

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

Spring 2024 Swimming Program / 2024 年春季游泳課程

Saturdays / 逢星期六: 04/20/2024 – 06/29/2024

Dates Closed / 放假日期: 5/25/2024

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

Junior Basics 兒童基礎級:	12:30 PM – 1:15 PM or 5:00 PM – 5:45 PM	or 2:45 PM – 3:30 PM
Junior Level I 兒童一級:	2:00 PM – 2:45 PM or 5:45 PM – 6:30 PM	or 3:30 PM – 4:15 PM
Junior Level II 兒童二級:	11:00 AM – 12:30 PM or 5:00 PM – 6:30 PM	or 2:00 PM – 3:30 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 3:30 PM – 5:00 PM
Junior Level V 兒童五級:	2:00 PM – 3:30 PM	
Teen Level I 青少年一級:	1:15 PM – 2:00 PM	or 4:15 PM – 5:00 PM
Teen Level II 青少年二級:	3:30 PM – 5:00 PM	
Teen Level III 青少年三級:	2:00 PM – 3:30 PM	
Teen Level IV 青少年四級:	12:30 PM – 2:00 PM	or 3:30 PM – 5:00 PM
Teen Level V 青少年五級:	11:00 PM – 12:30 PM or 3:30 PM – 5:00 PM	12:30 PM – 2:00 PM or 5:00 PM – 6:30 PM
Level VI 六級:	11:00 AM – 12:30 PM or 2:00 PM – 3:30 PM	or 12:30 PM – 2:00 PM or 3:30 PM – 5:00 PM
Level VII 七級:	12:30 PM – 2:00 PM	or 2:00 PM – 3:30 PM
Level VIII 八級:	11:00 AM – 12:30 PM	or 2:00 PM – 3:30 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 \$500

二級或以上課程 (每堂課 90 分鐘, 共 10 堂) 收費 \$820

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Spring 2024 Swimming Program / 2024 年春季游泳課程

Sundays / 逢星期日: 04/21/2024 – 06/30/2024

Dates Closed / 放假日期: 5/26/2024

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

Junior Basics 兒童基礎級:	11:15 AM – 12:00 PM or 12:45 PM – 1:30 PM or 4:30 PM – 5:15 PM	or 12:00 PM – 12:45 PM or 2:15 PM – 3:00 PM
Junior Level I 兒童一級:	10:30 AM – 11:15 AM or 1:30 PM – 2:15 PM	or 12:00 PM – 12:45 PM or 3:00 PM – 3:45 PM
Junior Level II 兒童二級:	12:00 PM – 1:30 PM or 3:00 PM – 4:30 PM	or 1:30 PM – 3:00 PM
Junior Level III 兒童三級:	10:30 AM – 12:00 PM or 4:30 PM – 6:00 PM	or 12:00 PM – 1:30 PM
Junior Level IV 兒童四級:	10:30 AM – 12:00 PM or 3:00 PM – 4:30 PM	or 12:00 PM – 1:30 PM
Junior Level V 兒童五級:	10:30 AM – 12:00 PM	or 3:00 PM – 4:30 PM
Teen Level I 青少年一級:	12:45 PM – 1:30 PM or 5:15 PM – 6:00 PM	or 3:45 PM – 4:30 PM
Teen Level II 青少年二級:	10:30 AM – 12:00 PM	or 1:30 PM – 3:00 PM
Teen Level III 青少年三級:	9:00 AM – 10:30 AM	
Teen Level IV 青少年四級:	9:00 AM – 10:30 AM or 1:30 PM – 3:00 PM	or 10:30 AM – 12:00 PM
Teen Level V 青少年五級:	10:30 AM – 12:00 PM or 1:30 PM – 3:00 PM	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 3:00 PM – 4:30 PM	or 10:30 AM – 12:00 PM or 1:30 PM – 3:00 PM or 4:30 PM – 06:00 PM
Level VII 七級:	10:30 AM – 12:00 PM or 3:00 PM – 4:30 PM	or 1:30 PM – 3:00 PM
Level VIII 八級:	9:00 AM – 10:30 AM	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](http://www.dolphinsswimming.com)

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