



Aqua Personal Trainer Certification

水中私人體適能教練證書課程 – AQPT-0119-11

DATE	COURSE TITLE	TIME	VENUE
05/09 (Thu)	Highlights and Recap of Facilitated Learning 遠程教育回顧及複習	19:00 – 22:00	A
07/09 (Sat)	Master class Safety and Risk Management 水中的安全及危機處理	18:00 – 21:00	P
12/09 (Thu)	Cardiovascular Conditioning & Posture Enhancement 心肺耐力的訓練及姿勢調整和優化	18:30 – 21:30	P
26/09 (Thu)	Training Guidelines for Special Populations 特別需要人士訓練指引 (理論)	19:00 – 22:00	A
28/09 (Sat)	Muscular Conditioning I & II 肌肉體適能訓練 I & II	18:00 – 21:00	P
03/10 (Thu)	Training Guidelines for Special Populations 特別需要人士訓練指引 (實習)	18:30 – 21:30	P
05/10 (Sat)	Aquatic Exercise for Rehabilitation 水中康復訓練	18:00 – 21:00	P
10/10 (Thu)	Open Book Examination 理論考試 (開書方式) Program Design 方案設計	18:30 – 19:00 19:00 – 21:30	P
17/10 (Thu)	Practical Examination	18:30 – 21:30	P

A – Classroom : Room 1603, 16/F., Eastern Centre, 1065 King's Road, Quarry Bay

P – Stanford Club Swimming Pool : Chi Fu Landmark Basement

香港薄扶林置富花園置富南區廣場 (Tel : 35807901)