



Organized By:
Hong Kong China
Swimming Association

Subvented By:



LEARN WATER POLO COURSE 2024-25

Learn Water Polo Course is organized by the Hong Kong China Swimming Association "HKGSA" and subvented by the Leisure and Cultural Services Department. It is held year round and divided into 3 phases starting from April and last for 4 months each phase.

The Course is designed to introduce the novices to the basic skills required for water polo. These include passing, shooting, egg-beater treading water and basic game structure.

A competition will be held at the end of each phase to consolidate all skills learnt during the phase and to assess potential promotion to Junior National Squad Training.

Requirements

1. Age 13 or above
2. Able to swim 200m freestyle and 200m breaststroke continuously

Learn Water Polo Course 2024-25

Phase I April – July 2024
Phase II August – November 2024
Phase III December 2024 – March 2025

Venue	Course	Time & Day	Course Fee	Quota		
				Ph.1	Ph.2	Ph.3
Wan Chai Swimming Pool	Elementary & Intermediate	<u>Phase I, II & III</u> Every Tue & Thu 19:00 – 21:00 Every Sat 19:30 – 21:30	HK\$340 Each Phase	90	80	80
Kowloon Park Swimming Pool	Intermediate	<u>Phase I, II & III</u> Every Mon & Wed: 19:00 – 21:00 Every Fri: 18:00 – 20:00	HK\$340 Each Phase	40	30	30

Yuen Long Swimming Pool	Elementary & Intermediate	<p><u>Phase I & II</u></p> <p>Apr-Oct: Every Mon & Fri 17:00 – 19:00 Every Sat: 10:00 – 12:00</p> <p>Nov: Every Mon & Wed: 20:00 – 22:00 (Victoria Park Swimming Pool) Every Sat: 11:00 – 13:00</p>	HK\$340 each Phase	40	20	/
		<p><u>Phase III</u></p> <p>Every Mon & Wed: 20:00 – 22:00 (Victoria Park Swimming Pool) Every Sat: 11:00 – 13:00</p>	HK\$340 Each Phase	/	/	20
*Training Schedule is subjected to availability of venue.						

<i>Name of Competition</i>	<i>Date (Tentative)</i>	<i>Venue</i>
Summer National & Junior Water Polo Championships	7 th July 2024 (Sunday)	Wan Chai Swimming Pool
Winter Deep Water Polo Championships	2 nd March 2025 (Sunday)	Wan Chai Swimming Pool

Enquiry: HKGSA Tel: 2572 8594 / Website: www.hkgswimming.org.hk

Registration procedure:

By person:

Applicants can submit the following information in person to the office of the Hong Kong Swimming Association:

- A completed application form.
- Copy of Hong Kong Identity Card or Identity Document or Birth Certificate Document.
- Please submit the course fee by crossed cheque (please make the cheque payable to "HKGSA").

Cash is not accepted.

By post:

The following information can be mailed to the Hong Kong Swimming Association Office (9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong, Kowloon):

- A completed application form.
- Copy of Hong Kong Identity Card or Identity Document or Birth Certificate Document.
- Please submit the course fee by crossed check (check payable to "HKGSA").
- One self-addressed envelope with sufficient postage. Please provide the applicant's name and address on the envelope. Applications without a self-addressed envelope will not be processed.

Remarks:

1. Incomplete or late application will not be accepted.
2. Participants must follow instructions given by the coaches during the lesson. Coaches and staff of HKGSA may prohibit anyone who fails to obey the instructions from attending classes.
3. Applicants must complete the application form and letter of indemnity.
4. The information provided by applicant will only be used for the enrollment and promotion of recreation and sports activities organized by HKGSA and co-organizing parties. For correction of or access to personal data after submission of this form, please contact the HKGSA office.
5. No. of training sessions per phase will be subjected to availability of venue. Unless under special circumstances, no application for refund, change of programme or making substitution are allowed after enrollment.
6. HKGSA has sole discretion in amendment to the rules without prior notice.
7. Should any dispute arise from the above rules or if any situation occurs which is not covered by the above rules, final decision will be made by HKGSA.