

Riding for the Disabled Association Ltd.

香港傷健策騎協會有限公司

HONG KONG



馳 騁



MAGAZINE

37th Issue - Aug 2024



目錄 Contents

Events 活動

- 1 - 2 RDA Annual Helpers Gatherings 2024
香港傷健策騎協會義工週年聚餐2024
- 3 Trainer Ms. Mary Longden visit RDA
訓練專員Mary Longden女士到訪
- 4 - 6 RDA Cup Race Day 2024
香港傷健策騎協會盃賽日2024
- 7 - 8 The 18th HETI International Congress
第十八屆國際馬匹輔助教育與治療協會國際研討會
- 9 RTHK TV Channel Video Shooting Sidelights
香港電台電視部拍攝《共融迎殘奧》花絮
- 10 RDA Hong Kong Island Flag Day 2024-2025
Fundraising for RDA's Services
2024-2025年度香港傷健策騎協會港島區賣旗日
服務經費籌募活動



Ms. Apple Wong
Administration & Projects Manager
(Appointed Office-In-Charge)



Mrs. Sarah Sing
Head Instructor



Ms. Joelle Scott
Instructor



Ms. Carol Chan
Public Relations Officer

Special Sharing 專題分享

- 11 Welcome New Colleague -
Mrs. Sarah Sing (Head Instructor)
歡迎新同事 - 總教練 Sarah Sing 太太

12 Coming Events 未來活動

Acknowledgments 鳴謝

- 13 The Hong Kong Jockey Club Charities Trust
- 14 HSBC
Baker Tilly Hong Kong
HKROA
TMF Group



Ms. Jane Hui
Administration Officer



Ms. Claudia Pun
Office Administrator

Timetable 時間表

- 15 Timetable - Tuen Mun Autumn Term 2024
二零二四年屯門秋季課堂時間表
- 16 Timetable - Beas River Equestrian Centre
Autumn Term 2024
二零二四年雙魚河馬術事務中心
秋季課堂時間表
- 17 Timetable - Lei Yue Mun Autumn Term 2024
二零二四年鯉魚門秋季課堂時間表



Ms. Emily Lee
Accounting Administrator
(Part time)



Ms. Shirley Ng
Office Administrator
(Part time)

Form 表格

- 18 Volunteer Application Form
義工報名表格
- 19 Donation Form
捐款表格

RDA Annual Helpers Gatherings 2024

RDA recently organized its Annual Helper Gatherings to express heartfelt appreciation for the invaluable contributions of our volunteers throughout the year. Given the large number of volunteers from various districts, this year's gatherings were held on 22 February 2024 and 12 April 2024 in Central and Tuen Mun, respectively. More than 110 committee members, dedicated volunteers, and staff from the Hong Kong Jockey Club (HKJC) Tuen Mun Public Riding School, Lei Yue Mun Public Riding School, and Beas River Equestrian Centre participated in these events. We were also honored to welcome overseas trainers, Ms. Mary Longen and Mr. Andrew Shellum, to join our celebrations.

Both evenings were filled with memorable highlights, including the presentation of Years Long Service Certificates and gifts to recognize the unwavering dedication and support our volunteers have shown to RDA. These acknowledgments reinforced a sense of pride and motivation among our volunteers, encouraging them to continue their proactive approach to volunteer services. The lucky draw added an extra excitement making the gatherings even more enjoyable.

The evenings concluded with joyful laughter and warm memories. We extend our deepest gratitude to everyone who attended the Gatherings. The commitment and collaboration of our volunteers, along with our strong partnership with the HKJC, are vital to RDA's ability to provide services and ensure smooth operations.

We eagerly look forward to welcoming more volunteers to strengthen our team. With their support, we can reach even more beneficiaries and continue making a positive impact on their lives.

