



**BLUE SKY  
SPORTS CLUB**



**WET & WILD  
5 DAYS MIXED WATER SPORTS CAMP  
(EASTER CAMP)**



## Water Sports Camp 水上活動訓練營

### Blue Sky Sports Club 藍天體育會

Established in 2001 by a group of sports professionals, Blue Sky Sports Club was inspired to provide our members with unique experiences in various sports activities.

Blue Sky Sports Club aims to help our members to learn different water sports related skills and techniques, our biggest goal is to let our members enjoy their time in ocean.

We provide training and events on different forms of water sports such as swimming, snorkeling, kayaking, stand up paddling, surfing, dragon boating, wakeboarding and camping.

由一班專業的體育人士創立於二零零一年，藍天體育會致力於不同體育活動提供獨特的體驗給客戶。藍天體育會在過去的十年中曾在不同的體育項目中服務超過十萬名客戶，包括游泳、獨木舟、龍舟、浮潛、滑水、沖浪、直立板、活動策劃及露營。

### Objective 活動目標

- 1) Let them unplug with technology and spent their day with physical activities.  
讓孩子們遠離電子品，並盡情的參與體育活動。
- 2) Connected with the nature in Sai Kung.  
享受西貢自然生態的美貌。
- 3) Develop life-long skills and hobbies.  
培養出終身的技能和興趣。



## Event Details 活動資料

<b>Date:</b> 日期:	10 <sup>th</sup> April, 2017 – 14 <sup>th</sup> April, 2017 (Monday-Friday) 2017 年 4 月 10 日至 14 日 (星期一至五)
<b>Time:</b> 時間:	09:30 am – 15:30 pm 上午九時三十分 至 下午三時三十分
<b>Venue:</b> 地點:	Sai Kung Sha Ha Road 西貢沙下路
<b>Participants:</b> 參加者:	Age 8 - 18, able to swim 25 meter without any assistant 八至十八歲，並能於沒有輔助下游泳 25 米
<b>Instructor and students ratio:</b> 導師及學員比例:	1:8
<b>Course Fee:</b> 課程費用:	\$3800 / person 位
<b>Personal Equipment:</b> 帶備個人物品:	Water, changing clothes, water shoes (cover heel and toes), sunglasses, sunscreen, insect repellent and a hat etc. 水、更換衣服、水上活動鞋 (包腳指和腳跟)、太陽眼鏡、防曬霜、驅蚊劑、帽子等。
<b>Bad Weather Arrangement:</b> 惡劣天氣安排:	When typhoon signal No.8 or above / red or black rainstorm warning is hoisted, all activities would be cancelled. 當八號或以上熱帶氣旋警告/ 黑色或紅色暴雨警告信號懸掛時，所有活動將會取消。
<b>Event Contact Person:</b> 活動聯絡:	info@bluesky-sc.com, 2791 0806





## Activities we provides 本會提供的活動



### Stand Up paddle 直立板

Stand-Up Paddle (SUP) is a new and funny sport in HK. You can try “walking on the water” by standing instead of sitting down for other sports. Exploring the Sai Kung paradise at a higher view.

直立板是香港一個新興的水上運動。體驗「站在水上」的快感，考驗平衡力。參加者可以從另一角度欣賞西貢水域及水下的生態。

### Kayak 獨木舟

Kayak is the most easily handle water sports you may try to paddle around Sai Kung area. We provide sit-on-top kayak which is easy to balance and handle for students.

獨木舟是最容易上手的水上運動之一，它易於平衡和控制，學員可以運用獨木舟到附近的小島作生態旅遊賀。



### Dragon Boat 龍舟

Professional Dragon Boat Teachers will teach all basic paddling skills. Participants may have the chances to have a dragon boat race within the group, feel the speed and power of a team.

專業的龍舟導師將教授有基本的划槳技術。參加者更有機會體驗比賽激烈的龍舟競賽，感受由 12 位成員產生的速度和力量。



### Surfing 冲浪

Our surfing lesson held in Tai Long Wan, one of the most natural beach in HK. Learn surfing in this wonderful place would become one of your unforgettable memory.

