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Community sports (LCSD)
 Hong Kong Amateur Association
 Hong Kong Triathlon Association



Sai Kung
 西貢

July and August 2017 Aquathlon Training Program
 2017 七月-八月水陸兩項訓練計劃

Mango Swimming Club is a registered non-profit sports association, and a member of Community Sport of LCSD, Hong Kong Amateur Swimming Association and Hong Kong Triathlon Association. We regularly hold swimming, running, cycling and triathlon sessions. Through systematic training, members will improve their swimming skills and physical fitness effectively. We currently hold training class at Sai Kung, Kwun Tong, Lam Tin and Tseung Kwan O.

敏高游泳會註冊為香港政府非牟利體育團體、康樂及文化事務署{社區體育會}計劃成員、香港業餘游泳總會、香港三項鐵人總會屬會成員。全年舉辦不同類別課程【游泳、跑步、三項鐵人、單車】，由基礎至出賽，給予有興趣者參加，並提倡學業健康並重、豐盛人生。定期訓練地點：西貢、觀塘、藍田、將軍澳。

Entry requirements 參加

Age 6-17, able to swim 50M or more 年齡 6-17 歲，能以自由式游畢 50 米。

Enroll 報名

Tel and WhatsApp : 90105962 (Mango)



JULY 七月 ~ Sai Kung 西貢區 ~ Junior Training 青少年訓練

	TSK Sports Ground 鄧肇堅運動場	Mon 3,10,17,24,31 JULY 七月	Fri 7,14,21,28 JULY 七月	Time 時間 5:15-6:15PM	FEE 費用 \$900
	SK swimming pool 西貢游泳池	Mon 3,10,17,24,31 JULY 七月	Fri 7,14,21,28 JULY 七月	Time / 時間 6:30-7:30PM LANE 泳線	FEE 費用 \$900





Medium of Instruction 授課

Lesson will be conducted in English and Cantonese 課程以中文和英語授課

Target 目標

Successfully finish an aquathlon (swim and run) race 能夠參加本地或外地鐵人比賽

Cycling 單車訓練

Please contact Mango 請與 **Mango** 聯絡

AUGUST 八月 ~ **Sai Kung** 西貢區 ~ **Junior Training** 青少年訓練

	TSK Sports Ground 鄧肇堅運動場	Mon 7,14,21,28 AUG 八月	Fri 4,11,18,25 AUG 八月	Time 時間 5:15-6:15PM	FEE 費用 \$800
	SK swimming pool 西貢游泳池	Mon 7,14,21,28 AUG 八月	Fri 4,11,18,25 AUG 八月	Time / 時間 6:30-7:30PM LANE 泳線	FEE 費用 \$800