Jane Hui



香港傷健策騎協會義工週年聚餐2024

本會舉辦週年義工聚餐，以衷心感謝義工們過去一年的寶貴貢獻。由於義工人數眾多且來自不同地區，為方便義工參與，本會於2024年2月22日及4月12日分別在中環及屯門舉行聚餐。逾110名本會委員、義工及香港賽馬會公眾騎術學校和中心的職員（下稱「馬會職員」）參與，並誠邀海外教練 Mary Longen 女士和 Andrew Shellum 先生共同歡聚。

聚餐當晚，本會向長期服務的義工頒發獎狀和禮物，以表彰他們的貢獻，並希望藉此增強義工們的自豪感和動力，鼓勵義工更積極參與義務工作。此外，本會亦安排了抽獎環節，送出「人人有份」的禮物及現金獎，為聚餐增添歡樂氣氛。

週年義工聚餐在歡笑聲中圓滿結束，本會衷心感謝每一位出席的義工及馬會職員。全賴義工們的堅持及香港賽馬會的支持，本會的課堂及活動才得以順利進行。我們期待未來能招募更多義工，強大義工團隊，為更多有需要的人提供服務。

Jane Hui



Trainer Ms. Mary Longden visit RDA

In April 2024 RDA welcomed back Mary Longden, a renowned equestrian coach. She was born in the UK but has travelled all over the world and now lives in Australia.

Mary provided valuable training for the RDA's team of volunteer horse leaders and side helpers. She emphasized the importance of clear communication, anticipating a riders needs and maintaining a positive, encouraging environment.

In addition to her work with the ponies and volunteers, Mary has been helping RDA update its instructional syllabus and training program, contributing her expertise as RDA works to evolve its curriculum.

RDA is very lucky to be able to benefit from Mary's vast experience. RDA looks forward to welcoming Mary back in early October to continue her valuable training of volunteers and ponies.

Sarah Sing

訓練專員Mary Longden女士到訪

我們歡迎著名馬術教練 Mary Longden 女士於今年四月重臨香港。Mary生於英國，多年來遊歷世界各地，目前定居於澳洲。

她為本會義工提供了專業的訓練，並強調了清晰溝通、理解騎生需求及維持正面學習環境的重要性。

除了馬匹和義工的訓練，Mary亦協助本會更新教學大綱和培訓計劃。她的專業知識和指導對於我們改進本會訓練計劃至關重要。

RDA非常感激有機會向這位著名的馬術教練Mary學習。我們期待Mary在10月初再次到訪，繼續為義工和馬匹進行培訓。

Sarah Sing



RDA Cup Race Day 2024

Over 200 esteemed guests, community partners, and enthusiastic supporters gathered at the Hong Kong Jockey Club (HKJC) Sha Tin Racecourse to participate in the highly anticipated Hong Kong Riding for the Disabled Association (“RDA”) Cup Race Day 2024, held on 8th June.

The event commenced with warm opening remarks from Mr. Thomas Yeung, Chairman of RDA, who welcomed the esteemed guests. Furthermore, RDA had the honor of Mr. Michael Lee, JP, President of RDA and Chairman of the HKJC, as our distinguished Guest of Honor. Mr. Lee acknowledged the remarkable contributions made by RDA to the disabled community and appealed for continued support from our generous donors.

Undoubtedly, the highlight of the event was the 6th Race, the Hong Kong Riding for the Disabled Association Cup. Twelve racehorses raced the 1,200-meter turf racecourse. The representative of the syndicate of winning horse “Lo Pan Spirit” received the Hong Kong Riding for the Disabled Association Cup from Mr. Thomas Yeung, Chairman of RDA. Mrs. Purviz Shroff, Gold Table Sponsor of the RDA Cup, Mr. Elton Chan, Director of Jardine Matheson Limited and Silver Table Sponsor of the RDA Cup and Mr. Tim Blackburn, Chief Executive of Swire Properties represented Swire Pacific Limited and Silver Table Sponsor of the RDA Cup presented the miniature trophies to Opulence Syndicate, the winning owners, Mr. K H Ting, the winning trainer, and, Harry Bentley, the winning jockey respectively.

As the RDA Cup Race Day drew to a close, a joyous toast was raised, filled with gratitude and celebration for the event’s success. RDA extends the heartfelt thanks to all the donors and supporters who made this event possible. The generosity and commitment enable RDA to continue making a positive impact in the lives of individuals with disabilities.

