



香港中華基督教青年會
Chinese YMCA of Hong Kong

九龍會所
Kowloon Centre

2024 年 9-10 月份 游泳班

2024 SEPTEMBER-OCTOBER

Swimming Course

**2024 9-10 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 SEPTEMBER-OCTOBER 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： 2024 年 7 至 8 月 期間 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 7 月 20 日至 8 月 18 日 攜同繳費回條到地下票務處繳交下一期費用 20/7-18/8: Course fee for next session with payment consent form should be submitted to G/F Ticketing Office.
	新生報名日期： 19/8(一) 10:00 起 到本會地下票務處報名或網上報名 Open Enrollment: Enroll in person or Online registration is applicable From 19/8 (MON) 10:00 onwards

2024 9-10 月份(8 堂) 一條龍游泳班舊生報名日安排
2024 SEPTEMBER-OCTOBER Through Train Program Application Arrangement

一條龍游泳班 Through Train Program	游泳班舊生資格： 2024 年 7 至 8 月 期間曾參與一條龍游泳班 7 月 20 日至 8 月 18 日 攜同繳費回條到地下票務處繳交下一期費用 20/7-18/8: Course fee for next session with payment consent form should be submitted to G/F Ticketing Office.
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2024 9-10 月份游泳班報名日安排

2024 September-October 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	游泳班舊生資格: 1. 2024年7-8月曾參與本會游泳班之學員 舊生報名日期: 2024年8月25日(星期日) 按公佈之次序到本會地下票務處報名 舊生抽籌報名程序安排 <ul style="list-style-type: none"> • 於 2024年7月20日至2024年8月18日帶同 2024年7-8月份收據到一樓領取游泳班舊生報名表格 • 2024年8月20日於網頁公布報名次序(http://kln.ymca.org.hk)
	Eligibility of current students: 1. Students of Swimming program in July-August 2024 Enrolment for Current students: 25/8/2024(SUN) Enrolment should be made at G/F Ticketing Office in accordance to the balloted enrolment sequence <ul style="list-style-type: none"> • 20/7-18/8: Collect enrolment form at 1/F counter with current course receipt • 20/8: Announcement of balloted enrolment sequence on the website. (http://kln.ymca.org.hk)
	舊生報名日期: 2024年8月25日(星期日) Enrolment for Current students: 25/8/2024(Sun)
	新生報名日期 Enrolment for New Student 2024年8月26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 26/8/2024(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.

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
 - 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
 - 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
 - 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
 - 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.

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。

更衣及沐浴須知

1. 泳班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，將暫停開放給學員使用，不便之處，敬請見諒！
- 泳班開課前十五分鐘內，方可進入更衣室。

存放物品需知

1. 所有游泳課程之費用不包括儲物櫃收費，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六樓之儲物櫃，費用為每次 \$10 元。

泳班病假補課須知

1. 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。補課將安排在同一期有空位之同級泳班內進行。
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. 申請生理假補堂，請 whatsapp 至 65965007
4. 如需申請病假補課，請將病假證明信 whatsapp 至 65965007 或 交到一樓辦公室。
5. 補課日期一經預約，恕不更改。

查詢:27833636

Swimming Course Guidelines

Lesson instructions

1. 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.

Changing room and bathing instructions

1. 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.

Locker rental costs are not included in the course fees. Participants may place their belongings on the racks beside the pool during course time. Locker rentals on 6/F is available at G/F Ticketing Office at \$10 per session.

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

Swimming Class Make Up Arrangement:

- Make up classes would only be offered to participants who are able to **provide a medical certificate of the date of sick leave**
- Physical examinations and non-emergency surgeries would not be accepted
- To apply for make up classes for menstrual leave, please send to [65965007](tel:65965007)
- Please send the certificate of sick leave to 1/F office or send to whatsapp [65965007](tel:65965007)
- 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 made.

