



香港中華基督教青年會
Chinese YMCA of Hong Kong

九龍會所
Kowloon Centre

2025 4-5 月份(8 堂)

及 6 月份(4 堂)

游泳班

2025 APR-MAY (8 Lessons)/

JUNE (4 Lessons) Swimming Course

2025 4-5 月份(8 堂)及 6 月份(4 堂)游泳班報名日安排
2025 APR-MAY (8 Lessons)/JUNE (4 Lessons) Swimming Course
Application Arrangement

***6 月份(4 堂)課程不設一條龍課程、考核、升班及證書**
No assessment test/advancement/certification upon completion

班 別 Course	報名日期及安排 Application Date & Arrangements
※一條龍游泳班， 習泳少年，成人， 水中健體班， 水中健體復康運動班 水中伸展運動班 Through-Train Program, Teen-Swimmer, Adults, Hydrofitness, Aqua-rehab Swimming Course Aqua-Stretching	游泳班舊生資格: 2025 年 1 至 3 月期間 曾參與一條龍游泳班，習泳少年，成人，水中健體班，水中健體復康運動班 水中伸展運動班 Eligibility of current students: Through-Train Program, Teen-Swimmer, Adults, Hydrofitness, Aqua-rehab Swimming Course Aqua-Stretching Students of Swimming program in JAN-MAR 2025 2 月 8 日至 3 月 2 日 攜同繳費回條到地下票務處繳交下一期費用 8/2-2/3: Course fee for next session with payment consent form should be submitted to G/F Ticketing Office.
習泳少年，成人， 水中健體班， 水中健體復康運動班 水中伸展運動班 Teen-Swimmer, Adults, Hydrofitness, Aqua-rehab Swimming Course Aqua-Stretching	新生報名日期: 3/3(一) 10:00 起 到本會地下票務處報名或網上報名 Open Enrollment: Enroll in person or Online registration is applicable From 3/3 (MON) 10:00 onwards
親子/幼兒/兒童/少年泳班 Aqua-tots Pre-school Youth & Teens Swim Program	<p style="text-align: center;">(2025 年 5 月 18 日(星期日)前 報讀『6 月份(四堂) 游泳班』可享有暑期泳班之舊生抽籌資格) Enrolment in "Swimming Course (4 lessons)" before 18/5 shall have current-student identity in the lots-drawing of summer swimming courses)</p> 游泳班舊生資格: 2025 年 1 月至 3 月曾參與本會游泳班之學員 舊生報名日期: 2025 年 3 月 9 日(星期日) 按公佈之次序到本會地下票務處報名 舊生抽籌報名程序安排 <ul style="list-style-type: none"> • 於 2025 年 2 月 8 日至 2025 年 3 月 2 日帶同 2025 年 1-3 月份收據到一樓領取游泳班舊生報名表格 • 2025 年 3 月 4 日於網頁公布報名次序(http://kln.ymca.org.hk) Eligibility of current students: Students of Swimming program in JAN-MAR. 2025 Enrolment for Current students: 9/3/2025(SUN) Enrolment should be made at G/F Ticketing Office in accordance to the balloted enrolment sequence <ul style="list-style-type: none"> • 8/2-2/3: Collect enrolment form at 1/F counter with current course receipt • 4/3: Announcement of balloted enrolment sequence on the website. (http://kln.ymca.org.hk)
	新生報名日期: 2025 年 3 月 10 日(星期一) 於地下票務處上午 9 時 00 分派籌，9 時 15 分開始按籌號報名 #為了提高報名流程順暢，敬請會友於報名日前到票務處辦理入會手續 #報名當日只接受現金、VISA 及 EPS New Students Distribution of chips will begin at 9:00 am on 10/3/2025(MON).Application will be accepted in accordance to the time stated on the chips starting from 9:15am. *All courses are for members only. It is strongly suggested that new students should apply for membership before the application date in avoidance of heavy traffic. *Only Cash/VISA/EPS will be accepted on the date of application.

2025 4-5 月份(8 堂)及 6 月份(4 堂)

游泳班舊生報名登記手續

2025 APR. TO MAY(8 Lessons)/JUNE(4 Lessons) Swimming Class (Current Students) Enrolment Arrangement

1

攜同 2025 年 1-3 月份泳班課程收據，於 2025 年 2 月 8 日至 2025 年 3 月 2 日期間，親身前往九龍會所 1/F 接待處領取標註登記編號之「游泳班舊生報名表格」。

8/2-2/3 : Collect your "Swimming Course Enrolment Form" (with specific registration number) at 1/F Reception Counter by presenting your receipt of the JAN-MAR Swimming Course.

***如兄弟姊妹(只限同為舊生)欲於相同時段報名，請攜同所有收據一同辦理。**
 If siblings (current students only) wish to attain the same enrolment time slot, please present all receipts for processing at the same time.



香港中華基督教青年會
 Chinese YMCA of Hong Kong
 九龍會所
 電話: 2783 3600

游泳班舊生報名表格
 ENROLMENT FORM (For Current Swimming Program Students Use)
 請填妥此表格，填妥後請將表格交回本會，以便核實資料。如有任何查詢，請電 2783 3600。
 Please read the Personal Information Collection Statement below, and the Privacy Policy and Personal Information Statement at the back before filling in this enrolment form.

參加者資料 Personal Particulars
 姓名 Name
 年齡 Age
 性別 Sex 男 M / 女 F
 會籍號碼 Membership No.
 電話 Telephone
 電郵 Email
 課程資料 Course Details
 課程名稱 Name: 課程編號 Code: 費用 Fee:

1.	4904.	HKDS
2.	4904.	HKDS
	4904.	HKDS

申請日期 Application Date: 2025 年 11-12 月 報名截止日期 001
 1 等生優先報名日期 24/10/2024 (日 SUN)
 2 等生公佈報名日期 19/10/2024 (二 TUE) 4PM
 3 最後抽籤日期 24/10/2024
 詳情請電 2783 3600
<http://kln.ymca.org.hk>



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舊生優先報名時間將以電腦隨機抽出次序，會友可按其登記編號查核抽籤結果。

結果將於 2025 年 3 月 4 日 6PM 於九龍會所網頁 <https://kln.ymca.org.hk> 公佈。

The application time will be allocated by computer ballot. Results shall be announced on 4/3/2025 6PM at the Chinese YMCA of Hong Kong Kowloon Centre website <http://kln.ymca.org.hk>.

<https://kln.ymca.org.hk>



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於 2025 年 3 月 9 日依照公佈之報名時段，填妥標註登記編號之「游泳班舊生報名表格」到 1/F 接待處辦理選班及報名手續。

Complete your "Swimming Course Enrolment Form" (with specific registration number) and enroll on 9/3/2025 at 1/F Reception Counter according to the date and time as specified.

2025 7-8 月份游泳班報名日安排

2025 July-August Swimming Course Application Arrangements

班 別 Course	報名日期及安排 Application Date & Arrangements
親子/幼兒/兒童/少年泳班 Aqua-tots Pre-school Youth & Teens Swim Program	<p>游泳班舊生資格:</p> <ol style="list-style-type: none">2025 年 4-5 月曾參與本會游泳班之學員2025 年 6 月(4 堂)游泳班 (5 月 18 日或之前報名) <p>舊生報名日期:2025 年 5 月 25 日(星期日) 按公佈之次序到本會地下票務處報名 舊生抽籌報名程序安排</p> <ul style="list-style-type: none">於 2025 年 4 月 19 日至 2025 年 5 月 18 日帶同 2025 年 4-5 月份或 6 月份收據到一樓領取游泳班舊生報名表格2025 年 5 月 20 日於網頁公布報名次序(http://kln.ymca.org.hk) <p>Eligibility of current students:</p> <ol style="list-style-type: none">Students of Swimming program in April-May 2025Enrolment in June 2025 Swimming Courses before 18/5 <p>Enrolment for Current students:25/5/2025(SUN) Enrolment should be made at G/F Ticketing Office in accordance to the balloted enrolment sequence</p> <ul style="list-style-type: none">19/4-18/5: Collect enrolment form at 1/F counter with current course receipt20/5: Announcement of balloted enrolment sequence on the website. (http://kln.ymca.org.hk)
	<p>舊生報名日期: 2025 年 5 月 25 日(星期日) Enrolment for Current students: 25/5/2025(Sun)</p>
	<p>新生報名網上登記 Online Registration for New Student</p> <p>新生報名日期:2025 年 6 月 1 日(星期日)</p> <ul style="list-style-type: none">於 2025 年 4 月 20 日至 2025 年 5 月 26 日網上登記抽籤, 名額 600 個(額滿即止), 優先報名時間將以電腦隨機抽出次序會籍有效期為 2025 年 6 月 1 日或以後之會友2025 年 5 月 28 日於網頁公布報名次序(http://kln.ymca.org.hk) <p>Enrolment for Current students:1/6/2025(Sun)</p> <ul style="list-style-type: none">20/4-26/5: Register for balloting online. Quota: 600 (first come, first served) Specific enrollment time sessions will be allotted to registrants by random balloting.Membership valid on or after 1 JUNE 202528/5: Announcement of balloted enrollment sequence on the website. (http://kln.ymca.org.hk)
<p>未有登記之會友須留至 6 月 2 日(星期一) 09:30 起公開報名辦理。 Unregistered members must wait until open enrollment on 2 JUNE 2025(Mon) 09:30</p>	

泳班課程須知

上課須知

1. 本會所會為學員提供泳帽，而學員必須自備泳衣、泳鏡、膠拖鞋、毛巾、沐浴用品，泳池除膠拖鞋外，不得穿著任何鞋履進入池面範圍。
2. 學員請於上課前 15 分鐘攜同收據，準時到四樓泳池櫃檯報到。
3. 學員須於第一堂出示收據予本會職員核查及保留收據至課程完畢。

存放物品須知

1. 所有游泳課程之費用(除註明外)不包括儲物櫃收費，在上課期間學員可將其個人物件存放於泳池面之儲物架內。
2. 學員如要使用儲物櫃，請於地下票務處購票使用 4/F 之儲物櫃，費用為每次 \$10 元，不設退回。

更衣及沐浴須知

1. 泳班開課前十五分鐘內，方可進入更衣室。
2. 超過 6 歲或身高超過 1.1 米之學員，請勿進入異性更衣室。
3. 4/F 更衣室只供泳班學員及泳客使用，學員家長不得陪同進入(親子班除外)，家長如需協助子女更衣及沐浴，可使用本會所各樓層更衣室，安排如下：



泳班補課須知

1. 申請病假補課必須呈交上課當日由註冊西醫或中醫簽發之病假證明信。
2. 所有事假、身體檢查或非緊急手術恕不能安排病假補課。
3. 如需申請病假補課，請掃描二維碼。
4. 女學員如有需要可申請生理假補課，每月最多一次，請 whatsapp 至 65965007
5. 補課將安排在同一期有空位之同級泳班內進行，補課日期一經確認，恕不更改。

申請補課:



33636

Swimming Course Guidelines

Lesson:

1. The Centre will provide swim caps for course participants. Participants are required to prepare their own **swimsuits, goggles and other necessities**. Except clean and unsoiled rubber sandals (flip-flops), other footwear is not allowed in the pool area.
2. Please arrive at the venue 15 minutes before lesson and present your receipt to the counter on 4/F.
3. Members are required to present the receipt to our staff for verification on the first lesson. Please keep the receipt until completion of the whole course.



Storage:

1. Locker rental costs are not included in the course fees. (unless otherwise specified). Participants may place their belongings on the racks beside the pool during course time.
2. Locker rentals on 4/F is available at G/F Ticketing Office at \$10 per session.(Non-refundable)

Changing room and Showering

1. Students are not allowed to enter 4/F changing rooms more than 15 mins in advance.
2. Children aged above 6 or exceeding 1.1m in height are not allowed to enter the changing rooms of the opposite sex.
3. Changing rooms on 4/F are for course participants and swimmers only. Accompanying parents/guardians are not allowed to enter (except AQUA-TOTS). If child participants need assistance, please use the changing rooms as indicated below:

Make Up Class:

1. Make up classes would only be offered to participants who are able to **provide a medical certificate of the date of sick leave**
2. Physical examinations and non-emergency surgeries would not be accepted.
3. To apply for make up classes for sick leave, please scan the QR code
4. To apply for make up classes for menstrual leave, please send message to [65965007](tel:65965007). **Female student can apply for make up classes during menstrual leave up to once per month.**
5. Make up classes would only be arranged within the current term where vacancies of same grade are available. The date of the class make up will not be changed once the appointment is confirmed.



Apply for Sick Leave Make up Class

報名安排

Enrollment Arrangement

1. 會友請按照各訓練班之報名日期於票務處或網上報名系統辦理報名手續。(網上報名只適用於部份恆常程序活動 / 訓練程序)
2. 於票務處報名時，每人每次可遞交不多於 3 份報名表格。
3. 部份課程設有舊生優先報名，新參加者可致電 2783 3600 查詢課程餘額。
4. 如課程開課後仍有餘額，可接受插班申請，唯參加者需支付該期全期學費及不設補堂。

1. Please apply the course(s) at G/F Ticketing Office or register online according to the enrollment schedule. (Online registration is applicable to a selection of regular programmes/ training classes only.)
2. Each applicant may hand in not more than 3 application forms each time.
3. Current Student Priority Enrollment is applicable to a selection of courses, new students may call 27833600 to check for vacancies.
4. Participants may join the course(s) after course commencement if vacancies are available. In such cases, payment has to be paid in full amount and no make-up classes will be arranged.

