

**The Gymnastics Association
of Hong Kong, China**

中國香港體操總會

Room 1002, Olympic House, 1 Stadium Path,
So Kon Po, Causeway Bay, Hong Kong
香港銅鑼灣掃桿埔大球場徑一號奧運大樓1002室
Tel: (852) 2504 8233 Fax: (852) 2882 8590
Web-site : www.gahk.org.hk
E-mail: mail@gahk.org.hk



Affiliated to:

The Sports Federation &
Olympic Committee Hong Kong, China

Federation Internationale de Gymnastique

Asian Gymnastic Union

Pacific Alliance of National Gymnastic Federations

(Limited by Guarantee)

***SLTSC Children and Youth Courses
Women's Artistic Gymnastics (L4 or above)***

Course Code	Time	Age	Venue	Fee (Course Fee & Insurance)	
				Member	Non-member
AGS266-1718(A)	10:00am – 12:00nn	6-16 years old	Gymnastics Hall Shun Lee Tsuen Sports Centre	\$1,570	\$1,670

Detailed Schedule

****Every Sat (total 10 lessons)****

Year	Month	Day	Remarks
2017	Jul	15, 22, 29	/
	Aug	5, 12, 19, 26	/
	Sep	2, 9, 16	/

Important Notes

- New applicants should attach a copy of the L3 Artistic Gymnastics Certificate for verification;**
- Limited quotas on *first come first serve basis!*
Please contact Ms. Sonia Lam at 2504 8233 for enrollment details.**

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Physical Activity Readiness

1. I certify that:
 - My doctor has never said that I have a heart condition and that I should only do physical activity recommended by a doctor.
 - I have never felt pain in my chest when I do physical activity.
 - In the past month, I did not have had chest pain when I was not doing physical activity.
 - I have never lost my balance because of dizziness or I have never lost consciousness.
 - I do not have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in my physical activity.
 - My doctor is not currently prescribing drugs (for example, water pills) for my blood pressure or heart condition.
 - I do not know of any other reasons why I should not do physical activity.
2. It is suggested that you should determine your basic fitness so that you can have the best planning when doing physical activity. It is also highly recommended that you have your blood pressure evaluated and consult your doctor before you join the event.
3. If you are not feeling well because of a temporary illness such as cold or fever, please join the event after you feel better.
4. If you are or may be pregnant, please talk to your doctor before you join this event.
5. You should start the activity slowly and build up gradually. This is the safest and easiest way to go.
6. If you have the above health changes, tell your doctor or the coach. Ask whether you should continue this event.
7. If you know of any other reasons such as safety, disease, or condition changes that may influence you to join the event, you should notice the GAHK in writing.
8. If necessary, the GAHK has the right to request your medical certificate for reference.
9. If you have any questions of this physical activity readiness, please consult your doctor before you join the event.