

中國香港賽艇協會
HONG KONG, CHINA ROWING ASSOCIATION

報到處
REGISTRATION

*The rowing scheme for corporations and
disciplined forces is open for enrollment now!*

Rowing is a fun and challenging team sport that you definitely cannot miss. Presented to you by Hong Kong, China Rowing Association and tailor-made to your needs, this scheme will bring you to the most exciting and rewarding sport on water. It builds your strength, endurance and flexibility, as well as your physical health. It also eases your mind and helps you focus. What's more? It can also boost team spirit and teamwork.

**CORPORATIONS &
DISCIPLINED FORCES
ROWING.**

PACKAGE.

Equipment and facilities

You are entitled to enjoy the designated facilities of the rowing centers and will have access to training equipment, including Rowing Boats R1x (single rower), R2x (two rowers) and R4x+ (four rowers).

Coaching

A supervising coach could be assigned to fit your schedule, if you don't have your own registered coach yet.





RATES.

Rates are flexible according to the training schedule listed as follows:

A.	Admission Fee	
	Per year	\$200 per person
B.	Boat rental (Per session)	
	R4x+ (Package rate):	
	5 Sessions	\$1,000 per boat
	10 Sessions	\$1,900 per boat
	20 Sessions	\$3,400 per boat
	50 Sessions	\$7,000 per boat
	100 Sessions	\$10,000 per boat
	R1x	\$50 per boat
	R2x	\$100 per boat
C.	Coaching fee	
		\$218 per hour or above



COMPETITION.

Rowing Competition Programme

17 Sep 2017	Shing Mun River Regatta IV
28-29 Oct 2017	Hong Kong Rowing Championships
10-11 Mar 2018	Hong Kong Indoor Rowing Championships
*Apr 2018	International Masters Regatta
*May 2018	Festival of Sport: Indoor Rowing Sprint Challenge

*Dates to be confirmed

TERMS AND CONDITIONS.

1. Each session is 2 hours.
2. Each session must be supervised by a HKCRA Level 1 (or above) registered coach.
3. One coach can supervise up to two R4x+ boats (or a maximum of 8 rowers in different boat combination).
4. R1x, R2x boats can be used from 0900 to 1800 only.
5. HKCRA may arrange supervising coach upon request.
6. Advance booking is required.
7. Participants are liable to indemnify from damaging any equipment.
8. R4x+ rental fee will be valid for 12 months from the date of purchase.
9. Rates are valid until 31 Dec 2018.
10. HKCRA reserves the right to amend the Terms and Conditions.

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工商機構及紀律部隊賽艇計劃，
現正接受報名！

工商機構及
紀律部隊

由中國香港賽艇協特別呈獻，整個計劃將為你和你團隊帶來最熱血、最刺激，而且充滿成功感的水上運動體驗——賽艇。賽艇是一項有益身心的活動，既可增強肌耐力、心肺功能及柔軟度，亦講求精神集中，有效提升專注力。更重要的是，賽艇特別著重團隊合作，能將團體精神發揮得淋漓盡致。

賽艇計劃

計劃內容

訓練器材

可使用兩個賽艇中心內之指定設備及訓練器材, 包括單人艇 (R1x), 雙人艇(R2x)及四人有舵艇(R4x+)。

教練資源

所有訓練須在合資格教練指導下進行。若團隊沒有合適之教練, 賽協可協助提供相關安排。





收費

收費因應不同組合而異，選項如下表：

甲	報名費	
	全年	\$200/人
乙	租艇費用〔每節〕	
	R4x+	
	5節	\$1,000/隻
	10節	\$1,900/隻
	20節	\$3,400/隻
	50節	\$7,000/隻
	100節	\$10,000/隻
	R1x	\$50/隻
	R2x	\$100/隻
丙	教練費	\$218/小時 起



賽事一覽表

2017年9月17日
2017年10月28-29日
2018年3月10-11日
*2018年5月

城門河賽艇賽IV
香港賽艇錦標賽
香港室內賽艇錦標賽
體育節：室內賽艇短途挑戰日

*日期有待公佈

條款及細則

1. 每一節為兩小時。
2. 每節訓練必須由賽協註冊一級或以上教練在場指導下進行。
3. 一位教練最多可以同時指導兩隻R4x+(或在不同艇隻組合下最多8位賽艇手)。
4. R1x, R2x艇隻的使用時間為上午9時至下午6時。
5. 若團隊沒有合適之教練, 賽協可協助提供相關安排。
6. 每節練習均需提前預訂。
7. 參與者須因器材上之損壞支付額外費用。
8. R4x+租艇費用有效限期為12個月。
9. 收費有效期至2018年12月31日止。
10. 賽協保留更改上述條款及細則的權利。

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