

少年田徑訓練班 2020

精英跳遠班 (1-3 月)

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| 日期 | 1 月 | 4, 6, 11, 13, 18#, 20 |
| | 2 月 | 3, 8, 10, 15, 17, 22, 24, 29 |
| | 3 月 | 2, 7, 9, 14, 16, 21, 23, 28, 30 |
| | 逢星期一及六 · 共 23 堂 | |
| 時間 | 星期一：下午 6 時 30 分至 8 時 30 分 星期六：上午 9 時至 11 時 | |
| 地點 | <u>馬鞍山運動場</u> <u># 沙田運動場</u> | |
| 參加年齡 | 2006-2010 年出生 | |
| 截止日期 | 2019 年 12 月 20 日 | |
| 名額 | 20 名 (先到先得) | |
| 費用 | 港幣 3040 元正 (新學員需另加港幣 50 元正購買訓練班 T 恤乙件) | |
| 參加辦法 | <ol style="list-style-type: none"> 填妥網上報名表格。 付款方法： <ul style="list-style-type: none"> 支票：抬頭請寫 A.S. Watson Retail (H.K.) Limited 背面請寫上學員姓名，所報班別及聯絡電話。 然後寄到沙田火炭禾寮坑路 1-5 號屈臣氏中心 8 樓屈臣氏田徑會 本會收到支票後將以電郵方式發送確認通知書，倘若閣下於截止日後一星期內仍未收到電郵通知，請向本會查詢。 | |
| 查詢 | 電話 3521 6100 / 傳真 3525 1780 電郵 wac@aswatson.com Facebook 專頁 屈臣氏田徑會 | |
| 備註 | <ul style="list-style-type: none"> ➢ 確認通知電郵一經發出，不論任何原因，所有報名費用將不獲發還。 ➢ 上課兩小時前三號熱帶氣旋或紅色暴雨或以上警告仍然生效，訓練課將會取消。 ➢ 你所提供的個人資料，只作本會處理此訓練班之用。 ➢ 在報名確認後，如欲更改或查詢你的個人資料，可與本會職員聯絡。 ➢ 本會有權修訂訓練班之內容。 | |

Junior Training Program 2020

Elite Long Jump Class (Jan-Mar)

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| Date | January | 4, 6, 11, 13, 18# , 20 |
| | February | 3, 8, 10, 15, 17, 22, 24, 29 |
| | March | 2, 7, 9, 14, 16, 21, 23, 28, 30 |
| | Monday and Saturday, Total 23 sessions | |
| Time | Monday: 6:30 pm – 8:30 pm Saturday: 9:00 am - 11:00 am | |
| Venue | <u>Ma On Shan Sports Ground</u> <u># Sha Tin Sports Ground</u> | |
| Age | Born in 2006-2010 | |
| Deadline | 20 December 2019 | |
| Quota | 20 applicants (First come first serve) | |
| Fee | HKD \$3040 (New trainee needs to purchase training t-shirt for HKD \$50 each) | |
| Application Method | <ol style="list-style-type: none"> 1. Submit online application form. 2. Payment method: <ul style="list-style-type: none"> • Bank cheque: Payable to <u>A.S. Watson Retail (H.K.) Limited</u> Write down applicant's name, course name and contact number at the back. Mail to <u>WAC, 8/F, Watson House, 1-5 Wo Liu Hang Road, Fo Tan, N.T.</u> 3. Confirmation email will be sent after receiving your cheque, please contact us if you have not received one week after the deadline. | |
| Enquiry | Tel: 3521 6100 / Fax: 3525 1780 E-mail: wac@aswatson.com Facebook fans page: Watsons Athletic Club | |
| Remarks | <ul style="list-style-type: none"> ➤ Non-refundable once confirmation email sent. ➤ Training will be cancelled if the Typhoon Signal Number 3 or the Red Rainstorm Warnings or above is hosted 2 hours prior the training. ➤ The personal information provided by you will only be used for this training course. ➤ You may contact our staff if you have enquiries after confirmation. ➤ All rights reserved. | |