



INDOOR WALL CLIMBING FUN DAY

In order to provide a platform for our members to enjoy the pleasure of sports and healthy lifestyle, APEEMSD has organized an event named "INDOOR WALL CLIMBING FUN DAY".

YOU ARE CORDIALLY INVITED TO JOIN THE FUNCTION

DATE:	12 MARCH 2011 (SAT)
TIME:	3:00 PM – 5:00 PM (2 HRS)
VENUE:	2/F, CLIMBING & ADVENTURE UNIT, YMCA (WWW.YMCAHK.ORG.HK)
ADDRESS:	41 SALISBURY ROAD, TSIM SHA TSUI, KOWLOON
FEE:	\$ 100 PER HEAD
CONTENT:	INDOOR WALL CLIMBING SKILLS
PREPARATION:	NORMAL SPORTSWEAR & WATER
DEADLINE FOR REGISTRATION:	8 MARCH 2011 (NOON)

APPLY

For those who are interested, please register online at <http://apeemsd.hk>.

For more information, please contact the following colleagues:

Contact Person	Tel.	Fax	E-mail address
Karen WONG	2867 3668	2868 4562	wongky6@archsd.gov.hk
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*Note : Please refer to the attached sheet from YMCA on the 'Conditions of Participation in YMCA Organized Activities'

*NOTE:



香港基督教青年會 Young Men's Christian Association of Hong Kong

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傳真 Fax : 行政 Administration : (852) 2311 5809 訂房 Room Reservations : (852) 2739 9315
會務 Member & Community Services : (852) 2722 4040 網址 Web Site : <http://www.ymcahk.org.hk>

TO: Sports & Recreation Section

Conditions of Participation in YMCA Organized Activities

1. In choosing to participate in this activity, the participant acknowledges and freely accepts that there is a risk of personal injury or loss. Such injuries could range from relatively minor strained muscles, joints and ligaments, contusions, lacerations and such to more serious injuries such as broken bones, concussions and so forth that may result in disability or even death.
2. The participant agrees to adopt behaviors and actions that contribute to safety and prevention of injury of both themselves and others. The YMCA provides safety rules, regulations and advice in this regard, to which the participant is to strictly adhere.
3. The participant understands and agrees that they will not hold the YMCA of Hong Kong or its officers responsible for any loss, injury or damage to themselves or their property as a result of participation in this activity.

參加港青活動約定

1. 在選擇參加是項活動，參加者認知及自願接受當中可能涉及個人受傷或損失的危險。損傷範圍可由較輕微的肌肉、關節及韌帶扭傷，瘀傷，裂傷至嚴重受傷如骨折、腦震盪等，甚或引致傷殘或死亡。
2. 參加者同意採取適當行為和方法確保安全及避免自身和他人受傷。參加者必須嚴格遵守港青提供的安全條例，規則及建議。
3. 參加者明白及同意不會向香港基督教青年會及其工作人員追究因參加活動而引起的個人或財物損失、受傷或傷害責任。