



香港中華基督教青年會  
Chinese YMCA of Hong Kong

九龍會所  
Kowloon Centre

# 2024 年 11-12 月份 游泳班

**2024 NOVEMBER-DECEMBER**

**Swimming Course**

## 2024年11-12月(8堂)游泳班舊生報名登記手續

### 2024 November-December (8 lessons) Swimming Class (Current Students) Enrolment Arrangement

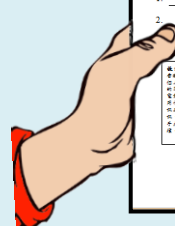
# 1

攜同 2024 年 9-10 月份游泳班課程收據，於 2024 年 9 月 28 日至 2024 年 10 月 20 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」。

**28/9-20/10** : Collect your "Swimming Course Enrolment Form" (with specific registration number) at 1/F Reception Counter by presenting your receipt of the SEP-OCT 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  
 電話號碼: 2793 3600  
 收據號碼: \_\_\_\_\_  
**游泳班舊生報名表格**  
 ENROLMENT FORM (For Current Swimming Program Students Use)  
 此項報名表格只限九龍會所下列「次季個人參加課程」之舊生「報名登記」及「選擇課程」之用。  
 Please read the Personal Information Collection Statement, and the Enrolment Policy and Physical Activities Readiness Questionnaire 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

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

1. 舊生優先報名日期 Application Date: **24/10/2024 (8 SUN)**  
 2. 截止公佈抽籤結果日期 Ballot close in the web date: **19/10/2024 (二 TUE 6PM)**  
 3. 查詢抽籤結果網址 Ballot results website: <http://kln.ymca.org.hk>

2024年11-12月游泳班舊生報名登記編號  
**001**

個人資料收集聲明  
 Chinese YMCA of Hong Kong collects information in order to carry out its activities. The information collected is used for the purpose of providing services to members and other stakeholders. Your personal information is stored in our computer system and will be used by Chinese YMCA of Hong Kong for the purpose of providing services, and for other purposes. You may request access to, or correction of, your personal information. If you do not wish to supply your information, please contact the Chinese YMCA of Hong Kong at the address above. For enquiries, please contact us at 2793 3600.

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備用字號 Please Use Code: \_\_\_\_\_

# 2

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 **2024 年 10 月 22 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 **22/10/2024 6PM** at the Chinese YMCA of Hong Kong Kowloon Centre website <http://kln.ymca.org.hk>.

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



# 3

於 **2024 年 10 月 27 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 **27/10/2024** at 1/F Reception Counter according to the date and time as specified.

**2024 11-12 月份習泳少年、成人、  
水中健體班、水中健體復康運動班、  
水中伸展運動班報名日安排**

**2024 NOVEMBER-DECEMBER Teen-Swimmer ,Adults, Hydrofitness,  
Aqua-rehab Swimming Course  
Aqua-Stretching  
Application Arrangement**

班 別 Course	報名日期及安排 Application Date & Arrangements
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	游泳班舊生資格： <b>2024年9至10月期間</b> 曾參與習泳少年，成人，水中健體班，水中健體復康運動班 水中伸展運動班  <b>9月28日至10月20日</b> 攜同繳費回條到地下票務處繳交下一期費用 <b>28/9-20/10:</b> Course fee for next session with payment consent form should be submitted to G/F Ticketing Office.
	新生報名日期： <b>21/10(一) 10:00起</b> 到本會地下票務處報名或網上報名 <b>Open Enrollment: Enroll in person or Online registration is applicable From 21/10 (MON) 10:00 onwards</b>

**2024 11-12 月份(8堂) 一條龍游泳班舊生報名日安排**  
**2024 NOVEMBER-DECEMBER Through Train Program Application Arrangement**

一條龍游泳班 Through Train Program	游泳班舊生資格： <b>2024年9至10月期間曾參與一條龍游泳班</b>  <b>9月28日至10月20日</b> 攜同繳費回條到地下票務處繳交下一期費用 <b>28/9-20/10:</b> Course fee for next session with payment consent form should be submitted to G/F Ticketing Office.
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# 2024 11-12 月份游泳班報名日安排

## 2024 November-December Swimming Course Application Arrangements

班 別 Course	報名日期及安排 Application Date & Arrangements
親子/學前班/幼兒/兒童/ 少年泳班  Aqua-tots Pre-school Youth & Teens Swim Program	<b>游泳班舊生資格:</b> <b>1. 2024 年 9-10 月曾參與本會游泳班之學員</b> 舊生報名日期: <b>2024 年 10 月 27 日(星期日)</b> 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"> <li>• 於 <b>2024 年 9 月 28 日至 2024 年 10 月 20 日</b>帶同 <b>2024 年 9-10 月份收據</b>到一樓領取游泳班舊生報名表格</li> <li>• <b>2024 年 10 月 22 日</b>於網頁公布報名次序(<a href="http://kln.ymca.org.hk">http://kln.ymca.org.hk</a>)</li> </ul>
	<b>Eligibility of current students:</b> <b>1. Students of Swimming program in <b>Sep.-Oct. 2024</b></b> <b>Enrolment for Current students: <b>27/10/2024(SUN)</b></b> Enrolment should be made at G/F Ticketing Office in accordance to the balloted enrolment sequence <ul style="list-style-type: none"> <li>• <b>28/9-20/10: Collect enrolment form at 1/F counter with current course receipt</b></li> <li>• <b>22/10: Announcement of balloted enrolment sequence on the website. (<a href="http://kln.ymca.org.hk">http://kln.ymca.org.hk</a>)</b></li> </ul>
	<b>舊生報名日期: 2024 年 10 月 27 日(星期日)</b> <b>Enrolment for Current students: 27/10/2024(Sun)</b>
	<b>新生報名日期</b> <b>Enrolment for New Student</b> <b>2024 年 10 月 28 日(星期一)</b> 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 <b>28/10/2024(MON)</b> .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.

