

主辦：Organised by：



油尖旺健康城市執行委員會
Yau Tsim Mong Healthy City
Executive Committee

協辦：Co-organised by：



油尖旺民政事務處
Yau Tsim Mong
District Office



中國香港游泳總會
Hong Kong China
Swimming Association

贊助：
Sponsored by：



民政事務總署
Home Affairs Department

躍動油尖旺·身心健康樂游游 報名表格

Swimming Course to Promote Healthy Living Enrolment Form

填寫報名表格前，請先細閱背頁「活動簡介」、「備註」及「收集個人資料聲明」。

Please read the Course Introduction, Remarks and Personal Information Collection Statement at the back before filling in this enrolment form.



參加者資料 Personal Particulars

請以正楷填寫 Please complete in BLOCK letters

中文姓名 Name in Chinese	年齡* Age*
英文姓名 Name in English	性別 男 / 女 Sex M / F
電郵 Email	電話 Telephone

*參加者必須年滿 15 歲或以上 Participants must be 15 years old or above

油尖旺區人士身份
Association with Yau Tsim Mong District

居住 Residency 就讀 Education 就業 Employment

參加者資格^
(需符合最少一項)
Eligibility^
(Fulfil at least one of the
criteria)

- 綜合社會保障援助
Comprehensive Social Security Assistance Scheme
- 學生資助計劃
Financial Assistance Schemes for Students
- 在職家庭津貼
Working Family Allowance Scheme
- 少數族裔
Ethnic Minorities

^書面證明需連同按金一同遞交 Provide written proof together with deposit

本人確認以上資料正確無誤。 I hereby certify that all information provided is accurate.	參加者簽署 Applicant Signature
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費用全免 名額有限 Free of Charge with Limited Quota

截止報名日期 Deadline for Enrolment 10-09-2023

游泳班資料 Information of Swimming Class

請填寫最多 3 個選擇 (首選請填 "1"; 次選填 "2"; 第三選擇填 "3")
Please fill in up to 3 choices (Fill in "1" for the 1st choice; "2" for the 2nd choice; and "3" for the 3rd choice)

編號 Code	星期 Day	日期 Date *(Except 4/11 - 10/11 暫停)	時間 Time	選擇次序 Order of Priority
1	一 Mon	02/10/2023 - 25/12/2023	1100-1200	
2	一 Mon	02/10/2023 - 25/12/2023	2000-2100	
3	一 Mon	02/10/2023 - 25/12/2023	2100-2200	
4*	三 Wed	04/10/2023 - 27/12/2023	0900-1000	
5*	三 Wed	04/10/2023 - 27/12/2023	1000-1100	
6	三 Wed	04/10/2023 - 27/12/2023	1100-1200	
7#	三 Wed	04/10/2023 - 27/12/2023	2100-2200	
8	五 Fri	06/10/2023 - 29/12/2023	2100-2200	
9#	六 Sat	07/10/2023 - 30/12/2023	2100-2200	
10	日 Sun	08/10/2023 - 31/12/2023	1900-2000	

*建議長者報讀之課程 Recommended for Elderly

#建議少數族裔報讀之課程 Recommended for Ethnic Minorities

如報名人數超出名額將會進行抽籤，抽籤結果將於 9 月 13 日起以電話或 whatsapp 或電郵通知參加者，參加者請於 9 月 14 日至 9 月 24 日到香港中華基督教青年會九龍會所地下票務處繳交 \$100 按金確認報名，出席率達 80% 或以上可獲發還按金。

Places will be allocated by lot drawing if applications exceed the quota. Participants will be notified of the balloting result by phone or whatsapp or email from 13 September. To accept the offer, applicants have to pay a deposit of \$100 in person at G/F Ticketing Office Kowloon Centre Chinese YMCA of Hong Kong from 14 to 24 September. Only participants who have met the attendance requirement of 80% will be entitled to a refund of the deposit.

活動簡介 Course Introduction :

計劃名稱：躍動油尖旺·身心健康樂游游

Name of Activity : Swimming Course to Promote Healthy Living

課程目的：

● 以市民日常容易接觸的運動——游泳作起始，舉辦游泳訓練班，讓區內人士在專業教練帶領下學習游泳技術。課程完畢後亦可繼續善用區內的康體設施，延續恆常運動的習慣，建立健康人生。

● 期望參加者於訓練期間及完成訓練後，透過其個人網絡或參與本會活動向社區推廣運動的好處。

Course Objectives:

● To use swimming, an accessible sport, as a starting point to organise training courses for the people in the district to learn swimming skills under the guidance of professional coaches, so that they can keep the habit of regular exercise after completing the course by making good use of the recreation and sports facilities in the district and establish a healthy lifestyle.

