



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

九龍會所  
Kowloon Centre

**2024 4-5 月份(8 堂)  
及 6 月份(4 堂)  
游泳班**

**2024 APR-MAY (8 Lessons)/**

**JUNE (4 Lessons) Swimming Course**

**2024 4-5 月份(8 堂)及 6 月份(4 堂)游泳班報名日安排**  
**2024 APR-MAY (8 Lessons)/JUNE (4 Lessons) Swimming Course**  
**Application Arrangement**

\*6 月份(4 堂)課程不設考核、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
<p>※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 Aqua-Stretching</p>	<p><b>游泳班舊生資格:</b>  <b>2024 年 1 至 3 月期間</b>                  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 <b>JAN-MAR. 2024</b>  <b>2 月 3 日至 3 月 3 日</b>攜同繳費回條到地下票務處繳交下一期費用  <b>3/2-3/3:</b> Course fee for next session with payment consent form should be submitted to                  G/F Ticketing Office.</p> <p><b>新生報名日期: 4/3(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</b>                  From <b>4/3 (MON) 10:00 onwards</b></p>
<p>親子/幼兒/兒童/少年泳班  Aqua-tots Pre-school Youth &amp; Teens Swim Program</p>	<p style="text-align: center;"><b>(2024 年 5 月 12 日(星期日)前報讀『6 月份(四堂) 游泳班』</b>  <b>可享有暑期泳班之舊生抽籌資格)</b>  <b>Enrolment in “Swimming Course (4 lessons)” before 12/5 shall have</b>  <b>current-student identity in the lots-drawing of summer swimming courses)</b></p> <p><b>游泳班舊生資格:</b>  <b>2024 年 1 月至 3 月曾參與本會游泳班之學員</b>                  舊生報名日期:<b>2024 年 3 月 10 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</p> <ul style="list-style-type: none"> <li>• <b>於 2024 年 2 月 3 日至 2024 年 3 月 3 日帶同 2024 年 1-3 月份收據到一樓領取游泳班舊生報名表格</b></li> <li>• <b>2024 年 3 月 5 日於網頁公布報名次序(<a href="http://kln.ymca.org.hk">http://kln.ymca.org.hk</a>)</b></li> </ul> <p>Eligibility of current students:                  Students of Swimming program in <b>JAN-MAR. 2024</b>                  Enrolment for Current students:<b>10/3/2024(SUN)</b>                  Enrolment should be made at G/F Ticketing Office in accordance to the balloted enrolment sequence</p> <ul style="list-style-type: none"> <li>• <b>3/2-3/3:</b> Collect enrolment form at 1/F counter with current course receipt</li> <li>• <b>5/3:</b> Announcement of balloted enrolment sequence on the website. (<a href="http://kln.ymca.org.hk">http://kln.ymca.org.hk</a>)</li> </ul> <p><b>新生報名日期:</b>                  2024 年 3 月 11 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 11/3/2024(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.</p>

**2024 4-5 月份(8 堂)及 6 月份(4 堂)**

**游泳班舊生報名登記手續**

**2024 APR. TO MAY(8 Lessons)/JUNE(4 Lessons) Swimming Class (Current Students) Enrolment Arrangement**

**1**

攜同 2024 年 1-3 月份泳班課程收據，於 2024 年 2 月 3 日至 2024 年 3 月 3 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」。

3/2-3/3 : 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.



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電話: 2783 3600

ENROLMENT FORM (For Current Swimming Program Students Use)  
請將個人資料填妥後，填妥表格，交予「報名處」或「總辦事處」。  
Please read the Personal Information Collection Statement below, and the Privacy Policy and Personal Information Protection Policy 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
3.	4904.	HKDS

申請日期 Application Date: 2024/02/03 (日 SUN)  
2 樓上公佈抽籤日期 Results post in this web site: 19/03/2024 (二 TUE) 6PM  
3 樓抽籤結果網址 Results result website: http://kln.ymca.org.hk



**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 3 月 5 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 5/3/2024 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 3 月 10 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 10/3/2024 at 1/F Reception Counter according to the date and time as specified.

# 2024 7-8 月份游泳班報名日安排

## 2024 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><b>游泳班舊生資格:</b></p> <ol style="list-style-type: none"><li><b>2024 年 4-5 月曾參與本會游泳班之學員</b></li><li><b>2024 年 6 月(4 堂)游泳班 (5 月 12 日或之前報名)</b></li></ol> <p>舊生報名日期:2024 年 5 月 19 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"><li>於 2024 年 4 月 20 日至 2024 年 5 月 12 日帶同 2024 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</li><li>2024 年 5 月 14 日於網頁公布報名次序(<a href="http://kln.ymca.org.hk">http://kln.ymca.org.hk</a>)</li></ul> <p>Eligibility of current students:</p> <ol style="list-style-type: none"><li>Students of Swimming program in <b>April-May 2024</b></li><li>Enrolment <b>in June 2024 Swimming Courses before 12/5</b></li></ol> <p>Enrolment for Current students:<b>19/5/2024(SUN)</b> Enrolment should be made at G/F Ticketing Office in accordance to the balloted enrolment sequence</p> <ul style="list-style-type: none"><li><b>20/4-12/5: Collect enrolment form at 1/F counter with current course receipt</b></li><li><b>14/5: Announcement of balloted enrolment sequence on the website. (<a href="http://kln.ymca.org.hk">http://kln.ymca.org.hk</a>)</b></li></ul>
	<p><b>舊生報名日期: 2024 年 5 月 19 日(星期日)</b> <b>Enrolment for Current students: 19/5/2024(Sun)</b></p>
	<p><b>新生報名網上登記</b> <b>Online Registration for New Student</b></p> <p>新生報名日期:<b>2024 年 5 月 26 日(星期日)</b></p> <ul style="list-style-type: none"><li>於 2024 年 4 月 20 日至 2024 年 5 月 19 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</li><li>會籍有效期為 <b>2024 年 5 月 26 日</b>或以後之會友</li><li>2024 年 5 月 21 日於網頁公布報名次序(<a href="http://kln.ymca.org.hk">http://kln.ymca.org.hk</a>)</li><li></li></ul> <p>Enrolment for Current students:<b>26/5/2024(Sun)</b></p> <ul style="list-style-type: none"><li><b>20/4-19/5: Register for balloting online. Quota: 600 (first come,first served) Specific enrollment time sessions will be allotted to registrants by random balloting.</b></li><li><b>Membership valid on or after 26 May 2024</b></li><li><b>21/5: Announcement of balloted enrollment sequence on the website. (<a href="http://kln.ymca.org.hk">http://kln.ymca.org.hk</a>)</b></li></ul>
	<p>未有登記之會友須留至 <b>5 月 27(星期一) 09:30 起公開報名辦理。</b> <b>Unregistered members must wait until open enrollment on 27 May 2024(Mon) 09:30</b></p>

## **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.

## **游泳課程須知 Swimming Course Guidelines**

1. 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。
2. 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。
3. 本會各級泳班之編排乃視乎泳線分配及課程級別而定,請會友留意每期各級泳班之上課時間可能有別於上期泳班。
4. 在一般情況下,本會各級泳班開班人數為 3 人或以上。
5. 泳班補堂安排:
  - 申請病假補堂必須呈交上課當日由註冊西醫或中醫簽發之病假證明信,病假證明信請交到一樓辦公室 / 傳真至 23881123 / 電郵至 [kcswim@ymca.org.hk](mailto:kcswim@ymca.org.hk)
  - 身體檢查或非緊急手術恕不能安排補課
  - 申請生理假補堂,請 WhatsApp 至 65965007 或電郵至 [kcswim@ymca.org.hk](mailto:kcswim@ymca.org.hk)
  - 補課將安排在同一期有空位之同級泳班內進行
  - 事假恕不能安排補堂
6. 除特別標明的課程外,所有游泳課程之費用不包括儲物櫃收費。
7. 學員必須自備泳衣、泳鏡及所需物品,並必須於上課時穿著合適之泳衣或泳褲,除膠拖鞋外,不得穿著任何鞋履進入池面範圍。
8. 泳班開課前十五分鐘內,方可進入更衣室。
9. 參加泳班之學員須懂得自行更衣及沐浴,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:
  - 超過 6 歲或身高超過 1.1 米之學員,請勿進入異性更衣室。
  - 6 樓更衣室只於非繁忙時段酌情開放,如遇大型活動舉行,將暫停開放予學員使用,不便之處,敬請見諒

1. Please arrive at the venue 15 minutes before lesson and present your receipt to the counter on 4/F.
2. 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.
3. Class arrangement depends on levels and the allocation of lanes. Please note that the time schedule for new courses may be different from previous levels.
4. Under normal circumstances, the minimum number of students for each swimming class is 3.
5. Swimming Class Make Up Arrangement:
  - Make up classes will only be offered to participants who are able to provide a sick leave certificate from a registered medical practitioner/ registered Chinese medicine practitioner issued for the date of absence. Please submit it to 1/F office/ fax to 23881123/ email to [kcswim@ymca.org.hk](mailto:kcswim@ymca.org.hk)
  - Make up classes will not be arranged for physical examinations or non-emergency surgeries.
  - To apply for make up classes for menstrual leave, please send to WhatsApp 65965007 or email to [kcswim@ymca.org.hk](mailto:kcswim@ymca.org.hk)
  - Make up classes will only be arranged within the current term where vacancies of same grade are available.
  - No make up classes will be arranged for other personal reasons.
6. Locker rental fees are not included in the course fees unless otherwise specified.