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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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)

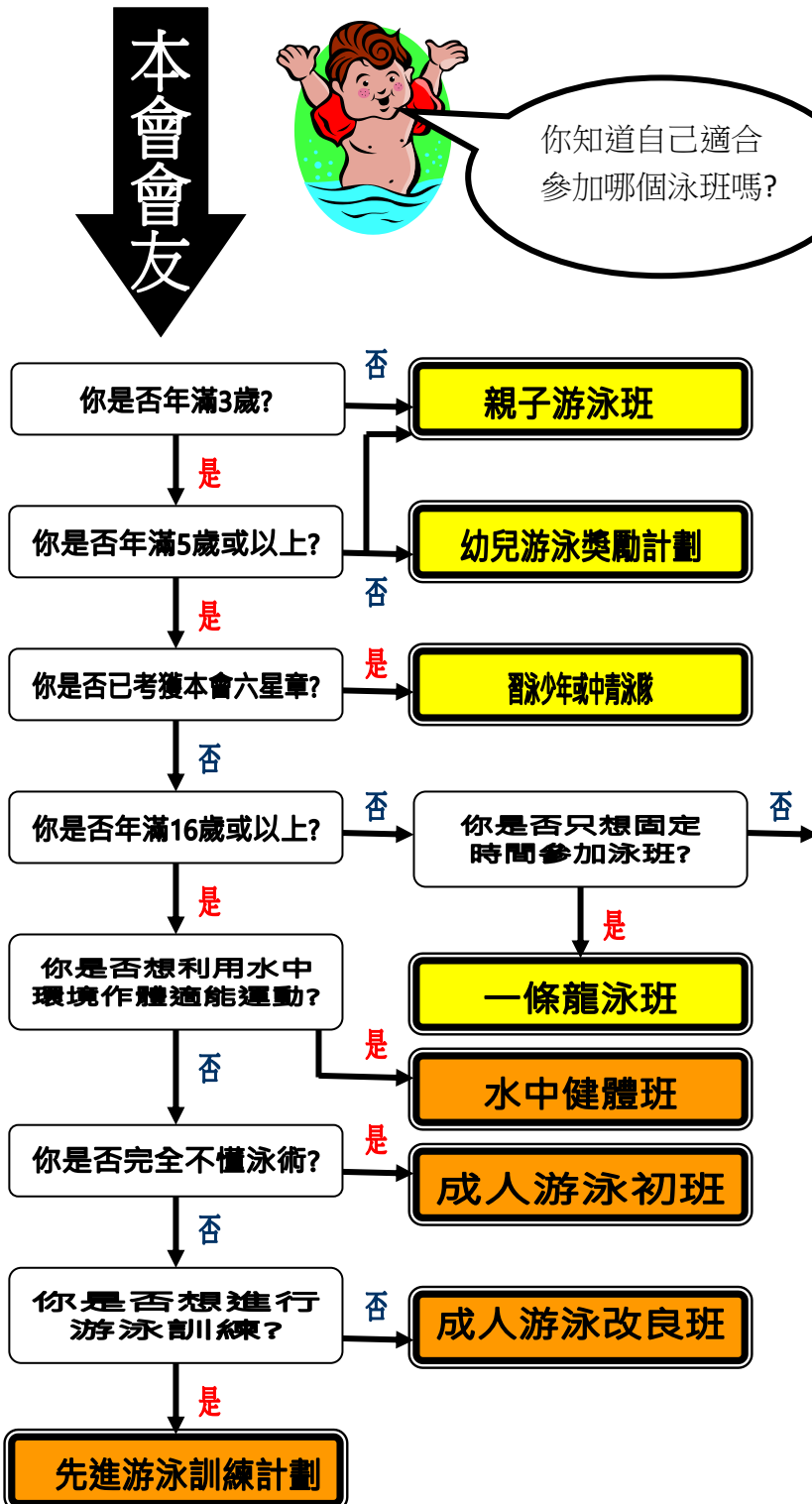
已考獲三星章或能游捷泳及背泳各 150 公尺，蛙泳 50 公尺，捷泳轉身及蝶泳腳和腰部技術

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9月至10月
Sep. to Oct. 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
- ※ 7-8月一條龍泳班學員可在20/7-18/8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 20/7-18/8. 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: 7/9/2024-26/10/2024

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.24097	4904.19D.24098	4904.19D.24099	4904.19D.24100
1100-1200	4904.19D.24101	4904.19D.24102	4904.19D.24103	4904.19D.24104
1200-1300	4904.19D.24105	4904.19D.24106	4904.19D.24107	4904.19D.24108
1300-1400	4904.19D.24109	4904.19D.24110	4904.19D.24111	4904.19D.24112

星期日 Sunday-日期 Date: 8/9/2024-27/10/2024

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.24113	4904.19D.24114	4904.19D.24115	4904.19D.24116
1500-1600	4904.19D.24117	4904.19D.24118	4904.19D.24119	4904.19D.24120
1600-1700	4904.19D.24121	4904.19D.24122	4904.19D.24123	4904.19D.24124
1700-1800	4904.19D.24125	4904.19D.24126	4904.19D.24127	4904.19D.24128

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

課程編號 Course Code	日期 Date	時間 Time	星期 Day	費用 Fee	堂 lessons
4904.19N.24024	7/9-26/10	1400-1445	六 Sat	2200	8
4904.19N.24025		1900-1945			
4904.19N.24026	8/9-27/10	0900-0945	日 Sun		
4904.19N.24027		1000-1045			
4904.19N.24028	9/9-28/10	1100-1145	一 Mon		
4904.19N.24029		1500-1545			
4904.19N.24030		1600-1645			
4904.19N.24031	10/9-29/10	0900-0945	二 Tue		
4904.19N.24032		1500-1545			
4904.19N.24033		1600-1645			
4904.19N.24034	11/9-30/10	1100-1145	三 Wed		
4904.19N.24035		1400-1445			
4904.19N.24036		1500-1545			
4904.19N.24037	12/9-31/10	1500-1545	四 Thu		
4904.19N.24038		1600-1645			
4904.19N.24039	13/9-1/11	0900-0945	五 Fri		
4904.19N.24040		1000-1045			
4904.19N.24041		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
9-10	4904.19M.24005	7/9/2024-26/10/2024	1900-1955	六 Sat	1100	8
	4904.19M.24006		2000-2055			
	4904.19M.24007	8/9/2024-27/10/2024	1800-1855	日 Sun		

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

幼兒初班(1級螃蟹章及2級章魚章)

參加資格：3-5歲本會會員(加強對幼兒照顧及學習，每班4-5人)

Eligibility：Members of 3-5 years old (4-5 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
9-10	4904.19K.24241	7/9/2024-26/10/2024	0900-0950	六 Sat	1100	8	一條龍課程
	4904.19D.24097		1000-1050		1260		
	4904.19D.24101		1100-1150				
	4904.19D.24105		1200-1250				
	4904.19D.24109		1300-1350				
	4904.19K.24243		1400-1450				
	4904.19K.24245		1500-1550				
	4904.19K.24247		1600-1650				
	4904.19K.24249		1700-1750				
	4904.19K.24251		1800-1850				
	4904.19K.24253	1900-1950	日 Sun	1100			
	4904.19K.24255	0900-0950					
	4904.19K.24257	1000-1050					
	4904.19K.24259	1100-1150					
	4904.19K.24261	1200-1250					
	4904.19K.24263	1300-1350					
	4904.19D.24113	1400-1450					
	4904.19D.24117	1500-1550					
	4904.19D.24121	1600-1650					
	4904.19D.24125	1700-1750					
	4904.19K.24265	1800-1850	一 Mon	1100			
	4904.19K.24267	0900-0950					
	4904.19K.24269	1000-1050					
	4904.19K.24271	1500-1550					
	4904.19K.24273	1600-1650					
	4904.19K.24275	1700-1750					
	4904.19K.24277	1800-1850					
	4904.19K.24279	0900-0950			二 Tue	1260	
	4904.19K.24281	1000-1050					
	4904.19K.24283	1500-1550					
	4904.19K.24285	1600-1650					
	4904.19K.24287	1700-1750					
	4904.19K.24289	1800-1850	三 Wed	1100			
	4904.19K.24291	0900-0950					
	4904.19K.24293	1000-1050					
	4904.19K.24295	1500-1550					
4904.19K.24297	1600-1650						
4904.19K.24299	1700-1750	四 Thu	1100				
4904.19K.24301	1800-1850						
4904.19K.24303	1900-1950						
4904.19K.24305	0900-0950						
4904.19K.24307	1500-1550						
4904.19K.24309	1600-1650	五 Fri	1100				
4904.19K.24311	1700-1750						
4904.19K.24313	1800-1850						
4904.19K.24315	0900-0950						
4904.19K.24317	1000-1050						
4904.19K.24319	1500-1550						
4904.19K.24321	1600-1650						
4904.19K.24323	1700-1750						
4904.19K.24325	1800-1850						
			1900-1950				