# 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，不該退回。

## 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：

 <p>男泳員 + 男家長 Male child swimmer + Male adult 3/F 兒童沖身室 或 6/F 男更衣室 3/F Children Shower Room or 6/F Male changing room</p>	 <p>女泳員 + 女家長 Female child swimmer + Female adult 3/F 兒童沖身室 或 3/F 女更衣室 3/F Children Shower Room or 3/F Female changing room</p>	 <p>男泳員 + 女家長 / 女泳員 + 男家長 Male child swimmer + Female adult / Female child swimmer + Male adult 3/F 兒童沖身室 3/F Children Shower Room</p>
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## 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:



查詢:27833636

# Swimming Course Guidelines

## Lesson instructions

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 6/F is available at G/F Ticketing Office at \$10 per session.(Non-refundable)

## Changing room and bathing instructions

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

Enquiry: 27833636

## 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.



## **惡劣天氣安排 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。如天文台除下有關於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

<u>泳班</u>	<u>課堂</u>	<u>第</u>	<u>第</u>	<u>第</u>	<u>第</u>	<u>第</u>	<u>第</u>	<u>第</u>	<u>第</u>
		<u>一</u>	<u>二</u>	<u>三</u>	<u>四</u>	<u>五</u>	<u>六</u>	<u>七</u>	<u>八</u>
		<u>課</u>	<u>課</u>	<u>課</u>	<u>課</u>	<u>課</u>	<u>課</u>	<u>課</u>	<u>課</u>
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 7 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。

## 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	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	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	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 9-10 米 / 換氣 2 口以上 / 仰浮踢腳 3 米 Swim freestyle for 9-10 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).

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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

# 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。

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## 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.



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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)

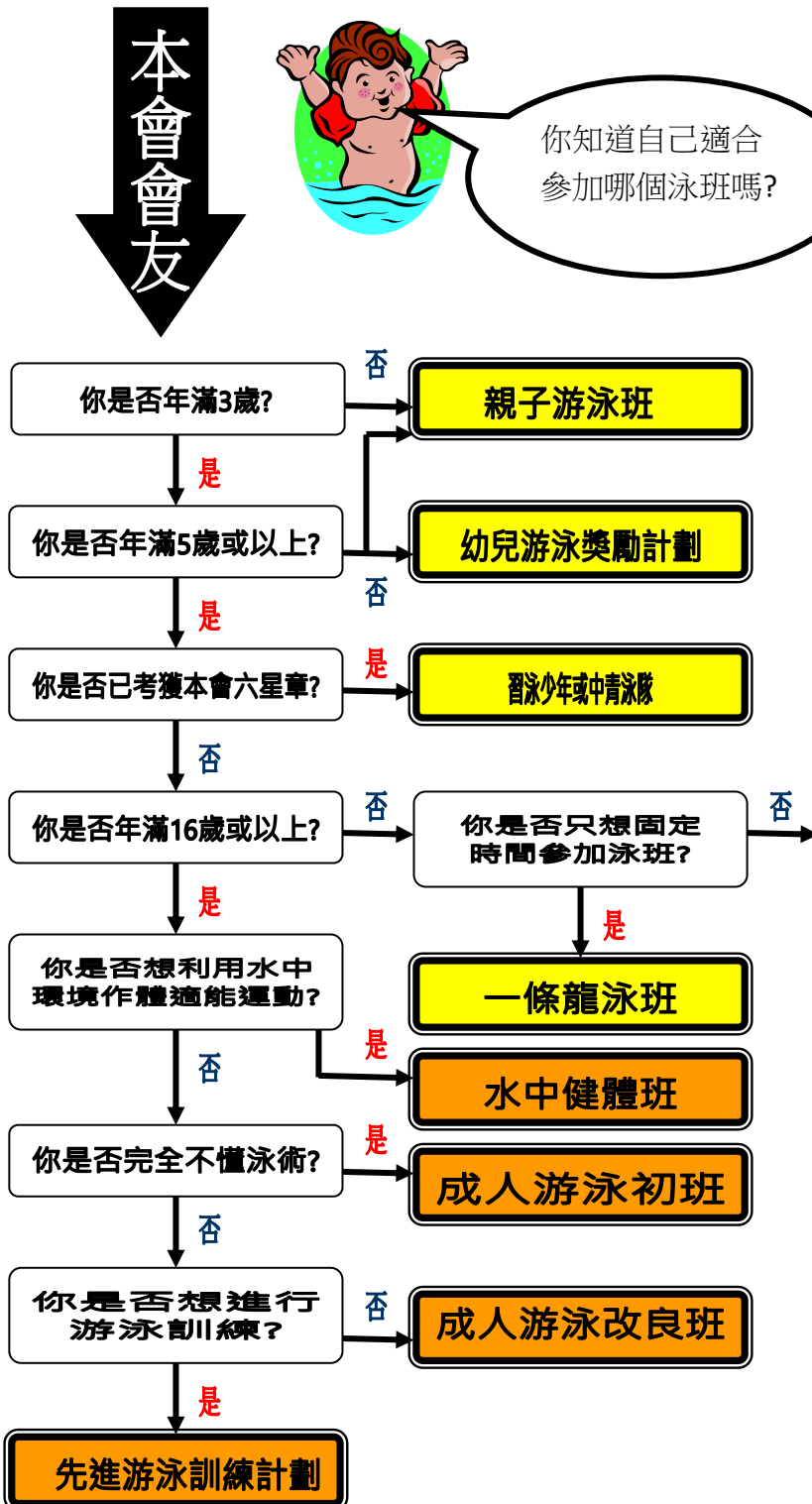
已考獲三星章或能游捷泳及背泳各 150 公尺，蛙泳 50 公尺，捷泳轉身及蝶泳腳和腰部技術