一般課程須知 General Course Guidelines

1. 學員須於第一堂出示收據予本會職員核查及保留收據至課程完畢。
 2. 學員如需使用儲物櫃，請憑會友證於地下票務處租用儲物櫃 (每次 \$10)。參加者需自行保管一切隨身財物，如有遺失，本會所恕不負責。
 3. 參加課程之兒童須有家長 / 監護人接送。
1. Members are required to present the receipt to YMCA staff/tutor for verification on the first lesson. Please keep the receipt until completion of the whole course.
 2. Rental for locker is available at the Ticketing Office on G/F at \$10 per session. Members should take care of their belongings, our Centre will not be responsible for items lost.
 3. Children attending the course must be accompanied by parents/guardians to the Centre.

恶劣天氣安排 Inclement Weather Policy

-當天文台懸掛黑色暴雨、八號或以上風球，或政府公布極端情況生效，課堂即時暫停及取消，本會所將不另行通知，而取消之課堂恕不補課或退款，本會所保留最終決定權。

-當黑色暴雨、八號或以上風球（及政府公布取消極端情況）於上課時間開始兩小時前除下，該節課堂將會照常上課。如天文台除下有關訊號之時間距離會所關閉時間不足三小時，當日會所將不會開放，所有服務暫停。當日餘下課堂則全部取消，本會所將不另行通知，取消之課堂恕不補課或退款，本會所保留最終決定權。

-When Tropical Storm Warning Signal No. 8 (or above) or the Black Rainstorm Warning Signal is hoisted or when "extreme conditions" is in force, all classes or activities will be suspended immediately. There will not be any arrangement for make-up class or refund. Our Centre reserves the right of final decision.

-When Tropical Storm Warning Signal No. 8 (or above) or the Black Rainstorm Warning Signal (and the "extreme conditions" warning) is cancelled 2 hours before class commencement time, the session will be conducted as usual and no make-up class or refund will be arranged. If the warning is cancelled less than 3 hours before closing time, all classes will be suspended and our Centre will remain closed on that day. There will not be any arrangement for make-up class or refund. Our Centre reserves the right of final decision.

退費安排 Refund Policy

1. 課程取消:

- a) 由本會職員個別以電話通知安排轉班;或
- b) 退回課程全部費用（會友費用除外）

2. 開課後會友未能完成餘下課程:

- a) 因病患（必須附有註冊醫生證明,單次病假不構成退費原因）
 - 安排訓練班補課（只供游泳班學員、補課安排須於課程完結前進行）;

或

- 將退回餘下課程 50% 費用（餘下課程為申請退費日期之後的課程,申請日期前缺席課堂,包括已聯絡但未補堂之課程不計算在內,退費申請手續必須於課程完成日期前完成）

b) 因私人理由不作退費及補課安排

3. 開課前會友未能參與已報名之課程:

- a) 因病患（必須附有註冊醫生證明）
 - 開課日期五日前申請可退回課程之全費
 - 開課日期前五日內申請可退回課程費用之 50%

b) 因私人理由

- 開課日期十四日前（游泳班課程為開課日期七日前）申請按課程費用扣除 \$120 行政費後退回
- 開課日期前十四日內（游泳班課程為開課日期七日內）申請不作退費及延期

安排

備註:

1. 所有退款申請需經批核。收到申請後，本會職員會在完成退款批核手續後，通知申請人有關進一步的退款安排。申請人須在接獲通知後兩星期內，親臨本會所一樓辦事處簽署「退費申請表」及領取退款，逾期恕不辦理。

(參加者申請退款須填寫退費申請表並帶同收據正本到會所辦理退款。)

2. 退款方式

a. 金額\$1000 以下之退費將以現金退回。

b. 金額\$1000 或以上之退費將按報名時選擇的付款方式退回。

現金、易辦事、八達通繳費:以現金退回費用，申請人須到本會所領款。

支票繳費:當本會職員收到由本會財務部發出的支票後，會盡快通知申請人親臨本會所辦理退款手續。申請人須在接獲通知後半年內領回退款支票，逾期恕不受理。

信用卡繳費:退款將直接退還到該信用卡戶口(由銀行安排透過信用卡戶口辦理退款，申請人無須再到本會所領款，退款程序一般需時約 2-3 個月)

1. Cancelled Course

a) applicants will be informed by phone respectively for course transfer arrangement.

b) or, full refund will be made (except membership fee).

2. If members fail to complete the course:

a) due to health reasons (must be certified by medical certificate; refund will not be made for single sick leave)

- (For swimming courses only) make-up lessons can be arranged before the ending date of the course; or

- 50% of the remaining course fee will be refunded. Remaining sessions refer to the sessions subsequent to the date of refund application; absent sessions before refund application or arranged make-up lessons not yet attended are not included. Refund process must be completed before the ending date of the course.

b) due to personal reasons: No arrangement for refund/ make-up lessons will be made.

3. If members fail to attend the course:

a) due to health reasons (Medical certificate must be provided),

- Full refund will be made if the application is submitted prior to 5 days before the commencement of the course.

- 50% of the course fees will be refunded for application made within 5 days before the commencement of the course.

b) due to personal reasons,

- course fees will be refunded after deduction of an administration fee of \$120, provided that the application is made prior to 14 days before the commencement of the course (prior to 7 days before the commencement of the course for swimming courses).

- there shall be no refund or arrangement of make-up classes for applications made within 14 days before the commencement date of the course (within 7 days before the commencement date of the course for swimming courses).

Remarks

1. Applicants will be notified when the refund application is approved. Upon receipt of notification, applicants have to come to our Center (1/F Office) within two weeks to sign the relevant documents and collect the refund. Late applications will not be processed.

(All refund will not be processed without a completed refund application form and the official receipt of the class)

2. Refund Method

a. For an amount below \$1000, the refund will be made in cash.

b. For an amount above \$1000, the refund method is adopted according to the payment method.

By cash, EPS or Octopus: The refund will be made in cash.

By cheque: The applicants will be notified when the refund cheque is issued.

Upon receipt of notification, applicants have to come to our office within six months to collect the cheque. Late collections will not be processed.

By credit card: The refund will be credited back to the credit card account via the banks. Applicants do not need to come in-person to collect the refund.

Processing time takes approximately 2-3 months.

學習進度評估

泳班	課堂	第	第	第	第	第	第	第	第
		一	二	三	四	五	六	七	八
		課	課	課	課	課	課	課	課
幼兒游泳獎勵計劃 (幼兒初班、高班)		<u>學習該級別之課程內容 及重溫前一級別之泳式</u>						<u>學習評估</u>	<u>技術 重溫</u>
兒童少年游泳班 (初級一班至深造三級班) (一條龍游泳班初級一班至深造三級班)									
習泳少年(公開組和少童組)		<u>四式游泳訓練</u>						<u>泳式計時</u>	

學習評估：第 8 課教練會為學員作學習評估，於下課時向學員派發*泳章評核結果通知書。

*學員於第 8 課完結後而評核達標者，可於兩個月內憑「泳章評核結果通知書」到本會一樓接待處免費換取證書。

備註：

香港中華基督教青年會之游泳教練均持本會游泳教練證書或持政府認可的中國香港游泳總會或香港游泳教練會或香港游泳教師總會發出之游泳教練證書

Remarks: All Chinese YMCA of Hong Kong Swimming Coaches have hold YMCA Swimming Instructor Certificate or Government recognized HKGSA Swimming Teachers Certificate or Hong Kong Swimming Coaches Association Certificates or HKSTA Swimming Teacher Certificate.

幼兒游泳獎勵計劃 Pre-school Swimming Award Scheme

此計劃是讓本會 3-5 歲之幼兒會友在安全衛生的環境、有系統的教學內容及資深教練帶領下熟悉水性及促進自然發育。透過青年會的教學法，培養幼兒自信自我認識，建立正面的價值觀及社交技巧，協助其全人發展。完成幼兒游泳獎勵計劃之泳員可繼續參加青年會兒童游泳獎勵計劃，全面學習四式技術。

This scheme allows members aged 3-5 to get used to water environment with systematic course contents and experienced coaches. Children will gain confidence and self understanding, establish positive values and learn social skills. Members finishing Pre-school Swimming Award Scheme can continue to enroll in the Children Swimming Award Scheme of YMCA and further develop their skills on the 4 different strokes.

級別 Grade	章別 Award	課程內容 Contents	備註*# Remarks
幼兒初班 Pre-school Swimming Elementary	1 級 Grade 1	螃蟹章 Crab 進出水面 / 閉氣 3 秒 / 螃蟹走路 / 持板浮身還原起立 Water entry, breath holding for 3 seconds, crab walk, floating with float board and stand up	完成此兩個章別相等於魚苗章(初級一班) Completion of the 2 levels is equivalent to the Baby Fish award. (Elementary 1)
	2 級 Grade 2	章魚章 Sea Spider 閉氣 5 秒 / 水中呼吸 / 漂浮 3 米還原起立 / 持板踢腳 / 持板背泳浮身 / 站立跳水 / 潛水拾物 Water entry, breath holding for 5 seconds, breath control, front float for 3 meters and stand up, flutter kick with float board, back float with float board, feet first entry, pick up objects under water.	
幼兒高班 Pre-school Swimming Advanced	3 級 Grade 3	水母章 Jellyfish 水母漂浮 5 秒 / 水中站立 / 蹬牆漂浮 3 米 / 漂浮踢腳 3 米 / 背泳浮身 Jellyfish float for 5 seconds, legs push against the wall and float for 3 meters, flutter kick for 3 meters, back float.	完成此兩個章別相等於水獺章(初級二班) Completion of the 2 levels is equivalent to the Otter award. (Elementary 2)
	4 級 Grade 4	海馬章 Seahorse 漂浮打水 5 米 / 仰漂 3 秒還原起立 / 閉氣捷泳 5 米背泳仰浮踢腳 / 蹬牆仰漂 Flutter kick for 5 meters, back float for 3 seconds and stand up, swims in freestyle for 5 meters with holding breath, back float kicking, legs pushes against the wall and float.	
	5 級 Grade 5	河豚章 Balloonfish 捷泳 6-8 米 / 換氣 2 口以上 / 仰浮踢腳 3 米 Swim freestyle for 6-8 meters in, breath exchange twice, legs pushes against the wall and back float kicking for 3 meters.	

* 幼兒班泳員完成該級課程及通過評估，獲得幼兒游泳獎勵計劃證書外及游泳學習進度記錄及貼紙外，亦可獲取相等於該級兒童游泳獎勵計劃之證書；

* Upon completion of the course and assessment, swimmers will be awarded a certificate and learning progress with sticker of Pre-school swimming classes from the equivalent level of the Children Swimming Award Scheme of YMCA.

幼兒高班 4 級海馬章泳員若 足 5 歲,同時動作達標及穩定,可升初級三班之海豹章泳班。

Those swimmers, above 5 years old, of pre-school swimming school 4 (Seahorse Award) with stable and recognized performance could be promoted to Elementary 3 (Seal Award Course).

兒童少年游泳班架構

● 兒童少年游泳獎勵計劃

本會所推行之兒童少年游泳獎勵計劃是參照美國、加拿大、台灣及日本基督教青年會(YMCA)現行之兒童少年游泳獎勵計劃加以改良，目的是鼓勵 5-15 歲之兒童及少年會友按步就班，有系統地學習各種游泳技術。透過本會所舉辦之各級泳班，會友可在資深之教練指導下，按照每階段之課程內容學習各種游泳技巧。每一學員在訓練班完結時，均由任教教練作出評核，以確定其晉升級別。

班別	目標獎章	參加資格	學習內容
初級一班	魚苗章	完全不懂泳術者	克服懼水心理/閉氣 5 秒/水中呼吸/ 輔助浮身/持板踢腳/仰浮/俯浮/水中滑行
初級二班	水獺章	已考獲魚苗章或章魚章或 可扶持浮身閉氣 5 秒	仰浮/俯浮/進入水中/捷泳手腳配合/捷泳 5 米
初級三班	海豹章	已考獲水獺章或海馬章或 能做閉氣捷泳 5 米	捷泳呼吸/捷泳手腳及呼吸配合/ 捷泳 10 米連呼吸/仰浮踢腳 5 米
中級一班	海豚章	已考獲海豹章或能做仰浮踢 腳 5 米及捷泳 10 米連呼吸	淺跳/捷泳 25 米/背泳手腳配合/ 背泳 5 米
中級二班	飛魚章	已考獲海豚章或能游捷泳 25 米及背泳 5 米	淺跳/踏水/背泳 10 米/捷泳 50 米
中級三班	泳員章	已考獲飛魚章或能游捷泳 50 米及背泳 10 米	淺跳/踏水/前滾翻/背泳 25 米/ 捷泳 75 米
高級一班	一星章	已考獲泳員章或能游捷泳 75 米及背泳 25 米	潛泳 5 米/踏水/捷泳 75 米/背泳 50 米/蛙泳基 本動作(划手及踢腳)
高級二班	二星章	已考獲一星章或能游捷泳 75 米及背泳 50 米及蛙泳基本動 作(划手及踢腳)	蛙泳手腳及呼吸配合/蛙泳 25 米/ 背泳起跳/捷泳及背泳各 100 米
高級三班	三星章	已考獲二星章或能游捷泳及 背泳各 100 米，蛙泳 25 米	捷泳轉身/蛙泳 50 米/蝶泳腳部及腰部技術/捷 泳及背泳各 150 米
深造一級班	四星章	已考獲三星章或能游捷泳及 背泳各 150 米，蛙泳 50 米， 捷泳轉身及蝶泳腳部及腰部 技術	蝶泳手部技術及手腳配合/蝶泳 10 米/蛙泳 100 米/捷泳及背泳各 200 米/蛙泳轉身
深造二級班	五星章	已考獲四星章或能游蝶泳 10 米，蛙泳轉身，蛙泳 100 米， 捷泳及背泳各 200 米	蝶泳 25 米/蛙泳 200 米/ 捷泳及背泳各 300 米
深造三級班	六星章	已考獲五星章或能游蝶泳 25 米，蛙泳 200 米，捷泳及背泳 各 300 米	四式轉身/蝶泳 50 米/蛙泳 300 米/捷泳及背泳 各 400 米

*備註: 泳員在升級後仍需保持該級之所有要求，否則教練在需要時會要求泳員調往較初級之班別，以配合泳員能力之發展及保持該級之課程進度。

Structure of Youth and Teens Aquatics

● Youth & Teen Aquatic Scheme

With reference to the swim lesson program of YMCA in US, Canada, Taiwan & Japan, this scheme aims at encouraging children of 5 – 15 to learn about water progressively. Under the guide of our experienced coach, learners will be able to learn about different strokes and skills in each phrase. Evaluation will be given to members upon completion of each course as a confirmation of promotion.

