

Dolphin Swimming - Long Island Location 海豚游泳長島場地

Fall 2024 Swimming Program / 2024 年秋季游泳課程

Saturdays / 逢星期六: 09/28/24 – 12/14/24

Dates Closed / 放假日期: 10/05/24 & 11/30/24

Saturdays 逢星期六 ~ Long Island Location at SUNY Old Westbury

| | | |
|------------------------|---|--|
| Junior Basics 兒童基礎級: | 11:00 AM – 11:45 AM or 5:45 PM – 6:30 PM | or 2:45 PM – 3:30 PM |
| Junior Level I 兒童一級: | 11:45 AM – 12:30 PM or 5:00 PM – 5:45 PM | or 1:15 PM – 2:00 PM |
| Junior Level II 兒童二級: | 9:30 AM – 11:00 AM or 5:00 PM – 6:30 PM | or 3:30 PM – 5:00 PM |
| Junior Level III 兒童三級: | 11:00 AM – 12:30 PM or 3:30 PM – 5:00 PM | or 12:30 PM – 2:00 PM |
| Junior Level IV 兒童四級: | 12:30 PM – 2:00 PM | or 2:00 PM – 3:30 PM |
| Junior Level V 兒童五級: | 11:00 AM – 12:30 PM or 2:00 PM – 3:30 PM | or 12:30 PM – 2:00 PM |
| Teen Level I 青少年一級: | 12:30 PM – 1:15 PM | or 2:00 PM – 2:45 PM |
| Teen Level II 青少年二級: | 2:00 PM – 3:30 PM | or 3:30 PM – 5:00 PM |
| Teen Level III 青少年三級: | 11:00 AM – 12:30 PM | or 2:00 PM – 3:30 PM |
| Teen Level IV 青少年四級: | 2:00 PM – 3:30 PM | or 3:30 PM – 5:00 PM |
| Teen Level V 青少年五級: | 9:30 AM – 11:00 AM or 2:00 PM – 3:30 PM | or 12:30 PM – 2:00 PM |
| Adult Level II 成人二級: | 2:00 PM – 3:30 PM | |
| Level VI 六級: | 11:00 AM – 12:30 PM or 3:30 PM – 5:00 PM | or 12:30 PM – 2:00 PM or 5:00 PM – 6:30 PM |
| Level VII 七級: | 11:00 AM – 12:30 PM | or 2:00 PM – 3:30 PM |
| Level VIII 八級: | 9:30 AM – 11:00 AM or 12:30 PM – 2:00 PM | or 11:00 AM – 12:30 PM or 3:30 PM – 5:00 PM |
| Swim Team** 游泳隊*: | 3:30 PM – 5:00 PM | or 5:00 PM – 6:30 PM |

*1:4 Instructor to Student ratio is applied upto level 7.

*1:4 教練學生人數比例只適用於七級或以下。

**Swim Team training is recommended to attend for both Saturday and Sunday, there will be no make-up class arrangement for any absence.

**游泳隊學員必須出席星期六及星期天(每週兩天)的訓練(包括不定期之游泳比賽)。如果缺席將沒有補課安排。

Program Tuition:

\$520 for Junior Basics & all Level 1 classes (45 minutes per class, total of 10 classes)

\$860 for classes from Level 2 & up (90 minutes per class, total of 10 classes)

學費:

兒童基礎級和一級課程 (每堂課 45 分鐘, 共 10 堂) 收費 \$520

二級或以上課程 (每堂課 90 分鐘, 共 10 堂) 收費 \$860

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Fall 2024 Swimming Program / 2024 年秋季游泳課程

Sundays / 逢星期日: 09/29/24 – 12/15/24

Dates Closed / 放假日期: 10/6/24 & 12/1/24

Sundays 逢星期日 ~ Long Island Location at SUNY Old Westbury

| | | |
|------------------------|--|--|
| Junior Basics 兒童基礎級: | 9:45 AM – 10:30 AM or 12:00 PM – 12:45 PM | or 10:30 AM – 11:15 AM or 3:00 PM – 3:45 PM |
| Junior Level I 兒童一級: | 11:15 AM – 12:00 PM | or 1:30 PM – 2:15 PM |
| Junior Level II 兒童二級: | 12:00 PM – 1:30 PM or 4:30 PM – 6:00 PM | or 1:30 PM – 3:00 PM |
| Junior Level III 兒童三級: | 12:00 PM – 1:30 PM | or 1:30 PM – 3:00 PM |
| Junior Level IV 兒童四級: | 9:00 AM – 10:30 AM or 12:00 PM – 1:30 PM | or 10:30 AM – 12:00 PM |
| Junior Level V 兒童五級: | 10:30 AM – 12:00 PM | or 1:30 PM – 3:00 PM |
| Teen Level I 青少年一級: | 9:00 AM – 9:45 AM or 2:15 PM – 3:00 PM | or 12:45 PM – 1:30 PM or 3:45 PM – 4:30 PM |
| Teen Level II 青少年二級: | 10:30 AM – 12:00 PM | or 12:00 PM – 1:30 PM |
| Teen Level III 青少年三級: | 9:00 AM – 10:30 AM | or 12:00 PM – 1:30 PM |
| Teen Level IV 青少年四級: | 10:30 AM – 12:00 PM | |
| Teen Level V 青少年五級: | 9:00 AM – 10:30 AM | or 12:00 PM – 1:30 PM |
| Level VI 六級: | 9:00 AM – 10:30 AM or 12:00 PM – 1:30 PM | or 10:30 AM – 12:00 PM or 1:30 PM – 3:00 PM |
| Level VII 七級: | 10:30 AM – 12:00 PM | or 3:00 PM – 4:30 PM |
| Level VIII 八級: | 9:00 AM – 10:30 AM or 1:30 PM – 3:00 PM | or 12:00 PM – 1:30 PM |
| Swim Team* 游泳隊*: | 3:00 PM – 4:30 PM | or 4:30 PM – 06:00 PM |

Website / 網址: www.dolphinsswimming.com

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