#### 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



2024年11月至12月  
NOV. to DEC. 2024

# 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
- ※ 9-10月一條龍泳班學員可在28/9-20/10報名，享有下期優先報名優惠，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
- ※ Through Train Program Students can have priority to enroll the next session between 28/9-20/10. Through Train Program. Students can remain the same class lesson if enrollment is made on time.



### 一條龍課程資料 Through-Train Program Details:

堂數 Sessions: 8

費用 Fee: \$1,260 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:9/11/2024-28/12/2024

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.24129	4904.19D.24130	4904.19D.24131	4904.19D.24132
1100-1200	4904.19D.24133	4904.19D.24134	4904.19D.24135	4904.19D.24136
1200-1300	4904.19D.24137	4904.19D.24138	4904.19D.24139	4904.19D.24140
1300-1400	4904.19D.24141	4904.19D.24142	4904.19D.24143	4904.19D.24144

星期日 Sunday-日期 Date:10/11/2024-29/12/2024

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.24145	4904.19D.24146	4904.19D.24147	4904.19D.24148
1500-1600	4904.19D.24149	4904.19D.24150	4904.19D.24151	4904.19D.24152
1600-1700	4904.19D.24153	4904.19D.24154	4904.19D.24155	4904.19D.24156
1700-1800	4904.19D.24157	4904.19D.24158	4904.19D.24159	4904.19D.24160

## 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**

課程編號 Course Code	日期 Date	時間 Time	星期 Day	費用 Fee	堂 lessons
4904.19N.24042	9/11-28/12	1400-1445	六 Sat	2200	8
4904.19N.24043		1900-1945			
4904.19N.24044	10/11-29/12	0900-0945	日 Sun		
4904.19N.24045		1000-1045			
4904.19N.24046		1300-1345			
4904.19N.24047	11/11-30/12	1100-1145	一 Mon		
4904.19N.24048		1500-1545			
4904.19N.24049		1600-1645			
4904.19N.24050	12/11-31/12	0900-0945	二 Tue		
4904.19N.24051		1500-1545			
4904.19N.24052		1600-1645			
4904.19N.24053	13/11-1/1	1100-1145	三 Wed		
4904.19N.24054		1500-1545			
4904.19N.24055	14/11-2/1	1500-1545	四 Thu		
4904.19N.24056		1600-1645			
4904.19N.24057	15/11-3/1	0900-0945	五 Fri		
4904.19N.24058		1000-1045			
4904.19N.24059		1500-1545			

**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: \$1100 上課地點 Venue: 4/F

名額 Quota: 每班 6 對學員及家長(each class:6 pair of students and parents)

一位家長/ 監護人必須陪同幼兒上堂，幼兒必須穿著紙泳褲

One parent / guardian is required to-accompany the child during the lesson,child must wear swimmer diaper.

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
11-12	4904.19M.24008	9/11/2024-28/12/2024	1900-1955	六 Sat	1100	8