Carol Chan

Welcome Speech by
Mr. Thomas Yeung, Chairman of RDA



Welcome Speech by
Mr. Michael Lee, JP, President of RDA



香港傷健策騎協會盃賽日2024

「香港傷健策騎協會盃賽日2024」於2024年6月8日假香港賽馬會沙田馬場圓滿舉行，吸引了超過二百位城中名人、本會夥伴與支持者出席，場面非常熱鬧。

活動開始前，本會主席楊存洲先生致辭，熱情歡迎各位來賓。而作為活動的主禮嘉賓，本會會長暨香港賽馬會主席利子厚太平紳士在致辭中，不僅肯定了本會對傷健人士的卓越貢獻，還呼籲所有善長仁翁繼續支持本會的工作。

是日的焦點賽事為第六場「香港傷健策騎協會盃」，共有十二匹馬角逐一千二百米草地賽事，場面激烈。最終，由馬匹「魯班精神」奪得冠軍，並由本會主席楊存洲先生親自頒發「香港傷健策騎協會盃」獎盃予勝出馬匹馬主友盈利團體的代表。此外，盃賽日的金贊助施羅孚夫人、兩位銀贊助怡和管理有限公司董事陳豪賢先生及太古地產行政總裁彭國邦先生，亦分別頒發小型獎盃予勝出馬匹的馬主友盈利團體、練馬師丁冠豪及騎師班德禮。

賽事結束後，一眾委員、嘉賓與勝出馬匹的馬主團體代表舉杯祝酒，為「香港傷健策騎協會盃賽日」完滿落幕。本會衷心感謝所有贊助者和支持者，正因他們的無私奉獻與支持，本會才能持續為傷健人士提供優質服務。

心悅





The 18th HETI International Congress

The 18th HETI International Congress took place from 18th to 22nd June 2024 in Budapest, Hungary. Representing the Riding for the Disabled Association (RDA) were Ms. Apple Wong, Administration and Projects Manager (Appointed Office-in-Charge), Ms. Sarah Sing, Head Instructor, and Ms. JoElle Scott, Instructor. This year's congress centered around the theme "From Science to Practice."

Delegates from around the globe gathered to present their research and findings, focusing heavily on Equine Assisted Learning. The event facilitated a rich exchange of knowledge, with participants sharing their experiences and insights.

In addition to research presentations, the congress featured practical workshops on the last day of congress. Our RDA team found these sessions particularly inspiring and the combination of scientific discussions and hands-on learning provided a comprehensive experience, enriching the professional development of all attendees.

Apple Wong



第十八屆國際馬匹輔助教育與治療協會國際研討會

第十六屆國際馬匹輔助教育與治療協會國際研討會於2024年6月18日至22日在匈牙利布達佩斯舉行，本會行政及項目經理(辦公室主管)王碧涓女士、總教練 Sarah Sing 女士及教練 JoElle Scott 女士代表本會遠赴當地出席。今年大會的主題是“從科學到實踐”。

因應今年研討會的主題，大會邀請了不少來自世界各地的專家分享他們的研究成果，並重點討論馬匹輔助學習的研究結果。這次大會促進了各地代表及與會者分享了他們的經驗和見解，促進知識交流。

另外，除了有不少研究成果分享外，研討會最後一天設有工作坊，包括馬匹訓練技巧及馬匹習性等，供出席人士自由選擇感興趣的主題，參與旁聽及交流，以收集思廣益之效。本會三位代表確是得益不淺，絕對是一次難忘可貴的旅程。

除了展示研究成果外，研討會在最後一天舉行了工作坊。我們的團隊對這次研討會的成功感到特別鼓舞，科學討論與實踐學習的結合，為所有與會者提供了一次全面的專業發展體驗。

Apple Wong



RTHK TV Channel Video Shooting Sidelights

The 2024 Paris Paralympic Games will kick off on August 28 and run for 12 days, with Hong Kong's elite athletes participating in various events. To celebrate this prestigious event, Radio Television Hong Kong (RTHK) produced a special TV program 《共融迎殘奧》, aiming to showcase the potential and training journey of disabled elite athletes through a series of interviews.

One of the episodes focuses on equestrian events, and RDA was honored to be invited. Ms Ann Kwok, RDA Honorary Secretary and Coordinator, along with Ms. Yiu Kam Yuk, RDA Grade III volunteer instructor, represented RDA in the interview.

This episode will air on August 19, 2024 (Monday) at 6:30 PM on RTHK Channel 31.

