

ETS Award Scheme - Part 181 力行三項鐵人訓練獎勵計劃：第 181 回



HK Island Swim/Run Class 港島水陸鐵人訓練班

Introduction: This course is aim for who would join the Aquathon / Triathlon trainings, it includes: Skills analysis on Swimming, Running and Transition training. Furthermore, this course allows participates enhance their technique on the Aquathon / Triathlon races. All the Classes are coached by professional coach.
課程簡介: 此課程是專為有興趣參加三項及兩項鐵人活動之人士而設，內容包括游、跑步及轉項的混合訓練，並透過正確技術分析，讓參加者進一步完善三項及兩項鐵人賽之實戰技巧。而各訓練班均予資深教練教授，令參加者更易掌握各項技術。

	Date 日期	Time 時間	Content 內容	Venue 地點
Monday	July 8, 15, 22, 29	1900-2100	Run > Swim	Wan Chai Swimming Pool 灣仔泳池(港灣道)
	Aug 5, 12, 19, 26			
Friday	July 5, 12, 19, 26	1900-2100	Swim > Run	
	Aug 2, 9, 16, 23, 30	1945-2145	Run > Swim	
Entry Requirement : Aged 10 or above & able to Swim 100m.				
Upcoming Races : 7 Jul Aquathon Race 2 ; 4 Aug Aquathon Race 3 ; 1 Sept Aquathon Race 4				

Entry Procedure / Methods: Please fill in the entry form and post to G/F., 63 Fo Tan Village, Shatin, N.T. together with the cheque payable to "Energetic Triathlon Shatin" or fax the entry form to 8202-8248 together with your payment advice, deposit or internet transfer into HSBC Account: 151-0-024456 (3 days in advance the starting of training course).

報名辦法: 請於開課前三天，填妥報名表格連同劃線支票抬頭“力行三項鐵人”，寄回 沙田 火炭村 63 號地下 或將費用存入“HSBC 滙豐戶口：151-0-024456”，然後連同報名表回條傳真至：8202-8248。

Enquiry 查詢: 8202-8848 **Email 電郵:** info@ets-tri.com **Website 網址:** www.ets-tri.com

Swim/Run Class in Hong Kong Island 港島區 水陸項鐵人訓練班 (Part 181)

Entry Form 報名表

Name in English 英文姓名:	Name in Chinese 中文姓名:	Gender 性別:
Date of Birth 出生日期:	E-mail address 電郵地址:	HKID Card No. 身份證號碼:
Address 地址:		Contact phone 聯絡電話:

Course Fee 課程費用:	July	Aug	July & Aug	Sept & Oct	Nov & Dec	July to Dec
ETS Member 力行會員	\$700	\$700	\$1300	\$1200	\$1200	\$3500
Non-Member 非會員	\$750	\$750	\$1400	\$1300	\$1300	\$3800
Remark: Swimming lane charges are double paid during summer period. 備註：暑期專用泳線租金為雙倍。						

ETS 2013 Membership Category, Please "✓" 力行 2013 會員組別 請 "✓" 有效期至：2013 年 12 月 31 日		
Junior 青少年 (1996 or after) \$100 <input type="checkbox"/>	Senior 成年組 (1995 or before) \$200 <input type="checkbox"/>	* Parent 家長會員 (Name: _____) \$30 <input type="checkbox"/>
Joining HKTriA 2013 Membership, Please "✓" Category (Before 23rd Feb 2013 - 40% Less) 加入三項鐵人總會 請 "✓" 組別		
Junior 青年 (1996-2005) \$100 <input type="checkbox"/>	Full-time Student 全職學生 (1995 or before) \$100 <input type="checkbox"/>	Adult 成人(1995 or before) \$270 <input type="checkbox"/>
* 本會歡迎各青少年會員之家長成為會員，訓練優惠只適用於青少年及成年會員。		
Age: calculate as at 31 Dec 2013	年齡: 以 2013 年 12 月 31 日 計算	Total Amount 合共: \$

Declaration 聲明

I declare that I understand the conditions of the training I have entered. And I accept that all participants enter at their own risk. I declare that all the above details are true and correct. I agree to abide by the rules of the Energetic Triathlon Shatin. And I permit the Energetic Triathlon Shatin to use the above information in the operation of its activities.

Signature 簽名: _____ Date 日期: _____

Parent Signature 家長簽名: _____ (Parental Consent if under 18 十八歲以下須得家長同意)