

Organized  
by:



中國香港游泳總會  
HONG KONG CHINA SWIMMING ASSOCIATION

Subvented  
by:



## Swimming Technique Improvement Scheme 2022-23

**Objective:** To improve swimming technique of participants through consistent & long-term training & to recruit potential swimmers to join affiliated clubs of HONG KONG CHINA SWIMMING ASSOCIATION for further training.

**Course format:**

- There are 2 Phases for this scheme in a year; the first phase will start from May 2022 to September 2022; the second phase will start from October 2022 to March 2023 with 1 hour per lesson.
- Two kinds of training sessions are provided:
  - i) 3 lessons per week (Every Mon, Wed & Fri) or
  - ii) 2 lessons per week (Every Tue & Thu)

Participants can apply for 2 courses which subject to the vacancy available.

**No. of participants:** 20 persons / class

**Requirements:**

1. Age 8 to 16
2. All participants must pass a water test to be held on the first lesson of each Phase and reach the qualifying time listed below.

Physical fitness will also be taken into consideration.

**Water Test:** The water test will be held at the first lesson of each Phase. Swimmers should complete either 100M Freestyle or 100M Breaststroke within the qualifying time below:

Freestyle (100M)									
Age 8		Age 9-10		Age 11-12		Age 13-14		Age 15-16	
F	M	F	M	F	M	F	M	F	M
1:38.21	1:34.38	1:28.26	1:20.94	1:13.95	1:12.40	1:15.63	1:07.25	1:22.00	1:08.75

Breaststroke (100M)									
Age 8		Age 9-10		Age 11-12		Age 13-14		Age 15-16	
F	M	F	M	F	M	F	M	F	M
2:03.25	2:02.31	1:48.42	1:48.93	1:40.46	1:37.05	1:40.23	1:31.00	1:43.50	1:33.67

**Water Test Information:**

**Venue:** At respective training venue

**Date:** First lesson of each class

**Result Release:** Test results will be released after the water test by respective coaches

Course Fee & Payment:

- i) Water test is free of charge. Accepted participants must submit the course fee on the first day of the course and get the receipt after paid.
- ii) Entry fee is free for the water test.
- iii) Course fee is calculated on a monthly basis.

Course fee (per month basis)	
3 lessons per week (Every Mon, Wed & Fri)	2 lessons per week (Every Tue & Thu)
HK\$300	HK\$200

Course Schedule: Please refer to the attached timetable

Application Procedure: Entry forms are available at each training venue, the HKGSA & respective co-organizers' Office and the HKGSA website ([www.hkgswimming.org.hk](http://www.hkgswimming.org.hk)). Please post the completed entry forms to the office of clubs-in-charge (Address please refer to back page) respectively.

Enquiry: Clubs-in-charge (Please refer to back page) / 2572 8594 (HKGSA Office)

Remarks:

1. Applicants can only make one application to each class and is not allowed to apply for more than one class in the same time slot. Otherwise, application of which will be rejected.
2. Incomplete or late application will not be accepted.
3. Fee paid will not be refunded in any case.
4. Applicants must complete the application form and letter of indemnity. Applicants who do not show up at the water test or the letter of indemnity without parents' signature shall be deemed as withdrawal.
5. The information provided by applicant will only be used for the enrolment and promotion of recreation and sports activities organized by our Association and co-organizing parties. For correction of or access to personal data after submission of this form, please contact our staff.
6. Monthly training sessions will be subjected to the availability of venue supply. There will be no refund for any cancellation due to bad weather.
7. HKGSA has sole discretion in amendment of the rules without prior notice.
8. Should any dispute arise from the above rules or if any situation occurs which is not covered by the above rules, a final decision will be made by HKGSA.