

中長跑訓練班 2023

天水圍 A 班 (4-6 月)

日期	4月4, 18, 25 5月2, 9, 16, 23, 30 6月6, 13, 20, 27 (星期二·共12堂)	時間	18:00-20:00
地點	天水圍運動場	參加年齡	2006-2015 年出生
名額	30 名 (先到先得)	費用	4 月開始港幣 1920 元 5 月開始港幣 1440 元
負責教練	林樂山小姐	短袖汗衫	50 元
參加辦法	<ol style="list-style-type: none"> 填妥網上報名表格 (連結)。 付款方式二選一： <ul style="list-style-type: none"> 信用卡付款：於達到最少收生人數後，經電郵發送付款連結。 支票付款：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，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，請確保付足郵資。 收到款項後將再以電郵發送確認通知書，倘若於截止日後五個工作天仍未收到電郵確認書，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"> ➤ 訓練班學員須知、惡劣天氣安排、健康風險級別安排等，請瀏覽本會網頁 (連結)。 ➤ 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。 ➤ 有關私隱政策聲明，請瀏覽本會網頁 (連結)。 ➤ 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。 ➤ 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。 ➤ 本會可因應個別場地的實際情況作出調動。 ➤ 本會有權修訂訓練班之內容。 		

Date	Apr 4, 18, 25 May 2, 9, 16, 23, 30 Jun 6, 13, 20, 27 (Tuesday, 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 start from Apr HKD \$1440 start from May
Coach	Ms. Lam Lok Shan	T-shirt	\$50
Application Method	<ol style="list-style-type: none"> 1. Submit online application form (Link). 2. Choose either one payment method: <ul style="list-style-type: none"> • Credit card payment: we will send the payment link via email while reaching the minimum number of participants. • Bank cheque payment: 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>, make sure you arrange sufficient postage. 3. Confirmation email will be sent after receiving your payment, please contact us if you have not received five working days after the deadline. 		
Enquiry	<p>Tel: 3521 6100 / Fax: 3525 1780 E-mail: wac@aswatson.com Facebook fans page: Watsons Athletic Club</p>		
Remarks	<ul style="list-style-type: none"> ➤ Notes to participant, Arrangement of inclement weather, Arrangement of health risk category, please refer to our website (Link). ➤ You may contact our staff if any changing in personal information afterwards. ➤ Please refer to our website for the privacy policy statement (Link). ➤ Non-refundable once confirmation email sent. ➤ No makeup class and refund will be arranged due to any personal reason, inclement weather or special condition in the city. ➤ We can make adjustment according to the actual situation of the venue. ➤ All rights reserved. 		