



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, and muscle training to prepare you for various athletics activities such as walking, running and other sports. Training equipment like Thera-Bands and small balls will be provided.



### Details

Dates: **14, 28 August, 4 September, 2, 10 and 17 October 2019** (Total 6 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: **\$345**  
(Fixed fee with no pro rata payment or refund for not being able to attend all sessions.)

Capacity: Min. 54 pax in total (max. 70 pax)

Trainer: Mr. Calson Leung (MSc., BSc., CSCS), registered physiotherapist and certified strength & conditioning specialist

### Registration & Enquiries

- Registration & payment:
- 1) Registration:**  
[Online](#) registration only and please note that it is on a first-come-first-served basis.
  - 2) Notification for payment:**  
The trainer will send you a notification for payment via WhatsApp within 24 hours after submitting the online registration.
  - 3) Payment:**  
Bank-in the enrolment fee to **HSBC account: 110-680881-833** (Name: Leung Y\*\*M\*\*) and send the bank-in slip with your name to Calson Leung via WhatsApp @ 6980 8787;  
**OR**  
Send via "**Fast Payment System (FPS)**" to **Calson Leung @ 6980 8787**
  - 4) Confirmation of payment:**  
Confirmation will be sent by the trainer via WhatsApp or email within 48 hours upon receiving your payment.

Deadline: **9 August 2019**

Enquiries: Mr. Calson Leung via WhatsApp at 6980 8787

### **Register as an Athletics Interest Group (AIG) member**

HKICPA members can join the AIG for free and will receive the latest news and enjoy priority entry to join the group's activities, simply visit the HKICPA homepage > login to "[myCPA](#)" > Application > Faculty/Interest Group Application > Add Sports and Recreation Interest Group > Athletics Interest Group.

Membership of sports and recreation interest group is FREE OF CHARGE, and each member can join up to 5 sports and recreational interest groups.

### **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 observe the [Event Participation Guidance](#). 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.
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](mailto: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/>.