● Participants are expected to use their personal network or participate in our activities to promote the merits of exercising in the community during and after the training.

活動對象：

- 15歲或以上及
- 於油尖旺區內居住／就業／就讀及
- 基層市民或少數族裔人士*

Target Participant:

- Aged 15 or above
- Living/working/studying in Yau Tsim Mong District; and
- Grass-roots or ethnic minorities*

(*基層市民指正接受“學生資助計劃”、“在職家庭津貼”或“綜合社會保障援助”人士)

(*Grass-roots means persons receiving subsidy under Financial Assistance Schemes for Students, Working Family Allowance Scheme or Comprehensive Social Security Assistance Scheme)

名額：不多於60人(每班最多6人)

Quota: not more than 90 (not more than 6 persons per class)

上課地點：香港中華基督教青年會九龍會所四樓室內溫水泳池

(地址：九龍油麻地窩打老道23號活動樓)

Venue: Indoor Swimming Pool, 4/F Activity Building, Chinese YMCA of Hong Kong Kowloon Centre, 23 Waterloo Road, Yau Ma Tei, Kowloon.

教練資歷：

持有香港業餘游泳總會／香港游泳教練會發出之游泳教練證書；及
持有香港拯溺總會發出之銅章或以上證書及／或泳池活動導師拯溺章證書

Qualification of Coaches:

- Holders of Swimming Teacher's Certificate issued by Hong Kong Amateur Swimming Association or Hong Kong Swimming Coaches Association; and
- Holders of Bronze Medallion (or higher level) issued by Hong Kong Life Saving Society and/or Pool Aquatic Leader Rescue Award

備註 Remarks :

1. 基層市民指正接受“學生資助計劃”、“在職家庭津貼”或“綜合社會保障援助”人士。

Grass-roots means persons receiving subsidy under Financial Assistance Schemes for Students, Working Family Allowance Scheme or Comprehensive Social Security Assistance Scheme.

2. 參加者需繳付港幣\$100的按金，完成整個訓練並出席率超過8成者，可獲退還已繳付之按金。

Participants have to pay a deposit of HK\$100 which will be refunded upon completion of training with an attendance rate of above 80%.

3. 主辦單位保留修改本活動細則的權利。如有任何爭議，主辦單位保留最終決定權。

The organiser reserves the rights to make any changes to the details of the activity. In case of any dispute, the decision of the organiser will be final.

4. 中英文版本之內容如有差異，概以中文版本為準。

In the event of inconsistency between the Chinese and English versions, the Chinese version shall prevail for all purposes.

5. 詳情請參閱活動簡介。

For details, please refer to the course introduction.

收集個人資料聲明

香港中華基督教青年會(下稱「本會」)會遵守及履行個人資料(私隱)條例之規定，並確保你的個人資料的準確性及安全性。你的個人資料(包括你的姓名、電郵地址)或會被本會透過電話／郵寄／電子郵件，用作聯絡通訊、籌款、推廣活動、研究調查及其他通訊及推廣之用途。若你希望停止接收本會上述各項資訊，請將中英文全名、會員證號碼及電話號碼，電郵予九龍會所(kc@ymca.org.hk)以安排相關刪除手續。如有查詢，請致電2783 3600與本會聯絡。

Personal Information Collection Statement

Chinese YMCA of Hong Kong undertakes to comply with the requirements of the Personal Data (Privacy) Ordinance to ensure that personal data kept are accurate and secured. Your personal information (including your name, email address, etc) may be used by Chinese YMCA of Hong Kong for the purposes of sending organizational updates, fundraising appeals, event invitations, surveys and other communication and marketing materials to you via telephone, post and/or electronic mails. If you do not wish to receive any communication from us, please email your full name in both Chinese and English, together with your membership number and telephone number to Kowloon Centre at kc@ymca.org.hk. For any enquiries, please contact us at 2783 3600.

報名及查詢：鄭小姐 / 梁先生

Enrolment and enquiry: Miss CHENG / Mr. LEUNG



香港中華基督教青年會
Chinese YMCA of Hong Kong

九龍會所
Kowloon Centre

地址：九龍窩打老道23號活動樓一樓

Address: 1/F., Activity Building, 23 Waterloo Road, Kowloon.

電話 Tel: 2783 3636 傳真 Fax: 2388 1123

電郵 email: kcswwim@ymca.org.hk