

# 中長跑訓練班 2023

## 天水圍 B 班 ( 1-3 月 )

日期	1 月 5, 12, 26 2 月 2, 9, 16, 23 3 月 2, 9, 16, 23, 30 ( 星期四 · 共 12 堂 )	時間	18:00-20:00
地點	<u>天水圍運動場</u>	參加年齡	2006-2015 年出生
名額	30 名 ( 先到先得 )	費用	港幣 1920 元 ( 購買制服另加 50 元 )
			2 月開始為港幣 1280 元
負責教練	林樂山小姐	截止日期	2022 年 12 月 30 日
參加辦法	<ol style="list-style-type: none"> <li>填妥網上報名表格 ( <a href="#">連結</a> )。</li> <li>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> 背面請寫上學員姓名，所報班別及聯絡電話。</li> <li>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 <b>小型信件 ( 30 克 ) 郵費已於 22 年 9 月 26 日調整為港幣 2.2 元</b></li> </ul> </li> <li>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 電郵 <a href="mailto:wac@aswatson.com">wac@aswatson.com</a> Facebook 專頁 <a href="#">屈臣氏田徑會</a>		
備註	<ul style="list-style-type: none"> <li>➤ 訓練班學員須知、惡劣天氣安排、健康風險級別安排、政府「安心出行」及「疫苗通行證」規定等，請瀏覽本會網頁 ( <a href="#">連結</a> )。</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。私隱政策聲明，請瀏覽本會網頁 ( <a href="#">連結</a> )。</li> <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>➤ 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>➤ 本會亦因應個別場地的實際情況作出調動。</li> <li>➤ 本會有權修訂訓練班之內容。</li> </ul>		

Date	Jan 5, 12, 26 Feb 2, 9, 16, 23 Mar 2, 9, 16, 23 (Thursday, Total 12 sessions)	Time	18:00-20:00
Venue	<u>Tin Shui Wai Sports Ground</u>	Age	Born in 2006-2015
Quota	30 (First come first serve)	Fee	HKD \$1920 (Additional \$50 for tee purchase)
			HKD \$1280 start from Feb
Coach	Ms. Lam Lok Shan	Deadline	30 Dec 2022
Application Method	<ol style="list-style-type: none"> <li>Submit online application form (<a href="#">Link</a>).</li> <li>Payment method: <ul style="list-style-type: none"> <li>Bank cheque: Payable to <b><u>A.S. Watson Retail (H.K.) Limited</u></b> Write down applicant's name, course name and contact number at the back.</li> <li>Mail to <b><u>WAC, 8/F, Watson House, 1-5 Wo Liu Hang Road, Fo Tan, N.T.</u></b> <b>Postage rate of small letter (30g) adjusted to HKD \$2.2 from 26 Sep 2022.</b></li> </ul> </li> <li>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	Tel: 3521 6100 / Fax: 3525 1780 E-mail: <a href="mailto:wac@aswatson.com">wac@aswatson.com</a> Facebook fans page: <a href="#">Watsons Athletic Club</a>		
Remarks	<ul style="list-style-type: none"> <li>➤ Notes to participant, Arrangement of inclement weather, Arrangement of health risk category, "LeaveHomeSafe" &amp; "Vaccine Pass" regulation, please refer to our website (<a href="#">Link</a>).</li> <li>➤ You may contact our staff if you have to change the personal information afterwards. Please refer to our website for the privacy policy statement (<a href="#">Link</a>).</li> <li>➤ Non-refundable once confirmation email sent.</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>➤ We can make adjustment according to the actual situation of the venue.</li> <li>➤ All rights reserved.</li> </ul>		