



Organized By:  
Hong Kong China  
Swimming Association



Subvented By:  
Leisure and Cultural  
Services Department

## HONG KONG AQUA BALL COURSE 2023-24

Hong Kong Aqua Ball Summer Course 2023 is organized by the Hong Kong China Swimming Association "HKGSA" and subvented by the Leisure and Cultural Services Department. It is held year round and divided into 5 phases starting from June and last for 2 months each phase.

The Course is designed to introduce to the children the beginner skills required for Water Polo. These include head-up sprints, passing, shooting, egg-beater (treading water), basic game structure and rules.

The coaches will be current / former Hong Kong Water Polo Team members who possess valid Water Polo Coach Certificates. Outstanding participants will be invited to join the Learn Water Polo Course programme or promoted to the Hong Kong Water Polo Junior Squad when he/she reaches the age of 13.

### Requirements

1. Age 8-12
2. Able to pass water test of swimming 100m freestyle and 100m breaststroke continuously

### Training Schedule

October – November 2023:

<i>Venue</i>	<i>Time &amp; Day</i>	<i>Course Fee</i>	<i>Quota</i>
Kowloon Park Swimming Pool	9,13,16,30 / October 6,8,10,13,15,20,22,24,27,29 / November (Every Mon, Wed & Fri) 16:00 – 18:00	HK\$390	25
	2,4,11,18,23,25 / October 1 / November (Every Wed & Fri) 17:00 – 18:00		

### Enquiry

Hong Kong China Swimming Association

Tel: 2572 8594

### Entry Deadline

October – November 2023:

29<sup>th</sup> September 2023 (Fri)

## Entry Procedures:

### **In Person:**

Individuals may submit the followings to the HKGSA office in person:

- Completed Entry Form
- A photocopy of H.K.I.D. Card / Identification document OR Birth Certificate
- Entry fee in crossed-cheque made payable to "HKGSA", please write down the applicant's name and contact telephone no. at the back of the cheque. **Cash will not be accepted.**
- A self-addressed envelope with stamp (for returning receipt). Entry Form without self-addressed and stamped envelope will not be entertained.

### **By Mail:**

Please post the followings to the HKGSA Office (Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong, Kowloon):

- Completed Entry Form
- A photocopy of H.K.I.D. Card / Identification document OR Birth Certificate
- Entry Fee in crossed-cheque made payable to "HKGSA", please write down the applicant's name and contact telephone no. at the back of the cheque.
- A self-addressed envelope with stamp (for returning receipt). Entry Form without self-addressed and stamped envelope will not be entertained.

### Remarks:

1. Incomplete or late applications will not be accepted.
2. Participants must follow instructions given by the coaches during the lessons. Coaches and staff of HKGSA may prohibit anyone who fails to obey the instructions from attending classes.
3. The information provided by applicant will only be used for the enrollment and promotion of recreation and sports activities organized by HKGSA and co-organizing parties. For correction of or access to personal data after submission of this form, please contact the HKGSA office.
4. No. of training sessions will be subjected to availability of venue. Unless under special circumstances, no application for refund, change of programme or making substitution are allowed after enrollment.
5. HKGSA has sole discretion in amendment to the rules without prior notice.
6. Should any dispute arise from the above rules or if any situation occurs which is not covered by the above rules, final decision will be made by HKGSA.

## **Enquiry**

Hong Kong China Swimming Association

Tel: 2572 8594 / Website: [www.hkgswimming.org.hk](http://www.hkgswimming.org.hk)

### **HKGSA Office Address:**

Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong, Kowloon

### **Office Hours:**

Monday to Friday from 10:00 a.m. – 12:00 p.m.; 1:00p.m. – 5:00p.m.