## 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 (4-5 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
.11-12	4904.19K.24327	9/11/2024-28/12/2024	0900-0950	六 Sat	1100	8	一條龍課程
	4904.19D.24129		1000-1050		1260		
	4904.19D.24133		1100-1150				
	4904.19D.24137		1200-1250				
	4904.19D.24141		1300-1350				
	4904.19K.24329		1400-1450				
	4904.19K.24331		1500-1550				
	4904.19K.24333		1600-1650				
	4904.19K.24335		1700-1750				
	4904.19K.24337		1800-1850				
	4904.19K.24339	10/11/2024-29/12/2024	0900-0950	日 Sun	1100	8	一條龍課程
	4904.19K.24341		1000-1050				
	4904.19K.24343		1100-1150				
	4904.19K.24345		1200-1250				
	4904.19K.24347		1300-1350				
	4904.19D.24145		1400-1450		1260		
	4904.19D.24149		1500-1550				
	4904.19D.24153		1600-1650				
	4904.19D.24157		1700-1750				
	4904.19K.24349		1800-1850				
	4904.19K.24351	11/11/2024-30/12/2024	0900-0950	一 Mon	1100	8	一條龍課程
	4904.19K.24353		1000-1050				
	4904.19K.24355		1500-1550				
	4904.19K.24357		1600-1650				
	4904.19K.24359		1700-1750				
	4904.19K.24361	12/11/2024-31/12/2024	0900-0950	二 Tue	1100	8	一條龍課程
	4904.19K.24363		1000-1050				
	4904.19K.24365		1500-1550				
	4904.19K.24367		1600-1650				
	4904.19K.24369		1700-1750				
	4904.19K.24371		1800-1850				
	4904.19K.24373	13/11/2024-1/1/2025	0900-0950	三 Wed	1100	8	一條龍課程
	4904.19K.24375		1000-1050				
	4904.19K.24377		1500-1550				
	4904.19K.24379		1600-1650				
	4904.19K.24381		1700-1750				
4904.19K.24383	1800-1850						
4904.19K.24385	14/11/2024-2/1/2025	0900-0950	四 Thu	1100	8	一條龍課程	
4904.19K.24387		1000-1050					
4904.19K.24389		1500-1550					
4904.19K.24391		1600-1650					
4904.19K.24393		1700-1750					
4904.19K.24395		1800-1850					
4904.19K.24397	15/11/2024-3/1/2025	0900-0950	五 Fri	1100	8	一條龍課程	
4904.19K.24399		1000-1050					
4904.19K.24401		1500-1550					
4904.19K.24403		1600-1650					
4904.19K.24405		1700-1750					
4904.19K.24407		1800-1850					
4904.19K.24409	15/11/2024-3/1/2025	0900-0950	五 Fri	1100	8	一條龍課程	
4904.19K.24411		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
.11-12	4904.19K.24322	9/11/2024-28/12/2024	0900-0950	六 Sat	1100	8	一條龍課程
	4904.19D.24129		1000-1050				
	4904.19D.24133		1100-1150		1260		
	4904.19D.24137		1200-1250				
	4904.19D.24141		1300-1350				
	4904.19K.24324		1400-1450		1100		
	4904.19K.24326		1500-1550				
	4904.19K.24328		1600-1650				
	4904.19K.24330		1700-1750				
	4904.19K.24332		1800-1850		10/11/2024-29/12/2024		
	4904.19K.24334	1000-1050					
	4904.19K.24336	1100-1150					
	4904.19K.24338	1200-1250					
	4904.19K.24340	1300-1350					
	4904.19K.24342	1400-1450	1260				
	4904.19D.24145	1500-1550					
	4904.19D.24149	1600-1650					
	4904.19D.24153	1700-1750					
	4904.19D.24157	1700-1750		11/11/2024-30/12/2024		1000-1050	一 Mon
	4904.19K.24344	1500-1550					
	4904.19K.24346	1600-1650					
	4904.19K.24348	1700-1750					
	4904.19K.24350	1800-1850	12/11/2024-31/12/2024		0900-0950	二 Tue	
	4904.19K.24352	1000-1050					
	4904.19K.24354	1500-1550					
	4904.19K.24356	1600-1650					
	4904.19K.24358	1700-1750					
	4904.19K.24360	1800-1850	13/11/2024-1/1/2025	0900-0950	三 Wed	1100	8
	4904.19K.24362	1000-1050					
	4904.19K.24364	1500-1550					
	4904.19K.24366	1600-1650					
	4904.19K.24368	1700-1750					
4904.19K.24370	1800-1850						
4904.19K.24372	1900-1950	14/11/2024-2/1/2025		0900-0950			
4904.19K.24374	1000-1050						
4904.19K.24376	1500-1550						
4904.19K.24378	1600-1650						
4904.19K.24380	1700-1750						
4904.19K.24382	1800-1850	15/11/2024-3/1/2025	0900-0950	五 Fri			
4904.19K.24384	1000-1050						
4904.19K.24386	1500-1550						
4904.19K.24388	1600-1650						
4904.19K.24390	1700-1750						
4904.19K.24392	1800-1850						
4904.19K.24394	1900-1950						
4904.19K.24396	0900-0950						
4904.19K.24398	1000-1050						
4904.19K.24400	1500-1550						
4904.19K.24402	1600-1650						
4904.19K.24404	1700-1750						

## 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:5-6 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		
.11-12	*4904.19Z.24508	9/11/2024-28/12/2024	0900-0950	六 Sat	1100	8			
	*4904.19D.24129		1000-1050		1260				
	*4904.19D.24133		1100-1150						
	*4904.19D.24137		1200-1250						
	*4904.19D.24141		1300-1350						
	*4904.19Z.24510		1400-1450		1100				
	*4904.19Z.24514		1500-1550						
	*4904.19Z.24518		1600-1650						
	*4904.19Z.24521		1700-1750						
	*4904.19Z.24525		1800-1850						
	*4904.19Z.24528		1900-1950						
	*4904.19Z.24535		10/11/2024-29/12/2024		0900-0950			日 Sun	1100
	*4904.19Z.24537				1100-1150				
	*4904.19Z.24539				1200-1250				
	*4904.19Z.24541				1300-1350				
	*4904.19D.24145	1400-1450		1260					
	*4904.19D.24149	1500-1550							
	*4904.19D.24153	1600-1650							
	*4904.19D.24157	1700-1750							
	^4904.19Z.24550	11/11/2024-30/12/2024	0900-0950	一 Mon	1100				
	^4904.19Z.24551		1000-1050						
	*4904.19Z.24552		1500-1550						
	*4904.19Z.24556		1600-1650						
	*4904.19Z.24560		1700-1750						
	*4904.19Z.24564	12/11/2024-31/12/2024	1800-1850	二 Tue	1100				
	^4904.19Z.24568		0900-0950						
	^4904.19Z.24569		1000-1050						
	*4904.19Z.24570		1500-1550						
	*4904.19Z.24571		1600-1650						
	*4904.19Z.24575		1700-1750						
*4904.19Z.24578	1800-1850	三 Wed							
^4904.19Z.24582	0900-0950								
^4904.19Z.24583	1000-1050								
*4904.19Z.24587	1600-1650								
*4904.19Z.24591	1700-1750								
*4904.19Z.24594	1800-1850	四 Thu							
^4904.19Z.24596	1900-1950								
^4904.19Z.24598	0900-0950								
^4904.19Z.24599	1000-1050								
^4904.19Z.24600	1500-1550								
*4904.19Z.24603	1600-1650								
*4904.19Z.24607	1700-1750	五 Fri							
*4904.19Z.24611	1800-1850								
^4904.19Z.24613	1000-1050								
*4904.19Z.24614	1500-1550								
*4904.19Z.24618	1600-1650								
*4904.19Z.24622	1700-1750								
*4904.19Z.24625	1800-1850	1100							
*4904.19Z.24628	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 4-5 人

