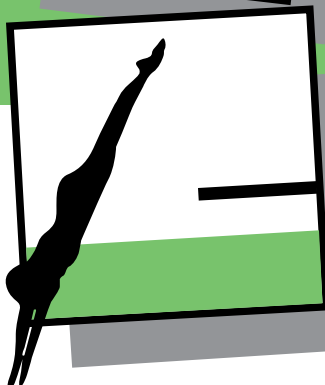
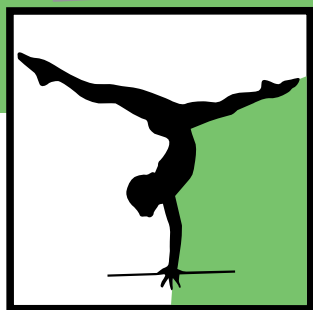


# MULTI-SPORT<sup>®</sup>



**HONG KONG CRICKET CLUB  
MULTI-SPORT PROGRAMMES 2018**

## HKCC - MULTI-SPORT PROGRAMMES 2018 APPLICATION FORM

Child's 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 enrol my child(ren) in the above HKCC Multi-Sport Programme(s).

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

## GROUP SWIMMING PROGRAMME

Lessons and training will start in May 2018 (TBC) subject to weather and are continuing until November in the heated pool every Monday, Tuesday and Thursday afternoons.

To ensure your child gets the most out of their lessons please let them arrive on time, 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 3 - 5 years who can swim. To maximise results we ask that Parents or guardians 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 ready to learn 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 French International School, as well as compete in regular competitions.

**Timetable: -**

	<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>
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

**Charges:**

Members: \$680 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 program 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 water happy babies.

### **Day & Times:**

Monday mornings from May, 2018 until the end of September, 2018

9:30 – 10:00am 6 – 12 months

10:00 – 10:30am 13 – 24 months

10:30 – 11:00am 24 – 35 months

Fee per month : Members: \$640



## **PRIVATE SWIMMING LESSONS ARE AVAILABLE**

30 mins	
1 pax	2 pax
\$400	\$200@

(maximum 4 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 in April, and will continue through to December. 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.

### **Evening training**

Every Tuesday and Thursday

Time: 7:30 – 8:30 pm

### **Morning training**

These sessions are aimed towards those members who wish to swim in a group but are unable to attend evening sessions. Like the Masters training swimmers will receive comprehensive instruction to improve technique and have the opportunity to get a great workout before taking on the challenges of the day ahead.

Every Tuesday and Thursday

Time: 8:30 – 9:30am

Fee per month : Once a week- Member: \$480 Guests: \$560

Twice a week- Member: \$840 Guests: \$1040

Fee per session : Member: \$120 Guests: \$140

## **ADULT 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.

Every Tuesday and Thursday

Time: 10:00 – 11:00am

Fee per month : Once a week- Member: \$480 Guests: \$560

Twice a week- Member: \$840 Guests: \$1040

Fee per session : Member: \$120 Guests: \$140

## JUNIOR SPORTS

Multi-Sport will be continuing one of Hong Kong's most popular Junior Sports Programmes with its team of qualified and enthusiastic Physical Education teachers. We aim to improve your child's health, fitness, skills and co-ordination.

In this Junior Sports programme, children have the rare opportunity in Hong Kong to receive coaching in gymnastics, athletics, minor games, and ball games on the lovely grass oval. Every Tuesday afternoon (Jan – Jun; Sept – Dec, 2018)

<b>Times</b>	<b>Age</b>	
2:00 – 2:45 pm	3 – 4	Indoor Sports Hall
3:00 – 3:45 pm	4 – 5	Outdoor Grass area
4:00 – 5:00 pm	5 – 7	Outdoor Grass area

**Fee per month :** Members : \$600 / Guests : \$640



## 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 and Friday (Jan – Jun; Sept – Dec, 2018)

Venue: Tues: 3/F Sports Hall, Fri: 2/F Multi-Purpose Room

<b>Age</b>	<b>Tuesday AM</b>	<b>Friday PM</b>
1	9:00 - 9:30	
1	9:30 - 10:00	2:00 - 2:30
2	10:00 - 10:35	2:30 - 3:00
2	10:45 - 11:20	

**Fee per month :** Members : \$600 / Guests : \$640 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, 2017)

Place: 2/F Multi-Purpose Room

<b>Age</b>	<b>Friday PM</b>	<b>Saturday AM</b>	<b>Saturday PM</b>
3	3:00 - 3:30	9:00 - 9:30	
3 - 4	3:30 - 4:00	9:30 - 10:00	3:15 - 3:45
5 - 6	4:00 - 4:45	10:00 - 10:45	2:30 - 3:15
7 - 8	4:45 - 5:30	10:45 - 11:30	1:45 - 2:30
9+	5:30 - 6:30	11:30 - 12:30	

**Fee per month:**

Members: \$640

**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 \$150.00 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](http://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.

**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)**  
**Web: [www.multi-sport.com.hk](http://www.multi-sport.com.hk)**