7. 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.

8. Students are not allowed to enter 4/F changing rooms more than 15 minutes in advance.

9. Swimming course participants should be able to get changed and shower on their own. 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:

- Children aged above 6 or exceeding 1.1m in height are not allowed to enter the changing rooms of the opposite sex.
- 6/F changing rooms will be closed in case of ceremony or events in proceeding at Multi-purpose Hall.

### **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 一 課</u>	<u>第 二 課</u>	<u>第 三 課</u>	<u>第 四 課</u>	<u>第 五 課</u>	<u>第 六 課</u>	<u>第 七 課</u>	<u>第 八 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 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。

## 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 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

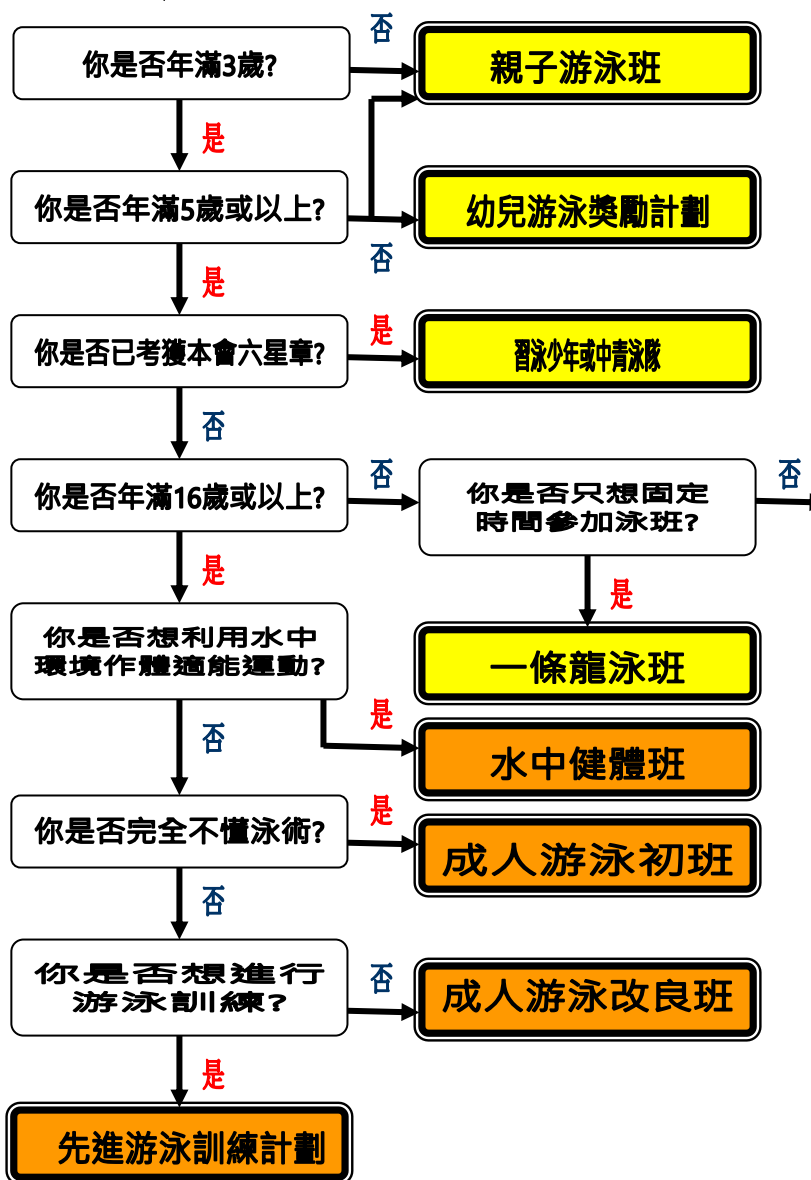
\*Remarks: Students fail to keep the appropriate standard might be transferred to course of an earlier phrase if necessary.



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

2024年4月至5月及6月  
APR to MAY/JUN 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
- ※ 一條龍泳班學員可享有下期優先報名優惠，在指定日期 3/2-3/3 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
- ※ 3/2-3/3: 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: \$1,260 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: 30/3/2024-18/5/2024

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.24001	4904.19D.24002	4904.19D.24003	4904.19D.24004
1100-1200	4904.19D.24005	4904.19D.24006	4904.19D.24007	4904.19D.24008
1200-1300	4904.19D.24009	4904.19D.24010	4904.19D.24011	4904.19D.24012
1300-1400	4904.19D.24013	4904.19D.24014	4904.19D.24015	4904.19D.24016

星期日 Sunday-日期 Date: 31/3/2024-19/5/2024

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.24017	4904.19D.24018	4904.19D.24019	4904.19D.24020
1500-1600	4904.19D.24021	4904.19D.24022	4904.19D.24023	4904.19D.24024
1600-1700	4904.19D.24025	4904.19D.24026	4904.19D.24027	4904.19D.24028
1700-1800	4904.19D.24029	4904.19D.24030	4904.19D.24031	4904.19D.24032

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.



## 6月一條龍課程資料 Through-Train Program Details:

堂數 Sessions: 4 費用 Fee: \$630 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: 25/5/2024-15/6/2024

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.24033	4904.19D.24034	4904.19D.24035	4904.19D.24036
1100-1200	4904.19D.24037	4904.19D.24038	4904.19D.24039	4904.19D.24040
1200-1300	4904.19D.24041	4904.19D.24042	4904.19D.24043	4904.19D.24044
1300-1400	4904.19D.24045	4904.19D.24046	4904.19D.24047	4904.19D.24048

星期日 Sunday-日期 Date: 26/5/2024-16/6/2024

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.24049	4904.19D.24050	4904.19D.24051	4904.19D.24052
1500-1600	4904.19D.24053	4904.19D.24054	4904.19D.24055	4904.19D.24056
1600-1700	4904.19D.24057	4904.19D.24058	4904.19D.24059	4904.19D.24060
1700-1800	4904.19D.24061	4904.19D.24062	4904.19D.24063	4904.19D.24064

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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.

