

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

Winter 2025 Swimming Program / 2025 年秋季游泳課程

Saturdays / 逢星期六: 01/04/25 – 03/15/25

Dates Closed / 放假日期: 02/01/25

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

Junior Basics 兒童基礎級:	11:45 AM – 12:30 PM or 3:30 PM – 4:15 PM	or 12:30 PM – 1:15 PM or 5:00 PM – 5:45 PM
Junior Level I 兒童一級:	11:00 AM – 11:45 AM	or 4:15 PM – 5:00 PM
Junior Level II 兒童二級:	12:30 PM – 2:00 PM or 3:30 PM – 5:00 PM	or 2:00 PM – 3:30 PM or 5:00 PM – 6:30 PM
Junior Level III 兒童三級:	11:00 AM – 12:30 PM	or 2:00 PM – 3:30 PM
Junior Level IV 兒童四級:	11:00 AM – 12:30 PM or 5:00 PM – 6:30 PM	or 12:30 PM – 2:00 PM
Junior Level V 兒童五級:	12:30 PM – 2:00 PM	or 2:00 PM – 3:30 PM
Teen Level I 青少年一級:	1:15 PM – 2:00 PM or 5:45 PM – 6:30 PM	or 2:45 PM – 3:30 PM
Teen Level II 青少年二級:	12:30 PM – 2:00 PM	or 3:30 PM – 5:00 PM
Teen Level III 青少年三級:	9:30 AM – 11:00 AM	or 3:30 PM – 5:00 PM
Teen Level IV 青少年四級:	11:00 AM – 12:30 PM	or 2:00 PM – 3:30 PM
Teen Level V 青少年五級:	2:00 PM – 3:30 PM	or 3:30 PM – 5:00 PM
Level VI 六級:	9:30 AM – 11:00 AM or 12:30 PM – 2:00 PM or 3:30 PM – 5:00 PM	or 11:00 AM – 12:30 PM or 2:00 PM – 3:30 PM
Level VII 七級:	9:30 AM – 11:00 AM or 2:00 PM – 3:30 PM	or 12:30 PM – 2:00 PM
Level VIII 八級:	9:30 AM – 11:00 AM	
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

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

Winter 2025 Swimming Program / 2025 年秋季游泳課程

Sundays / 逢星期日: 01/05/25 – 3/16/25

Dates Closed / 放假日期: 02/02/25

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

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

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