Carol

香港電台電視部拍攝《共融迎殘奧》花絮

2024巴黎殘疾人奧運會將於8月28日開始，為期12天。本港派出多位傷健精英運動員出戰，因此香港電台電視部為了迎接這四年一次的盛事，製作了特備節目《共融迎殘奧》，內容是透過專訪本港傷健精英運動員及相關機構/團體，讓觀眾了解他們的潛能及訓練過程。其中一集介紹馬術項目，本會很榮幸能獲得節目的邀請，訪問了本會榮譽秘書及營運協調總幹事郭藹欣小姐及資深三級義工教練姚金玉女士。節目將會於8月19日（星期一）晚上6:30在香港電台電視31台播出。

心悅



RDA Hong Kong Island Flag Day 2024-2025 Fundraising for RDA's Services

The RDA Flag Day 2024-25 was successfully held on 24 July 2024 (Wednesday) in Hong Kong Island. RDA would like to express its sincere gratitude to Hong Kong citizens and donors for their generous support of this meaningful fundraising event, which raised over HK\$400,000. All proceeds from the Gold Flag campaign and street flag selling will go to our general donation for providing free therapeutic horse riding lessons to disabled people in Hong Kong.

We would like to take this opportunity to thank all the volunteers for their participation and support.

Jane Hui

2024-2025年度香港傷健策騎協會港島區賣旗日 服務經費籌募活動

香港傷健策騎協會於2024年7月24日（星期三）在港島區舉行賣旗籌款的活動得到市民大眾的慷慨解囊和各界善長仁翁的熱烈響應，共籌得超過港幣四十萬，特此衷心感謝。是次賣旗連同金旗募捐的所有收益，將用作為傷殘人士提供免費的治療策騎課程。

今年的賣旗日能夠順利舉行，實在有賴各單位的義工熱心參與，特此感謝。

Jane Hui

Acknowledgement 鳴謝

• GOLD FLAG DONATION 金旗捐助 •

HK\$200,000 or above donation 捐款港幣\$200,000或以上：
Rusy and Purviz Shroff Charitable Foundation

HK\$10,000 or above donation 捐款港幣\$10,000或以上：

Chow Tai Fook Charity Foundation Limited	Mr Chow Ka Fai Kenny
Million Enterprises LTD.	Mr Ronald Arculli
MING FAI ENTERPRISE	Mr Timothy Wong Cheuk Tim
INTERNATIONAL COMPANY LIMITED	Mrs Purviz R. Shroff, MH

HK\$5,000 or above donation 捐款港幣\$5,000或以上：

TONG & PARTNERS LIMITED	Mr Chan Kwok Chung Philip
Dr Patrick T. H.Ko	Mr Kwok Kin Fun
Ir. Tsang Ping Wai, William	Mr So Chi Lok, Victor
Ms Lee Oi Yee	Mrs Chan Chiu Ling Ophelia
Mr Carlson Tong	Prof Sophia Chan Siu Chee

HK\$1,000 or above donation 捐款港幣\$1,000或以上：

Dr Yeung Tim Wing	Mr Law Kwok To	Ms Amy Tang
Kailey Enterprises Limited	Mr Ma Pok Man Josiah	Ms Beatrice Fan
Mr Bee Chan Sai Kin	Mr Mok Shun Wah	Ms Lee Cecilia Siu
Mr Chan Hin Gay Gabriel	Mr Neville Shroff	Ms Lee Wing Ting
Mr Chan Kai Ming Eamond	Mr So Chi Lok, Victor	Ms Luwina Yang
Mr Jayesh Peswani	Mr Tony Yiu	Ms Moon Woo
Mr K L Cheng	Mr Tso Wai Pong Philip	Ms Theodora Yu
Mr Lam Fuk Tai Bruce	Mr William Chong	
Mr Lam Po Hang Aidan	Mr K K Yeung, BBS, JP	

More Donors 更多捐款人：

Miss Leung Tsz Ying Sophia	Mr Yue Man Ho Boris	Ms Gemma Bryant
Mr Ho Chun Yu Kenneth	Mrs Jeannie Liao	Ms Ho Pui Man Agnes
Mr Lee Ka Ho	Ms Angela S Y Poon	Ms Lo Wai Mei Amy
Mr Lee Tak Lam, James	Ms Bernice Shang	Ms Sarah Louise Sing
Mr Leung Ka Cheong	Ms Chan Ka Mee Carol	Ms Wai Chi Man Elaine
Mr Wai Chi Yiu Jack	Ms Chow Hok Man Joyce	Ms Yau Wai Yin Suzanne

Transportation Sponsorship 運輸贊助： Little Things Matter Company

Advertising sponsorships 廣告贊助： MTR 港鐵



Welcome
New Colleague
Mrs. Sarah Sing
(Head Instructor)

歡迎新同事 - 總教練
Sarah Sing 太太



Mrs. Sarah Sing

Hello! My name is Sarah and I am very happy to be joining the RDA as the new Head Coach. I'm excited to bring my passion for equestrian sports and my experience working with riders of all abilities to the RDA.