### 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 4-5 對學員及家長(each class:4-5 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
4-5	4904.19M.24001	31/3/2024-19/5/2024	1800-1855	日 Sun	1100	8
6	4904.19M.24002	26/5/2024-16/6/2024	1800-1855	日 Sun	550	4

## 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	
幼初 4-5月	4904.19K.24001	30/3/2024-18/5/2024	0900-0950	六 Sat	1100	8	一條龍課程 Through-Train Program *複式教學	
	4904.19D.24001		1000-1050		1260			
	4904.19D.24005		1100-1150					
	4904.19D.24009		1200-1250					
	4904.19D.24013		1300-1350					
	4904.19K.24003		1400-1450					1100
	4904.19K.24005		1500-1550					
	4904.19K.24007		1600-1650					
	4904.19K.24009		1700-1750					
	4904.19K.24011		1800-1850					
	4904.19K.24013		1900-1950					
	4904.19K.24015	31/3/2024-19/5/2024	0900-0950	日 Sun	1100			
	4904.19K.24017		1000-1050					
	4904.19K.24019		1100-1150					
	4904.19K.24021		1200-1250					
	4904.19K.24023		1300-1350					
	4904.19D.24017		1400-1450		1260			
	4904.19D.24021		1500-1550					
	4904.19D.24025		1600-1650					
	4904.19D.24029		1700-1750					
	4904.19K.24025		1500-1550					
	4904.19K.24027	1/4/2024-20/5/2024	1600-1650	一 Mon	1100			
	4904.19K.24029		1700-1750					
	4904.19K.24031		1800-1850					
	4904.19K.24033		1900-1950					
	4904.19K.24035	2/4/2024-21/5/2024	0900-0950	二 Tue	1100			
	4904.19K.24037		1000-1050					
	4904.19K.24039		1500-1550					
	4904.19K.24041		1600-1650					
	4904.19K.24043		1700-1750					
	4904.19K.24045		1800-1850					
	4904.19K.24047	3/4/2024-22/5/2024	0900-0950	三 Wed	1100			
4904.19K.24049	1000-1050							
4904.19K.24051	1600-1650							
4904.19K.24053	1700-1750							
4904.19K.24055	1800-1850							
4904.19K.24057	1900-1950							
4904.19K.24059	4/4/2024-23/5/2024	0900-0950	四 Thu	1100				
4904.19K.24061		1000-1050						
4904.19K.24063		1500-1550						
4904.19K.24065		1600-1650						
4904.19K.24067		1700-1750						
4904.19K.24069		1800-1850						
4904.19K.24071	5/4/2024-24/5/2024	0900-0950	五 Fri	1100				
4904.19K.24073		1000-1050						
4904.19K.24075		1500-1550						
4904.19K.24077		1600-1650						
4904.19K.24079		1700-1750						
4904.19K.24081		1800-1850						
4904.19K.24083		1900-1950						

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月	4904.19K.24085	25/5/2024-15/6/2024	0900-0950	六 Sat	550	4	一條龍課程 Through-Train Program *複式教學
	4904.19D.24033		1000-1050		630		
	4904.19D.24037		1100-1150				
	4904.19D.24041		1200-1250		550		
	4904.19D.24045		1300-1350				
	4904.19K.24087		1400-1450				
	4904.19K.24089		1500-1550				
	4904.19K.24091		1600-1650				
	4904.19K.24093		1700-1750				
	4904.19K.24095		1800-1850				
	4904.19K.24097		1900-1950				
	4904.19K.24099	0900-0950	日 Sun	550			
	4904.19K.24101	1000-1050					
	4904.19K.24103	1100-1150					
	4904.19K.24105	1200-1250					
	4904.19K.24107	1300-1350					
	4904.19D.24049	1400-1450		630			
	4904.19D.24053	1500-1550					
	4904.19D.24057	1600-1650					
	4904.19D.24061	1700-1750					
	4904.19K.24109	1500-1550			一 Mon		
	4904.19K.24111	1600-1650					
	4904.19K.24113	1700-1750					
	4904.19K.24115	1800-1850					
	4904.19K.24117	1900-1950					
	4904.19K.24119	0900-0950	二 Tue	550			
	4904.19K.24121	1000-1050					
	4904.19K.24123	1500-1550					
	4904.19K.24125	1600-1650					
	4904.19K.24127	1700-1750					
	4904.19K.24129	1800-1850					
	4904.19K.24131	0900-0950	三 Wed				
4904.19K.24133	1000-1050						
4904.19K.24135	1600-1650						
4904.19K.24137	1700-1750						
4904.19K.24139	1800-1850						
4904.19K.24141	1900-1950	四 Thu					
4904.19K.24143	0900-0950						
4904.19K.24145	1000-1050						
4904.19K.24147	1500-1550						
4904.19K.24149	1600-1650						
4904.19K.24151	1700-1750	五 Fri					
4904.19K.24153	1800-1850						
4904.19K.24155	0900-0950						
4904.19K.24157	1000-1050						
4904.19K.24159	1500-1550						
4904.19K.24161	1600-1650						
4904.19K.24163	1700-1750						
4904.19K.24165	1800-1850						
4904.19K.24167	1900-1950						

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.

## 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月	4904.19K.24002	30/3/2024-18/5/2024	0900-0950	六 Sat	1100	8	一條龍課程 Through-Train Program *複式教學	
	4904.19D.24001		1000-1050		1260			
	4904.19D.24005		1100-1150					
	4904.19D.24009		1200-1250					
	4904.19D.24013		1300-1350					
	4904.19K.24004		1400-1450					1100
	4904.19K.24006		1500-1550					
	4904.19K.24008		1600-1650					
	4904.19K.24010		1700-1750					
	4904.19K.24012		1800-1850					
	4904.19K.24014		1900-1950					
	4904.19K.24016		0900-0950					
	4904.19K.24018	1000-1050						
	4904.19K.24020	1100-1150						
	4904.19K.24022	1200-1250						
	4904.19K.24024	1300-1350						
	4904.19D.24017	1400-1450	1260					
	4904.19D.24021	1500-1550						
	4904.19D.24025	1600-1650						
	4904.19D.24029	1700-1750						
	4904.19K.24026	1500-1550		一 Mon				
	4904.19K.24028	1600-1650						
	4904.19K.24030	1700-1750						
	4904.19K.24032	1800-1850						
	4904.19K.24034	1900-1950						
	4904.19K.24036	0900-0950	二 Tue	1100				
	4904.19K.24038	1000-1050						
	4904.19K.24040	1500-1550						
	4904.19K.24042	1600-1650						
	4904.19K.24044	1700-1750						
	4904.19K.24046	1800-1850						
	4904.19K.24048	0900-0950	三 Wed	1100				
4904.19K.24050	1000-1050							
4904.19K.24052	1600-1650							
4904.19K.24054	1700-1750							
4904.19K.24056	1800-1850							
4904.19K.24058	1900-1950							
4904.19K.24060	0900-0950	四 Thu	1100					
4904.19K.24062	1000-1050							
4904.19K.24064	1500-1550							
4904.19K.24066	1600-1650							
4904.19K.24068	1700-1750							
4904.19K.24070	1800-1850							
4904.19K.24072	0900-0950	五 Fri	1100					
4904.19K.24074	1000-1050							
4904.19K.24076	1500-1550							
4904.19K.24078	1600-1650							
4904.19K.24080	1700-1750							
4904.19K.24082	1800-1850							
4904.19K.24084	1900-1950							

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月	4904.19K.24086	25/5/2024-15/6/2024	0900-0950	六 Sat	550	4	一條龍課程 Through-Train Program *複式教學
	4904.19D.24033		1000-1050		630		
	4904.19D.24037		1100-1150				
	4904.19D.24041		1200-1250				
	4904.19D.24045		1300-1350				
	4904.19K.24088		1400-1450				
	4904.19K.24090		1500-1550		550		
	4904.19K.24092		1600-1650				
	4904.19K.24094		1700-1750				
	4904.19K.24096		1800-1850				
	4904.19K.24098		1900-1950				
	4904.19K.24100		26/5/2024-16/6/2024		0900-0950		
	4904.19K.24102	1000-1050					
	4904.19K.24104	1100-1150					
	4904.19K.24106	1200-1250					
	4904.19K.24108	1300-1350					
	4904.19D.24049	1400-1450		630			
	4904.19D.24053	1500-1550					
	4904.19D.24057	1600-1650					
	4904.19D.24061	1700-1750					
	4904.19K.24110	1500-1550			一 Mon		
	4904.19K.24112	1600-1650					
	4904.19K.24114	1700-1750					
	4904.19K.24116	1800-1850					
	4904.19K.24118	1900-1950					
	4904.19K.24120	28/5/2024-18/6/2024	0900-0950	二 Tue	550		
	4904.19K.24122		1000-1050				
	4904.19K.24124		1500-1550				
	4904.19K.24126		1600-1650				
	4904.19K.24128		1700-1750				
	4904.19K.24130		1800-1850				
	4904.19K.24132	29/5/2024-19/6/2024	0900-0950	三 Wed			
	4904.19K.24134		1000-1050				
	4904.19K.24136		1600-1650				
	4904.19K.24138		1700-1750				
	4904.19K.24140		1800-1850				
4904.19K.24142	1900-1950						
4904.19K.24144	30/5/2024-20/6/2024	0900-0950	四 Thu				
4904.19K.24146		1000-1050					
4904.19K.24148		1500-1550					
4904.19K.24150		1600-1650					
4904.19K.24152		1700-1750					
4904.19K.24154		1800-1850					
4904.19K.24156	31/5/2024-21/6/2024	0900-0950	五 Fri				
4904.19K.24158		1000-1050					
4904.19K.24160		1500-1550					
4904.19K.24162		1600-1650					
4904.19K.24164		1700-1750					
4904.19K.24166		1800-1850					
4904.19K.24168		1900-1950					

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.