Class	Level	Eligibility	Content
Elementary 1	Baby Fish	No swimming ability is required	Overcome aqua phobia/Holding breathe 5 sec/Breathing techniques in water/Assisted floating/Tread with floating device/Float on the back/float with face down/Front glide
Elementary 2	Otter	Members with Baby Fish Award or Sea Spider Award or Able to float with support and hold breathe for 5 sec	Float on the back/Float with face down/Crawl with arms & legs/Freestyle 5M
Elementary 3	Seal	Member with Otter Award or Seahorse Award or Able to perform Crawl stroke 5M without breathing.	Rotary breathing/Crawl stroke with rotary breathing/Crawl stroke 10M w/ rotary breathing/Backstroke treading 5M
Intermediate 1	Dolphin	Members with Seal Award or Float and tread for 5M on the back and Crawl stroke 10M	Shallow diving/Freestyle 25M/Backstroke arms & legs/Backstroke 5M
Intermediate 2	Flying Fish	Members with Dolphin Award or Able to perform Crawl stroke 25M and backstroke 5M.	Shallow diving/Treading/Backstroke 10M/Crawl stroke 50M
Intermediate 3	Swimmer	Members with Flying Fish Award or Able to perform Crawl stroke 50M and Backstroke 10M	Shallow diving/Treading/Front rolling /Backstroke 25M/Crawl stroke 75M
Higher 1	Star 1	Members with Swimmer Award or Able to perform Crawl stroke 75M and Backstroke 25M	Dive & swim 5M/Treading/Crawl stroke 75M/Backstroke 50M/Basic Breaststroke
Higher 2	Star 2	Members with Star 1 Award or Able to perform Crawl stroke 75M, backstroke 50M and basic movements of breaststroke.	Breaststroke w/ rhythmic breathing/Breaststroke 25M/Back Crawl start/ Crawl stroke & Backstroke 100M
Higher 3	Star 3	Members with Star 2 Award or Able to perform Crawl stroke & Backstroke 100M and Breaststroke 25M	Crawl turn/Breaststroke 50M/Dolphin kick & Butterfly stroke waist/ Crawl stroke & Backstroke 150M
Advanced 1	Star 4	Members with Star 3 Award or Able to perform Crawl stroke & Backstroke 150M, Breaststroke 50M, breaststroke turn, techniques in waist & leg of Butterfly Stroke.	Arm paddling butterfly stroke & dolphin kick/Butterfly stroke 10M/Breast stroke 100M/Crawl stroke & Backstroke 200M/Crawl turn
Advanced 2	Star 5	Members with Star 4 Award or Able to perform Butterfly stroke 10M, Breaststroke turn, Breaststroke 100M, Backstroke & Crawl stroke 200M	Butterfly stroke 25M/Breaststroke 200M/Crawl stroke & Backstroke 300M
Advanced 3	Star 6	Members with Star 5 Award or Able to perform Butterfly stroke 25M, Breaststroke 200M, Crawl stroke & Backstroke 300M	4 strokes turning/Butterfly stroke 50M/Breaststroke 300M/Crawl stroke & Back stroke 400M

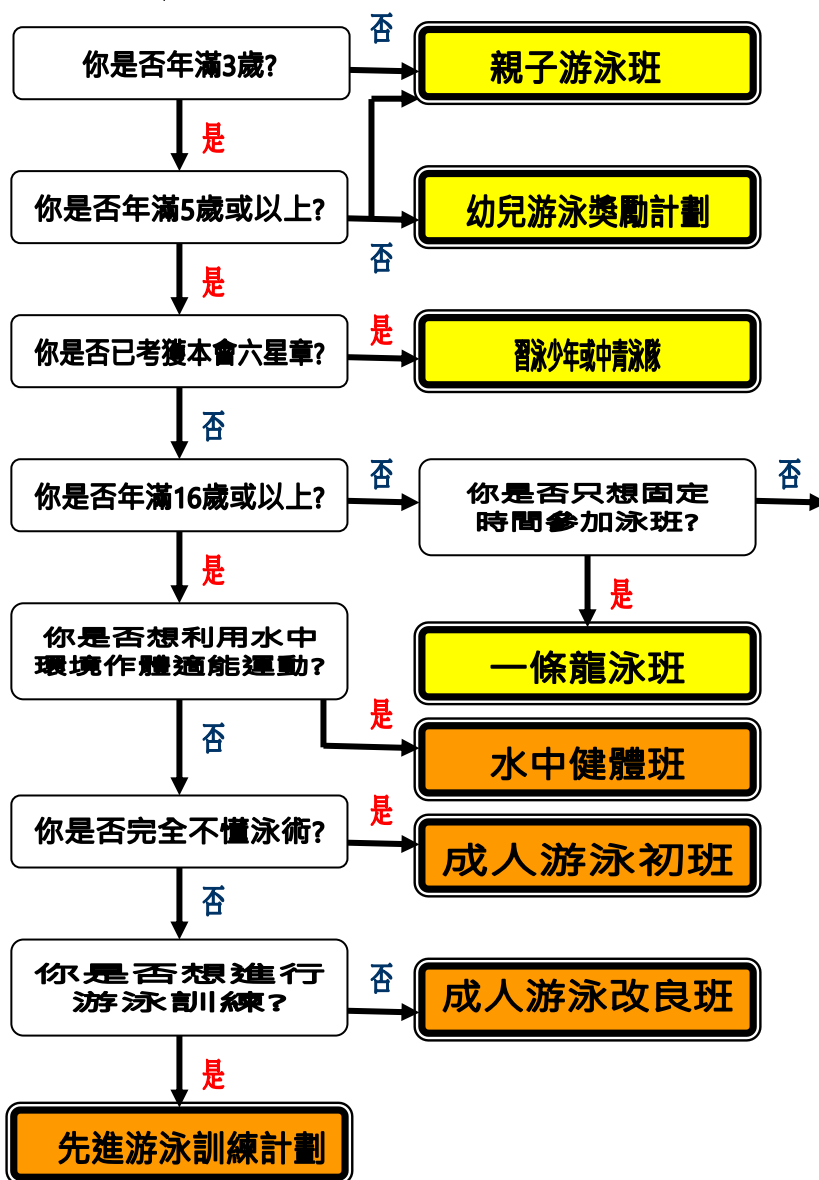
*Remarks: Students fail to keep the appropriate standard might be transferred to course of an earlier phrase if necessary.



本會會友



你知道自己適合參加哪個泳班嗎?



兒童少年游泳獎勵計劃

初級一班 (魚苗章)

完全不懂泳術

初級二班 (水獺章)

已考獲魚苗章或可扶持浮身閉氣 5 秒

初級三班 (海豹章)

已考獲水獺章或能閉氣捷泳 5 公尺

中級一班 (海豚章)

已考獲海豹章或能捷泳 10 公尺連呼吸

中級二班 (飛魚章)

已考獲海豚章或能游捷泳 25 公尺及背泳 5 公尺

中級三班 (泳員章)

已考獲飛魚章或能游捷泳 50 公尺及背泳 10 公尺

高級一班 (一星章)

已考獲泳員章或能游捷泳 75 公尺及背泳 25 公尺

高級二班 (二星章)

已考獲一星章或能游捷泳 75 公尺及背泳 25 公尺及蛙泳基本動作

高級三班 (三星章)

已考獲二星章或能游捷泳 100 公尺及蛙泳 25 公尺

深造一班 (四星章)

已考獲三星章或能游捷泳及背泳各 150 公尺，蛙泳 50 公尺，捷泳轉身及蝶泳腳和腰部技術

深造二班 (五星章)

已考獲四星章或能游蝶泳 10 公尺，蛙泳轉身，蛙泳 100 公尺，捷泳及背泳各 200 公尺

深造三班 (六星章)

已考獲五星章或能游蝶泳 25 公尺，蛙泳 200 公尺，捷泳及背泳各 300 公尺

2025年4月至5月
APR to MAY 2025

一條龍游泳班 Through-Train Program

課程特色

- ※ 一條龍游泳班是根據本會幼兒及兒童少年游泳獎勵計劃之內容，以複式教學形式進行，分為初、中、高、深四個級別，按學員個別程度對照游泳獎勵計劃之內容分配班別。
- ※ 一條龍游泳班由持有本會游泳教練證書之教練任教
- ※ 一條龍泳班學員可享有下期優先報名優惠，在指定日期 8/2-2/3 內報名，學員可以在相同時間參與下期一條龍泳班。

Course Features

- ※ Through Train Program is double class setting based on the course content of Pre-School, Youth & Teen swimming course. This program is divided into four levels including Elementary, Intermediate, Higher and Advanced in which students will be arranged into different classes according to individual swimming abilities.
- ※ Through Train Program coaches have hold YMCA swimming instructor certificate
- ※ 8/2-2/3: Through Train Program Students can have priority to enroll the next session Through Train Program. Students can remain the same class lesson if enrollment is made on time.

4-5月一條龍課程資料 Through-Train Program Details:

堂數 Sessions: 8 費用 Fee: \$1,290 地點 Venue: 4/F

餘額 Quota: 留意報名日當日資料 Please refer to the information on enrollment day

星期六 Saturday-日期 Date: 29/3/2025-17/5/2025

班別 Course	初班及幼兒班 (初一、二、三) (幼兒初、高班) Elementary Level (I,II,III) & Pre-School (Elementary & Advanced)	中班 (中一、二、三) Intermediate Level (I,II,III)	高班 (高一、二、三) Higher Level I,II,III)	深班 (深一、二、三) Advanced Level (I,II,III)
時間 Time				
1000-1100	4904.19D.25001	4904.19D.25002	4904.19D.25003	4904.19D.25004
1100-1200	4904.19D.25005	4904.19D.25006	4904.19D.25007	4904.19D.25008
1200-1300	4904.19D.25009	4904.19D.25010	4904.19D.25011	4904.19D.25012
1300-1400	4904.19D.25013	4904.19D.25014	4904.19D.25015	4904.19D.25016

星期日 Sunday-日期 Date: 30/3/2025-18/5/2025

班別 Course	初班及幼兒班 (初一、二、三) (幼兒初、高班) Elementary Level (I,II,III) & Pre-School (Elementary & Advanced)	中班 (中一、二、三) Intermediate Level (I,II,III)	高班 (高一、二、三) Higher Level (I,II,III)	深班 (深一、二、三) Advanced Level (I,II,III)
時間 Time				
1400-1500	4904.19D.25017	4904.19D.25018	4904.19D.25019	4904.19D.25020
1500-1600	4904.19D.25021	4904.19D.25022	4904.19D.25023	4904.19D.25024
1600-1700	4904.19D.25025	4904.19D.25026	4904.19D.25027	4904.19D.25028
1700-1800	4904.19D.25029	4904.19D.25030	4904.19D.25031	4904.19D.25032

備註: 香港中華基督教青年會之游泳教練均持本會游泳教練證書或持政府認可的中國香港游泳總會或香港游泳教練會或香港游泳教師總會發出之游泳教練證書

Remarks: All Chinese YMCA of Hong Kong Swimming Coaches have hold YMCA Swimming Instructor Certificate or Government recognized HKGSA Swimming Teachers Certificate or Hong Kong Swimming Coaches Association Certificates or HKSTA Swimming Teacher Certificate.

幼兒學前游泳課程

Toddler Swimming Programme

此課程在專業教練帶領下，透過遊戲及練習訓練幼兒心肺功能、手腳活動、身體協調、感覺統合及認知能力；並讓幼兒在安全環境下熟習水性，學習水上安全技巧，提升獨立思考能力及建立自信心。

This course allows members aged 24 to 36 months to get used to water environment with experienced coaches. Children will improve their cardiorespiratory function, physical coordinating ability, sensory integration and cognitive ability, and enhance their water safety skills and self-confidence through games and exercise.

