

期間限定
優惠

Jonathon Quinlan 私人教授課程

於2025年10月1日至12月31日期間
報名10堂個別教授套票，將免費獲贈3堂！

對象：2-18歲會員子女及成年會員，由初學者至參賽級別。

專業資格：

American Swimming Coaches Association (ASCA)	• Level I • Level II Stroke School
Australian Swimming Coaches Teachers Association (ASCTA)	• Bronze Coaching License

曾奪得之獎項：

Hong Kong (HK) Open Nationals(1995)	• Finalist: 50m & 100m Freestyle
Hong Kong Age Group Competitions (1995-96)	• Top 2: 15-17yrs 50m & 100m Freestyle
World Cup, Hong Kong & Tasmania (1996-98)	• HK Rep: 50m & 100m Freestyle
50m Freestyle World Ranking (1997)	• Top 120
Ansett Invitational Meet, Sydney (1998)	• Gold Medalist: Men's 50m Freestyle

教授經驗：

2004-2007：於不同會所及學校任教
2008-2009：於 LRC 擔任 Development Swimming Coach
2009-2011：於 LRC 擔任 Learn To Swimming Program Head Swimming Teacher
2011-至今：開設 Jonathon Quinlan Swimming Ltd 兼任總教練

預約方式：

申請表格請交往接待處，本會將於稍後確認有關申請成功與否，請務必填妥聯絡資料。

課堂收費（於2025年10月1日至12月31日期間報名）：

項 目	堂 數	課堂時間	收費（每位）
個別教授	單 堂	1 小時	\$950
	10堂 + 3堂免費		\$8,500
小組教授 （每組最多3人）	8 堂		\$2,800

報名須知：

1. 一經報名，費用不設退回。
2. 套票限期為半年，逾期作廢。
3. 主卡會員可與家屬同時使用套票。
4. 教練以英語授課，輔以少量廣東話。
5. 10堂個別教授套票為每堂\$850，完成10堂後將免費獲贈3堂。



香港中華游樂會
CHINESE RECREATION CLUB, HONG KONG



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Private Swimming Lessons with Jonathon Quinlan

A. Student Information **Please fill in all details neatly, 1 form per student**

Student Name:	Gender: M / F	Phone No: (M)
Parent(s) names (If Applicable):	D.O.B	Emergency Contact:
Email:	CRC Membership No.:	
Student 2 Name: (For 1 on 2 Lesson use only)	Student 2 CRC Membership No.:	
<i>Are you suffering from any medical conditions we need to be aware of? If so, please explain:</i>		

Please "✓" the appropriate boxes

1 on 1	No of Students	No of Lesson	Lesson	Price per Student
	1	1	1 Hour	\$950
	1	10 + 3 Free of Charge	1 Hour	\$8500

**Promotion offer is only applicable to application between 01-10-2025 to 31-12-2025.*

Group Class	No of Students	No of Lesson	Lesson	Price per Students
	2	8	1 Hour	\$2800
	3	8	1 Hour	\$2800

*Kindly note course fees will be charged to members' account.

*10 one-on-one tutoring sessions are priced at \$850 each. After completing 10 sessions, 3 additional sessions will be conferred for free.

****To get best results in semi-private lessons, students should be grouped as much as possible according to similarities in water confidence and ability. Under no circumstances are infants and preschoolers to be grouped with older children in the same group. Private and semi-private lessons are suitable for Children and Adults of all ages and abilities.**

B. Preferred Lesson Schedule:

*Programs are available in blocks ideally in **5 or 10 sessions**. For more information, please see terms and conditions. Please note that day and time is subject to the availability of the coach. For coach availability, please contact the Clubhouse for details.

Number of Lesson	Date of Lesson	Time of Lesson
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		

Please kindly fill out and complete a signed application form and submit to “**CRC RECEPTION**” if you wish to enroll any private swimming lessons. An acknowledgement email will be sent to all applicants to confirm receipt of their application.

**** For further enquiries, please contact Reception by phone call : 2577-7376**

Terms and Conditions for Private / Semi-Private Swimming Lessons

- Places are allocated on a first-come-first serve basis and subject to confirmation by Coach Jonathon prior to the commencement of the lesson. Bookings will be confirmed by email only.
- A program Package consists of either 5 or 10 consecutive swimming sessions that are ideally to be completed within 5 or 10 consecutive weeks with confirmation of pre-set lesson dates prior to commencement of the first lesson.
- **Please note that Incomplete Information may lead to an unsuccessful application.**
- Students signed up to a Semi-Private program of 2 students will have all agreed to commence on the same starting date and commit to all scheduled class dates and finish on the agreed finishing date of the program.

Makeup Sessions:

- **There will be no refunds or make up lessons arranged for students missing lessons for any reason including but not limited to sickness or schedule conflicts.**

Cancellation:

- Students cancel 48 hours prior to the commencement of the lesson will receive a full refund. All fees are non-refundable once the lesson has commenced.

Weather:

- In the interest and safety of students and in accordance with the HK Educational Bureau and HK Observatory, we reserve the right to cancel classes if the venue is deemed unsafe due to inclement weather. Classes will be canceled in the event of (1) Typhoon Signal #3 or above (2) Red or Black Rainstorm warning or (3) Thunderstorm (Thunder and Lightning Present on location). In the event of weather cancellations mentioned above, a make-up may be scheduled at the convenience of the venue and the availability of the coach. No further make-ups will be provided for students who fail to attend a scheduled make-up lesson.

General:

- "The Coach" reserves the right to change the lesson time and date. Notification of changes will be made to parents via e-mail at least 24 hours prior to the lesson.
- Please make sure that you come to the lessons on time. Under no circumstances will lessons be extended due to late arrival.
- Parents (P) or responsible Guardians (G) must participate in the water for lessons with 2 students who are unable to swim confidently on their own. For one-on-one lessons, P and G may not necessarily need to be in the water but are required to be nearby or by the poolside. In the event that the Coach is unable to attend an allocated lesson (whether through illness, unavoidable delay or unavoidable disruption), a makeup lesson will be scheduled wherever possible. No further make-ups will be provided for students who fail to attend make-up lesson under such circumstances.
- In the event that the Venue is closed due to unforeseeable circumstances rendering venue unusable due to health risks, lessons will be re-scheduled with make-up sessions scheduled wherever possible.

Liability:

- The Coach will take all reasonable measures to ensure the well - being of its Clients. However, CRC and the Coach accept no responsibility for any injury to its clients and their guests, or damage or loss of property to its clients and their guests as a result of participation in any program(s), either as a result of negligence or misadventure. Members are responsible for the conduct and behavior of their guests while on CRC premises and while participating in any program(s).

Confidentiality:

- Personal information supplied to CRC and the Coach is needed to formulate specialized individual programs. This information will be kept confidential and not divulged to other parties.

I hereby understand and accept the terms and conditions set forth in this agreement:

Name : _____

Membership No. : _____

Date : _____

Signature : _____