# 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 月	*4904.19Z.24001	30/3/2024-18/5/2024	0900-0950	六 Sat	1100	8	一條龍課程 Through-Train Program *複式教學		
	4904.19D.24001		1000-1050		1260				
	4904.19D.24005		1100-1150						
	4904.19D.24009		1200-1250						
	4904.19D.24013		1300-1350						
	*4904.19Z.24003		1400-1450						
	*4904.19Z.24007		1500-1550						
	*4904.19Z.24011		1600-1650						
	*4904.19Z.24014		1700-1750						
	*4904.19Z.24018		1800-1850						
	*4904.19Z.24021		1900-1950						
	*4904.19Z.24024		2000-2050						
	*4904.19Z.24028	31/3/2024-19/5/2024	0900-0950	日 Sun			1100	一條龍課程 Through-Train Program *複式教學	
	*4904.19Z.24029		1000-1050						
	*4904.19Z.24030		1100-1150						
	*4904.19Z.24032		1200-1250						
	*4904.19Z.24034		1300-1350						
	4904.19D.24017		1400-1450						
	4904.19D.24021		1500-1550						
	4904.19D.24025		1600-1650						
	4904.19D.24029		1700-1750						
	*4904.19Z.24037		1800-1850						
	*4904.19Z.24041		1/4/2024-20/5/2024		1500-1550		一 Mon		1100
	*4904.19Z.24045				1600-1650				
	*4904.19Z.24049	1700-1750							
	*4904.19Z.24053	1800-1850							
	*4904.19Z.24056	1900-1950							
	^4904.19Z.24057	2/4/2024-21/5/2024	0900-0950	二 Tue	1100				
	^4904.19Z.24059		1000-1050						
	*4904.19Z.24060		1500-1550						
	*4904.19Z.24062		1600-1650						
	*4904.19Z.24066		1700-1750						
*4904.19Z.24069	1800-1850								
^4904.19Z.24073	3/4/2024-22/5/2024	0900-0950	三 Wed	1100					
^4904.19Z.24074		1000-1050							
*4904.19Z.24078		1600-1650							
*4904.19Z.24082		1700-1750							
*4904.19Z.24085		1800-1850							
*4904.19Z.24087	1900-1950								
^4904.19Z.24089	4/4/2024-23/5/2024	0900-0950	四 Thu	1100					
^4904.19Z.24091		1000-1050							
*4904.19Z.24092		1500-1550							
*4904.19Z.24096		1600-1650							
*4904.19Z.24100		1700-1750							
*4904.19Z.24104		1800-1850							
^4904.19Z.24106	5/4/2024-24/5/2024	0900-0950	五 Fri	1100					
^4904.19Z.24107		1000-1050							
*4904.19Z.24108		1500-1550							
*4904.19Z.24112		1600-1650							
*4904.19Z.24116		1700-1750							
*4904.19Z.24119		1800-1850							
*4904.19Z.24122		1900-1950							

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月	*4904.19Z.24129	25/5/2024-15/6/2024	0900-0950	六 Sat	550	4	一條龍課程 Through-Train Program *複式教學	
	4904.19D.24033		1000-1050		630			
	4904.19D.24037		1100-1150					
	4904.19D.24041		1200-1250		550			
	4904.19D.24045		1300-1350					
	*4904.19Z.24131		1400-1450					
	*4904.19Z.24135		1500-1550					
	*4904.19Z.24139		1600-1650					
	*4904.19Z.24142		1700-1750					
	*4904.19Z.24146		1800-1850					
	*4904.19Z.24149		1900-1950					
	*4904.19Z.24152		2000-2050					
	*4904.19Z.24156	26/5/2024-16/6/2024	0900-0950	日 Sun			550	一條龍課程 Through-Train Program *複式教學
	*4904.19Z.24157		1000-1050		630			
	*4904.19Z.24158		1100-1150					
	*4904.19Z.24160		1200-1250		550			
	*4904.19Z.24162		1300-1350					
	4904.19D.24049		1400-1450					
	4904.19D.24053		1500-1550					
	4904.19D.24057		1600-1650					
	4904.19D.24061		1700-1750					
	*4904.19Z.24165		1800-1850					
	*4904.19Z.24169		1900-1950					
	*4904.19Z.24173		2000-2050					
	*4904.19Z.24177	27/5/2024-17/6/2024	1500-1550	一 Mon			550	
	*4904.19Z.24181		1600-1650					
	*4904.19Z.24184		1700-1750					
	*4904.19Z.24188		1800-1850					
	*4904.19Z.24194		1900-1950					
	*4904.19Z.24197		0900-0950		二 Tue			
	^4904.19Z.24185		1000-1050					
	^4904.19Z.24187		1500-1550					
	*4904.19Z.24188		1600-1650					
	*4904.19Z.24190		1700-1750					
	*4904.19Z.24194		1800-1850					
	*4904.19Z.24197		0900-0950					
^4904.19Z.24201	1000-1050							
^4904.19Z.24202	1600-1650							
*4904.19Z.24206	1700-1750							
*4904.19Z.24210	1800-1850							
*4904.19Z.24213	1900-1950							
*4904.19Z.24215	0900-0950	四 Thu						
^4904.19Z.24217	1000-1050							
^4904.19Z.24219	1500-1550							
*4904.19Z.24220	1600-1650							
*4904.19Z.24224	1700-1750							
*4904.19Z.24228	1800-1850							
*4904.19Z.24232	0900-0950		五 Fri					
^4904.19Z.24234	1000-1050							
^4904.19Z.24235	1500-1550							
*4904.19Z.24236	1600-1650							
*4904.19Z.24240	1700-1750							
*4904.19Z.24244	1800-1850							
*4904.19Z.24248	1900-1950							
*4904.19Z.24252	0900-0950							

(^)-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

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.

## 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 月	*4904.19Z.24001	30/3/2024-18/5/2024	0900-0950	六 Sat	1100	8	一條龍課程 Through-Train Program *複式教學
	4904.19D.24001		1000-1050		1260		
	4904.19D.24005		1100-1150				
	4904.19D.24009		1200-1250				
	4904.19D.24013		1300-1350				
	*4904.19Z.24003		1400-1450				
	*4904.19Z.24007		1500-1550		1100		
	*4904.19Z.24011		1600-1650				
	*4904.19Z.24014		1700-1750				
	*4904.19Z.24018		1800-1850				
	*4904.19Z.24021		1900-1950				
	*4904.19Z.24024		2000-2050		31/3/2024-19/5/2024		
	*4904.19Z.24028	0900-0950					
	*4904.19Z.24029	1000-1050					
	*4904.19Z.24030	1100-1150					
	*4904.19Z.24032	1200-1250					
	*4904.19Z.24034	1300-1350					
	4904.19D.24017	1400-1450	1260				
	4904.19D.24021	1500-1550					
	4904.19D.24025	1600-1650					
	4904.19D.24029	1700-1750					
	*4904.19Z.24037	1800-1850					
	*4904.19Z.24041	1500-1550		1/4/2024-20/5/2024		一 Mon	1100
	*4904.19Z.24045	1600-1650					
	*4904.19Z.24049	1700-1750					
	*4904.19Z.24053	1800-1850					
	*4904.19Z.24056	1900-1950					
	^4904.19Z.24057	2/4/2024-21/5/2024	0900-0950	二 Tue	1100		
	^4904.19Z.24059		1000-1050				
	*4904.19Z.24060		1500-1550				
	*4904.19Z.24062		1600-1650				
	*4904.19Z.24066		1700-1750				
*4904.19Z.24069	1800-1850						
^4904.19Z.24073	3/4/2024-22/5/2024		0900-0950			三 Wed	1100
^4904.19Z.24074			1000-1050				
*4904.19Z.24078			1600-1650				
*4904.19Z.24082			1700-1750				
*4904.19Z.24085		1800-1850					
*4904.19Z.24087		1900-1950					
^4904.19Z.24089	4/4/2024-23/5/2024	0900-0950	四 Thu	1100			
^4904.19Z.24091		1000-1050					
*4904.19Z.24092		1500-1550					
*4904.19Z.24096		1600-1650					
*4904.19Z.24100		1700-1750					
*4904.19Z.24104		1800-1850					
^4904.19Z.24106	5/4/2024-24/5/2024	0900-0950	五 Fri	1100			
^4904.19Z.24107		1000-1050					
*4904.19Z.24108		1500-1550					
*4904.19Z.24112		1600-1650					
*4904.19Z.24116		1700-1750					
*4904.19Z.24119		1800-1850					
*4904.19Z.24122	1900-1950						



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月	*4904.19Z.24129	25/5/2024-15/6/2024	0900-0950	六 Sat	550	4	一條龍課程 Through-Train Program *複式教學
	4904.19D.24033		1000-1050		630		
	4904.19D.24037		1100-1150				
	4904.19D.24041		1200-1250		550		
	4904.19D.24045		1300-1350				
	*4904.19Z.24131		1400-1450				
	*4904.19Z.24135		1500-1550				
	*4904.19Z.24139		1600-1650				
	*4904.19Z.24142		1700-1750				
	*4904.19Z.24146		1800-1850		550		
	*4904.19Z.24149		1900-1950				
	*4904.19Z.24152		2000-2050				
	*4904.19Z.24156	0900-0950	日 Sun	550			
	*4904.19Z.24157	1000-1050					
	*4904.19Z.24158	1100-1150					
	*4904.19Z.24160	1200-1250					
	*4904.19Z.24162	1300-1350					
	4904.19D.24049	1400-1450			630		
	4904.19D.24053	1500-1550					
	4904.19D.24057	1600-1650					
	4904.19D.24061	1700-1750					
	*4904.19Z.24165	1800-1850		550			
	*4904.19Z.24169	1500-1550		一 Mon			一條龍課程 Through-Train Program *複式教學
	*4904.19Z.24173	1600-1650					
	*4904.19Z.24177	1700-1750					
	*4904.19Z.24181	1800-1850					
	*4904.19Z.24184	1900-1950					
	^4904.19Z.24185	0900-0950	二 Tue				
	^4904.19Z.24187	1000-1050					
	*4904.19Z.24188	1500-1550					
	*4904.19Z.24190	1600-1650					
	*4904.19Z.24194	1700-1750					
*4904.19Z.24197	1800-1850	550					
^4904.19Z.24201	0900-0950		三 Wed				
^4904.19Z.24202	1000-1050						
*4904.19Z.24206	1600-1650						
*4904.19Z.24210	1700-1750						
*4904.19Z.24213	1800-1850						
*4904.19Z.24215	1900-1950	四 Thu					
^4904.19Z.24217	0900-0950						
^4904.19Z.24219	1000-1050						
*4904.19Z.24220	1500-1550						
*4904.19Z.24224	1600-1650						
*4904.19Z.24228	1700-1750		五 Fri				
*4904.19Z.24232	1800-1850						
^4904.19Z.24234	0900-0950						
^4904.19Z.24235	1000-1050						
*4904.19Z.24236	1500-1550						
*4904.19Z.24240	1600-1650						
*4904.19Z.24244	1700-1750	550					
*4904.19Z.24248	1800-1850						
*4904.19Z.24252	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

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.

## 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 月	4904.19C.24001	30/3/2024-18/5/2024	0900-0955	六 Sat	1100	8	一條龍課程 Through-Train Program *複式教學	
	4904.19D.24001		1000-1055		1260			
	4904.19D.24005		1100-1155					
	4904.19D.24009		1200-1255					
	4904.19D.24013		1300-1355					
	4904.19C.24002		1400-1455					1100
	4904.19C.24003		1500-1555					
	4904.19C.24004		1600-1655					
	4904.19C.24005		1700-1755					
	4904.19C.24006		1800-1855					
	4904.19C.24007		1900-1955					
	4904.19C.24008		2000-2055					1100
	4904.19C.24009	0900-0955	日 Sun					
	4904.19C.24010	1000-1055						
	4904.19C.24011	1100-1155						
	4904.19C.24012	1300-1355						
	4904.19D.24017	1400-1455		1260				
	4904.19D.24021	1500-1555						
	4904.19D.24025	1600-1655						
	4904.19D.24029	1700-1755						
	4904.19C.24013	1800-1855						
	4904.19C.24014	1500-1555		一 Mon	1100			
	4904.19C.24015	1600-1655						
	4904.19C.24016	1700-1755						
	4904.19C.24017	1800-1855						
	4904.19C.24018	1900-1955						
	^4904.19Z.24057	0900-0955	二 Tue					
	^4904.19Z.24059	1000-1055						
	4904.19C.24019	1500-1555						
	4904.19C.24020	1600-1655						
	4904.19C.24021	1700-1755						
	4904.19C.24022	1800-1855						
	^4904.19Z.24073	0900-0955	三 Wed					
	^4904.19Z.24074	1000-1055						
	4904.19C.24023	1600-1655						
4904.19C.24024	1700-1755							
4904.19C.24025	1800-1855							
4904.19C.24026	1900-1955							
^4904.19Z.24089	0900-0955	四 Thu						
^4904.19Z.24091	1000-1055							
4904.19C.24027	1500-1555							
4904.19C.24028	1600-1655							
4904.19C.24029	1700-1755							
4904.19C.24030	1800-1855							
^4904.19Z.24106	0900-0955	五 Fri						
^4904.19Z.24107	1000-1055							
4904.19C.24031	1500-1555							
4904.19C.24032	1600-1655							
4904.19C.24033	1700-1755							
4904.19C.24034	1800-1855							
4904.19C.24035	1900-1955							

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月	4904.19C.24036	25/5/2024-15/6/2024	0900-0955	六 Sat	550	4	一條龍課程 Through-Train Program *複式教學	
	4904.19D.24033		1000-1055		630			
	4904.19D.24037		1100-1155					
	4904.19D.24041		1200-1255					
	4904.19D.24045		1300-1355		550			
	4904.19C.24037		1400-1455					
	4904.19C.24038		1500-1555					
	4904.19C.24039		1600-1655					
	4904.19C.24040		1700-1755					
	4904.19C.24041		1800-1855					
	4904.19C.24042		1900-1955					
	4904.19C.24043		2000-2055		550			
	4904.19C.24044		0900-0955					日 Sun
	4904.19C.24045		1000-1055					
	4904.19C.24046	1100-1155						
	4904.19C.24047	1300-1355						
	4904.19D.24049	1400-1455						
	4904.19D.24053	1500-1555	630					
	4904.19D.24057	1600-1655						
	4904.19D.24061	1700-1755						
	4904.19C.24048	1800-1855						
	4904.19C.24049	1500-1555		一 Mon				
	4904.19C.24050	1600-1655						
	4904.19C.24051	1700-1755						
	4904.19C.24052	1800-1855						
	4904.19C.24053	1900-1955	二 Tue					
	^4904.19Z.24185	0900-0955						
	^4904.19Z.24187	1000-1055						
	4904.19C.24054	1500-1555						
	4904.19C.24055	1600-1655						
	4904.19C.24056	1700-1755						
	4904.19C.24057	1800-1855	三 Wed					
^4904.19Z.24201	0900-0955							
^4904.19Z.24202	1000-1055							
4904.19C.24058	1600-1655							
4904.19C.24059	1700-1755							
4904.19C.24060	1800-1855							
4904.19C.24061	1900-1955	四 Thu						
^4904.19Z.24217	0900-0955							
^4904.19Z.24219	1000-1055							
4904.19C.24062	1500-1555							
4904.19C.24063	1600-1655							
4904.19C.24064	1700-1755							
4904.19C.24065	1800-1855	五 Fri						
^4904.19Z.24234	0900-0955							
^4904.19Z.24235	1000-1055							
4904.19C.24066	1500-1555							
4904.19C.24067	1600-1655							
4904.19C.24068	1700-1755							
4904.19C.24069	1800-1855	550						
4904.19C.24070	1900-1955							

(^)-之課程將與初一及初二級別合併。名額 4 人

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

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.

**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 6-8 人(each class: 6-8 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		
中一 中二 中三 4-5 月	*4904.19Z.24002	30/3/2024-18/5/2024	0900-1000	六 Sat	1100	8	一條龍課程 Through-Train Program *複式教學		
	4904.19D.24002		1000-1100		1260				
	4904.19D.24006		1100-1200						
	4904.19D.24010		1200-1300						
	4904.19D.24014		1300-1400		1100				
	*4904.19Z.24004		1400-1500						
	*4904.19Z.24008		1500-1600						
	*4904.19Z.24012		1600-1700						
	*4904.19Z.24015		1700-1800						
	*4904.19Z.24019		1800-1900						
	*4904.19Z.24022		1900-2000						
	*4904.19Z.24025		2000-2100						
	*4904.19Z.24031		31/3/2024-19/5/2024		1100-1200			日 Sun	1100
	*4904.19Z.24033				1200-1300				1260
	*4904.19Z.24035	1300-1400							
	4904.19D.24018	1400-1500							
	4904.19D.24022	1500-1600							
	4904.19D.24026	1600-1700							
	4904.19D.24030	1700-1800							
	*4904.19Z.24038	1800-1900		1100					
	*4904.19Z.24042	1/4/2024-20/5/2024	1500-1600	一 Mon	1100				
	*4904.19Z.24046		1600-1700						
	*4904.19Z.24050		1700-1800						
	*4904.19Z.24054		1800-1900						
	*4904.19Z.24058	2/4/2024-21/5/2024	0900-1000	二 Tue	1100				
	*4904.19Z.24061		1500-1600						
	*4904.19Z.24063		1600-1700						
	*4904.19Z.24067		1700-1800						
	*4904.19Z.24070	1800-1900							
	*4904.19Z.24075	3/4/2024-22/5/2024	1500-1600	三 Wed	1100				
	*4904.19Z.24079		1600-1700						
	*4904.19Z.24086		1800-1900						
*4904.19Z.24088	1900-2000								
*4904.19Z.24090	4/4/2024-23/5/2024	0900-1000	四 Thu	1100					
*4904.19Z.24093		1500-1600							
*4904.19Z.24097		1600-1700							
*4904.19Z.24101		1700-1800							
*4904.19Z.24105		1800-1900							
*4904.19Z.24109	5/4/2024-24/5/2024	1500-1600	五 Fri	1100					
4904.19Z.24113		1600-1700							
*4904.19Z.24117		1700-1800							
*4904.19Z.24120		1800-1900							
*4904.19Z.24123		1900-2000							

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		
中一 中二 中三 6月	*4904.19Z.24130	25/5/2024-15/6/2024	0900-1000	六 Sat	550	4	一條龍課程 Through-Train Program *複式教學		
	4904.19D.24034		1000-1100		630				
	4904.19D.24038		1100-1200						
	4904.19D.24042		1200-1300						
	4904.19D.24046		1300-1400		550				
	*4904.19Z.24132		1400-1500						
	*4904.19Z.24136		1500-1600						
	*4904.19Z.24140		1600-1700						
	*4904.19Z.24143		1700-1800						
	*4904.19Z.24147		1800-1900						
	*4904.19Z.24150		1900-2000		550				
	*4904.19Z.24153		2000-2100						
	*4904.19Z.24159		26/5/2024-16/6/2024		1100-1200			日 Sun	550
	*4904.19Z.24161				1200-1300				630
	*4904.19Z.24163	1300-1400							
	4904.19D.24050	1400-1500							
	4904.19D.24054	1500-1600							
	4904.19D.24058	1600-1700							
	4904.19D.24062	1700-1800							
	*4904.19Z.24166	1800-1900		550					
	*4904.19Z.24170	27/5/2024-17/6/2024	1500-1600	一 Mon	550				
	*4904.19Z.24174		1600-1700						
	*4904.19Z.24178		1700-1800						
	*4904.19Z.24182		1800-1900						
	*4904.19Z.24186	28/5/2024-18/6/2024	0900-1000	二 Tue	550				
	*4904.19Z.24189		1500-1600						
	*4904.19Z.24191		1600-1700						
	*4904.19Z.24195		1700-1800						
	*4904.19Z.24198		1800-1900						
	*4904.19Z.24203	29/5/2024-19/6/2024	1500-1600	三 Wed	550				
	*4904.19Z.24207		1600-1700						
	*4904.19Z.24214		1800-1900						
*4904.19Z.24216	1900-2000								
*4904.19Z.24218	30/5/2024-20/6/2024	0900-1000	四 Thu	550					
*4904.19Z.24221		1500-1600							
*4904.19Z.24225		1600-1700							
*4904.19Z.24229		1700-1800							
*4904.19Z.24233		1800-1900							
*4904.19Z.24237	31/5/2024-21/6/2024	1500-1600	五 Fri	550					
4904.19Z.24241		1600-1700							
*4904.19Z.24245		1700-1800							
*4904.19Z.24249		1800-1900							
*4904.19Z.24253		1900-2000							

(\*)-的課程將與中二和中三級別合併。名額 6-8 人 Course code with (\*) is combined with Intermediated level II and III. Each class 6-8 students 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.

**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
高一 高二 高三 4-5 月	4904.19D.24003	30/3/2024-18/5/2024	1000-1100	六 Sat	1260	8	一條龍課程 Through-Train Program *複式教學
	4904.19D.24007		1100-1200				
	4904.19D.24011		1200-1300				
	4904.19D.24015		1300-1400				
	*4904.19Z.24005		1400-1500		1100		
	*4904.19Z.24009		1500-1600				
	*4904.19Z.24013		1600-1700				
	*4904.19Z.24016		1700-1800				
	*4904.19Z.24020		1800-1900		1260		
	*4904.19Z.24023		1900-2000				
	*4904.19Z.24026		2000-2100				
	*4904.19Z.24036		1300-1400				
	4904.19D.24019	1400-1500					
	4904.19D.24023	1500-1600					
	4904.19D.24027	1600-1700					
	4904.19D.24031	1700-1800	1260				
	*4904.19Z.24039	1900-2000					
	*4904.19Z.24043	1500-1600		1100			
	*4904.19Z.24047	1600-1700					
	*4904.19Z.24051	1700-1800					
	*4904.19Z.24064	1600-1700	1100				
	*4904.19Z.24068	1700-1800					
	*4904.19Z.24071	1900-2000					
	*4904.19Z.24076	1500-1600		1100			
	*4904.19Z.24080	1600-1700					
	*4904.19Z.24083	1700-1800					
	*4904.19Z.24094	1500-1600	1100				
	*4904.19Z.24098	1600-1700					
*4904.19Z.24102	1700-1800						
*4904.19Z.24110	1500-1600	五 Fri					
*4904.19Z.24114	1600-1700						
*4904.19Z.24118	1700-1800						
*4904.19Z.24124	1900-2000						
*4904.19Z.24126	2000-2100						
*4904.19Z.24127	2100-2200						

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
高一 高二 高三  6月	4904.19D.24035	25/5/2024-15/6/2024	1000-1100	六 Sat	630	4	一條龍課程 Through-Train Program *複式教學
	4904.19D.24039		1100-1200				
	4904.19D.24043		1200-1300				
	4904.19D.24047		1300-1400				
	*4904.19Z.24133		1400-1500				
	*4904.19Z.24137		1500-1600		550		
	*4904.19Z.24141		1600-1700				
	*4904.19Z.24144		1700-1800				
	*4904.19Z.24148		1800-1900				
	*4904.19Z.24151		1900-2000				
	*4904.19Z.24154		2000-2100				
	*4904.19Z.24164		26/5/2024-16/6/2024		1300-1400		
	4904.19D.24051	1400-1500					
	4904.19D.24055	1500-1600					
	4904.19D.24059	1600-1700					
	4904.19D.24063	1700-1800					
	*4904.19Z.24167	1900-2000		550			
	*4904.19Z.24171	27/5/2024-17/6/2024	1500-1600	一 Mon	550		
	*4904.19Z.24175		1600-1700				
	*4904.19Z.24179		1700-1800				
	*4904.19Z.24192	28/5/2024-18/6/2024	1600-1700	二 Tue			
	*4904.19Z.24196		1700-1800				
	*4904.19Z.24199		1900-2000				
	*4904.19Z.24204	29/5/2024-19/6/2024	1500-1600	三 Wed			
	*4904.19Z.24208		1600-1700				
	*4904.19Z.24211		1700-1800				
	*4904.19Z.24222	30/5/2024-20/6/2024	1500-1600	四 Thu			
	*4904.19Z.24226		1600-1700				
*4904.19Z.24230	1700-1800						
*4904.19Z.24238	31/5/2024-21/6/2024	1500-1600	五 Fri				
*4904.19Z.24242		1600-1700					
*4904.19Z.24246		1700-1800					
*4904.19Z.24254		1900-2000					
*4904.19Z.24256		2000-2100					
*4904.19Z.24257		2100-2200					

(\*)-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

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

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### 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
深一 深二 深三  4-5 月	4904.19D.24004	30/3/2024-18/5/2024	1000-1100	六 Sat	1260	8	一條龍課程 Through-Train Program *複式教學
	4904.19D.24008		1100-1200				
	4904.19D.24012		1200-1300				
	4904.19D.24016		1300-1400				
	*4904.19Z.24006		1400-1500		1100		
	*4904.19Z.24010		1500-1600				
	*4904.19Z.24017		1700-1800				
	*4904.19Z.24027		2000-2100				
	4904.19D.24020	31/3/2024-19/5/2024	1400-1500	日 Sun	1260		一條龍課程 Through-Train Program *複式教學
	4904.19D.24024		1500-1600				
	4904.19D.24028		1600-1700				
	4904.19D.24032		1700-1800				
	*4904.19Z.24040		1900-2000		1100		
	*4904.19Z.24044	1/4/2024-20/5/2024	1500-1600	一 Mon	1100		
	*4904.19Z.24048		1600-1700				
	*4904.19Z.24055		1800-1900				
	*4904.19Z.24065	2/4/2024-21/5/2024	1600-1700	二 Tue			
	*4904.19Z.24072		1900-2000				
	*4904.19Z.24077	3/4/2024-22/5/2024	1500-1600	三 Wed			
	*4904.19Z.24081		1600-1700				
	*4904.19Z.24084		1700-1800				
	*4904.19Z.24095	4/4/2024-23/5/2024	1500-1600	四 Thu			
	*4904.19Z.24099		1600-1700				
	*4904.19Z.24103		1700-1800				
*4904.19Z.24111	5/4/2024-24/5/2024	1500-1600	五 Fri				
*4904.19Z.24115		1600-1700					
*4904.19Z.24121		1800-1900					
*4904.19Z.24125		1900-2000					
*4904.19Z.24128		2100-2200					



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
深一 深二 深三 6月	4904.19D.24036	25/5/2024-15/6/2024	1000-1100	六 Sat	630	4	一條龍課程 Through-Train Program *複式教學
	4904.19D.24040		1100-1200				
	4904.19D.24044		1200-1300				
	4904.19D.24048		1300-1400				
	*4904.19Z.24134		1400-1500		550		
	*4904.19Z.24138		1500-1600				
	*4904.19Z.24145		1700-1800				
	*4904.19Z.24155		2000-2100				
	4904.19D.24052	26/5/2024-16/6/2024	1400-1500	日 Sun	630	4	一條龍課程 Through-Train Program *複式教學
	4904.19D.24056		1500-1600				
	4904.19D.24060		1600-1700				
	4904.19D.24064		1700-1800		550		
	*4904.19Z.24168		1900-2000				
	*4904.19Z.24172	27/5/2024-17/6/2024	1500-1600	一 Mon	550	4	
	*4904.19Z.24176		1600-1700				
	*4904.19Z.24183		1800-1900				
	*4904.19Z.24193	28/5/2024-18/6/2024	1600-1700	二 Tue	550	4	
	*4904.19Z.24200		1900-2000				
	*4904.19Z.24205	29/5/2024-19/6/2024	1500-1600	三 Wed	550	4	
	*4904.19Z.24209		1600-1700				
	*4904.19Z.24212		1700-1800				
	*4904.19Z.24223	30/5/2024-20/6/2024	1500-1600	四 Thu	550	4	
	*4904.19Z.24227		1600-1700				
	*4904.19Z.24231		1700-1800				
	*4904.19Z.24239	31/5/2024-21/6/2024	1500-1600	五 Fri	550	4	
	*4904.19Z.24243		1600-1700				
	*4904.19Z.24251		1800-1900				
	*4904.19Z.24255		1900-2000				
*4904.19Z.24258	2000-2100						

(\*)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

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## Youth Elementary / Intermediated Swimming Courses

### 少年游泳初/中班

參加者資格: 11 歲至 15 歲會友

Eligibility: Members of 11-15 years old

課程內容:

1. 教授游泳課基本技巧
2. 課程完成後由教練評核考取本會十二級章別

Course Content:

1. Basic Swimming Techniques
2. Upon completion of the course and assessment, swimmers will be awarded a certificate and badges of Youth and Teen Aquatic Scheme of equivalent level.

上課地點 Venue: 4/F

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

課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
4904.19J.24002	31/3/2024-19/5/2024	1800-1900	日 Sun	1100	8
4904.19J.24004	26/5/2024-16/6/2024	1800-1900	日 Sun	550	4

## Youth Higher / Advanced Swimming Courses

### 少年游泳高/深班

參加者資格: 11 歲至 15 歲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 11-15 years old and able to swim 25 meter

課程內容:

1. 教授游泳課進階技巧
2. 課程完成後由教練評核考取本會十二級章別
- 3.

Course Content:

1. Advanced Swimming Techniques
2. Upon completion of the course and assessment, swimmers will be awarded a certificate and badges of Youth and Teen Aquatic Scheme of equivalent level.

上課地點 Venue: 4/F

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

課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
4904.19J.24001	30/3/2024-18/5/2024	1900-2000	六 Sat	1100	8
4904.19J.24003	25/5/2024-15/6/2024	1900-2000	六 Sat	550	4

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## 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
4-5 月	4904.19T.24001	30/3/2024-18/5/2024	0900-1000	六 Sat	1100	8
	4904.19T.24002		1600-1700			
	4904.19T.24003		1800-1900			
	4904.19T.24004	31/3/2024-19/5/2024	1300-1400	日 Sun		
	4904.19T.24005		1800-1900			
	4904.19T.24006	3/4/2024-22/5/2024	1700-1800	三 Wed		
	4904.19T.24007	5/4/2024-24/5/2024	1600-1700	五 Fri		
	4904.19T.24008		2000-2100			
4904.19T.24009	2100-2200					
6 月	4904.19T.24010	25/5/2024-15/6/2024	0900-1000	六 Sat	550	4
	4904.19T.24011		1600-1700			
	4904.19T.24012		1800-1900			
	4904.19T.24013	26/5/2024-16/6/2024	1300-1400	日 Sun		
	4904.19T.24014		1800-1900			
	4904.19T.24015	29/5/2024-19/6/2024	1700-1800	三 Wed		
	4904.19T.24016	31/5/2024-21/6/2024	1600-1700	五 Fri		
	4904.19T.24017		2000-2100			
4904.19T.24018	2100-2200					

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## Ethnic Minorities Adult Swimming Course

### 少數族裔成人游泳班

參加資格: 16 歲以上本會會友

Eligibility: Member 16 or above

課程內容及特色:

- 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
4-5 月	4904.19N.24001	30/3/2024-18/5/2024	2100-2200	六 Sat	990	8
	4904.19N.24002	1/4/2024-20/5/2024	2000-2100	一 Mon		
6 月	4904.19N.24005	25/5/2024-15/6/2024	2100-2200	六 Sat	495	4
	4904.19N.24006	27/5/2024-17/6/2024	2000-2100	一 Mon		

## Ethnic Minorities Adult Female Swimming Course

### 少數族裔女子成人游泳班

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

Teaching Content:

- 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
4-5 月	4904.19N.24003	3/4/2024-22/5/2024	0900-1000	三 Wed	990	8
	4904.19N.24004		1000-1100			
6 月	4904.19N.24007	29/5/2024-19/6/2024	0900-1000	三 Wed	495	4
	4904.19N.24008		1000-1100			

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

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
女子 成人 4-5 月	4904.19A.24006	1/4/2024-20/5/2024	1900-2000	一 Mon	990	8
	4904.19A.24008		2000-2100			
	4904.19A.24016	2/4/2024-21/5/2024	1900-2000	二 Tue		
	4904.19A.24017		2000-2100			
	4904.19A.24024	3/4/2024-22/5/2024	1400-1500	三 Wed		
	4904.19A.24026		1900-2000			
	4904.19A.24028		2100-2200			
	4904.19A.24034	4/4/2024-23/5/2024	1400-1500	四 Thu		
	4904.19A.24036		1900-2000			
	4904.19A.24038		2000-2100			
	4904.19A.24044	5/4/2024-24/5/2024	2000-2100	五 Fri		
	4904.19A.24045		2100-2200			
女子 成人 6 月	4904.19A.24051	27/5/2024-17/6/2024	1900-2000	一 Mon	495	4
	4904.19A.24053		2000-2100			
	4904.19A.24061	28/5/2024-18/6/2024	1900-2000	二 Tue		
	4904.19A.24062		2000-2100			
	4904.19A.24069	29/5/2024-19/6/2024	1400-1500	三 Wed		
	4904.19A.24071		1900-2000			
	4904.19A.24073		2100-2200			
	4904.19A.24079	30/5/2024-20/6/2024	1400-1500	四 Thu		
	4904.19A.24081		1900-2000			
	4904.19A.24083		2000-2100			
	4904.19A.24089	31/5/2024-21/6/2024	2000-2100	五 Fri		
4904.19A.24090	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
成初 4-5 月	4904.19A.24001	30/3/2024-18/5/2024	2100-2200	六 Sat	990	8
	4904.19A.24002	1/4/2024-20/5/2024	0900-1000	一 Mon		
	4904.19A.24003		1000-1100			
	4904.19A.24004		1300-1400			
	4904.19A.24005		1500-1600			
	4904.19A.24007		1900-2000			
	4904.19A.24009		2000-2100			
	4904.19A.24012		2/4/2024-21/5/2024			
	4904.19A.24013	1000-1100				
	4904.19A.24014	1500-1600				
	4904.19A.24015	1900-2000				
	4904.19A.24018	2000-2100				
	4904.19A.24019	2100-2200				
	4904.19A.24021	3/4/2024-22/5/2024	1000-1100	三 Wed		
	4904.19A.24022		1200-1300			
	4904.19A.24023		1300-1400			
	4904.19A.24025		1500-1600			
	4904.19A.24030	4/4/2024-23/5/2024	1000-1100	四 Thu		
	4904.19A.24031		1100-1200			
	4904.19A.24032		1200-1300			
	4904.19A.24033		1300-1400			
	4904.19A.24035		1500-1600			
	4904.19A.24037		1900-2000			
	4904.19A.24041	5/4/2024-24/5/2024	1000-1100	五 Fri		
4904.19A.24042	1300-1400					
4904.19A.24043	1500-1600					

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月	4904.19A.24046	25/5/2024-15/6/2024	2100-2200	六 Sat	495	4
	4904.19A.24047	27/5/2024-17/6/2024	0900-1000	一 Mon		
	4904.19A.24048		1000-1100			
	4904.19A.24049		1300-1400			
	4904.19A.24050		1500-1600			
	4904.19A.24052		1900-2000			
	4904.19A.24054		2000-2100			
	4904.19A.24057		28/5/2024-18/6/2024			
	4904.19A.24058	1000-1100				
	4904.19A.24059	1500-1600				
	4904.19A.24060	1900-2000				
	4904.19A.24063	2000-2100				
	4904.19A.24064	2100-2200				
	4904.19A.24066	29/5/2024-19/6/2024	1000-1100	三 Wed		
	4904.19A.24067		1200-1300			
	4904.19A.24068		1300-1400			
	4904.19A.24070		1500-1600			
	4904.19A.24075	30/5/2024-20/6/2024	1000-1100	四 Thu		
	4904.19A.24076		1100-1200			
	4904.19A.24077		1200-1300			
	4904.19A.24078		1300-1400			
4904.19A.24080	1500-1600					
4904.19A.24082	1900-2000					
4904.19A.24086	31/5/2024-21/6/2024	1000-1100	五 Fri			
4904.19A.24087		1300-1400				
4904.19A.24088		1500-1600				

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## 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
4-5 月	4904.19A.24010	1/4/2024-20/5/2024	2000-2100	一 Mon	990	8
	4904.19A.24011		2100-2200			
	4904.19A.24020	3/4/2024-22/5/2024	0900-1000	三 Wed		
	4904.19A.24027		2000-2100			
	4904.19A.24029	4/4/2024-23/5/2024	0900-1000	四 Thu		
	4904.19A.24039		2100-2200			
	4904.19A.24040	5/4/2024-24/5/2024	0900-1000	五 Fri		
6 月	4904.19A.24055	27/5/2024-17/6/2024	2000-2100	一 Mon	495	4
	4904.19A.24056		2100-2200			
	4904.19A.24065	29/5/2024-19/6/2024	0900-1000	三 Wed		
	4904.19A.24072		2000-2100			
	4904.19A.24074	30/5/2024-20/6/2024	0900-1000	四 Thu		
	4904.19A.24084		2100-2200			
	4904.19A.24085	31/5/2024-21/6/2024	0900-1000	五 Fri		

### 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
4-5 月	4904.19E.24001	1/4/2024-20/5/2024	0900-1000	一 Mon	1100	8
	4904.19E.24002	4/4/2024-23/5/2024	1300-1400	四 Thu		
	4904.19E.24003	5/4/2024-24/5/2024	0900-1000	五 Fri		
	4904.19E.24004		1200-1300			
6 月	4904.19E.24005	27/5/2024-17/6/2024	0900-1000	一 Mon	550	4
	4904.19E.24006	30/5/2024-20/5/2024	1300-1400	四 Thu		
	4904.19E.24007	31/5/2024-21/5/2024	0900-1000	五 Fri		
	4904.19E.24008		1200-1300			

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## 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
4-5 月	4904.19R.24001	31/3/2024-19/5/2024	1900-2000	日 Sun	930	8
	4904.19R.24002	1/4/2024-20/5/2024	1000-1100	一 Mon		
	4904.19R.24003		1100-1200			
	4904.19R.24004	2/4/2024-21/5/2024	1000-1100	二 Tue		
	4904.19R.24005		1100-1200			
	4904.19R.24006	3/4/2024-22/5/2024	1100-1200	三 Wed		
	4904.19R.24007		2000-2100			
	4904.19R.24008	4/4/2024-23/5/2024	1000-1100	四 Thu		
	4904.19R.24009		1100-1200			
	4904.19R.24010		1400-1500			
	4904.19R.24011		2000-2100			
	4904.19R.24012	5/4/2024-24/5/2024	1000-1100	五 Fri		
	4904.19R.24013		1100-1200			
6 月	4904.19R.24014	26/5/2024-16/6/2024	1900-2000	日 Sun	465	4
	4904.19R.24015	27/5/2024-17/6/2024	1000-1100	一 Mon		
	4904.19R.24016		1100-1200			
	4904.19R.24017	28/5/2024-18/6/2024	1000-1100	二 Tue		
	4904.19R.24018		1100-1200			
	4904.19R.24019	29/5/2024-19/6/2024	1100-1200	三 Wed		
	4904.19R.24020		2000-2100			
	4904.19R.24021	30/5/2024-20/6/2024	1000-1100	四 Thu		
	4904.19R.24022		1100-1200			
	4904.19R.24023		1400-1500			
	4904.19R.24024		2000-2100			
4904.19R.24025	31/5/2024-21/6/2024	1000-1100	五 Fri			
4904.19R.24026		1100-1200				

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## 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
水健 復康運動 4-5 月	4904.60C.24001	1/4/2024-20/5/2024	1200-1300	一 Mon	1100	8
	4904.60C.24002	2/4/2024-21/5/2024	2000-2100	二 Tue		
	4904.60C.24003	3/4/2024-22/5/2024	1500-1600	三 Wed		
	4904.60C.24004	4/4/2024-23/5/2024	1200-1300	四 Thu		
	4904.60C.24005		1400-1500			
水健 復康運動 6 月	4904.60C.24006	27/5/2024-17/6/2024	1200-1300	一 Mon	550	4
	4904.60C.24007	28/5/2024-18/6/2024	2000-2100	二 Tue		
	4904.60C.24008	29/5/2024-19/6/2024	1500-1600	三 Wed		
	4904.60C.24009	30/5/2024-20/6/2024	1200-1300	四 Thu		
	4904.60C.24010		1400-1500			

## 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.24001	2/4/2024-23/5/2024	2100-2200	二, 四 Tue, Thu	1360	16
4904.19Y.24002	28/5/2024-20/6/2024	2100-2200	二, 四 Tue, Thu	680	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