$2.2 stamp affixed, otherwise the request will not be processed.)

Name : (CHI) \_\_\_\_\_ (ENG) \_\_\_\_\_

Birth Date (DD/MM/YYYY) : \_\_\_\_\_ Age : \_\_\_\_\_ Sex : Female

Attending School: \_\_\_\_\_ Grade & Class: Grade \_\_\_\_\_ Class \_\_\_\_\_ Student No. \_\_\_\_\_

Telephone No: (Mother's Mobile) \_\_\_\_\_ (Father's Mobile) \_\_\_\_\_ (Swimmer's Mobile) \_\_\_\_\_

Please provide a telephone no. that can receive SMS(short message service).(Choose only one of the following.)

Mother's Mobile  Father's Mobile Other: \_\_\_\_\_

Residential Address: (District, e.g. Tai Wai) \_\_\_\_\_ (Address) \_\_\_\_\_

Swimming Skill Level (Please provide accurate information to facilitate the grouping of the students)

Cannot swim  Can swim, freestyle \_\_\_\_\_ m, backstroke \_\_\_\_\_ m, breaststroke \_\_\_\_\_ m, butterfly stroke \_\_\_\_\_ m

Win Tin Swimming Club (Ten-Level Swimming Progress Chart) Level \_\_\_\_\_

**Declaration** (Swimmers aged 18 or above or guardians of swimmers aged under 18 must read the following declaration carefully and sign, otherwise the application will not be processed.)

I hereby declare that once I am accepted to the course I have applied to, I will comply with the "Model Codes for Enrolment and Students" established by Win Tin Swimming Club. Meanwhile, I declare that I am in good physical condition and capable of participating in the course I have applied to and will not recover compensation from the Club or the staff of the Club in case of physical injury and property loss incurred due to the participation in the activities of the Club.

According to the Personal Data (Privacy) Ordinance, I accept Win Tin Swimming Club to use my personal data (including name, telephone numbers, email address, home address and correspondence address) for future communication, programme / service promotion and collecting opinions.

Name of Signer: \_\_\_\_\_ (Relationship with Swimmer: \_\_\_\_\_) Signature: \_\_\_\_\_

CA	\$	by C/TR/CQ(	#	-	dd	D/	M)	Collected by	on	D/	M
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## Nursery and Children Course (3 to 15 years old)

Skill Level of Student : Any skill level [from beginners to those who are proficient in all of the four strokes]

Course Details: Level One to Six Courses (Based on Win Tin's "Ten Level Swimming Progress Chart")

Teacher-student ratio : 1 : 6 (for those who cannot swim 50 m) / 1 : 8 (for those who can swim 50 m)