For the past 10 years, I have worked as an instructor at Clearwater Bay Equestrian Centre, and also for the past 5 years, as the stable manager too. In this role, I taught private lessons and group lessons and developed individualized training plans for riders, from beginners to advanced. I also managed the day-to-day operations of the stables, including caring for the horses, maintaining the facilities, and ensuring a safe and welcoming environment for all.

I am looking forward to bringing my experience to RDA. I'm passionate about horse riding being a supportive and an inclusive environment, where riders of all ages and ability levels can learn, grow and find joy in the equestrian arts.

I am excited and looking forward to working with our riders, volunteers and office team to enhance the RDA experience!

Sarah Sing

大家好！我是Sarah，很高興能夠加入RDA成為新任總教練。我很興奮能夠將我的熱情注入馬術運動及將我過往為傷健騎生工作的經驗帶到RDA。

在過去10年，我曾於清水灣馬術中心當教練，同時我在過去五年亦於那處身兼馬房經理一職。任職期間，負責教授私人課堂及小組課堂，以及為騎生設計由初階至高階的個人訓練計劃。同時，我亦負責管理馬房日常運作，包括照料馬匹、設備保養及確保大家有一個安全及舒服的環境。

我期望能夠將以往的經驗帶到RDA，亦能熱衷為騎生提供一個支持性和包容性的環境，讓所有年齡和能力水平的騎手都可以在馬術中學習、成長及找到樂趣。

我熱衷於將騎馬作為一個支持性和包容性的環境，讓所有年齡和能力水平的騎手都可以在馬術藝術中學習、成長並找到樂趣。我很高興及期待與我們的騎生、義工和辦公室團隊通力合作，提升 RDA 體驗。

心悅

Coming Events

Event 活動	Date 日期	Location 地點
Group Ride 一日騎馬樂	7 – 10 October 2024 2024年10月7 - 10日 18 – 22 November 2024 2024年11月18 - 22日	Tuen Mun Public Riding School 屯門公眾騎術學校
RDA 50th Anniversary Celebrations Launch Cocktail Party 香港傷健策騎協會 五十周年誌慶揭幕酒會	23 September 2024 2024年9月23日	The Penthouse, Jardine House 怡和大廈頂樓
Tuen Mun Public Riding School Open Day 屯門公眾騎術學校開放日	10 November 2024 2024年11月10日	Tuen Mun Public Riding School 屯門公眾騎術學校
RDA 50th Anniversary Charity Ball 香港傷健策騎協會 五十周年慈善餐舞會	10 January 2025 2025年1月10日	Grand Hyatt Hong Kong 香港君悅酒店

*With
the
Compliments of*



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

同心同步同進 *RIDING HIGH TOGETHER*

Acknowledgments

HSBC  滙豐



BAKER TILLY
HONG KONG | 天職香港



香港馬主協會慈善基金有限公司
The Hong Kong Racehorse Owners Association
Charitable Foundation Limited

TMF
GROUP

Autumn 2024 Calendar (TM) 二零二四年秋季時間表 (屯門)

