

SWIMFIT

A breath of fresh air!
Get SWIMFIT at the Country Club



TERM 1
Summer
Swimming
Classes



SWIMMING CLASSES

APRIL - JUN 2024

CLASSES:

Mon/Tue/Wed/Thu
3:30pm to 8:00pm

Sat
9:00am to 2:00pm

LEVELS OF SWIMMING:

- L0 - Parent + Toddler
- L1 - Kindergarten
- L2 - Beginners
- L3 - Intermediate
- L4 - Advanced
- L5 - Elite

FEES:

Group Lessons
45 minutes – \$300
60 minutes – \$400

Private Lessons 1:1
30 minutes – \$600
45 minutes – \$900
60 minutes – \$1,200

Semi-Private Lessons 1:2
30 minutes – \$900
45 minutes – \$1,200
60 minutes – \$1,500

ALL PAYMENTS IN ADVANCE

TERMS & CONDITIONS

We have updated our terms and conditions including, payments, cancellations, sickness, safeguarding and more. For further information please follow link:

<https://form.jotform.com/240610350522441>



SCAN TO SIGN UP

SIGN-UP! Link: <https://www.jotform.com/240610350522441>

Please refer to schedule (overleaf) for dates and times of classes. For enquiries and private bookings e-mail swimfit.hk@gmail.com or contact SWIMFIT Chief Coach Jonathan Rodgers [+852 67799324](tel:+85267799324)

Time to jump
back in at the
Hong Lok Yuen
Country Club
Pool

SWIMFIT - SWIMMING LESSON SCHEDULE APR-JUN 2024

Day	Dates	Level	Time	Duration	Fee	Min No
Monday	Apr 1,8,15,22,29	L1 - Kindergarten	3:30pm - 4:15pm	45 mins	\$300	3
		L2 - Beginner	4:15pm - 5:00pm	45 mins	\$300	3
	May 6,13,20,27	L3 - Intermediate	5:00pm - 5:45pm	45 mins	\$300	3
		L4 - Advanced	6:00pm - 7:00pm	60 mins	\$400	3
	Jun 3,10,17,24	L5 - Water Polo	7:00pm - 8:00pm	60 mins	\$400	3
Tuesday	Apr 2,9,16,23,30	L1 - Kindergarten	3:30pm - 4:15pm	45 mins	\$300	3
		L2 - Beginner	4:15pm - 5:00pm	45 mins	\$300	3
	May 7,14,21,28	L3 - Intermediate	5:00pm - 5:45pm	45 mins	\$300	3
		L4 - Advanced	6:00pm - 7:00pm	60 mins	\$400	3
	Jun 4,11,18,25	L5 - Rookie Lifeguard	7:00pm - 8:00pm	60 mins	\$400	3
Wednesday	Apr 3,10,17,24	L1 - Kindergarten	3:30pm - 4:15pm	45 mins	\$300	3
		L2 - Beginner	4:15pm - 5:00pm	45 mins	\$300	3
	May 1,8,15,22,29	L3 - Intermediate	5:00pm - 5:45pm	45 mins	\$300	3
		L4 - Advanced	6:00pm - 7:00pm	60 mins	\$400	3
	Jun 5,12,19,26	L5 - Water Polo	7:00pm - 8:00pm	60 mins	\$400	3
Thursday	Apr 4,11,18,25	L1 - Kindergarten	3:30pm - 4:15pm	45 mins	\$300	3
		L2 - Beginner	4:15pm - 5:00pm	45 mins	\$300	3
	May 2,9,16,23,30	L3 - Intermediate	5:00pm - 5:45pm	45 mins	\$300	3
		L4 - Advanced	6:00pm - 7:00pm	60 mins	\$400	3
	Jun 6,13,20,27	L5 - Rookie Lifeguard	7:00pm - 8:00pm	60 mins	\$400	3
Saturday	Apr 6,13,20,27	L0 - Parent & Toddler	9:00pm - 9:45am	45 mins	\$300	3
		L1 - Kindergarten	9:45am - 10:30am	45 mins	\$300	3
	May 4,11,18,25	L2 - Beginner	10:30am - 11:15am	45 mins	\$300	3
		L3 - Intermediate	11:15am - 12:00pm	45 mins	\$300	3
	Jun 1,8,15,22,29	L4 - Advanced	12:00pm - 1:00pm	60 mins	\$400	3
		L5 - Water Polo	1:00pm - 2:00pm	60 mins	\$400	3