Course code with (\*) is combined with Elementary level II. Each class 3-4 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
.11-12	*4904.19Z.24508	9/11/2024-28/12/2024	0900-0950	六 Sat	1100	8	一條龍課程
	*4904.19D.24129		1000-1050		1260		
	*4904.19D.24133		1100-1150				
	*4904.19D.24137		1200-1250				
	*4904.19D.24141		1300-1350				
	*4904.19Z.24510		1400-1450				
	*4904.19Z.24514		1500-1550				
	*4904.19Z.24518		1600-1650				
	*4904.19Z.24521		1700-1750				
	*4904.19Z.24525		1800-1850				
	*4904.19Z.24528	1900-1950	日 Sun	1100			
	*4904.19Z.24535	0900-0950					
	*4904.19Z.24537	1100-1150					
	*4904.19Z.24539	1200-1250					
	*4904.19Z.24541	1300-1350					
	*4904.19D.24145	1400-1450					
	*4904.19D.24149	1500-1550					
	*4904.19D.24153	1600-1650					
	*4904.19D.24157	1700-1750					
	*4904.19Z.24550	0900-0950			一 Mon	1100	
	*4904.19Z.24551	1000-1050					
	*4904.19Z.24552	1500-1550					
	*4904.19Z.24556	1600-1650					
	*4904.19Z.24560	1700-1750					
	*4904.19Z.24564	1800-1850					
	*4904.19Z.24568	1900-1950					
	*4904.19Z.24569	0900-0950	二 Tue	1100			
	*4904.19Z.24570	1000-1050					
	*4904.19Z.24571	1500-1550					
	*4904.19Z.24575	1600-1650					
*4904.19Z.24578	1700-1750						
*4904.19Z.24582	1800-1850						
*4904.19Z.24583	0900-0950						
*4904.19Z.24587	1000-1050	三 Wed			1100		
*4904.19Z.24587	1600-1650						
*4904.19Z.24591	1700-1750						
*4904.19Z.24594	1800-1850						
*4904.19Z.24596	1900-1950						
*4904.19Z.24598	0900-0950		四 Thu	1100			
*4904.19Z.24599	1000-1050						
*4904.19Z.24600	1500-1550						
*4904.19Z.24603	1600-1650						
*4904.19Z.24607	1700-1750						
*4904.19Z.24611	1800-1850						
*4904.19Z.24613	1000-1050	五 Fri			1100		
*4904.19Z.24614	1500-1550						
*4904.19Z.24618	1600-1650						
*4904.19Z.24622	1700-1750						
*4904.19Z.24625	1800-1850						
*4904.19Z.24628	1900-1950						

(^)-之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 4-5 人

Course code with (\*) is combined with Elementary level I. 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
.11-12	4904.19C.24119	9/11/2024-28/12/2024	0900-0955	六 Sat	1100	8	
	4904.19D.24129		1000-1055		1260		
	4904.19D.24133		1100-1155				
	4904.19D.24137		1200-1255				
	4904.19D.24141		1300-1355				
	4904.19C.24120		1400-1455		1100		
	4904.19C.24121		1500-1555				
	4904.19C.24122		1600-1655				
	4904.19C.24123		1700-1755				
	4904.19C.24124		1800-1855		1900-1955		
	4904.19C.24125	1000-1055					
	4904.19C.24126	1200-1255					
	4904.19C.24127	1300-1355					
	4904.19C.24128	1400-1455	日 Sun	1100			
	4904.19D.24145	1500-1555					
	4904.19D.24149	1600-1655		1260			
	4904.19D.24153	1700-1755					
	4904.19D.24157	1800-1855	一 Mon	1100			
	^4904.19Z.24550	0900-0955					
	^4904.19Z.24551	1000-1055					
	4904.19C.24129	1600-1655					
	4904.19C.24130	1700-1755	二 Tue	1100			
	4904.19C.24131	1800-1855					
	^4904.19Z.24568	0900-0955					
	^4904.19Z.24569	1000-1055					
	4904.19C.24132	1500-1555	13/11/2024-1/1/2025	三 Wed	1100	8	
	4904.19C.24133	1600-1655					
	4904.19C.24134	1700-1755					
	4904.19C.24135	1800-1855					
	^4904.19Z.24582	0900-0955	14/11/2024-2/1/2025	四 Thu	1100	8	
	^4904.19Z.24583	1000-1055					
	4904.19C.24136	1600-1655					
4904.19C.24137	1700-1755						
4904.19C.24138	1800-1855	15/11/2024-3/1/2025	五 Fri	1100	8		
^4904.19Z.24596	1900-1955						
^4904.19Z.24598	0900-0955						
^4904.19Z.24599	1000-1055						
^4904.19Z.24600	1500-1555	15/11/2024-3/1/2025	五 Fri	1100	8		
4904.19C.24139	1600-1655						
4904.19C.24140	1700-1755						
4904.19C.24141	1800-1855						
^4904.19Z.24613	1000-1055	15/11/2024-3/1/2025	五 Fri	1100	8		
4904.19C.24142	1500-1555						
4904.19C.24143	1600-1655						
4904.19C.24144	1700-1755						
4904.19C.24145	1800-1855						