Month	Wk	Su	Mo	Tu	We	Th	Fr	Sa	Remarks
月份	週	日	一	二	三	四	五	六	
9月 Sep		1	2	3	4	5	6	7	2-7/9 新義工訓練(屯門/雙魚河/鯉魚門) New Helpers Training (TM/BREC/LYM)
	1st	8	9	10	11	12	13	14	恆常策騎課堂開課 Regular Term Riding Start
	2nd	15	16	17	18	19	20	21	17/9 中秋節只有上午課堂，沒有下午獨立騎生課 Mid-Autumn Festival, AM Lesson as usual, NO Independent Ride lesson
	3rd	22	23	24	25	26	27	28	18/9 中秋節翌日 Day After Mid-Autumn Festival
	4th	29	30						
10月 Oct				1	2	3	4	5	1/10 國慶日 National Day of PRC
		6	7	8	9	10	11	12	7-10/10 一日騎馬樂 One Day Group Ride (獨立騎生課如常 Independent Ride as usual)
	5th	13	14	15	16	17	18	19	11/10 重陽節 Chung Yeung Festival
	6th	20	21	22	23	24	25	26	
	7th	27	28	29	30	31			
11月 Nov							1	2	
	8th	3	4	5	6	7	8	9	
	9th	10	11	12	13	14	15	16	
		17	18	19	20	21	22	23	18-22/11 一日騎馬樂 One Day Group Ride (獨立騎生課如常 Independent Ride as usual)
	10th	24	25	26	27	28	29	30	
12月 Dec	11th	1	2	3	4	5	6	7	2-7/12 畢業禮 Graduation Ceremony
	12th	8	9	10	11	12	13	14	
	13th	15	16	17	18	19	20	21	16-21/12 本季度課堂完結 End of Term
		22	23	24	25	26	27	28	25-26/12 聖誕節及聖誕節翌日 Christmas & Day After Christmas
		29	30	31					

2025年春季課程於1月開始 Spring Term 2025 will start in January 2025

Notes:

- All RDA riding lessons will be cancelled when: 當天文台發出以下警告，所有傷健策騎課堂將會自動取消：
 - Typhoon Signal No. 3 or above is hoisted; 懸掛三號颱風訊號或以上；
 - Red or Black Rainstorm Warning Signal is in effect; 紅色或黑色暴雨警告生效時。
 - Thunderstorm and/or Amber Rainstorm Warning Signal is in effect: at the discretion of the Instructor. 雷暴警告及/或黃色暴雨警告信號生效時：由教練決定。
- We cannot guarantee that replacement session will be provided. 我們不能保證會提供補課

Autumn 2024 Calendar (BREC) 二零二四年秋季時間表 (雙魚河)

Month	Wk	Su	Mo	Tu	We	Th	Fr	Sa	Remarks
月份	週	日	一	二	三	四	五	六	
9月 Sep		1	2	3	4	5	6	7	2-7/9 新義工訓練(屯門/雙魚河/鯉魚門) New Helpers Training (TM/BREC/LYM)
	1st	8	9	10	11	12	13	14	恆常策騎課堂開課 Regular Term Riding Start
	2nd	15	16	17	18	19	20	21	18/9 中秋節翌日 Day After Mid-Autumn Festival
	3rd	22	23	24	25	26	27	28	
		29	30						
10月 Oct	4th			1	2	3	4	5	1/10 國慶日 National Day of PRC
		6	7	8	9	10	11	12	7-12/10 季度假期 Term Break
	5th	13	14	15	16	17	18	19	11/10 重陽節 Chung Yeung Festival
	6th	20	21	22	23	24	25	26	
	7th	27	28	29	30	31			
11月 Nov						1	2		
	8th	3	4	5	6	7	8	9	
	9th	10	11	12	13	14	15	16	
	10th	17	18	19	20	21	22	23	
	11th	24	25	26	27	28	29	30	
12月 Dec	12th	1	2	3	4	5	6	7	2-7/12 畢業禮 Graduation Ceremony
	13th	8	9	10	11	12	13	14	9-13/12 本季度課堂完結End of Term (LYM & BREC)
		15	16	17	18	19	20	21	
		22	23	24	25	26	27	28	25-26/12 聖誕節及聖誕節翌日 Christmas & Day After Christmas
		29	30	31					
2025年春季課程於1月開始 Spring Term 2025 will start in January 2025									

Notes:

- All RDA riding lessons will be cancelled when: 當天文台發出以下警告，所有傷健策騎課堂將會自動取消:
 - Typhoon Signal No. 3 or above is hoisted; 懸掛三號颱風訊號或以上;
 - Red or Black Rainstorm Warning Signal is in effect; 紅色或黑色暴雨警告生效時。
 - Thunderstorm and/or Amber Rainstorm Warning Signal is in effect: at the discretion of the Instructor.
 雷暴警告及/或黃色暴雨警告信號生效時: 由教練決定。
- We cannot guarantee that replacement session will be provided. 我們不能保證會提供補課