對象 Eligibility :

24-36 個月幼兒會友 Members ages 24-36 months

學習內容 Course content :

- 水感認知 Sense of water
- 水上安全 Water Safety
- 水中閉氣及呼吸 Breath hold & breath exchange
- 潛水／潛水拾物 Retrieving objects underwater
- 跳水 Jump into water
- 浮水 Floating
- 踢水／爬泳 kicking / front crawl

特點 :

- 1:2 小班教學 1:2 Small Class
- 淺水區上課 Lessons in shallow area
- 多元化游泳教學用具 Various swimming tools
- 合資格專業教練授課 Experienced swimming coach

備註 Remark :

參加者上課時必須穿著紙泳褲 Child must wear Disposable Swim Pants during the lesson

Toddler Swimming Programme

幼兒學前游泳課程

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
學前 4-5	4904.19N.25001	24/5/2025-14/6/2025	1400-1445	六 Sat	2230	8
	4904.19N.25002		1500-1545			
	4904.19N.25003		1700-1745			
	4904.19N.25004		1900-1945			
	4904.19N.25005	25/5/2025-15/6/2025	0900-0945	日 Sun		
	4904.19N.25006		1000-1045			
	4904.19N.25007		1100-1145			
	4904.19N.25008		1200-1245			
	4904.19N.25009		1300-1345			
	4904.19N.25010	1800-1845				
	4904.19N.25011	26/5/2025-16/6/2025	1100-1145	一 Mon		
	4904.19N.25012		1500-1545			
	4904.19N.25013		1600-1645			
	4904.19N.25014	27/5/2025-17/6/2025	1500-1545	二 Tue		
	4904.19N.25015		1600-1645			
	4904.19N.25016	28/5/2025-18/6/2025	1100-1145	三 Wed		
	4904.19N.25017		1500-1545			
	4904.19N.25018		1700-1745			
	4904.19N.25019		1900-1945			
	4904.19N.25020	29/5/2025-19/6/2025	1500-1545	四 Thu		
	4904.19N.25021		1600-1645			
	4904.19N.25022		1800-1845			
	4904.19N.25023	30/5/2025-20/6/2025	0900-0945	五 Fri		
	4904.19N.25024		1000-1045			
	4904.19N.25025		1500-1545			
	4904.19N.25026		1600-1645			
	4904.19N.25027		1700-1745			

Toddler Swimming Programme 幼兒學前游泳課程

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
學前 6	4904.19N.25028	24/5/2025-14/6/2025	1400-1445	六 Sat	1115	4
	4904.19N.25029		1500-1545			
	4904.19N.25030		1700-1745			
	4904.19N.25031		1900-1945			
	4904.19N.25032	25/5/2025-15/6/2025	0900-0945	日 Sun		
	4904.19N.25033		1000-1045			
	4904.19N.25034		1100-1145			
	4904.19N.25035		1200-1245			
	4904.19N.25036		1300-1345			
	4904.19N.25037	1800-1845				
	4904.19N.25038	26/5/2025-16/6/2025	1100-1145	一 Mon		
	4904.19N.25039		1500-1545			
	4904.19N.25040		1600-1645			
	4904.19N.25041	27/5/2025-17/6/2025	1500-1545	二 Tue		
	4904.19N.25042		1600-1645			
	4904.19N.25043	28/5/2025-18/6/2025	1100-1145	三 Wed		
	4904.19N.25044		1500-1545			
	4904.19N.25045		1700-1745			
	4904.19N.25046		1900-1945			
	4904.19N.25047	29/5/2025-19/6/2025	1500-1545	四 Thu		
4904.19N.25048	1600-1645					
4904.19N.25049	1800-1845					
4904.19N.25050	30/5/2025-20/6/2025	0900-0945	五 Fri			
4904.19N.25051		1000-1045				
4904.19N.25052		1500-1545				
4904.19N.25053		1600-1645				
4904.19N.25054		1700-1745				

Aqua-Tots 親子游泳班

參加資格：2-4 歲本會會友及其父/母親(父/母親均須為本會會友)

課程內容：此課程希望籍著有趣的遊戲及益智玩具，使幼兒能在父母親引領下熟諳水性及掌握浮身呼吸動作。

<親子班不設水袖，如有需要請自行購買>

Target: 2-4 years old member with 1 parent (Both parents and children shall be members of our centre)

Content: With games and the use of swimming toys, children can learn the skills of floating and breathing under the guidance of their parents. (Inflatable arm rings will not be provided in the course, please bring your own if needed)

堂數 Sessions: 8 費用 Fee: \$1130 上課地點 Venue: 4/F

名額 Quota: 每班 8 對學員及家長(each class:8 pair of students and parents)

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
親子 4-5	4904.19M.25001	29/3/2025-17/5/2025	1900-1955	六 Sat	1130	8
	4904.19M.25002	30/3/2025-18/5/2025	1800-1855	日 Sun		
親子 6	4904.19M.25003	24/5/2025-14/6/2025	1900-1955	六 Sat	565	4
	4904.19M.25004	25/5/2025-15/6/2025	1800-1855	日 Sun		

Pre-school Swimming Elementary (Grade 1 Crab Award & Grade 2 Sea spider Award)

幼兒初班(1級螃蟹章及2級章魚章)

參加資格：3-5歲本會會員(加強對幼兒照顧及學習，每班4-5人)

Eligibility：Members of 3-5 years old (4-5members/ class for better learning progress)

上課地點 Venue: 4/F

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons	備註 Remarks	
幼初 4-5	4904.19K.25001	29/3/2025-17/5/2025	0900-0950	六 Sat	1130	8	一條龍課程 Through-Train Program *複式教學	
	4904.19D.25001		1000-1050		1290			
	4904.19D.25005		1100-1150					
	4904.19D.25009		1200-1250					
	4904.19D.25013		1300-1350					
	4904.19K.25002		1400-1450					1130
	4904.19K.25003		1500-1550					
	4904.19K.25004		1600-1650					
	4904.19K.25005		1700-1750					
	4904.19K.25006		1800-1850					
	4904.19K.25007	1900-1950						
	4904.19K.25008	30/3/2025-18/5/2025	0900-0950	日 Sun	1130	8	一條龍課程 Through-Train Program *複式教學	
	4904.19K.25009		1000-1050					
	4904.19K.25010		1100-1150					
	4904.19K.25011		1200-1250					
	4904.19K.25012		1300-1350					
	4904.19D.25017		1400-1450		1290			
	4904.19D.25021		1500-1550					
	4904.19D.25025		1600-1650					
	4904.19D.25029		1700-1750					
	4904.19K.25013		31/3/2025-19/5/2025					0900-0950
	4904.19K.25014	1000-1050						
	4904.19K.25015	1500-1550						
	4904.19K.25016	1600-1650						
	4904.19K.25017	1700-1750						
	4904.19K.25018	1800-1850	二 Tue					
	4904.19K.25019	0900-0950						
	4904.19K.25020	1000-1050						
	4904.19K.25021	1500-1550						
	4904.19K.25022	1600-1650						
	4904.19K.25023	1700-1750	三 Wed					
	4904.19K.25024	1800-1850						
4904.19K.25025	0900-0950							
4904.19K.25026	1000-1050							
4904.19K.25027	1500-1550							
4904.19K.25028	1600-1650	四 Thu						
4904.19K.25029	1700-1750							
4904.19K.25030	1800-1850							
4904.19K.25031	1900-1950							
4904.19K.25032	0900-0950		五 Fri					
4904.19K.25033	1500-1550							
4904.19K.25034	1600-1650							
4904.19K.25035	1700-1750							
4904.19K.25036	1800-1850							
4904.19K.25037	4/4/2025-23/5/2025	0900-0950	五 Fri	1130	8	一條龍課程 Through-Train Program *複式教學		
4904.19K.25038		1000-1050						
4904.19K.25039		1500-1550						
4904.19K.25040		1600-1650						
4904.19K.25041		1700-1750						
4904.19K.25042		1800-1850						
4904.19K.25043		1900-1950						

Pre-school Swimming Elementary (Grade 1 Crab Award & Grade 2 Sea spider Award)

幼兒初班(1級螃蟹章及2級章魚章)

參加資格：3-5歲本會會員(加強對幼兒照顧及學習，每班4-5人)

Eligibility：Members of 3-5 years old (4-5members/ class for better learning progress)

上課地點 Venue: 4/F

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons	備註 Remarks
幼初 6	4904.19K.25044	24/5/2025-14/6/2025	0900-0950	六 Sat	565	4	
	4904.19D.25033		1000-1050				
	4904.19D.25037		1100-1150				
	4904.19D.25041		1200-1250				
	4904.19D.25045		1300-1350				
	4904.19K.25045		1400-1450				
	4904.19K.25046		1500-1550				
	4904.19K.25047		1600-1650				
	4904.19K.25048		1700-1750				
	4904.19K.25049		1800-1850				
	4904.19K.25050		1900-1950				
	4904.19K.25051	25/5/2025-15/6/2025	0900-0950	日 Sun			
	4904.19K.25052		1000-1050				
	4904.19K.25053		1100-1150				
	4904.19K.25054		1200-1250				
	4904.19K.25055		1300-1350				
	4904.19D.25049		1400-1450				
	4904.19D.25053		1500-1550				
	4904.19D.25057		1600-1650				
	4904.19D.25061	1700-1750					
	4904.19K.25056	26/5/2025-16/6/2025	0900-0950	一 Mon			
	4904.19K.25057		1000-1050				
	4904.19K.25058		1500-1550				
	4904.19K.25059		1600-1650				
	4904.19K.25060		1700-1750				
	4904.19K.25061	1800-1850					
	4904.19K.25062	27/5/2025-17/6/2025	0900-0950	二 Tue			
	4904.19K.25063		1000-1050				
	4904.19K.25064		1500-1550				
	4904.19K.25065		1600-1650				
	4904.19K.25066		1700-1750				
	4904.19K.25067		1800-1850				
	4904.19K.25068	28/5/2025-18/6/2025	0900-0950	三 Wed			
	4904.19K.25069		1000-1050				
	4904.19K.25070		1500-1550				
	4904.19K.25071		1600-1650				
	4904.19K.25072		1700-1750				
	4904.19K.25073		1800-1850				
	4904.19K.25074	1900-1950					
	4904.19K.25075	29/5/2025-19/6/2025	0900-0950	四 Thu			
	4904.19K.25076		1500-1550				
	4904.19K.25077		1600-1650				
4904.19K.25078	1700-1750						
4904.19K.25079	1800-1850						
4904.19K.25080	30/5/2025-20/6/2025	0900-0950	五 Fri				
4904.19K.25081		1000-1050					
4904.19K.25082		1500-1550					
4904.19K.25083		1600-1650					
4904.19K.25084		1700-1750					
4904.19K.25085		1800-1850					
4904.19K.25086		1900-1950					

Pre-school Swimming Advanced (Grade 3 Jellyfish Award, Grade 4 Seahorse Award & Grade 5 Balloonfish Award)

幼兒高班(3級水母章、4級海馬章及5級河豚章)

參加資格：3-5歲本會會員(加強對幼兒照顧及學習，每班名額4-5人)

Eligibility：Members of 3-5 years old (4-5 members/ class for better learning progress)

上課地點 Venue: 4/F

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons	備註 Remarks	
幼高 4-5	4904.19L.25001	29/3/2025-17/5/2025	0900-0950	六 Sat	1130	8	一條龍課程 Through-Train Program *複式教學	
	4904.19D.25001		1000-1050		1290			
	4904.19D.25005		1100-1150					
	4904.19D.25009		1200-1250					
	4904.19D.25013		1300-1350					
	4904.19L.25002		1400-1450					1130
	4904.19L.25003		1500-1550					
	4904.19L.25004		1600-1650					
	4904.19L.25005		1700-1750					
	4904.19L.25006		1800-1850					
	4904.19L.25007		1900-1950					
	4904.19L.25008		0900-0950					
	4904.19L.25009	1000-1050						
	4904.19L.25010	1100-1150						
	4904.19L.25011	1200-1250						
	4904.19L.25012	1300-1350						
	4904.19D.25017	1400-1450	1290					
	4904.19D.25021	1500-1550						
	4904.19D.25025	1600-1650						
	4904.19D.25029	1700-1750						
	4904.19L.25013	0900-0950		一 Mon	1130			
	4904.19L.25014	1000-1050						
	4904.19L.25015	1500-1550						
	4904.19L.25016	1600-1650						
	4904.19L.25017	1700-1750						
	4904.19L.25018	1800-1850						
	4904.19L.25019	0900-0950					二 Tue	
	4904.19L.25020	1000-1050						
	4904.19L.25021	1500-1550						
	4904.19L.25022	1600-1650						
	4904.19L.25023	1700-1750						
	4904.19L.25024	1800-1850						
	4904.19L.25025	0900-0950	三 Wed	1130				
	4904.19L.25026	1000-1050						
	4904.19L.25027	1500-1550						
	4904.19L.25028	1600-1650						
	4904.19L.25029	1700-1750						
	4904.19L.25030	1800-1850						
	4904.19L.25031	1900-1950						
	4904.19L.25032	0900-0950			四 Thu			
	4904.19L.25033	1500-1550						
	4904.19L.25034	1600-1650						
	4904.19L.25035	1700-1750						
4904.19L.25036	1800-1850							
4904.19L.25037	0900-0950	五 Fri						
4904.19L.25038	1000-1050							
4904.19L.25039	1500-1550							
4904.19L.25040	1600-1650							
4904.19L.25041	1700-1750							
4904.19L.25042	1800-1850							
4904.19L.25043	1900-1950							

Pre-school Swimming Advanced (Grade 3 Jellyfish Award, Grade 4 Seahorse Award & Grade 5 Balloonfish Award)

幼兒高班(3級水母章、4級海馬章及5級河豚章)

參加資格：3-5歲本會會友(加強對幼兒照顧及學習，每班名額4-5人)

Eligibility：Members of 3-5 years old (4-5 members/ class for better learning progress)

