

# 中長跑訓練班 2022

## 沙田班 ( 1-3 月 )

|      |  |      |                              |
|------|--|------|------------------------------|
| 日期   | 1 月 4, 7, 11, 14, 18, 21, 25, 28<br>2 月 8, 11, 15, 18, 22, 25<br>3 月 1, 4, 8, 11, 15, 18, 22, 25, 29<br>( 星期二及五 · 共 23 堂 )   | 時間   | 18:30-20:30                  |
| 地點   | <u>沙田運動場</u>   | 參加年齡 | 2005-2011 年出生                |
| 名額   | 30 名 ( 先到先得 )  | 費用   | 港幣 2760 元<br>( 購買制服另加 50 元 ) |
| 負責教練 | 王春榮女士  | 截止日期 | 2021 年 12 月 23 日             |
| 參加辦法 | <ol style="list-style-type: none"> <li>1. 填妥網上報名表格 ( <a href="#">連結</a> )。</li> <li>2. 付款方法： <ul style="list-style-type: none"> <li>• 支票：抬頭請寫 <b>A.S. Watson Retail (H.K.) Limited</b><br/>背面請寫上學員姓名，所報班別及聯絡電話。<br/>然後寄到<u>沙田火炭禾寮坑路 1-5 號屈臣氏中心 8 樓屈臣氏田徑會</u></li> </ul> </li> <li>3. 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。</li> </ol> |      |                              |
| 查詢   | 電話 3521 6100 / 傳真 3525 1780<br>電郵 <a href="mailto:wac@aswatson.com">wac@aswatson.com</a><br>Facebook 專頁 <a href="#">屈臣氏田徑會</a>   |      |                              |
| 備註   | <ul style="list-style-type: none"> <li>➢ 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。</li> <li>➢ 上課兩小時前天文台的三號熱帶氣旋或紅色暴雨或以上的警告仍然生效，訓練課將會取消。</li> <li>➢ 本會會因應個別場地的實際情況作出協調。</li> <li>➢ 因個人原因，惡劣天氣或市面特殊情況受影響的課堂均不設補課及退款。</li> <li>➢ 你所提供的個人資料，只作本會處理此訓練班之用。</li> <li>➢ 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。</li> <li>➢ 本會有權修訂訓練班之內容。</li> </ul>                            |      |                              |

## Mid-Long Distance Training Program 2022

### Sha Tin Class (Jan-Mar)

|                    |  |          |  |
|--------------------|--|----------|--|
| Date               | Jan 4, 7, 11, 14, 18, 21, 25, 28<br>Feb 8, 11, 15, 18, 22, 25<br>Mar 1, 4, 8, 11, 15, 18, 22, 25, 29<br>(Tue and Fri, Total 23 sessions)   | Time     | 18:30-20:30                                      |
| Venue              | <u>Sha Tin Sports Ground</u>   | Age      | Born in 2005-2011                                |
| Quota              | 30 (First come first serve)  | Fee      | HKD \$2760<br>(Additional \$50 for tee purchase) |
| Coach              | Ms. Wong Chun Wing   | Deadline | 23 Dec 2021                                      |
| Application Method | <ol style="list-style-type: none"> <li>1. Submit online application form (<a href="#">Link</a>).</li> <li>2. Payment method: <ul style="list-style-type: none"> <li>• Bank cheque: Payable to <b><u>A.S. Watson Retail (H.K.) Limited</u></b><br/>Write down applicant's name, course name and contact number at the back.<br/>Mail to <b><u>WAC, 8/F, Watson House, 1-5 Wo Liu Hang Road, Fo Tan, N.T.</u></b></li> </ul> </li> <li>3. Confirmation email will be sent after receiving your cheque, please contact us if you have not received one week after the deadline.</li> </ol>  |          |  |
| Enquiry            | <p>Tel: 3521 6100 / Fax: 3525 1780<br/>E-mail: <a href="mailto:wac@aswatson.com">wac@aswatson.com</a><br/>Facebook fans page: <a href="#">Watsons Athletic Club</a></p>  |          |  |
| Remarks            | <ul style="list-style-type: none"> <li>➤ Non-refundable once confirmation email sent.</li> <li>➤ Training will be cancelled if the Typhoon Signal Number 3 or the Red Rainstorm Warnings or above is hosted 2 hours prior the training.</li> <li>➤ We can make adjustment according to the actual situation of the venue.</li> <li>➤ No makeup class and refund will be arranged due to any personal reason, inclement weather or special condition in the city.</li> <li>➤ The personal information provided by you will only be used for this training course.</li> <li>➤ You may contact our staff if you have enquiries after confirmation.</li> <li>➤ All rights reserved.</li> </ul> |          |  |