



Sha Tin Clubhouse - Swimming Lesson Application Form (Private/Group) – Attendance Points

Course Code	Period	Dates Excluded
SS 2025/26	01 Sep 2025 to 30 June 2026	01, 07 & 29 Oct 2025; 22 Dec 2025 to 01 Jan 2026; 15 to 19 Feb 2026; (Pool Maintenance- To be Confirmed); 03 to 07 Apr 2026; 01 & 25 May 2026; 19 June 2026

Remarks: i) Bill Wong – BW, Justin Chan – JC, Ronald Au – RA, Leung Ying Wai – YW, Ricky So – RS, Jimmy Cheng – JM, Gilbert Poon – GP, Lam Kwok – LK, Alan Ip – AI, Tony Yim – TY, Stephen Tsang- ST, Leo Sze – LZ, Martin Lee – ML & Jeff Tang – JT
ii) ☐ Not available

Private or Semi-Private

To ensure high availability of private lessons for all Members, swimmers may enrol for a maximum of 2 private lessons of 30 minutes per week. Additional lessons may be enrolled if vacant slots are available after enrolment closes.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:30 AM – 10:00 AM	RA		ST	LZ	AI / GP	LZ / ML
10:00 AM – 10:30 AM	RA		AI / ST	LZ	AI / GP	LZ / ML
10:30 AM – 11:00 AM	RA / AI		ST	LZ	AI / GP	ML
11:00 AM – 11:30 AM	RA		ST	TY	GP	GP / LZ
11:30 AM – 12:00 NN	RA / AI		AI	TY	GP	GP / LZ
12:00 NN – 12:30 PM	ST	ST / LK		TY	GP	AI
12:30 PM – 01:00 PM	ST	ST / LK			GP	AI
01:00 PM – 01:30 PM	AI	ST / LZ	JC		GP	
01:30 PM – 02:00 PM		ST / LZ	JC		JC	
02:00 PM – 02:30 PM		ST / LZ	JC	TY	AI	
02:30 PM – 03:00 PM		ST / LZ	AI	TY	GP	
03:00 PM – 03:30 PM	ST	ST / LZ / LK	ST / RA	LZ	GP	LZ
03:30 PM – 04:00 PM	ST	LZ / LK	ST / RA	LZ	AI	LZ
04:00 PM – 04:30 PM		LK	RA	TY	AI	LZ
04:30 PM – 05:00 PM		LK	RA	TY	GP	LZ
05:00 PM – 05:30 PM	RA		RA		AI	LZ
05:30 PM – 06:00 PM	RA		RA	LZ	AI	LZ
06:00 PM – 06:30 PM	RA	LZ	JC / RA	LZ	AI	
06:30 PM – 07:00 PM	RA	LZ	JC / RA	LZ	AI	
07:00 PM – 07:30 PM	AI	RS	AI / RA	RS	AI	
07:30 PM – 08:00 PM	AI	RS	AI / RA	RS	AI	
08:00 PM – 08:30 PM	AI		AI / RA	LZ	AI	
08:30 PM - 09:00 PM	AI			LZ	AI	

Beginner I (BI - Group lesson)

Students cannot put face in the water without swimming aids. Basic swimming concepts will be introduced to establish confidence in the water.

Monday	Tuesday	Wednesday	Thursday	Friday
Gilbert 02:00PM - 02:30PM	Leo 10:00AM – 10:30AM	Stephen 02:00PM - 02:30PM		

Beginner II (BII - Group lesson)

Student must be able to swim 15M freestyle with kickboard. Freestyle with breathing technique will be taught.

Monday	Tuesday	Wednesday	Thursday	Friday
Gilbert 02:30PM - 03:00PM	Leo 10:30AM – 11:00AM	Stephen 02:30PM - 03:00PM		

Beginner III (BIII - Group lesson)

Student must be able to swim 50M freestyle and either breaststroke or backstroke for at least 25M. Butterfly and survival knowledge will be taught.

Monday	Tuesday	Wednesday	Thursday	Friday
Bill 3:30 PM – 4:15 PM - Bill 4:15 PM - 5:00 PM				Bill 4:00 PM - 4:45 PM - Bill 4:45 PM - 5:30 PM

Improvers Class (IMP - Group lesson)

Students must be able to swim freestyle and either backstroke or breaststroke for at least 100M. This course will concentrate on fine tuning of stroke techniques and building up endurance.

Monday	Tuesday	Wednesday	Thursday	Friday
Justin 5:00 PM – 6:00PM - Justin 6:00PM – 7:00PM	Bill 4:00 PM - 4:45 PM - Bill 4:45 PM - 5:30 PM		Bill 4:00 PM - 4:45 PM - Bill 4:45 PM - 5:30 PM	Bill 5:30 PM - 6:15 PM - Bill 6:15 PM - 7:00 PM

Advanced Improvers Class (AIMP - Group lesson)

Students must be able to swim freestyle, breaststroke & backstroke for at least 100M and butterfly for at least 50M. Competitive skills will be taught and stamina will be further developed.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Leo 7:00PM – 8:00PM		Leo 7:00PM – 8:00PM	Justin 5:00PM – 6:00PM - Justin 6:00PM – 7:00PM - Bill 7:00PM – 7:45PM		Bill 11:00AM – 12:00NN

----- The End -----