上課地點 Venue: 4/F

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons	備註 Remarks
幼高 6	4904.19L.25044	24/5/2025-14/6/2025	0900-0950	六 Sat	565	4	
	4904.19D.25033		1000-1050				
	4904.19D.25037		1100-1150				
	4904.19D.25041		1200-1250				
	4904.19D.25045		1300-1350				
	4904.19L.25045		1400-1450				
	4904.19L.25046		1500-1550				
	4904.19L.25047		1600-1650				
	4904.19L.25048		1700-1750				
	4904.19L.25049		1800-1850				
	4904.19L.25050		1900-1950				
	4904.19L.25051	25/5/2025-15/6/2025	0900-0950	日 Sun			
	4904.19L.25052		1000-1050				
	4904.19L.25053		1100-1150				
	4904.19L.25054		1200-1250				
	4904.19L.25055		1300-1350				
	4904.19D.25049		1400-1450				
	4904.19D.25053		1500-1550				
	4904.19D.25057		1600-1650				
	4904.19D.25061	1700-1750					
	4904.19L.25056	26/5/2025-16/6/2025	0900-0950	一 Mon			
	4904.19L.25057		1000-1050				
	4904.19L.25058		1500-1550				
	4904.19L.25059		1600-1650				
	4904.19L.25060		1700-1750				
	4904.19L.25061	1800-1850					
	4904.19L.25062	27/5/2025-17/6/2025	0900-0950	二 Tue			
	4904.19L.25063		1000-1050				
	4904.19L.25064		1500-1550				
	4904.19L.25065		1600-1650				
	4904.19L.25066		1700-1750				
	4904.19L.25067		1800-1850				
	4904.19L.25068	28/5/2025-18/6/2025	0900-0950	三 Wed			
	4904.19L.25069		1000-1050				
	4904.19L.25070		1500-1550				
	4904.19L.25071		1600-1650				
4904.19L.25072	1700-1750						
4904.19L.25073	1800-1850						
4904.19L.25074	1900-1950						
4904.19L.25075	29/5/2025-19/6/2025	0900-0950	四 Thu				
4904.19L.25076		1500-1550					
4904.19L.25077		1600-1650					
4904.19L.25078		1700-1750					
4904.19L.25079		1800-1850					
4904.19L.25080	30/5/2025-20/6/2025	0900-0950	五 Fri				
4904.19L.25081		1000-1050					
4904.19L.25082		1500-1550					
4904.19L.25083		1600-1650					
4904.19L.25084		1700-1750					
4904.19L.25085		1800-1850					
4904.19L.25086		1900-1950					

Children Elementary Swimming Course Level I (Baby Fish Award)

兒童/少年游泳初級一班(魚苗章)

參加資格：5-12 歲本會會員 Eligibility : Members of 5-12 years old

名額 Quota: 每班 5-6 人(each class: 5-6students)

上課地點 Venue: 4/F

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons	備註 Remarks					
初一 4-5	*4904.19B.25001	29/3/2025-17/5/2025	0900-0950	六 Sat	1130	8						
	4904.19D.25001		1000-1050		1290							
	4904.19D.25005		1100-1150									
	4904.19D.25009		1200-1250									
	4904.19D.25013		1300-1350									
	*4904.19B.25002		1400-1450									
	*4904.19B.25003		1500-1550									
	*4904.19B.25004		1600-1650									
	*4904.19B.25005		1700-1750									
	*4904.19B.25006		1800-1850									
	*4904.19B.25007		1900-1950									
	*4904.19B.25008		30/3/2025-18/5/2025					0900-0950	日 Sun	1130	1290	
	*4904.19B.25009	1000-1050										
	*4904.19B.25010	1100-1150										
	*4904.19B.25011	1200-1250										
	*4904.19B.25012	1300-1350										
	4904.19D.25017	1400-1450										
	4904.19D.25021	1500-1550										
	4904.19D.25025	1600-1650										
	4904.19D.25029	1700-1750										
	^4904.19W.25001	1800-1850										
	^4904.19W.25002	31/3/2025-19/5/2025		0900-0950	一 Mon		1130	1130		1130		
	^4904.19W.25003			1000-1050								
	^4904.19W.25004		1500-1550									
	*4904.19B.25013		1600-1650									
	*4904.19B.25014		1700-1750									
	*4904.19B.25015		1800-1850									
	^4904.19W.25005	1/4/2025-20/5/2025	0900-0950	二 Tue	1130		1130	1130				
	^4904.19W.25006		1000-1050									
	^4904.19W.25007		1500-1550									
	*4904.19B.25016		1600-1650									
	*4904.19B.25017		1700-1750									
*4904.19B.25018	1800-1850											
^4904.19W.25008	2/4/2025-21/5/2025	0900-0950	三 Wed	1130	1130	1130						
^4904.19W.25009		1000-1050										
^4904.19W.25010		1500-1550										
*4904.19B.25019		1600-1650										
*4904.19B.25020		1700-1750										
*4904.19B.25021		1800-1850										
^4904.19W.25011	3/4/2025-22/5/2025	0900-0950	四 Thu	1130	1130	1130						
^4904.19W.25012		1500-1550										
*4904.19B.25022		1600-1650										
*4904.19B.25023		1700-1750										
*4904.19B.25024		1800-1850										
^4904.19W.25014		4/4/2025-23/5/2025					1000-1050	五 Fri	1130	1130	1130	
*4904.19B.25025	1500-1550											
*4904.19B.25026	1600-1650											
*4904.19B.25027	1700-1750											
*4904.19B.25028	1800-1850											
*4904.19B.25029	1900-1950											

Children Elementary Swimming Course Level I (Baby Fish Award)

兒童/少年游泳初級一班(魚苗章)

參加資格：5-12 歲本會會友 Eligibility：Members of 5-12 years old

名額 Quota: 每班 5-6 人(each class: 5-6students)

上課地點 Venue: 4/F

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons	備註 Remarks		
初一 6	*4904.19B.25030	24/5/2025-14/6/2025	0900-0950	六 Sat	565	4			
	4904.19D.25033		1000-1050						
	4904.19D.25037		1100-1150						
	4904.19D.25041		1200-1250						
	4904.19D.25045		1300-1350						
	*4904.19B.25031		1400-1450						
	*4904.19B.25032		1500-1550						
	*4904.19B.25033		1600-1650						
	*4904.19B.25034		1700-1750						
	*4904.19B.25035		1800-1850						
	*4904.19B.25036		1900-1950						
	*4904.19B.25037		0900-0950					25/5/2025-15/6/2025	日 Sun
	*4904.19B.25038	1000-1050							
	*4904.19B.25039	1100-1150							
	*4904.19B.25040	1200-1250							
	*4904.19B.25041	1300-1350							
	4904.19D.25049	1400-1450							
	4904.19D.25053	1500-1550							
	4904.19D.25057	1600-1650							
	4904.19D.25061	1700-1750							
	^4904.19W.25015	1800-1850							
	^4904.19W.25016	0900-0950	26/5/2025-16/6/2025	一 Mon					
	^4904.19W.25017	1000-1050							
	^4904.19W.25018	1500-1550							
	*4904.19B.25042	1600-1650							
	*4904.19B.25043	1700-1750							
	*4904.19B.25044	1800-1850							
	^4904.19W.25019	0900-0950	27/5/2025-17/6/2025	二 Tue					
	^4904.19W.25020	1000-1050							
	^4904.19W.25021	1500-1550							
	*4904.19B.25045	1600-1650							
	*4904.19B.25046	1700-1750							
	*4904.19B.25047	1800-1850							
	^4904.19W.25022	0900-0950	28/5/2025-18/6/2025	三 Wed					
	^4904.19W.25023	1000-1050							
	^4904.19W.25024	1500-1550							
*4904.19B.25048	1600-1650								
*4904.19B.25049	1700-1750								
*4904.19B.25050	1800-1850								
^4904.19W.25025	1900-1950	29/5/2025-19/6/2025	四 Thu						
^4904.19W.25026	0900-0950								
^4904.19W.25027	1500-1550								
*4904.19B.25051	1600-1650								
*4904.19B.25052	1700-1750								
*4904.19B.25053	1800-1850								
^4904.19W.25028	1000-1050	30/5/2025-20/6/2025	五 Fri						
*4904.19B.25054	1500-1550								
*4904.19B.25055	1600-1650								
*4904.19B.25056	1700-1750								
*4904.19B.25057	1800-1850								
*4904.19B.25058	1900-1950								

(^)-之課程將與初二及初三級別合併。名額 4-5 人

Course code with (^) is combined with Elementary level II and III. Each class 4-5 students

(*)-之課程將與初二級別合併。名額 5-6 人

Course code with (*) is combined with Elementary level II. Each class 5-6 students

Children Elementary Swimming Course Level II (Otter Award)

兒童/少年游泳初級二班(水獺章)

參加資格：5-15 歲本會會員 Eligibility : Members of 5-15 years old

名額 Quota: 每班 5-6 人(each class: 5-6 students)

上課地點 Venue: 4/F

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons	備註 Remarks
初二 4-5	*4904.19B.25001	29/3/2025-17/5/2025	0900-0950	六 Sat	1130	8	一條龍課程 Through-Train Program *複式教學
	4904.19D.25001		1000-1050		1290		
	4904.19D.25005		1100-1150				
	4904.19D.25009		1200-1250				
	4904.19D.25013		1300-1350				
	*4904.19B.25002		1400-1450				
	*4904.19B.25003		1500-1550		1130		
	*4904.19B.25004		1600-1650				
	*4904.19B.25005		1700-1750				
	*4904.19B.25006		1800-1850				
	*4904.19B.25007		1900-1950				
	*4904.19B.25008		30/3/2025-18/5/2025		0900-0950		
	*4904.19B.25009	1000-1050					
	*4904.19B.25010	1100-1150					
	*4904.19B.25011	1200-1250					
	*4904.19B.25012	1300-1350		1290			
	4904.19D.25017	1400-1450					
	4904.19D.25021	1500-1550					
	4904.19D.25025	1600-1650					
	4904.19D.25029	1700-1750	1130				
	^4904.19W.25001	1800-1850					
	^4904.19W.25002	31/3/2025-19/5/2025	0900-0950	一 Mon	1130		
	^4904.19W.25003		1000-1050				
	^4904.19W.25004		1500-1550				
	*4904.19B.25013		1600-1650				
	*4904.19B.25014		1700-1750				
	*4904.19B.25015		1800-1850				
	^4904.19W.25005		0900-0950				二 Tue
	^4904.19W.25006	1000-1050					
	^4904.19W.25007	1500-1550					
*4904.19B.25016	1600-1650						
*4904.19B.25017	1700-1750						
*4904.19B.25018	1800-1850						
^4904.19W.25008	2/4/2025-21/5/2025	0900-0950	三 Wed	1130			
^4904.19W.25009		1000-1050					
^4904.19W.25010		1500-1550					
*4904.19B.25019		1600-1650					
*4904.19B.25020		1700-1750					
*4904.19B.25021		1800-1850					
^4904.19W.25011		1900-1950					
^4904.19W.25012	3/4/2025-22/5/2025	0900-0950	四 Thu				
^4904.19W.25013		1500-1550					
*4904.19B.25022		1600-1650					
*4904.19B.25023		1700-1750					
*4904.19B.25024		1800-1850					
^4904.19W.25014	4/4/2025-23/5/2025	1000-1050	五 Fri				
*4904.19B.25025		1500-1550					
*4904.19B.25026		1600-1650					
*4904.19B.25027		1700-1750					
*4904.19B.25028		1800-1850					
*4904.19B.25029		1900-1950					

Children Elementary Swimming Course Level II (Otter Award)

兒童/少年游泳初級二班(水獺章)

參加資格：5-15 歲本會會員 Eligibility : Members of 5-15 years old

名額 Quota: 每班 5-6 人(each class: 5-6 students)

上課地點 Venue: 4/F

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons	備註 Remarks		
初二 6	*4904.19B.25030	24/5/2025-14/6/2025	0900-0950	六 Sat	565	4			
	4904.19D.25033		1000-1050						
	4904.19D.25037		1100-1150						
	4904.19D.25041		1200-1250						
	4904.19D.25045		1300-1350						
	*4904.19B.25031		1400-1450						
	*4904.19B.25032		1500-1550						
	*4904.19B.25033		1600-1650						
	*4904.19B.25034		1700-1750						
	*4904.19B.25035		1800-1850						
	*4904.19B.25036		1900-1950						
	*4904.19B.25037		0900-0950						
	*4904.19B.25038	25/5/2025-15/6/2025	1000-1050	日 Sun					
	*4904.19B.25039		1100-1150						
	*4904.19B.25040		1200-1250						
	*4904.19B.25041		1300-1350						
	4904.19D.25049		1400-1450						
	4904.19D.25053		1500-1550						
	4904.19D.25057		1600-1650						
	4904.19D.25061		1700-1750						
	^4904.19W.25015		1800-1850						
	^4904.19W.25016		0900-0950						
	^4904.19W.25017		26/5/2025-16/6/2025					1000-1050	一 Mon
	^4904.19W.25018							1500-1550	
	*4904.19B.25042	1600-1650							
	*4904.19B.25043	1700-1750							
	*4904.19B.25044	1800-1850							
	^4904.19W.25019	0900-0950							
	^4904.19W.25020	27/5/2025-17/6/2025	1000-1050	二 Tue					
	^4904.19W.25021		1500-1550						
	*4904.19B.25045		1600-1650						
	*4904.19B.25046		1700-1750						
	*4904.19B.25047		1800-1850						
	^4904.19W.25022		0900-0950						
	^4904.19W.25023	28/5/2025-18/6/2025	1000-1050	三 Wed					
	^4904.19W.25024		1500-1550						
	*4904.19B.25048		1600-1650						
	*4904.19B.25049		1700-1750						
	*4904.19B.25050		1800-1850						
	^4904.19W.25025		1900-1950						
	^4904.19W.25026	29/5/2025-19/6/2025	0900-0950	四 Thu					
	^4904.19W.25027		1500-1550						
*4904.19B.25051	1600-1650								
*4904.19B.25052	1700-1750								
*4904.19B.25053	1800-1850								
^4904.19W.25028	1000-1050								
*4904.19B.25054	30/5/2025-20/6/2025	1500-1550	五 Fri						
*4904.19B.25055		1600-1650							
*4904.19B.25056		1700-1750							
*4904.19B.25057		1800-1850							
*4904.19B.25058		1900-1950							

