



Po Leung Kuk
Lo Kit Sing (1983) College

保良局羅傑承(一九八三)中學

Cheung Hong Estate, Tsing Yi, N.T., Hong Kong

香港新界青衣長康邨

Tel: 2497 7110
Fax: 2431 1156

Dear Parents,
各位家長：

P26025

Arrangement on Swimming Lessons
游泳課通知書

This is to inform you that Form Two P.E. lessons will include swimming classes at Kwai Shing Swimming Pool from 15th September to 14th October 2026. The lessons will finish at 4:30 p.m. All students are required to attend the lessons unless they are unwell. Exemption will only be granted on medical grounds. Transportation will be arranged by the school. If you have any queries, please feel free to contact our P.E. teacher, Mr. Chan Kwan Ho.

本校中二級游泳體育課將於二零二六年九月十五日至十月十四日，在葵盛游泳池進行，下課時間為下午四時三十分。所有學生均須參與上述課堂，如因健康狀況不適宜參與活動，請提交醫生證明書申請豁免。來回交通由學校安排。如有任何查詢，請聯絡陳君豪老師。

Please acknowledge by completing the reply slip below and returning it to Mr. Chan Kwan Ho.
敬請填妥回條，著 貴子弟交回體育科陳君豪老師。

Po Leung Kuk Lo Kit Sing (1983) College
保良局羅傑承(一九八三)中學



Law Wing Chung, Principal 羅穎忠校長
9th September, 2026 二零二六年九月九日

E-class Reply Slip
電子通告回條

I acknowledge the captioned circular regarding 'Reading Celebration Day'.

本人知悉 貴校來函有關「游泳課通知書」事宜。

☐ I approve that he is health and able to attend the swimming lessons.

本人認為他的健康正常，能參加該項活動。

☐ I apply for exemption on the swimming lessons because he is suffered from the following illness / health problem.

由於他患有下列疾病，請豁免其參加是項活動。

➤ Illness / health problem 疾病:
