



SWIM FOR MILLIONS

公益金會德豐百萬泳

SUNDAY 30 OCTOBER 2016

2016年10月30日 (星期日)

REPULSE BAY BEACH

淺水灣泳灘

SWIM FOR CHARITY • A BEACH FUN DAY 游泳為慈善 • 沙灘同樂日

CHOOSE YOUR SWIM 請選擇參與以下項目

SIGN UP NOW 請即報名

INDIVIDUAL 個人

- **Swim for Fun (Not a race)** 歡樂游 (非競賽)
100m ; No timing and just for fun!
100米 ; 不設計時, 志在參與!
- **Golden Kilometre Race** 黃金一公里泳賽
2 laps of 500m
2x500米
- **Leaders' Lap** 領袖邀請賽
200m
200米

TEAM 隊伍

- **Corporate Relay Race** 機構接力賽
- **School Relay Race** 校際接力賽
Team of 4 ; 4x400m
每隊4位代表 ; 4x400米
- **Family Relay Race** 家庭接力賽
2 generations ; 1st leg 200m ; 2nd leg 400m
2位家庭成員 ; 第一位200米 ; 第二位400米



For more information, please visit www.commchest.org/swimformillions or contact us at 2599-6111 or swim@commchest.org
如欲索取更多資訊, 可瀏覽 www.commchest.org/swimformillions 或致電 2599-6111 或電郵 swim@commchest.org

#swimformillions

Members' Event

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CLUB WHEELLOCK

EXPERIENCE FRESH'S INDULGENT MASK MENU AND SENSORIAL WORKSHOP

Club Wheelock joined hands with renowned American skincare brand Fresh to present a sensorial experience for the members. Aside from tips from beauty professionals on a range of all-natural mask products made from ingredients like black tea, rose, brown sugar and honey, members experienced a dried-flower frame workshop that brought their creativity into full play finished by relaxing hand massages.

