



Hong Kong Institute of
Certified Public Accountants
香港會計師公會

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Fitness and Stretching Class



The **Athletics Interest Group (AIG)** has organised a fitness class which aims to provide stretching and low intensity training for members.

- Dates:** 25 October, 1, 13, 27 and 29 November
(Wednesdays, except 13 & 27 November which are Mondays; total 5 sessions)
- Time:** Class A: 7:15 pm – 8:15 pm
Class B: 8:30 pm – 9:30 pm
- Venue:** Hong Kong Institute of CPAs,
27/F, Wu Chung House, 213 Queen's Road East, Wanchai
- Fee:** HKICPA members: **\$165 or \$155** (online registration)
Non-HKICPA members: **\$350**
Fixed fee with no pro rata payment or refund for not being able to attend all sessions.
- Capacity:** Min 30 persons (max 35 persons)
- Trainer:** Mr. Calson Leung (MSc., BSc., CSCS), a registered physiotherapist and certified strength & conditioning specialist

About the programme

The training focuses on stretching, with light circuit training including warm-up and cool-down exercises, with muscle training to prepare for various athletics activities such as walking, running and other sports. Training equipment like Thera-Bands and small balls will be provided.

To assist the trainer in mapping out an effective programme for all participants' needs, enrolees will be required to complete a health and lifestyle questionnaire upon successful enrolment.



Registration

Register online on or before **13 October 2017**.

- [Class A](#)
- [Class B](#)

Enrolment is on a first-come first-served basis. Confirmation email will be sent out by 17 October to confirm your registration status.

Enquiries

Miss Wong Wan Ki
Member and Public Relations
Tel: 2287 7017
Email: wk Wong@hkicpa.org.hk





Hong Kong Institute of
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香港會計師公會

Event Code: OTHR17102502 &
OTHR17102503

Finance & Operations Department,
Hong Kong Institute of CPAs
37th Floor, Wu Chung House,
213 Queen's Road East, Hong Kong.
Fax no: 2893 9853

Fitness and Stretching Class

Enrolment Form

25 October to 29 November 2017

(Please reply on or before **13 October 2017**)

FOR OFFICE USE

Seq. no.: -----

Handled by: -----

Please allow 4 working days to process your application. You can check your enrolment status at "My CPA" at www.hkicpa.org.hk.

Name:	(Mr./Mrs./Ms.) _____	AIG member:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Membership No.:	Email: _____		
Tel:	Mobile: _____ (for emergency contact on the day of activity.)		

* Contact information is used solely for communication of this particular event, without update to your member profile.

Time:	<input type="checkbox"/> Class A (7:15 pm – 8:15 pm)	<input type="checkbox"/> Class B (8:30 pm – 9:30 pm)
Course fee:	<input type="checkbox"/> \$165 for HKICPA member	<input type="checkbox"/> \$350 for non-HKICPA member

Payment Method (Please tick the appropriate box)

<input type="checkbox"/> Cheque (no. _____) payable to "Hong Kong Institute of Certified Public Accountants" or "HKICPA"		
<input type="checkbox"/> BOC HKICPA VISA <input type="checkbox"/> BOC HKICPA UnionPay card <input type="checkbox"/> VISA / MasterCard		
Card Number: _____	Card Expiry Date (MM/YY): _____	
Cardholder's Name (block letters): _____	Cardholder's Signature: _____	Date: _____
<input type="checkbox"/> I would like to have an official receipt. (Remarks: Official receipt will be sent to your email address provided above.)		

Declaration

I declare that I do not suffer from any illness/disability that renders me unfit to participate in the above activity. I will immediately notify the convenor of the interest group/HKICPA if, for any reason, my health subsequently renders me or may render me unfit to participate in the above activity. I fully accept that the convenor of the interest group/HKICPA will then consider whether I should, in the interest of safety or the safety of the other participants, continue to be allowed to further participate in future sessions and that his/her/the decision of the HKICPA will be final.

Where trainers are in place, I agree to follow the trainer's instructions. I agree that this may be a verbal, visual, physical or demonstrative form of communication. I will ask for further clarification of any ambiguous and/or inaudible instructions. I understand that I will be asked to leave a session immediately if deemed to be deliberately ignoring the instructions from the trainer.

Assumption of Risks and Disclaimer of Liability

As a participant in the above activity you accept that you may be exposing yourself to risk of harm due to the hazards inherent in the activity.

Signature: _____ Date: _____

(Please read notes on enrolment and privacy policy on the next page)

For payment by cheque, please fill-in your postal address for refund in case the event is full or cancelled.	
Name :	Name :
Address :	Address :

Notes:

1. Priority for enrolment will first be offered to AIG members and then to non-AIG HKICPA members in the case of over subscription. Non-members' applications will only be processed after registration deadline subject to availability. We only consider non-member's enrolment when it is enrolled with a member.
2. This event is subject to cancellation should the minimum number is not reached.
3. Full payment must be made before your enrolment will be processed. No telephone reservation will be accepted.
4. The closing date for enrolment is **13 October**. However, the Institute has the discretion to accept late enrolments as it sees fit.
5. Registration by fax will ONLY be processed when payment is made by credit card. Cash is strictly NOT accepted.
6. Successful registrants will receive confirmation by email or by telephone, whereas unsuccessful registrants will receive full refund.
7. If you do not hear from us by **17 October**, please contact Miss Wong Wan Ki at 2287 7017 / Miss Elaine Wai at 2287 7230.
8. Unless the activity is cancelled due to unforeseen circumstances, low enrolment or bad weather, no refund for withdrawal will be entertained after the enrolment has been processed.
9. Bad weather arrangement: The activity will be cancelled if typhoon signal no. 8 or above / Black Rainstorm Warning is hoisted at or after 2:30 pm on the date of the activity.
10. The Institute reserves the right to change the venue and date of the course due to unforeseen circumstances.

Personal Data: Your personal data collected from the enrolment process and administration of courses/events/activities will be used for the purpose of the administration of the course/event/activity on which you are enrolled ("Event"). Such data collected may be accessible by the Institute's officers, persons or committees processing the application and related matters. In addition, the Institute may use the collected data for statistical research and analysis. By submitting this Enrolment Form, you understand and agree that the Institute may provide your personal data above to co-organisers/service providers in or outside Hong Kong for the purpose relating to the Event. The Institute intends to use the personal data of your name, email address and correspondence address to inform you, where relevant, of members' benefits, goods, services, facilities and events organized or provided by the Institute or other organizations. Members and registered students may opt out of receiving such materials at any time by logging in via the following link <http://mas.hkicpa.org.hk/mycpa/login.jsessionid=pEzvTllm1zpl-kZTDbtY3Fmc> . Non-members may opt out of receiving such materials at any time by sending an email to the Institute at privacyofficer@hkicpa.org.hk or a letter to the Institute's privacy officer. For more information about the privacy policy of the Institute, please go to <http://www.hkicpa.org.hk/en/service-tools/privacy-policy/>.

Event Information Enquiry: 2287 7017 / e-mail: wk Wong@hkicpa.org.hk

Payment & Enrolment Status Enquiry: 2287 7381 / e-mail: finance@hkicpa.org.hk