

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
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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
Men's Artistic Gymnastics (L4 or above)
男子競技體操課程 (L4 或以上)

Course Code 課程編號	Time 時間	Age 年齡	Venue 上課地點	Quota 學員名額	Fee 費用 (Course Fee & Insurance 已包括學費及保險費)	
					Member 會員	Non-member 非會員
AGS266-1718(D)	2:00pm – 4:00pm	10-16 years old	Gymnastics Hall Shun Lee Tsuen Sports Centre 順利邨體育館 – 體操訓練場	8 人	\$1,570	\$1,670

Detailed Schedule 上課時間

Every Sat (total 10 lessons) 逢星期六 (共 10 堂)

Year 年	Month 月	Day 日	Remarks 備註
2017	7	15, 22, 29	/
	8	5, 12, 19, 26	/
	9	2, 9, 16	/

Important Notes 重要事項

- Deadline for application: 30 June 2017 (first come first serve);**
截止報名日期：2017年6月30日 (先到先得，額滿即止)；
- New applicants should attach a copy of the L3 Artistic Gymnastics Certificate for verification;
新生報名時需提供本會發出之競技體操 L3 證書副本以作審核；
- Applicants please send the enrollment form with a crossed cheque made payable to "The Gymnastics Association of Hong Kong, China" to the following address for confirmation: Room 1002, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong;
申請者請填妥報名表格後連同課程費用之劃線支票於截止報名日期前寄回香港銅鑼灣掃桿埔大球場徑一號奧運大樓 1002 室。支票抬頭請書『中國香港體操總會』，支票背後寫上參加者姓名及聯絡電話，並註明<AGS266-1718 (D)>；
- For any enquiries, please feel free to contact Ms. Sonia LAM at 2504 8233.
如有任何查詢，請致電 2504 8233 與林小姐聯絡。

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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.

中國香港體操總會

參加者健康及體能須知

1. 參加者/參加者之監護人應確定參加者於進行相關課程/比賽/活動時：
 - 未曾有醫生說過參加者的心臟有問題，以及只可進行醫生建議的體能活動；
 - 參加者未曾於進行體能活動時會感到胸口痛；
 - 過去一個月內，參加者未曾在沒有進行體能活動時也感到胸口痛；
 - 參加者未曾因感到暈眩而失去平衡，或曾否失去知覺；
 - 參加者的骨骼或關節(例如脊骨、膝蓋或腕關節)沒有毛病，且不會因改變體能活動而惡化；
 - 醫生現時沒有處方血壓或心臟藥物（例如 water pills）給參加者服用；
 - 沒有其他理由令參加者不應進行有關活動。
2. 本會建議各參加者評估自己的體能，以便參加者擬定最佳的運動計劃，同時亦需定期量度血壓，並先徵詢醫生的意見才參加此活動。
3. 如參加者因傷風或發燒等暫時性疾病而感到不適，請在康復後才參加此活動。
4. 如參加者懷孕或可能懷孕，請先徵詢醫生的意見才參加此活動。
5. 開始參加此活動時應慢慢進行，然後逐漸增加運動量，這是最安全和最容易的方法。
6. 如參加者有以上各項健康狀況的轉變，便應告知醫生或活動教練，看看應否繼續參加此活動。
7. 如參加者有任何可能影響其安全或參與此活動之疾病或其他身體情況，必須以書面通知本會。
8. 如有需要，本會有權要求參加者提供有關的醫生證明文件，以作參考。
9. 如參加者對上述各項有疑問，請先徵詢醫生的意見才參加此活動。