

2010/2011 年賽艇推廣計劃 - 星際賽艇課程(第 3 期)
2010/2011 Rowing Promotional Scheme - Galaxy Rowing Course (Phase III)



全年分為 4 期開辦課程，適合 12 至 55 歲，每班人數 4-8 人。透過系統性和有趣的訓練，讓大眾享受水上划艇樂。
 Courses will be held in 4 phases during the year. It is suitable for individual aged 12 to 55. Each class consists of 4-8 persons. It aims to promote rowing through systematic training so that participants can enjoy the fun in rowing.

課程編號 Course Code	日期 Date	時間 Time	課程費用 Course Fees			備註 Remarks
			報名費 Entry Fee	設施費 Facility Fee	合計 Total	
<初級課程(一、二星)-雙槳> 3 節共 12 小時 <Basic (Star 1, 2) - Sculling> 3 sessions with a total of 12 hours						
P3B01G	2, 9, 16/10	六/Sat	1400-1800	\$75	\$118	\$193
P3B02G	16/10 17/10	六/Sat 日/Sun	0900-1300 0900-1800			
P3B03G	17, 31/10	日/Sun	0900-1800 0900-1300			
P3B04G	30/10, 6/11	六/Sat	0900-1800 0900-1300			
P3B05G	6/11 7/11	六/Sat 日/Sun	0900-1800 0900-1300			
P3B06G	13, 20, 27/11	六/Sat	1400-1800			
P3B07G	14, 21/11	日/Sun	0900-1800 0900-1300			
P3B08G	5, 12, 19/12	日/Sun	1400-1800			
<中級課程(三星)-雙槳> 4 節共 16 小時 <Intermediate (Star 3) - Sculling> 4 sessions with a total of 16 hours						
P3301G	16/10 17/10	六/Sat 日/Sun	0900-1800 0900-1800	\$80	\$136	\$216
P3302G	31/10 7, 14, 21/11	日/Sun	1400-1800			
P3303G	6, 13/11	六/Sat	0900-1800			
P3304G	5, 12/12	日/Sun	0900-1800			
*<延續課程-雙槳> 5 節共 20 小時 <Continuous - Sculling> 5 sessions with a total of 20 hours						
P3501G	31/10, 7/11 14/11	日/Sun	0900-1800 0900-1300	\$100	\$170	\$270
P3502G	5/12 11/12 12/12	日/Sun 六/Sat 日/Sun	0900-1800 0900-1800 0900-1300			
*<融合課程-單槳> 5 節共 20 小時 <Cross Over - Sweep Rowing> 5 sessions with a total of 20 hours						
P3C01G	12/12 18/12 19/12	日/Sun 六/Sat 日/Sun	1400-1800 0900-1800 0900-1800	\$100	\$170	\$270
*<海上旅程> 2 節共 8 小時 (地點: 烏溪沙) <Sea Trip> 2 sessions with a total of 8 hours (Venue: Wu Kai Sha)						
P3ST1	16/10	六/Sat	0900-1800	\$60	\$60	\$120
P3ST2	21/11	日/Sun	0900-1800			

優惠價 Discounted Price !!
 初級+中級課程
 Basic & Intermediate Course
\$378#
 # \$140 報名費 Entry Fee + \$238 設施費 Facility Fee

由淺入深介紹基本賽艇技巧、器材的調較及使用及安全知識 Introduction of sculling equipment, basic technique and safety guidelines.



*凡報讀延續、融合課程或海上旅程者必須先取得中級課程及格

Applicants who are taking Continuous and Cross Over Courses and Sea Trip must pass the Examination of Intermediate Course.

註：出席率達 80% 者將可獲發「出席證書」(除海上旅程)。三星、延續或融合課程之考核會安排於最後一節課進行，通過考核之學員將獲發「技術評核證書」。

Remarks: "Attendance Certificate" will be issued to those with 80% attendance rate (except Sea Trip). Assessments will be held in the last session of Star 3, Continuous or Cross Over Courses and "Proficiency Certificate" will be issued to those who passed the assessments

上課地點 Venue:

1) 沙田賽艇中心：沙田源禾路 27 號

Sha Tin Rowing Centre : 27 Yuen Wo Road, Sha Tin

2) 賽馬會石門賽艇中心：沙田安景街 27 號

Jockey Club Shek Mun Rowing Centre : 27 On King Street, Sha Tin

報名手續 Application Procedures:

✧ 請填妥報名表格，連同抬頭「中國香港賽艇協會」之劃線支票、證件相片乙張(首次報名者)及 1 個貼上 \$1.40 郵票之回郵信封(支票及相片背後請寫上參加者之姓名)，於課程開始日期兩星期或以前遞交或寄回中國香港賽艇協會辦事處(沙田源禾路 27 號沙田賽艇中心)。Complete this application form. Enclose one \$1.40 self-addressed envelope, 1 passport size photo (first time applicant only) together with a crossed cheque made payable to "Hong Kong, China Rowing Association" (Please write down the name of the participant at the back of the cheque and photo) and send to the HKCRA Office (Sha Tin Rowing Centre, 27 Yuen Wo Road, Sha Tin) **2 weeks prior to the course starts.**

✧ 所有報名將以電郵通知各參加者。如參加者未被接納，將以郵寄方式退回報名費。

All applicants will be notified by E-mail. If an application is rejected, the cheque will be returned to the applicant by mail.

查詢 Enquiry: 電話 Tel: (852) 2699 7271 傳真 Fax: (852) 2601 4477 E-mail: cathy.k@rowing.org.hk (Ms. Cathy Kwok)

Facebook: <http://www.facebook.com/hkrowing>

網址 Website: <http://www.rowing.org.hk/>