(^)-課程將與初一及初三級別合併。名額 4-5 人

Course code with (^) is combined with Elementary level I and III. Each class 4-5 students

(*) 之課程將與初一級別合併。名額 5-6 人

Course code with (*) is combined with Elementary level I. Each class 5-6 students

Children Elementary Swimming Course Level III (Seal Award)

兒童/少年游泳初級三班(海豹章)

參加資格：5-15 歲本會會友 Eligibility : Members of 5-15 years old

名額 Quota: 每班 7-8 人(each class:7-8 students)

上課地點 Venue: 4/F

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons	備註 Remarks
初三 4-5	4904.19C.25001	29/3/2025-17/5/2025	0900-0955	六 Sat	1130	8	一條龍課程 Through-Train Program *複式教學
	4904.19D.25001		1000-1055		1290		
	4904.19D.25005		1100-1155				
	4904.19D.25009		1200-1255				
	4904.19D.25013		1300-1355				
	4904.19C.25002		1400-1455				
	4904.19C.25003		1500-1555				
	4904.19C.25004		1600-1655				
	4904.19C.25005		1700-1755				
	4904.19C.25006		1800-1855				
	4904.19C.25007	0900-0955	日 Sun	1130			
	4904.19C.25008	1000-1055					
	4904.19C.25009	1200-1255					
	4904.19C.25010	1300-1355					
	4904.19D.25017	1400-1455					
	4904.19D.25021	1500-1555					
	4904.19D.25025	1600-1655					
	4904.19D.25029	1700-1755					
	^4904.19W.25001	1800-1855			1130		
	^4904.19W.25002	0900-0955				一 Mon	1130
	^4904.19W.25003	1000-1055					
	^4904.19W.25004	1500-1555					
	4904.19C.25011	1600-1655					
	4904.19C.25012	1700-1755					
	4904.19C.25013	1800-1855					
	^4904.19W.25005	0900-0955	二 Tue	1130			
	^4904.19W.25006	1000-1055					
^4904.19W.25007	1500-1555						
4904.19C.25014	1600-1655						
4904.19C.25015	1700-1755						
4904.19C.25016	1800-1855						
^4904.19W.25008	0900-0955	三 Wed			1130		
^4904.19W.25009	1000-1055						
^4904.19W.25010	1500-1555						
4904.19C.25017	1600-1655						
4904.19C.25018	1700-1755						
4904.19C.25019	1800-1855						
^4904.19W.25011	1900-1955		四 Thu	1130			
^4904.19W.25012	0900-0955						
^4904.19W.25013	1500-1555						
4904.19C.25020	1600-1655						
4904.19C.25021	1700-1755						
4904.19C.25022	1800-1855						
^4904.19W.25014	1000-1055	五 Fri			1130		
4904.19C.25023	1500-1555						
4904.19C.25024	1600-1655						
4904.19C.25025	1700-1755						
4904.19C.25026	1800-1855						
4904.19C.25027	1900-1955						

(^)-之課程將與初一及初二級別合併。名額 4-5 人

Course code with (^) is combined with Elementary level I and II. Each class 4-5 students

Children Elementary Swimming Course Level III (Seal Award)

兒童/少年游泳初級三班(海豹章)

參加資格：5-15 歲本會會友 Eligibility : Members of 5-15 years old

名額 Quota: 每班 7-8 人(each class:7-8 students)

上課地點 Venue: 4/F

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons	備註 Remarks		
初三 6	4904.19C.25028	24/5/2025-14/6/2025	0900-0955	六 Sat	565	4			
	4904.19D.25033		1000-1055						
	4904.19D.25037		1100-1155						
	4904.19D.25041		1200-1255						
	4904.19D.25045		1300-1355						
	4904.19C.25029		1400-1455						
	4904.19C.25030		1500-1555						
	4904.19C.25031		1600-1655						
	4904.19C.25032		1700-1755						
	4904.19C.25033		1800-1855						
	4904.19C.25034		0900-0955					25/5/2025-15/6/2025	日 Sun
	4904.19C.25035	1000-1055							
	4904.19C.25036	1200-1255							
	4904.19C.25037	1300-1355							
	4904.19D.25049	1400-1455							
	4904.19D.25053	1500-1555							
	4904.19D.25057	1600-1655							
	4904.19D.25061	1700-1755							
	^4904.19W.25015	1800-1855							
	^4904.19W.25016	0900-0955	26/5/2025-16/6/2025	一 Mon					
	^4904.19W.25017	1000-1055							
	^4904.19W.25018	1500-1555							
	4904.19C.25038	1600-1655							
	4904.19C.25039	1700-1755							
	4904.19C.25040	1800-1855							
	^4904.19W.25019	0900-0955	27/5/2025-17/6/2025	二 Tue					
	^4904.19W.25020	1000-1055							
	^4904.19W.25021	1500-1555							
	4904.19C.25041	1600-1655							
	4904.19C.25042	1700-1755							
	4904.19C.25043	1800-1855							
	^4904.19W.25022	0900-0955	28/5/2025-18/6/2025	三 Wed					
	^4904.19W.25023	1000-1055							
	^4904.19W.25024	1500-1555							
	4904.19C.25044	1600-1655							
	4904.19C.25045	1700-1755							
4904.19C.25046	1800-1855								
^4904.19W.25025	1900-1955	29/5/2025-19/6/2025	四 Thu						
^4904.19W.25026	0900-0955								
^4904.19W.25027	1500-1555								
4904.19C.25047	1600-1655								
4904.19C.25048	1700-1755								
4904.19C.25049	1800-1855								
^4904.19W.25028	1000-1055	30/5/2025-20/6/2025	五 Fri						
4904.19C.25050	1500-1555								
4904.19C.25051	1600-1655								
4904.19C.25052	1700-1755								
4904.19C.25053	1800-1855								
4904.19C.25054	1900-1955								

(^)-之課程將與初一及初二級別合併。名額 4-5 人

Course code with (^) is combined with Elementary level I and II. Each class 4-5 students

Children Intermediated Swimming Course Level I (Dolphin Award), Level II (Flying Fish Award), Level III (Swimmer Award)

兒童/少年游泳中級一班(海豚章), 中級二班(飛魚章), 中級三班(泳員章)

參加資格: 5-15 歲之本會會友 Eligibility: Members of 5-15 years old

名額 Quota: 每班 7-8 人(each class: 7-8 students)

上課地點 Venue: 4/F

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons	備註 Remarks		
中級 4-5	*4904.19X.25001	29/3/2025-17/5/2025	0900-1000	六 Sat	1130	8	一條龍課程 Through-Train Program *複式教學		
	4904.19D.25002		1000-1100		1290				
	4904.19D.25006		1100-1200						
	4904.19D.25010		1200-1300						
	4904.19D.25014		1300-1400		1130				
	*4904.19X.25002		1400-1500						
	*4904.19X.25003		1500-1600						
	*4904.19X.25004		1600-1700						
	*4904.19X.25005		1700-1800						
	*4904.19X.25006		1800-1900						
	*4904.19X.25007		1900-2000						
	*4904.19X.25008		2000-2100						
	*4904.19X.25009		30/3/2025-18/5/2025		1000-1100			日 Sun	1130
	*4904.19X.25010				1200-1300				1290
	*4904.19Z.25011	1300-1400							
	4904.19D.25018	1400-1500							
	4904.19D.25022	1500-1600							
	4904.19D.25026	1600-1700							
	4904.19D.25030	1700-1800							
	*4904.19X.25012	31/3/2025-19/5/2025	1500-1600	一 Mon	1130				
	*4904.19X.25013		1600-1700						
	*4904.19X.25014		1700-1800						
	*4904.19X.25015		1800-1900						
	*4904.19X.25016	1/4/2025-20/5/2025	1500-1600	二 Tue					
	*4904.19X.25017		1600-1700						
	*4904.19X.25018		1900-2000						
	*4904.19X.25019	2/4/2025-21/5/2025	1500-1600	三 Wed					
	*4904.19X.25020		1600-1700						
	*4904.19X.25021		1700-1800						
	*4904.19X.25022		1800-1900						
	*4904.19X.25023	3/4/2025-22/5/2025	1500-1600	四 Thu					
*4904.19X.25024	1600-1700								
*4904.19X.25025	1700-1800								
*4904.19X.25026	1800-1900								
*4904.19X.25027	4/4/2025-23/5/2025	1500-1600	五 Fri						
4904.19X.25028		1600-1700							
*4904.19X.25029.		1700-1800							
*4904.19X.25030		1800-1900							
*4904.19X.25031		1900-2000							

Children Intermediated Swimming Course Level I (Dolphin Award), Level II (Flying Fish Award), Level III (Swimmer Award)

兒童/少年游泳中級一班(海豚章), 中級二班(飛魚章), 中級三班(泳員章)

參加資格: 5-15 歲之本會會友 Eligibility: Members of 5-15 years old

名額 Quota: 每班 7-8 人(each class: 7-8 students)

上課地點 Venue: 4/F

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons	備註 Remarks
中級 6	*4904.19X.25032	24/5/2025-14/6/2025	0900-1000	六 Sat	565	4	
	4904.19D.25034		1000-1100				
	4904.19D.25038		1100-1200				
	4904.19D.25042		1200-1300				
	4904.19D.25046		1300-1400				
	*4904.19X.25033		1400-1500				
	*4904.19X.25034		1500-1600				
	*4904.19X.25035		1600-1700				
	*4904.19X.25036		1700-1800				
	*4904.19X.25037		1800-1900				
	*4904.19X.25038		1900-2000				
	*4904.19X.25039		2000-2100				
	*4904.19X.25040		25/5/2025-15/6/2025				
	*4904.19X.25041	1200-1300					
	*4904.19X.25042	1300-1400					
	4904.19D.25050	1400-1500					
	4904.19D.25054	1500-1600					
	4904.19D.25058	1600-1700					
	4904.19D.25062	1700-1800					
	*4904.19X.25043	26/5/2025-16/6/2025	1500-1600	一 Mon			
	*4904.19X.25044		1600-1700				
	*4904.19X.25045		1700-1800				
	*4904.19X.25046		1800-1900				
	*4904.19X.25047	27/5/2025-17/6/2025	1500-1600	二 Tue			
	*4904.19X.25048		1600-1700				
	*4904.19X.25049		1900-2000				
	*4904.19X.25050	28/5/2025-18/6/2025	1500-1600	三 Wed			
	*4904.19X.25051		1600-1700				
	*4904.19X.25052		1700-1800				
	*4904.19X.25053		1800-1900				
*4904.19X.25054	29/5/2025-19/6/2025	1500-1600	四 Thu				
*4904.19X.25055		1600-1700					
*4904.19X.25056		1700-1800					
*4904.19X.25057		1800-1900					
*4904.19X.25058	30/5/2025-20/6/2025	1500-1600	五 Fri				
*4904.19X.25059		1600-1700					
*4904.19X.25060		1700-1800					
*4904.19X.25061		1800-1900					
*4904.19X.25062		1900-2000					

(*)-之課程將與中二和中三級別合併。名額 7-8 人 Course code with (*) is combined with Intermediated level II and III. Each class 7 -8 students

**Children Higher Swimming Course Level I (Star 1 Award),
Level II (Star 2 Award), Level III (Star 3 Award)**

兒童/少年游泳高級一班(一星章), 高級二班(二星章), 高級三班(三星章)

參加資格：5-15 歲之本會會 Eligibility：Members of 5-15 years old

名額 Quota: 每班 8-10 人(each class: 8-10 students)

上課地點 Venue: 4/F

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons	備註 Remarks	
高級 4-5	4904.19D.25003	29/3/2025-17/5/2025	1000-1100	六 Sat	1290	8	一條龍課程 Through-Train Program *複式教學	
	4904.19D.25007		1100-1200					
	4904.19D.25011		1200-1300					
	4904.19D.25015		1300-1400					
	*4904.19Y.25001		1400-1500					
	*4904.19Y.25002		1500-1600					
	*4904.19Y.25003		1600-1700		1130			
	*4904.19Y.25004		1700-1800					
	*4904.19Y.25005		1800-1900					
	*4904.19Y.25006		1900-2000					
	*4904.19Y.25007		2000-2100					
	*4904.19Y.25008		1100-1200					30/3/2025-18/5/2025
	*4904.19Y.25009	1300-1400						
	4904.19D.25019	1400-1500						
	4904.19D.25023	1500-1600						
	4904.19D.25027	1600-1700						
	4904.19D.25031	1700-1800						
	*4904.19Y.25010	1800-1900	1290					
	*4904.19Y.25011	1900-2000						
	*4904.19Y.25012	1500-1600		1130				
	*4904.19Y.25013	1600-1700						
	*4904.19Y.25014	1700-1800						
	*4904.19Y.25015	1800-1900						
	*4904.19Y.25016	1500-1600	二 Tue					
	*4904.19Y.25017	1600-1700						
	*4904.19Y.25018	1700-1800						
	*4904.19Y.25019	1800-1900						
	*4904.19Y.25020	1500-1600	2/4/2025-21/5/2025	三 Wed	1130			
	*4904.19Y.25021	1600-1700						
	*4904.19Y.25022	1700-1800						
	*4904.19Y.25023	1900-2000						
	*4904.19Y.25024	1500-1600	3/4/2025-22/5/2025	四 Thu				
*4904.19Y.25025	1600-1700							
*4904.19Y.25026	1700-1800							
*4904.19Y.25027	1500-1600	4/4/2025-23/5/2025	五 Fri					
*4904.19Y.25028	1600-1700							
*4904.19Y.25029	1700-1800							
*4904.19Y.25030	1800-1900							
*4904.19Y.25031	1900-2000							
4904.19Y.25032	2000-2100							