本會的衝浪課程在西灣舉行，在這個美妙自然的沙灣上學習衝浪將成為你難忘的記憶之一。



### Wake Board 滑水

Experience this challenging sports with in the water of Sai Kung. From standing up to performing tricks, our instructors would help you to achieve those steps by steps.

本會的導師將會從陸上訓練開始，指導學員於板上站起來的步驟，參加者更有機會接觸到花式滑水的技巧。



### Snorkeling 浮潛

Sai Kung has one of the most natural marine lives in Hong Kong. Students can swim in the clear water during the hot summer. Instructors will take students to a few safe spots, where they could get to know our lovely ocean at close range.

西貢是香港最美的水域之一，學員能於嚴夏中，暢游於清晰的海洋裡。導師們會帶學員到生態豐富的景點，近距離的了解我們的海洋。





## Tentative Rundown 參考時間表

	上午 AM	下午 PM
第一日 Day 1	獨木舟訓練 Kayak Training	獨木舟旅程 Kayak Touring
第二日 Day 2	初級直立板課程 SUP Beginner Course	直立板旅程 SUP Touring
第三日 Day 3	滑水訓練 Wake-Board Training	進階滑水訓練 Advance Wake-Board Training
第四日 Day 4	浮潛訓練 Snorkeling Training	獨木舟生態旅遊及浮潛 Kayak Eco Tour & Snorkeling
第五日 Day 5	龍舟訓練 Dragon Boat Training	直立板清潔海洋計劃 SUP & Leave Only Footprints Program

\*藍天體育會保留更改行程的最終決定，導師會以當日天氣和水流情況而作出決定。敬請參加者留意。

\*All schedule and arrangement are subject to change. Blue Sky Sports Club have reserve the rights for final decision.



## Application Form 報名表格

PERSONAL INFORMATION 個人資料	
Surname 姓: (Compulsory 必須填寫)	First Name 名: (Compulsory 必須填寫)
D.O.B 出生日期: (Compulsory 必須填寫)	Gender 性別: (Compulsory 必須填寫) Male 男 <input type="checkbox"/> / Female 女 <input type="checkbox"/>
Mobile 手提電話: (Compulsory 必須填寫)	Email 電子郵件: (Compulsory 必須填寫)
<p>I am capable and confident to swim 25M without a floating device Yes <input type="checkbox"/> (Please tick)</p> <p>在沒有任何工具輔助下，我能游泳 25 米 是 <input type="checkbox"/> (請打勾)</p>	
EMERGENCY CONTACT PERSON 緊急聯絡人	
(Fill in by GUARDIAN if participant is under 18 years old) (如參加者未滿 18 歲需要由監護人填寫)	
Contact Name 姓名: (Compulsory 必須填寫)	Tel. No 聯絡電話: (Compulsory 必須填寫)
<p>Do you (or your child) have any allergies, medical condition, physical limitations special meal arrangement that our instructors should be aware of? If so, please indicate. (Compulsory)</p> <p>您 (或您的孩子) 是否有任何過敏、健康狀況、身體的限制或特殊飲食需要? 如有，請詳細註明。(必須填寫)      No 沒有 <input type="checkbox"/>      Yes 有 <input type="checkbox"/> 請詳細註明:</p>	
T-SHIRT SIZE 藍天 T-SHIRT 尺碼	
 <div style="display: flex; flex-direction: column; align-items: center;"> <div>XS: 18</div> <div>S: 19</div> <div>M: 20</div> <div>L: 21</div> <div>XL: 22</div> <div>**inch/寸</div> </div>	<p>Please pick ONE size 請選擇其一</p> <div style="display: flex; flex-direction: column; align-items: flex-start;"> <div>XS: <input type="checkbox"/></div> <div>S: <input type="checkbox"/></div> <div>M: <input type="checkbox"/></div> <div>L: <input type="checkbox"/></div> <div>XL: <input type="checkbox"/></div> </div>