Promotional Offer

Pool	Swimming Course Code	Date	No Class Date	No. of Lesson	Weekly on	Available Session (1 hour per lesson)				Assessment Date	Fee per Lesson	Special Class Fee	Tuition per Course
Victoria Park Swimming Pool will undergo maintenance from 17/2/2024 to 17/4/2024 and all swimming lessons will be arranged to Morrison Hill Swimming Pool.													
Victoria Park	VP-TU	5/3 – 30/4	-	9	Tue	4:00pm*	6:00pm*	7:00pm*		9/4	\$160	\$145	\$1,305
		7/5 – 25/6	-	8		5:00pm#	6:00pm*		4/6	\$1,160			
	VP-TH	7/3 – 25/4	-	8	Thu	4:00pm*	6:00pm*	7:00pm*		4/4			\$1,160
		2/5 – 27/6	-	9		5:00pm#	6:00pm*		6/6	\$1,305			
	VP-F	1/3 – 26/4	-	9	Fri	6:00pm*	7:00pm*	8:00pm*		5/4			\$1,305
		3/5 – 28/6	-	9		5:00pm#	6:00pm*	7:00pm*		7/6			\$1,305
	VP-A	2/3 – 27/4	-	9	Sat	9:00am*	10:00am*	11:00am*	2:00pm*	6/4			\$1,305
			3:00pm*	4:00pm*									
		4/5 – 29/6	-	9		9:00am*	10:00am*	11:00am*	2:00pm*	8/6			\$1,305
	VP-U	3/3 – 28/4	-	9	Sun	9:30am*	10:45am*	2:00pm*	3:00pm*	7/4			\$1,305
			4:00pm*										
		5/5 – 30/6	-	9		9:30am*	10:45am*	3:00pm*	4:00pm*	9/6			\$1,305
5:00pm#													
Kennedy Town	KT-W	6/3 – 24/4	-	8	Wed	6:00pm*	7:00pm*		3/4	\$160	\$145	\$1,160	
		1/5 – 26/6	-	9		6:00pm*	7:00pm*		5/6			\$1,305	
	KT-F	1/3 – 26/4	-	9	Fri	6:00pm*	7:00pm*	8:00pm*	5/4			\$1,305	
		3/5 -28/6	-	9		6:00pm*	7:00pm*	8:00pm*	7/6			\$1,305	
	KT-A	2/3 – 27/4	-	9	Sat	9:00am*	10:00am*	11:00am*	12:00nn#			6/4	\$1,305
			2:00pm*	3:00pm*		4:00pm*	5:00pm#						
		4/5 – 29/6	-	9		9:00am*	10:00am*	11:00am*	12:00nn#			8/6	\$1,305
	KT-U	3/3 – 28/4	-	9	Sun	9:00am*	10:00am*	11:00am*				7/4	\$1,305
5/5 – 30/6		-	9	9:00am*		10:00am*	11:00am*		9/6	\$1,305			
Morrison Hill Swimming Pool will undergo maintenance from 11/5/2024 to 30/6/2024 and all swimming lessons will be arranged to Victoria Park Swimming Pool.													
Morrison Hill	MH-A	2/3 – 27/4	-	9	Sat	10:00am	11:00am	12:00nn#		6/4	\$160	\$145	\$1,305
		4/5 – 29/6	-	9		10:00am	11:00am	12:00nn#		8/6			\$1,305
Siu Sai Wan Swimming Pool will undergo maintenance from 1/5/2024 to 15/6/2024 and all swimming lessons will be arranged to Chai Wan Swimming Pool.													
Siu Sai Wan	SW-W	6/3 – 24/4	-	8	Wed	6:00pm*	7:00pm*		3/4	\$160	\$145	\$1,160	
		1/5 – 26/6	-	9		6:00pm*	7:00pm*		5/6			\$1,305	
	SW-A	2/3 – 27/4	-	9	Sat	9:00am*	10:00am*	11:00am*	12:00nn#			6/4	\$1,305
		4/5 – 29/6	-	9		9:00am*	10:00am*	11:00am*	12:00nn#			8/6	\$1,305
	SW-U	3/3 – 28/4	-	9	Sun	9:00am*	10:00am*	11:00am*	12:00nn#			7/4	\$1,305
			2:00pm*	3:00pm*		4:00pm*	5:00pm#						
		5/5 – 30/6	-	9		9:00am*	10:00am*	11:00am*	12:00nn#			9/6	\$1,305
					2:00pm*	3:00pm*	4:00pm*	5:00pm#					



## Four Style Improvement Course (8 to 16 years old)

Skill Level of Student : Those who can swim 200m freestyle, 100m backstroke, 100m breaststroke and 50m butterfly stroke

Course Details: Level Seven Courses (Based on Win Tin's "Ten Level Swimming Progress Chart")

Teacher-student ratio: 1: 15



Pool	Swimming Course Code	Date	No Class Date	No. of Lesson	Weekly on	Available Session (1 hour per lesson)				Assessment Date	Fee per Lesson	Tuition per Course
Siu Sai Wan Swimming Pool will undergo maintenance from 1/5/2024 to 15/6/2024 and all swimming lessons will be arranged to Chai Wan Swimming Pool.												
Siu Sai Wan	SW-7A	2/3 – 27/4	-	9	Sat	12:00nn#				6/4 & 13/4	\$150	\$1,350
		4/5 – 29/6	-	9		12:00nn#				8/6 & 15/6		\$1,350