**Children Higher Swimming Course Level I (Star 1 Award),
Level II (Star 2 Award), Level III (Star 3 Award)**

兒童/少年游泳高級一班(一星章), 高級二班(二星章), 高級三班(三星章)

參加資格：5-15 歲之本會會 Eligibility：Members of 5-15 years old

名額 Quota: 每班 8-10 人(each class: 8-10 students)

上課地點 Venue: 4/F

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons	備註 Remarks
高級 6	4904.19D.25035	24/5/2025-14/6/2025	1000-1100	六 Sat	565	4	
	4904.19D.25039		1100-1200				
	4904.19D.25043		1200-1300				
	4904.19D.25047		1300-1400				
	*4904.19Y.25033		1400-1500				
	*4904.19Y.25034		1500-1600				
	*4904.19Y.25035		1600-1700				
	*4904.19Y.25036		1700-1800				
	*4904.19Y.25037		1800-1900				
	*4904.19Y.25038		1900-2000				
	*4904.19Y.25039		2000-2100				
	*4904.19Y.25040		25/5/2025-15/6/2025				
	*4904.19Y.25041	1300-1400					
	4904.19D.25051	1400-1500					
	4904.19D.25055	1500-1600					
	4904.19D.25059	1600-1700					
	4904.19D.25063	1700-1800					
	*4904.19Y.25042	1800-1900					
	*4904.19Y.25043	1900-2000					
	*4904.19Y.25044	26/5/2025-16/6/2025	1500-1600	一 Mon			
	*4904.19Y.25045		1600-1700				
	*4904.19Y.25046		1700-1800				
	*4904.19Y.25047		1800-1900				
	*4904.19Y.25048	27/5/2025-17/6/2025	1500-1600	二 Tue			
	*4904.19Y.25049		1600-1700				
	*4904.19Y.25050		1700-1800				
	*4904.19Y.25051		1800-1900				
	*4904.19Y.25052	28/5/2025-18/6/2025	1500-1600	三 Wed			
	*4904.19Y.25053		1600-1700				
	*4904.19Y.25054		1700-1800				
*4904.19Y.25055	1900-2000						
*4904.19Y.25056	29/5/2025-19/6/2025	1500-1600	四 Thu				
*4904.19Y.25057		1600-1700					
*4904.19Y.25058		1700-1800					
*4904.19Y.25059	30/5/2025-20/6/2025	1500-1600	五 Fri				
*4904.19Y.25060		1600-1700					
*4904.19Y.25061		1700-1800					
*4904.19Y.25062		1800-1900					
*4904.19Y.25063		1900-2000					
*4904.19Y.25064		2000-2100					

(*)之課程將與高二和高三級別合併。名額 8-10 人

Course code with (*) is combined with Higher Level II and III.

Each class 8-10 students

Children Advanced Swimming Course Level I (Star 4 Award)

Course Level II (Star 5 Award) Level III (Star 6 Award)

兒童/少年游泳深造一級班(四星章) 深造二級班(五星章) 深造三級班(六星章)

參加資格：5-15 歲之本會會友 Eligibility : Members of 5-15 years old

名額 Quota: 每班 8-10 人(each class: 8-10 students)

上課地點 Venue: 4/F

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons	備註 Remarks
深造 4-5	4904.19D.25004	29/3/2025-17/5/2025	1000-1100	六 Sat	1290	8	一條龍課程 Through-Train Program *複式教學
	4904.19D.25008		1100-1200				
	4904.19D.25012		1200-1300				
	4904.19D.25016		1300-1400				
	*4904.19Z.25001		1400-1500		1130		
	*4904.19Z.25002		1500-1600				
	*4904.19Z.25003		1700-1800				
	*4904.19Z.25004		1900-2000				
	*4904.19Z.25005		2000-2100				
	*4904.19Z.25006		1300-1400				
	4904.19D.25020	1400-1500	日 Sun	1290	一條龍課程 Through-Train Program *複式教學		
	4904.19D.25024	1500-1600					
	4904.19D.25028	1600-1700					
	4904.19D.25032	1700-1800					
	*4904.19Z.25007	1800-1900		1130			
	*4904.19Z.25008	1900-2000					
	*4904.19Z.25009	1500-1600					一 Mon
	*4904.19Z.25010	1600-1700					
	*4904.19Z.25011	1700-1800					
	*4904.19Z.25012	1500-1600	二 Tue	1130			
	*4904.19Z.25013	1600-1700					
	*4904.19Z.25014	1800-1900					
	*4904.19Z.25015	1900-2000					
	*4904.19Z.25016	1500-1600	三 Wed				
*4904.19Z.25017	1600-1700						
*4904.19Z.25018	1900-2000						
*4904.19Z.25019	1600-1700	四 Thu					
*4904.19Z.25020	1700-1800						
*4904.19Z.25021	1500-1600	五 Fri					
*4904.19Z.25022	1600-1700						
*4904.19Z.25023	1800-1900						
*4904.19Z.25024	1900-2000						
*4904.19Z.25025	2100-2200						

Children Advanced Swimming Course Level I (Star 4 Award)

Course Level II (Star 5 Award) Level III (Star 6 Award)

兒童/少年游泳深造一級班(四星章) 深造二級班(五星章) 深造三級班(六星章)

參加資格：5-15 歲之本會會友 Eligibility : Members of 5-15 years old

名額 Quota: 每班 8-10 人(each class: 8-10 students)

上課地點 Venue: 4/F

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons	備註 Remarks
深造 6	4904.19D.25036	24/5/2025-14/6/2025	1000-1100	六 Sat	565	4	
	4904.19D.25040		1100-1200				
	4904.19D.25044		1200-1300				
	4904.19D.25048		1300-1400				
	*4904.19Z.25026		1400-1500				
	*4904.19Z.25027		1500-1600				
	*4904.19Z.25028		1700-1800				
	*4904.19Z.25029		1900-2000				
	*4904.19Z.25030		2000-2100				
	*4904.19Z.25031	25/5/2025-15/6/2025	1300-1400	日 Sun			
	4904.19D.25052		1400-1500				
	4904.19D.25056		1500-1600				
	4904.19D.25060		1600-1700				
	4904.19D.25064		1700-1800				
	*4904.19Z.25032		1800-1900				
	*4904.19Z.25033	1900-2000					
	*4904.19Z.25034	26/5/2025-16/6/2025	1500-1600	一 Mon			
	*4904.19Z.25035		1600-1700				
	*4904.19Z.25036		1700-1800				
	*4904.19Z.25037	27/5/2025-17/6/2025	1500-1600	二 Tue			
	*4904.19Z.25038		1600-1700				
	*4904.19Z.25039		1800-1900				
	*4904.19Z.25040		1900-2000				
	*4904.19Z.25041	28/5/2025-18/6/2025	1500-1600	三 Wed			
*4904.19Z.25042	1600-1700						
*4904.19Z.25043	1900-2000						
*4904.19Z.25044	29/5/2025-19/6/2025	1600-1700	四 Thu				
*4904.19Z.25045		1700-1800					
*4904.19Z.25046	30/5/2025-20/6/2025	1500-1600	五 Fri				
*4904.19Z.25047		1600-1700					
*4904.19Z.25048		1800-1900					
*4904.19Z.25049		1900-2000					
*4904.19Z.25050		2100-2200					

(*)之課程將與深二和深三級別合併。名額 8-10 人

Course code with (*) is combined with Advanced Level II and III.

Each class 8-10 students

復活節特別推介 Easter Holiday Special**競賽起跳、轉身及到邊技巧課程 Starting, Turning & Finishing Workshop**

課程內容：集中訓練泳式的起跳、轉身及到邊技巧

Content: Focus on starts, turns and finishing technique

參加資格：11 歲或以下，能以自由泳、背泳及蛙泳完成 50 米之會友

Eligibility : Members aged under 11, able to swim 50m in Freestyle, Backstroke, Breaststroke

上課地點 Venue: 4/F

名額 Quota: 每班 6 人(each class:6 students)

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
4	4904.19U.25011	21/4/2025-24/4/2025	1400-1500	一至四 Mon-Thu	565	4
	4904.19U.25002		1500-1600			

習泳少年 Teen-Swimmer

學員資格: 已取得本會游泳獎勵計劃之六星章或同等水準之會友

目的: 提供一個定時的習泳時間, 培養青少年游泳的習慣, 完成六星章後再

可有機會在專業教練指導下改進游泳技巧。

教學內容: 本會之資深教練會以各學員之水準安排訓練課程, 使各學員在體能、速度、游泳技巧及身心發展各方面都得以全面發展。

Eligibility: Members who qualified the Star VI Award or equivalent level.

Aim: To encourage teen members to improve swimming technique and enjoy swimming through regular training by professional coaches. Content: Courses content arranged by our qualified and experienced coaches based on individual's level for all rounded development.

習泳少年 Teen Swimmer

參加資格: 凡完成本會六星之本會會友或同等水平之人士

Eligibility: Members with Star VI Award or equivalent.

上課地點 Venue: 4/F

對象 Age: 5-15

名額 Quota: 每班 12 人(each class:12 students)

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
習泳 4-5	4904.19T.25001	29/3/2025-17/5/2025	0900-1000	六 Sat	1130	8
	4904.19T.25002		1600-1700			
	4904.19T.25003		1800-1900			
	4904.19T.25004		2100-2200			
	4904.19T.25005	30/3/2025-18/5/2025	1300-1400	日 Sun		
	4904.19T.25006		1800-1900			
	4904.19T.25023		1900-2000			
	4904.19T.25024	31/3/2025-19/5/2025	1600-1700	一 Mon		
	4904.19T.25007	1/4/2025-20/5/2025	1900-2000	二 Tue		
	4904.19T.25008	2/4/2025-21/5/2025	1700-1800	三 Wed		
	4904.19T.25009	4/4/2025-23/5/2025	1600-1700	五 Fri		
	4904.19T.25010		2000-2100			
	4904.19T.25011		2100-2200			
習泳 6	4904.19T.25012	24/5/2025-14/6/2025	0900-1000	六 Sat	565	4
	4904.19T.25013		1600-1700			
	4904.19T.25014		1800-1900			
	4904.19T.25015		2100-2200			
	4904.19T.25016	25/5/2025-15/6/2025	1300-1400	日 Sun		
	4904.19T.25017		1800-1900			
	4904.19T.25025		1900-2000			
	4904.19T.25026	26/5/2025-16/6/2025	1600-1700	一 Mon		
	4904.19T.25018	27/5/2025-17/6/2025	1900-2000	二 Tue		
	4904.19T.25019	28/5/2025-18/6/2025	1700-1800	三 Wed		
	4904.19T.25020	30/5/2025-20/6/2025	1600-1700	五 Fri		
	4904.19T.25021		2000-2100			
	4904.19T.25022		2100-2200			

Adult Female Swimming Courses

女子成人游泳班

參加資格: 16 歲或以上 本會女會友

Eligibility: Female Members of 16 or above

課程內容及特色:

- 由本會女游泳導師任教
- 教授游泳班基礎技巧(水中呼氣、浮身等)
- 教授自由泳及蛙泳動作

Content & Feature:

- Female instructor will be arranged
- Basic swimming techniques (Rhythmic breathing, floating etc.)
- Teaching Freestyle and Breaststroke

上課地點 Venue: 4/F 名額 Quota: 每班 8 人(each class: 8 students)

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
女成 4-5	4904.19A.25001	29/3/2025-17/5/2025	2100-2200	六 Sat	1020	8
	4904.19A.25003	30/3/2025-18/5/2025	1800-1900	日 Sun		
	4904.19A.25004		1900-2000			
	4904.19A.25011	31/3/2025-19/5/2025	1900-2000	一 Mon		
	4904.19A.25013		2000-2100			
	4904.19A.25017		2100-2200			
	4904.19A.25022	1/4/2025-20/5/2025	1900-2000	二 Tue		
	4904.19A.25024		2000-2100			
	4904.19A.25025		2100-2200			
	4904.19A.25028	2/4/2025-21/5/2025	0900-1000	三 Wed		
	4904.19A.25030		1000-1100			
	4904.19A.25033		1400-1500			
	4904.19A.25035		1900-2000			
	4904.19A.25037		2100-2200			
	4904.19A.25042	3/4/2025-22/5/2025	1400-1500	四 Thu		
	4904.19A.25044		1900-2000			
	4904.19A.25046		2100-2200			
	4904.19A.25052	4/4/2025-23/5/2025	2000-2100	五 Fri		
4904.19A.25053	2100-2200					

Adult Female Swimming Courses**女子成人游泳班**

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
女成 6	4904.19A.25054	24/5/2025-14/6/2025	2100-2200	六 Sat	510	4
	4904.19A.25056	25/5/2025-15/6/2025	1800-1900	日 Sun		
	4904.19A.25057		1900-2000			
	4904.19A.25064	26/5/2025-16/6/2025	1900-2000	一 Mon		
	4904.19A.25066		2000-2100			
	4904.19A.25070		2100-2200			
	4904.19A.25075	27/5/2025-17/6/2025	1900-2000	二 Tue		
	4904.19A.25077		2000-2100			
	4904.19A.25078		2100-2200			
	4904.19A.25081	28/5/2025-18/6/2025	0900-1000	三 Wed		
	4904.19A.25083		1000-1100			
	4904.19A.25086		1400-1500			
	4904.19A.25088		1900-2000			
	4904.19A.25090		2100-2200			
	4904.19A.25095	29/5/2025-19/6/2025	1400-1500	四 Thu		
	4904.19A.25097		1900-2000			
	4904.19A.25099		2100-2200			
	4904.19A.25105	30/5/2025-20/6/2025	2000-2100	五 Fri		
4904.19A.25106	2100-2200					

*學員憑該課程收據可於每一課堂前到地下票務處或 4/F 櫃台以\$10(每次)租用 4/F 游泳池更衣室儲櫃。

*Students of adult swimming course can rent 4/F changing room locker in \$10 by showing the course receipt before each session.