Autumn 2024 Calendar (LYM) 二零二四年秋季時間表 鯉魚門

Month	Wk	Su	Mo	Tu	We	Th	Fr	Sa	Remarks	
月份	週	日	一	二	三	四	五	六		
9月 Sep		1	2	3	4	5	6	7	2-7/9	新義工訓練(屯門/雙魚河/鯉魚門) New Helpers Training (TM/BREC/LYM)
	1st	8	9	10	11	12	13	14		恆常策騎課堂開課 Regular Term Riding Start
	2nd	15	16	17	18	19	20	21	18/9	中秋節翌日 Day After Mid-Autumn Festival
	3rd	22	23	24	25	26	27	28		
		29	30							
10月 Oct	4th			1	2	3	4	5	1/10	國慶日 National Day of PRC
		6	7	8	9	10	11	12	7-12/10	季度假期 Term Break
	5th	13	14	15	16	17	18	19	11/10	重陽節 Chung Yeung Festival
	6th	20	21	22	23	24	25	26		
	7th	27	28	29	30	31				
11月 Nov							1	2		
	8th	3	4	5	6	7	8	9		
	9th	10	11	12	13	14	15	16		
	10th	17	18	19	20	21	22	23		
	11th	24	25	26	27	28	29	30		
12月 Dec	12th	1	2	3	4	5	6	7	2-7/12	畢業禮 Graduation Ceremony
	13th	8	9	10	11	12	13	14	9-13/12	本季度課堂完結End of Term (LYM & BREC)
		15	16	17	18	19	20	21		
		22	23	24	25	26	27	28	25-26/12	聖誕節及聖誕節翌日 Christmas & Day After Christmas
		29	30	31						
2025年春季課程於1月開始 Spring Term 2025 will start in January 2025										

Notes:

- All RDA riding lessons will be cancelled when: 當天文台發出以下警告，所有傷健策騎課堂將會自動取消:

 - Typhoon Signal No. 3 or above is hoisted; 懸掛三號颱風訊號或以上;
 - Red or Black Rainstorm Warning Signal is in effect; 紅色或黑色暴雨警告生效時。
 - Thunderstorm and/or Amber Rainstorm Warning Signal is in effect: at the discretion of the Instructor. 雷暴警告及/或黃色暴雨警告信號生效時: 由教練決定。
- We cannot guarantee that replacement session will be provided. 我們不能保證會提供補課



義工招募

VOLUNTEER RECRUITMENT

屯門公眾騎術學校

Tuen Mun Public Riding School

逢星期一至五 Every Mon to Fri

9:00am – 12:00nn; 2:00pm – 4:30pm

鯉魚門公眾騎術學校

Lei Yue Mun Public Riding School

逢星期二、四 Every Tue & Thu

9:00am – 11:00am

雙魚河馬術中心

Beas River Equestrian Centre

逢星期三、五 Every Wed & Fri

9:30am – 12:00nn

無需經驗，由本會提供專業訓練課程

No experience needed.

RDA provides regular training sessions.

掃描二維碼報名

加入我們義工團隊!

Join us by scanning
the QR code!



Riding For The Disabled Association Ltd

香港傷健策騎協會有限公司



馳騁

Donation Form 捐款表格

I would like to make a donation to RDA. 我樂意捐款資助香港傷健策騎協會有限公司。

I enclose donation of 我願意捐款港幣 HK\$ _____

DONOR'S INFORMATION 捐款者資料

Donor's Name 捐款者姓名 *(Mr 先生/ Mrs 太太/ Miss 小姐/ Ms 女士)

Address for Receipt 收據郵寄地址 _____

Tel 電話 _____

Fax 傳真 _____

E-mail 電郵地址 _____

Donation Receipt Payable 捐款回條抬頭 _____

DONATION METHOD 捐款方法

Crossed Cheque 劃線支票

Cheque No. 支票號碼 _____

Please make your cheque payable to "Riding For The Disabled Association Ltd" and mail to us with this completed form 支票抬頭請填寫「香港傷健策騎協會有限公司」，並連同此表格寄回本會

Address 地址:	Tuen Mun Public Riding School, Lot 45, Lung Mun Road, Tuen Mun, N.T. 新界屯門龍門路四十五號地段屯門公眾騎術學校
Tel 電話:	(852) 2454 9961
Fax 傳真:	(852) 2465 5914
Email 電郵地址:	info@rda.org.hk

Notes 注意事項

1. An official receipt will be sent for any donation of HK\$100 or above.
捐款滿一百元以上可發收據。
2. RDA will only keep personal data on file for sending our receipts and information.
您的個人資料只供寄發本會收據及資訊。