#Daily temporary closure hours: 12 noon – 1pm; 5pm – 6pm / \* Class without specific lanes



# Swimming Team Prep Course

Age Group: 5-13 Years Old (HKP1&HKP3), 9-13 Years Old (HKP2) Level One to Six  
 Skill Level of Student: Those who can swim freestyle 100 m or more, and backstroke or breaststroke 50 m or more  
 Course Details: Level Six to Seven Courses (Based on Win Tin's "Ten Level Swimming Progress Chart")  
 Teacher-student ratio : 1 : 15



Swimming Course Code	Pool	Date	No Class Date	No. of Lesson	Weekly on	Available Session	Assessment Date	Fee per Lesson	Tuition per Course
<b>Victoria Park Swimming Pool will undergo maintenance from 17/2/2024 to 17/4/2024 and all swimming lessons will be arranged to Morrison Hill Swimming Pool.</b>									
HKP1	Morrison Hill	2/3 – 13/4	-	18	Sat	3:00pm* (2 hours per lesson)	6/4 & 7/4	\$150	\$2,700
	Victoria Park	20/4 – 27/4				4:00pm* (2 hours per lesson)			
	Morrison Hill	3/3 – 14/4			Sun	4:00pm* (1 hour per lesson)			
	Victoria Park	21/4 – 28/4				5:00pm# (1 hour per lesson)			
HKP1	Victoria Park	4/5 – 30/6	-	18	Sat	4:00pm* (2 hours per lesson)	8/6 & 9/6	\$150	\$2,700
					Sun	5:00pm# (1 hour per lesson)			
<b>Sun Yat Sen Memorial Park Swimming Pool will undergo maintenance from 1/3/2024 to 29/6/2024 and all Sun Yat Sen Memorial Park swimming lessons will be arranged to Kennedy Town Swimming Pool.</b>									
HKP2	Kennedy Town	1/3 – 26/4	-	17	Wed	7:00pm* (1 hour per lesson)	3/4 & 5/4	\$150	\$2,550
					Fri	7:00pm* (2 hours per lesson)			
HKP2	Kennedy Town	1/5 – 28/6	-	18	Wed	7:00pm* (1 hour per lesson)	5/6 & 7/6	\$150	\$2,700
					Fri	7:00pm* (2 hours per lesson)			
HKP3	Siu Sai Wan	3/3 – 28/4	-	17	Wed	7:00pm* (1 hour per lesson)	3/4 & 7/4	\$150	\$2,550
					Sun	11:00am* (2 hours per lesson)			
<b>Siu Sai Wan Swimming Pool will undergo maintenance from 1/5/2024 to 15/6/2024 and all Siu Sai Wan swimming lessons will be arranged to Chai Wan Swimming Pool.</b>									
HKP3	Chai Wan	1/5 – 12/6	-	18	Wed	7:00pm* (1 hour per lesson)	5/6 & 9/6	\$150	\$2,700
	Siu Sai Wan	19/6 – 26/6							
	Chai Wan	5/5 – 9/6			Sun	11:00am* (2 hours per lesson)			
	Siu Sai Wan	16/6 – 30/6							

\* Class without specific lanes # Daily temporary closure hours: 12 noon – 1pm; 5pm – 6pm

## Win Tin's "Ten-Level Swimming Progress Chart"

Consists to ten levels. To ensure students' learning progress and safety, necessary changes will be made to the courses of this program according to the limitations of the arrangement of individual pools.

