



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

ATHLETICS Interest Group



Fitness and Stretching Class

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

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.



Details

Dates:	9, 16, 23, 30 August and 6 September 2018 (<i>All Thursday</i>)
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:	\$ 385 (<i>Fixed fee with no pro rata payment or refund for not being able to attend all sessions.</i>)
Capacity	Min. 30 pax (max. 35 pax)
Trainer:	Mr. Calson Leung (MSc., BSc., CSCS), registered physiotherapist and certified strength & conditioning specialist

Registration & Enquiries

Registration:	Email your name, contact number and HKICPA membership number (if applicable) and your preferred class/time to calsonleung@gmail.com
Payment:	Upon confirmation of your enrolment - (1) Bank-in the enrolment fee to HSBC account: 110-680881-833 (Name: Leung Y**M**) and send the bank-in slip with your name via WhatsApp (6980 8787) to Calson Leung; <u>OR</u> (2) Send via " PayMe " to Calson Leung @ 6980 8787
Deadline:	3 August 2018
Enquiries:	Contact Mr. Calson Leung on 3488 8248 / 6980 8787 or email at calsonleung@gmail.com
Note:	Registration is on a first-come first-served basis.

Terms for Enrolment in Sports IG Activities

Any enrolment in the activity is based on the participant's assessment that s/he is fit to participate and the assumption of all the risks and hazards inherent in the said activity. The participant agrees not to hold HKICPA or the convenor of the interest group liable for any loss or damage that the participant may suffer as a result of the participation.

The participant further agrees to follow the instructions from trainers (if any) and any failure to follow such instructions will result in the participant's exclusion from the activity. The convenor of the interest group or trainer (if any) may determine, in the interests of safety or other considerations, whether an activity shall continue or whether a particular participant is allowed to continue to participate.

Notes:

1. Priority for enrollment 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 Convenor / trainer has the discretion to accept late enrolments after the closing deadline as it sees fit.
5. Unless the activity is cancelled due to unforeseen circumstances, low enrollment or bad weather, no refund for withdrawal will be entertained after the enrollment has been processed.
6. 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.
7. The Convenor / trainer 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/communication/preference>. 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/>.