



Organized By:
Hong Kong China
Swimming Association

Subvented By:



Tseung Kwan O Water Polo Development Program 2026

Tseung Kwan O Water Polo Training Course 2026 is organized by the Hong Kong China Swimming Association "HKGSA" and Hong Kong China Water Polo "HKWP". The program will be divided into three phases, to be held from May 2026 to October 2026, with each phase lasting two months.

The Course is designed to introduce beginner-level Water Polo skills, including head-up sprints, passing, shooting, egg-beater (treading water), basic game structure and rules.

All sessions will be led by certified coaches who are current or former Hong Kong Water Polo members.

Requirements

1. Age 8-14
2. Able to pass water test of swimming 100m freestyle and 100m breaststroke continuously

Training Schedule

July – August 2026:

Venue	Course	Date	Time	Lesson Date	Fee	Quota
Tseung Kwan O Swimming Pool Diving Pool	Beginner(A)	Wed	18:00 – 19:00	8,15,22,29/ 7 5,12,19,26/ 8	HK\$390	10
		Sat	12:00 – 13:00	4,11,18,25/ 7 1,8,15,22,29/ 8		
	Intermediate(B)	Fri	18:00 – 19:00	3,10,17,24,31/ 7 7,14,21,28/ 8	HK\$390	10
		Sat	12:00 – 13:00	4,11,18,25/ 7 1,8,15,22,29/ 8		

*Coach will recommend suitable classes for students based on previous performance.

Certificates

Certificates will be awarded to participants who achieve attendance of 80% or above.

Entry Deadline

June 2026: 30th June 2026 (Tue)

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.

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. Applicants can only make one application to each class and is not allowed to apply for more than one class in the same time slot. Otherwise, application of which will be rejected.
2. Incomplete or late applications will not be accepted.
3. 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.
4. 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.
5. 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. There will be no refund for any cancellation due to bad weather.
6. HKGSA has sole discretion in amendment to the rules without prior notice.
7. 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: info@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. – 1:00 p.m.; 2:00p.m. – 5:00p.m.