(^)-之課程將與初一及初二級別合併。名額 4

Course code with (^) is combined with Elementary level I and II. Each class 4 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	
.11-12	*4904.19Z.24509	9/11/2024-28/12/2024	0900-1000	六 Sat	1100	8	一條龍課程	
	*4904.19D.24130		1000-1100		1260			
	*4904.19D.24134		1100-1200					
	*4904.19D.24138		1200-1300					
	*4904.19D.24142		1300-1400					
	*4904.19Z.24511		1400-1500					1100
	*4904.19Z.24515		1500-1600					
	*4904.19Z.24519		1600-1700					
	*4904.19Z.24522		1700-1800					
	*4904.19Z.24526		1800-1900					
	*4904.19Z.24529	1900-2000						
	*4904.19Z.24532	2000-2100						
	*4904.19Z.24536	10/11/2024-29/12/2024	1000-1100	日 Sun	1260	8	一條龍課程	
	*4904.19Z.24538		1100-1200					
	*4904.19Z.24540		1200-1300					
	*4904.19Z.24542		1300-1400					
	*4904.19D.24146		1400-1500					
	*4904.19D.24150		1500-1600					
	*4904.19D.24154		1600-1700					
	*4904.19D.24158		1700-1800					
	*4904.19Z.24545		1800-1900					
	*4904.19Z.24553		11/11/2024-30/12/2024					1500-1600
	*4904.19Z.24557	1600-1700						
	*4904.19Z.24561	1700-1800						
	*4904.19Z.24565	1800-1900						
	*4904.19Z.24572	12/11/2024-31/12/2024	1600-1700	二 Tue	1100	8		
	*4904.19Z.24576		1700-1800					
	*4904.19Z.24579		1800-1900					
	*4904.19Z.24584	13/11/2024-1/1/2025	1500-1600	三 Wed	1100	8		
	*4904.19Z.24588		1600-1700					
*4904.19Z.24592	1700-1800							
*4904.19Z.24595	1800-1900							
*4904.19Z.24597	1900-2000							
*4904.19Z.24601	14/11/2024-2/1/2025	1500-1600	四 Thu	1100	8			
*4904.19Z.24604		1600-1700						
*4904.19Z.24608		1700-1800						
*4904.19Z.24612		1800-1900						
*4904.19Z.24615	15/11/2024-3/1/2025	1500-1600	五 Fri	1100	8			
*4904.19Z.24619		1600-1700						
*4904.19Z.24623		1700-1800						
*4904.19Z.24626		1800-1900						
*4904.19Z.24629		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 6-8 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
.11-12	*4904.19D.24131	9/11/2024-28/12/2024	1000-1100	六 Sat	1260	8	一條龍課程
	*4904.19D.24135		1100-1200				
	*4904.19D.24139		1200-1300				
	*4904.19D.24143		1300-1400				
	*4904.19Z.24512		1400-1500				
	*4904.19Z.24516		1500-1600		1100		
	*4904.19Z.24520		1600-1700				
	*4904.19Z.24523		1700-1800				
	*4904.19Z.24527		1800-1900				
	*4904.19Z.24530		1900-2000				
	*4904.19Z.24533	2000-2100					
	*4904.19Z.24543	10/11/2024-29/12/2024	1300-1400	日 Sun	1100		一條龍課程
	*4904.19D.24147		1400-1500				
	*4904.19D.24151		1500-1600				
	*4904.19D.24155		1600-1700		1260		
	*4904.19D.24159		1700-1800				
	*4904.19Z.24546		1800-1900		1100		
	*4904.19Z.24548	1900-2000					
	*4904.19Z.24554	11/11/2024-30/12/2024	1500-1600	一 Mon	1100		
	*4904.19Z.24558		1600-1700				
	*4904.19Z.24562		1700-1800				
	*4904.19Z.24566		1800-1900				
	*4904.19Z.24573	12/11/2024-31/12/2024	1600-1700	二 Tue			
	*4904.19Z.24577		1700-1800				
*4904.19Z.24580	1900-2000						
*4904.19Z.24585	13/11/2024-1/1/2025	1500-1600	三 Wed				
*4904.19Z.24589		1600-1700					
*4904.19Z.24593		1700-1800					
*4904.19Z.24602	14/11/2024-2/1/2025	1500-1600	四 Thu				
*4904.19Z.24605		1600-1700					
*4904.19Z.24609		1700-1800					
*4904.19Z.24616	15/11/2024-3/1/2025	1500-1600	五 Fri				
*4904.19Z.24620		1600-1700					
*4904.19Z.24624		1700-1800					
*4904.19Z.24630		1900-2000					
*4904.19Z.24632		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
.11-12	*4904.19D.24132	9/11/2024-28/12/2024	1000-1100	六 Sat	1260	8	一條龍課程
	*4904.19D.24136		1100-1200				
	*4904.19D.24140		1200-1300				
	*4904.19D.24144		1300-1400				
	*4904.19Z.24513		1400-1500		1100		
	*4904.19Z.24517		1500-1600				
	*4904.19Z.24524		1700-1800				
	*4904.19Z.24531		1900-2000				
	*4904.19Z.24534	2000-2100	10/11/2024-29/12/2024	日 Sun	1100	一條龍課程	
	*4904.19Z.24544	1300-1400					
	*4904.19D.24148	1400-1500					
	*4904.19D.24152	1500-1600			1260		
	*4904.19D.24156	1600-1700					
	*4904.19D.24160	1700-1800					
	*4904.19Z.24547	1800-1900	1100	11/11/2024-30/12/2024	一 Mon		
	*4904.19Z.24549	1900-2000					
	*4904.19Z.24555	1500-1600	12/11/2024-31/12/2024	二 Tue	1100		
	*4904.19Z.24559	1600-1700					
	*4904.19Z.24563	1700-1800					
	*4904.19Z.24567	1800-1900					
*4904.19Z.24574	1600-1700	13/11/2024-1/1/2025	三 Wed	1100			
*4904.19Z.24581	1900-2000						
*4904.19Z.24586	1500-1600	14/11/2024-2/1/2025	四 Thu	1100			
*4904.19Z.24590	1600-1700						
*4904.19Z.24606	1600-1700	15/11/2024-3/1/2025	五 Fri	1100			
*4904.19Z.24610	1700-1800						
*4904.19Z.24617	1500-1600						
*4904.19Z.24621	1600-1700						
*4904.19Z.24627	1800-1900						
*4904.19Z.24631	1900-2000	15/11/2024-3/1/2025	五 Fri	1100			
*4904.19Z.24633	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