Level	Training Focus	Course Content	Objective
Eight to Ten	Enhance the competition technique of 4 styles.	1. The middle to advance training system for Win Tin's swimming team 2. For details regarding Win Tin swimming team course content, please visit our website: <a href="http://www.wtsc.com.hk">www.wtsc.com.hk</a>	<ul style="list-style-type: none"> <li>Improve personal confidence, determination and resilience, etc.</li> <li>Have opportunities to participate in territory-wide public swimming contests</li> <li>Outstanding performers will be recommended to join the Hong Kong National Squad Training Team</li> </ul>
Level	Main Style to Learn	Course Content and Sequence	Objective/Test
Seven	All 4 styles – Butterfly stroke, backstroke, breaststroke and freestyle	1. Swimming competition rules 2. Improvement of jump-off, turn and pool-touching finish movements 3. Improvement of four styles techniques 4. Enhancement of endurance, speed and competition techniques.	<ul style="list-style-type: none"> <li>Be able to complete 100 m in four styles</li> <li>Be able to complete time test for 50 m freestyle, backstroke, breaststroke and butterfly stroke</li> <li>Timed test for 50 m freestyle kicking using a kickboard</li> </ul>
Six	Butterfly stroke	1. Leg and arm technique 2. Arm and leg movement coordination 3. Technique decomposition 4. Arm and leg movement, and breathing coordination 5. Improvement of four styles' start techniques	<ul style="list-style-type: none"> <li>Be able to complete 200 m in freestyles, 100 m backstroke and breaststroke, and 50 m butterfly stroke</li> <li>Timed test for 50 m freestyle kicking using a kickboard</li> </ul>
Five	Breaststroke	1. Leg and arm technique 2. Arm movement and breathing coordination 3. Arm and leg movement, and breathing coordination 4. Treading in water 5. Breaststroke start technique	<ul style="list-style-type: none"> <li>Be able to complete 100 m in freestyles, 50 m backstroke and 50 m breaststroke</li> <li>Timed test for 50 m freestyle kicking using a kickboard</li> </ul>
Four	Backstroke and breaststroke kicking	1. Freestyle and backstroke technique improvement 2. Freestyle and backstroke distance training 3. Backstroke jump-off movement 4. Breaststroke kicking and arm movements	<ul style="list-style-type: none"> <li>Be able to complete 50 m freestyle and 25 m backstroke</li> <li>Timed test for 50 m freestyle kicking using a kickboard</li> </ul>
Three	Freestyle and backstroke	1. Freestyle and backstroke 2. Basic freestyle jump-off movements 3. Backstroke arm techniques 4. Coordination of backstroke arm and leg techniques	<ul style="list-style-type: none"> <li>Be able to complete 25 m freestyle and 12.5 m backstroke</li> <li>Timed test for 25 m freestyle kicking using a kickboard</li> </ul>
Two	Freestyle and backstroke kicking technique	1. Freestyle arm and leg movements and kicking breathing coordination (with kickboard) 2. Freestyle arm and leg movements and kicking breathing coordination 3. Backstroke floating and body position 4. Backstroke kicking	<ul style="list-style-type: none"> <li>Be able to complete 12.5 m freestyle</li> <li>Master basic backstroke kicking</li> </ul>
One	Freestyle	1. Learning basic swimming techniques in a relax way, in a safe and comfortable swimming environment. 2. Basic leg movements and exhalation under water 3. Coordinate leg movements with breathing (straight arms holding the edge of the swimming pool) 4. Floating kicking and basic arm movements 5. Enhance self-confidence	<ul style="list-style-type: none"> <li>Master basic breathing technique</li> <li>Float-kicking</li> <li>Basic arm and leg movements and breathing technique</li> <li>Be able to swim 5 m freestyle</li> </ul>
Beginners Prep	Swimming interest cultivation and aquatic safety learning	1. Aquatic safety knowledge learning 2. Cultivate swimming interest through games in water 3. Exhalation under water (blow air bubbles) 4. Learn moving forward in water 5. Learn freestyle kicking and arm movements using a kickboard	<ul style="list-style-type: none"> <li>Be able to exhale in water while using a kickboard and finish 5 m freestyle kicking</li> </ul>