Adult Elementary Swimming Courses

成人游泳初班

參加資格: 16 歲或以上本會會友 Eligibility: Members 16 or above

課程內容:

- 教授游泳班基礎技巧(水中呼氣、浮身等)
- 教授自由泳及蛙泳動作

Teaching Content:

- Basic swimming techniques (Rhythmic breathing, floating etc.)
- Teaching Freestyle and Breaststroke

上課地點 Venue: 4/F 名額 Quota: 每班 8 人(each class: 8 students)

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
成初 4-5	4904.19A.25002	29/3/2025-17/5/2025	2100-2200	六 Sat	1020	8
	4904.19A.25005	30/3/2025-18/5/2025	1900-2000	日 Sun		
	4904.19A.25006	31/3/2025-19/5/2025	0900-1000	一 Mon		
	4904.19A.25007		1000-1100			
	4904.19A.25008.		1100-1200			
	4904.19A.25009		1300-1400			
	4904.19A.25010		1500-1600			
	4904.19A.25012		1900-2000			
	4904.19A.25014		2000-2100			
	4904.19A.25018	1/4/2025-20/5/2025	0900-1000	二 Tue		
	4904.19A.25019		1000-1100			
	4904.19A.25020		1500-1600			
	4904.19A.25021		1900-2000			
	4904.19A.25023		2000-2100			
	4904.19A.25026		2100-2200			
	4904.19A.25027	2/4/2025-21/5/2025	0900-1000	三 Wed		
	4904.19A.25029		1000-1100			
	4904.19A.25031		1200-1300			
	4904.19A.25032		1300-1400			
	4904.19A.25034		1500-1600			
	4904.19A.25039	3/4/2025-22/5/2025	1000-1100	四 Thu		
	4904.19A.25040		1100-1200			
	4904.19A.25041		1200-1300			
	4904.19A.25043		1500-1600			
	4904.19A.25045		1900-2000			
4904.19A.25049	4/4/2025-23/5/2025	1000-1100	五 Fri			
4904.19A.25050		1300-1400				
4904.19A.25051		1500-1600				

Adult Elementary Swimming Courses

成人游泳初班

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
成初 6	4904.19A.25055	24/5/2025-14/6/2025	2100-2200	六 Sat	510	4
	4904.19A.25058	25/5/2025-15/6/2025	1900-2000	日 Sun		
	4904.19A.25059	26/5/2025-16/6/2025	0900-1000	一 Mon		
	4904.19A.25060		1000-1100			
	4904.19A.25061		1100-1200			
	4904.19A.25062		1300-1400			
	4904.19A.25063		1500-1600			
	4904.19A.25065		1900-2000			
	4904.19A.25067		2000-2100			
	4904.19A.25071		27/5/2025-17/6/2025			
	4904.19A.25072	1000-1100				
	4904.19A.25073	1500-1600				
	4904.19A.25074	1900-2000				
	4904.19A.25076	2000-2100				
	4904.19A.25079	2100-2200				
	4904.19A.25080	28/5/2025-18/6/2025	0900-1000	三 Wed		
	4904.19A.25082		1000-1100			
	4904.19A.25084		1200-1300			
	4904.19A.25085		1300-1400			
	4904.19A.25087		1500-1600			
4904.19A.25092	29/5/2025-19/6/2025	1000-1100	四 Thu			
4904.19A.25093		1100-1200				
4904.19A.25094		1200-1300				
4904.19A.25096		1500-1600				
4904.19A.25098		1900-2000				
4904.19A.25102	30/5/2025-20/6/2025	1000-1100	五 Fri			
4904.19A.25103		1300-1400				
4904.19A.25104		1500-1600				

*學員憑該課程收據可於每一課堂前到地下票務處或 4/F 櫃台以\$10(每次)租用 4/F 游泳池更衣室儲櫃。

*Students of adult swimming course can rent 4/F changing room locker in \$10 by showing the course receipt before each session.

Adult Swimming Enrichment Courses

成人游泳技術改良班

參加資格:16歲或以上本會會友及能以任何泳式游25米，有機會使用深水區上堂。

Eligibility: Members of 16 or above and able to swim 25 meter

課程內容:

1. 改良自由泳或蛙泳之技術
2. 在教練指導下提升耐力，改善心肺功能

Course Contents:

1. Enrichment on Crawl stroke & Breaststroke
2. Enhance persistence and capability

上課地點 Venue: 4/F

名額 Quota: 每班8人(each class: 8 students)

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
成改 4-5	4904.19A.25015	31/3/2025-19/5/2025	2000-2100	一 Mon	1020	8
	4904.19A.25016		2100-2200			
	4904.19A.25036	2/4/2025-21/5/2025	2000-2100	三 Wed		
	4904.19A.25038	3/4/2025-22/5/2025	0900-1000	四 Thu		
	4904.19A.25047		2100-2200			
	4904.19A.25048	4/4/2025-23/5/2025	0900-1000	五 Fri		
成改 6	4904.19A.25068	26/5/2025-16/6/2025	2000-2100	一 Mon	510	4
	4904.19A.25069		2100-2200			
	4904.19A.25089	28/5/2025-18/6/2025	2000-2100	三 Wed		
	4904.19A.25091	29/5/2025-19/6/2025	0900-1000	四 Thu		
	4904.19A.25100		2100-2200			
	4904.19A.25101	30/5/2025-20/6/2025	0900-1000	五 Fri		

*學員憑該課程收據可於每一課堂前到地下票務處或4/F櫃台以\$10(每次)租用

4/F游泳池更衣室儲櫃。

*Students of adult swimming course can rent 4/F changing room locker in \$10 by showing the course receipt before each session.

水中伸展運動班 Aqua-Stretching

參加資格:16歲或以上之本會會友，毋須懂得泳術。

Eligibility: Members of 16 or above, no swimming ability is needed.

課程內容:利用水的浮力及阻力，進行一系列針對性之伸展及肌力運動，提昇身體柔軟度及關節靈活性。

Content: Utilize the hydraulic pressure for further strengthening of muscular and body flexibility.

上課地點 Venue: 4/F 名額 Quota: 每班10人(each class: 10 students)

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
水伸 4-5	4904.19E.25001	31/3/2025-19/5/2025	0900-1000	一 Mon	1130	8
	4904.19E.25011	1/4/2025-20/5/2025	0900-1000	二 Tue		
	4904.19E.25002	2/4/2025-21/5/2025	1000-1100	三 Wed		
	4904.19E.25012	3/4/2025-22/5/2025	1000-1100	四 Thu		
	4904.19E.25003		1300-1400			
	4904.19E.25004	4/4/2025-23/5/2025	0900-1000	五 Fri		
	4904.19E.25005		1200-1300			
水伸 6	4904.19E.25006	26/5/2025-16/6/2025	0900-1000	一 Mon	565	4
	4904.19E.25013	27/5/2025-17/6/2025	0900-1000	二 Tue		
	4904.19E.25007	28/5/2025-18/6/2025	1000-1100	三 Wed		
	4904.19E.25014	29/5/2025-19/6/2025	1000-1100	四 Thu		
	4904.19E.25008		1300-1400			
	4904.19E.25009	30/5/2025-20/6/2025	0900-1000	五 Fri		
	4904.19E.25010		1200-1300			

Hydrofitness

水中健體班

參加資格：16 歲或以上之本會會友，毋須懂得泳術。

Eligibility: Members of 16 or above, no swimming ability is needed.

課程內容：利用水中環境作體適能運動以強化肌肉力量及心肺功能，提供舒緩精神疲勞及放鬆技巧。

Content: Utilize the hydraulic pressure for further strengthening of muscular and cardiorespiratory capability

上課地點 Venue: 4/F 名額 Quota: 每班 20 人(each class: 20 students)

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
水健 4-5	4904.19R.25001	29/3/2025-17/5/2025	2000-2100	六 Sat	960	8
	4904.19R.25002	31/3/2025-19/5/2025	1000-1100	一 Mon		
	4904.19R.25003		1100-1200			
	4904.19R.25005	1/4/2025-20/5/2025	1000-1100	二 Tue		
	4904.19R.25006		1100-1200			
	4904.19R.25007	2/4/2025-21/5/2025	0900-1000	三 Wed		
	4904.19R.25008		1100-1200			
	4904.19R.25009		1400-1500			
	4904.19R.25010		2000-2100			
	4904.19R.25011	3/4/2025-22/5/2025	1000-1100	四 Thu		
	4904.19R.25012		1100-1200			
	4904.19R.25013		1400-1500			
	4904.19R.25014		2000-2100			
	4904.19R.25015	4/4/2025-23/5/2025	1000-1100	五 Fri		
	4904.19R.25016		1100-1200			
	水健 6	4904.19R.25017	24/5/2025-14/6/2025	2000-2100		
4904.19R.25018		26/5/2025-16/6/2025	1000-1100	一 Mon		
4904.19R.25019			1100-1200			
4904.19R.25021		27/5/2025-17/6/2025	1000-1100	二 Tue		
4904.19R.25022			1100-1200			
4904.19R.25023		28/5/2025-18/6/2025	0900-1000	三 Wed		
4904.19R.25024			1100-1200			
4904.19R.25025			1400-1500			
4904.19R.25026			2000-2100			
4904.19R.25027		29/5/2025-19/6/2025	1000-1100	四 Thu		
4904.19R.25028			1100-1200			
4904.19R.25029			1400-1500			
4904.19R.25030			2000-2100			
4904.19R.25031		30/5/2025-20/6/2025	1000-1100	五 Fri		
4904.19R.25032	1100-1200					

*學員憑該課程收據可於每一課堂前到地下票務處或 4/F 櫃台以\$10(每次)租用 4/F 游泳池更衣室儲櫃。

*Students of adult swimming course can rent 4/F changing room locker in \$10 by showing the course receipt before each session.

水中健體復康運動班 Aqua-rehab Swimming Course

對象: 40 歲或以上

課程內容：水中健體復康運動課程是水中健體及肌肉關節鍛鍊的綜合課程。利用水的特性，進行肌肉關節鍛鍊，強化機能及活動能力，對改善痛症有幫助。

**此課程由持有「水中健體及復康導師證書」之導師任教。 **此課程不設補堂。 **費用已包括 4/F 泳池儲物櫃名額: 8 人

查詢：2783 3625 (陳先生 MR CHAN)

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
水復 4-5	4904.60C.25001	31/3/2025-19/5/2025	1200-1300	一 Mon	1130	8
	4904.60C.25011	2/4/2025-21/5/2025	0900-1000	三 Wed		
	4904.60C.25002		1500-1600			
	4904.60C.25004	3/4/2025-22/5/2025	1200-1300	四 Thu		
	4904.60C.25005		1400-1500			
	4904.60C.25101	4/4/2025-23/5/2025	0900-1000	五 Fri		
水復 6	4904.60C.25006	26/5/2025-16/6/2025	1200-1300	一 Mon	565	4
	4904.60C.25012	28/5/2025-18/6/2025	0900-1000	三 Wed		
	4904.60C.25007		1500-1600			
	4904.60C.25009	29/5/2025-19/6/2025	1200-1300	四 Thu		
	4904.60C.25010		1400-1500			
	4904.60C.25102	30/5/2025-20/6/2025	0900-1000	五 Fri		

先進游泳訓練計劃 Masters Swimming Training Scheme

參加資格：16 歲或以上之本會會友及能完成 25 米蝶泳、背泳、蛙泳、自由泳四種泳式。

Eligibility: Members of 16 or above, able to swim 25m Butterfly, Backstroke, Breaststroke and Freestyle

課程內容：計劃按照本會的兒童少年游泳教學法為藍本，並加上本會多年的泳隊訓練經驗，發展此游泳計劃是專為有興趣於中國香港游泳總會參加先進游泳比賽的青年及成人，從而鍛鍊速度、改良技術及增強心肺功能，更讓參加者培養參加游泳比賽的習慣。

Content: With Youth & Teens Aquatic Award as blueprint, the course is specially designed for youth & adults who have special interest in masters swimming competitions. Under the guide of our experienced coach, learner will be able to have special training on speed, techniques and cardiorespiratory capability on a regular basis.

上課地點 Venue: 4/F

名額 Quota: 每班 12 人(each class: 12 students)

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
先進 4-5	4904.19V.25001	1/4/2025-22/5/2025	2000-2100	二, 四 Tue, Thu	1390	16
先進 6	4904.19V.25002	27/5/2025-19/6/2025	2000-2100	二, 四 Tue, Thu	695	8

*先進游泳訓練計劃學員憑該課程收據可於每一課堂前到地下票務處或 4/F 櫃台以\$10(每次)租用 4/F 游泳池更衣室儲櫃。 *Students of Master Swimming Training Scheme can rent 4/F changing room locker in \$10 by showing the course receipt before each session