## 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
.11-12	4904.19U.24010	13/11/2024-1/1/2025	1600-1700	三 Wed	1100	8

### **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.

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
11-12	4904.19T.24037	9/11/2024-28/12/2024	0900-1000	六 Sat	1100	8
	4904.19T.24038		1600-1700			
	4904.19T.24039		1800-1900			
	4904.19T.24040	10/11/2024-29/12/2024	1300-1400	日 Sun		
	4904.19T.24041		1800-1900			
	4904.19T.24046	12/11/2024-31/12/2024	1900-2000	二 Tue		
	4904.19T.24042	13/11/2024-1/1/2025	1700-1800	三 Wed		
	4904.19T.24043	15/11/2024-3/1/2025	1600-1700	五 Fri		
	4904.19T.24044		2000-2100			
	4904.19T.24045		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
11-12	4904.19A.24182	9/11/2024-28/12/2024	2000-2100	六 Sat	990	8
	4904.19A.24184	10/11/2024-29/12/2024	1800-1900	日 Sun		
	4904.19A.24190	11/11/2024-30/12/2024	1900-2000	一 Mon		
	4904.19A.24192		2000-2100			
	4904.19A.24196		2100-2200			
	4904.19A.24201	12/11/2024-31/12/2024	1900-2000	二 Tue		
	4904.19A.24203		2000-2100			
	4904.19A.24211	13/11/2024-1/1/2025	1400-1500	三 Wed		
	4904.19A.24213		1900-2000			
	4904.19A.24215		2100-2200			
	4904.19A.24220	14/11/2024-2/1/2025	1400-1500	四 Thu		
	4904.19A.24222		1900-2000			
	4904.19A.24229	15/11/2024-3/1/2025	2000-2100	五 Fri		
	4904.19A.24230		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.

## 成人游泳初班 Adult Elementary Swimming Courses

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
11-12	4904.19A.24183	9/11/2024-28/12/2024	2100-2200	六 Sat	990	8
	4904.19A.24185	10/11/2024-29/12/2024	1900-2000	日 Sun		
	4904.19A.24186	11/11/2024-30/12/2024	0900-1000	一 Mon		
	4904.19A.24187		1000-1100			
	4904.19A.24188		1300-1400			
	4904.19A.24189		1500-1600			
	4904.19A.24191		1900-2000			
	4904.19A.24193		2000-2100			
	4904.19A.24197		12/11/2024-31/12/2024			
	4904.19A.24198	1000-1100				
	4904.19A.24199	1500-1600				
	4904.19A.24200	1900-2000				
	4904.19A.24202	2000-2100				
	4904.19A.24205	2100-2200				
	4904.19A.24207	13/11/2024-1/1/2025	1000-1100	三 Wed		
	4904.19A.24208		1200-1300			
	4904.19A.24209		1300-1400			
	4904.19A.24210		1400-1500			
	4904.19A.24212		1500-1600			
	4904.19A.24217	14/11/2024-2/1/2025	1000-1100	四 Thu		
	4904.19A.24218		1100-1200			
	4904.19A.24219		1200-1300			
	4904.19A.24221		1500-1600			
	4904.19A.24223		1900-2000			
	4904.19A.24226	15/11/2024-3/1/2025	1000-1100	五 Fri		
	4904.19A.24227		1300-1400			
	4904.19A.24228		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
11-12	4904.19A.24194	11/11/2024-30/12/2024	2000-2100	一 Mon	990	8
	4904.19A.24195		2100-2200			
	4904.19A.24204	12/11/2024-31/12/2024	2000-2100	二 Tue		
	4904.19A.24206	13/11/2024-1/1/2025	0900-1000	三 Wed		
	4904.19A.24214		2000-2100			
	4904.19A.24216	14/11/2024-2/1/2025	0900-1000	四 Thu		
	4904.19A.24224		2100-2200			
	4904.19A.24225	15/11/2024-3/1/2025	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.

## 水中運動體驗 Aqua Exercise Fun Day

~~ 毋需懂得游泳亦可以享受水中運動的樂趣 ~~

### 安全 專業 有趣 不受天氣影響

無論你想鍛鍊身體，加強心肺功能；或者想做拉筋伸展，舒緩一般都市痛症，以下各種水中運動都可以幫到你，快啲約埋朋友一齊體驗下啦！

對象 Target：16 歲或以上會友，不懂泳術亦可 Members of 16 or above, no swimming ability is needed

\*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 Hydro Fitness

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

程序編號 Programme IO	490405211A	490405212A
日期 Date	6/9/2024 (五 Fri)	8/11/2024 (五 Fri)
時間 Time	0900-1000	1100-1200
地點 Venue	4/F 室內溫水泳池 Indoor Swimming Pool	
名額 Quota	20	20
費用 Fee	\$110	\$110

### 水中伸展 Aqua-Stretching

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。

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

程序編號 Programme IO	490405211B	490405212B
日期 Date	6/9/2024 (五 Fri)	8/11/2024 (五 Fri)
時間 Time	1000-1100	0900-1000
地點 Venue	4/F 室內溫水泳池 Indoor Swimming Pool	
名額 Quota	10	10
費用 Fee	\$130	\$130

### 水中健體復康 Aqua-Rehab

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。

Utilizing properties of water and a variety of coordinated movements, this programme aims to strengthen the stability of your core muscles while also enhancing posture and effectively preventing for Acute and Chronic Pain.

程序編號 Programme IO	490405211C	490405212C
日期 Date	6/9/2024 (五 Fri)	8/11/2024 (五 Fri)
時間 Time	1100-1200	1000-1100
地點 Venue	4/F 室內溫水泳池 Indoor Swimming Pool	
名額 Quota	10	10
費用 Fee	\$130	\$130

## 水中健體班 **Hydrofitness**

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
11-12	4904.19R.24053	11/11/2024-30/12/2024	1000-1100	一 Mon	930	8
	4904.19R.24054		1100-1200			
	4904.19R.24055	12/11/2024-31/12/2024	1000-1100	二 Tue		
	4904.19R.24056		1100-1200			
	4904.19R.24057	13/11/2024-1/1/2025	0900-1000	三 Wed		
	4904.19R.24058		1100-1200			
	4904.19R.24059		2000-2100			
	4904.19R.24060	14/11/2024-2/1/2025	1000-1100	四 Thu		
	4904.19R.24061		1100-1200			
	4904.19R.24062		1400-1500			
	4904.19R.24063		2000-2100			
	4904.19R.24064	15/11/2024-3/1/2025	1000-1100	五 Fri		
	4904.19R.24065		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
11-12	4904.19E.24020	11/11/2024-30/12/2024	0900-1000	一 Mon	1100	8
	4904.19E.24021	12/11/2024-31/12/2024	0900-1000	二 Tue		
	4904.19E.24022	13/11/2024-1/1/2025	1000-1100	三 Wed		
	4904.19E.24023	14/11/2024-2/1/2025	1300-1400	四 Thu		
	4904.19E.24024	15/11/2024-3/1/2025	0900-1000	五 Fri		
	4904.19E.24025		1200-1300			

\*費用已包括 4/F 游泳池更衣室儲物櫃。 4/F changing room locker included.

### 男士水中健體復康運動班 Male Aqua-rehab Swimming Course

參加資格：40 歲或以上之本會男會友，毋須懂得泳術。

Eligibility: Male Members of 40 or above, no swimming ability is needed.

課程內容：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。

Content: Utilizing properties of water and a variety of coordinated movements, this programme aims to strengthen the stability of your core muscles while also enhancing posture and effectively preventing for Acute and Chronic Pain.

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
11-12	4904.60C.24118	15/11/2024-3/1/2025	0900-1000	五 Fri	1100	8

費用已包括 4/F 游泳池更衣室儲物櫃。4/F changing room locker included.

### 水中健體復康運動班 Aqua-rehab Swimming Course

參加資格：40 歲或以上之本會男會友，毋須懂得泳術。

Eligibility: Members of 40 or above, no swimming ability is needed.

課程內容：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。

Content: Utilizing properties of water and a variety of coordinated movements, this programme aims to strengthen the stability of your core muscles while also enhancing posture and effectively preventing for Acute and Chronic Pain.

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
11-12	4904.60C.24020	11/11/2024-30/12/2024	1200-1300	一 Mon	1100	8
	4904.60C.24021	13/11/2024-1/1/2025	1500-1600	三 Wed		
	4904.60C.24022	14/11/2024-2/1/2025	1200-1300	四 Thu		
	4904.60C.24023		1400-1500			

費用已包括 4/F 游泳池更衣室儲物櫃。4/F changing room locker included.

## **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)

課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
4904.19Y.24005	12/11/2024-2/1/2025	2100-2200	二, 四 Tue, Thu	1360	16

\*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