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

幼兒高班(3級水母章、4級海馬章及5級河豚章)

參加資格：3-5歲本會會員(加強對幼兒照顧及學習，每班名額4-5人)

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

上課地點 Venue: 4/F

月份 Month	課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons	備註 Remarks	
9-10	4904.19K.24242	7/9/2024-26/10/2024	0900-0950	六 Sat	1100	8	一條龍課程	
	4904.19D.24097		1000-1050					
	4904.19D.24101		1100-1150					
	4904.19D.24105		1200-1250					
	4904.19D.24109		1300-1350					
	4904.19K.24244		1400-1450					
	4904.19K.24246		1500-1550					
	4904.19K.24248		1600-1650					
	4904.19K.24250		1700-1750					
	4904.19K.24252		1800-1850					
		4904.19K.24254	8/9/2024-27/10/2024	0900-0950	日 Sun	1100	8	一條龍課程
		4904.19K.24256		1000-1050				
		4904.19K.24258		1100-1150				
		4904.19K.24260		1200-1250				
		4904.19K.24262		1300-1350				
		4904.19D.24113		1400-1450				
		4904.19D.24117		1500-1550				
		4904.19D.24121		1600-1650				
		4904.19D.24125		1700-1750				
		4904.19K.24264		1500-1550				
		4904.19K.24266	9/9/2024-28/10/2024	1600-1650	一 Mon	1100	8	
		4904.19K.24268		1700-1750				
		4904.19K.24270		1800-1850				
		4904.19K.24272		0900-0950				
		4904.19K.24274	10/9/2024-29/10/2024	1000-1050	二 Tue	1100	8	
		4904.19K.24276		1500-1550				
		4904.19K.24278		1600-1650				
		4904.19K.24280		1700-1750				
		4904.19K.24282		1800-1850				
		4904.19K.24284	11/9/2024-30/10/2024	0900-0950	三 Wed	1100	8	
	4904.19K.24286	1000-1050						
	4904.19K.24288	1500-1550						
	4904.19K.24290	1600-1650						
	4904.19K.24292	1700-1750						
	4904.19K.24294	1800-1850						
	4904.19K.24296	12/9/2024-31/10/2024	1900-1950	四 Thu	1100	8		
	4904.19K.24298		0900-0950					
	4904.19K.24300		1500-1550					
	4904.19K.24302		1600-1650					
	4904.19K.24304		1700-1750					
	4904.19K.24306	13/9/2024-1/11/2024	1800-1850	五 Fri	1100	8		
	4904.19K.24308		0900-0950					
	4904.19K.24310		1000-1050					
	4904.19K.24312		1500-1550					
	4904.19K.24314		1600-1650					
	4904.19K.24316		1700-1750					
	4904.19K.24318	13/9/2024-1/11/2024	1800-1850	五 Fri	1100	8		
	4904.19K.24320		1900-1950					

Children Elementary Swimming Course Level I (Baby Fish Award)

兒童/少年游泳初級一班(魚苗章)

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

名額 Quota: 每班 5-6 人(each class:5-6 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
9-10	*4904.19Z.24380	7/9/2024-26/10/2024	0900-0950	六 Sat	1100	8	一條龍課程
	*4904.19D.24097		1000-1050		1260		
	*4904.19D.24101		1100-1150				
	*4904.19D.24105		1200-1250				
	*4904.19D.24109		1300-1350				
	*4904.19Z.24381		1400-1450		1100		
	*4904.19Z.24385		1500-1550				
	*4904.19Z.24389		1600-1650				
	*4904.19Z.24392		1700-1750				
	*4904.19Z.24396		1800-1850				
	*4904.19Z.24402	2000-2050					
	*4904.19Z.24406	8/9/2024-27/10/2024	0900-0950	日 Sun	1100	8	一條龍課程
	*4904.19Z.24407		1000-1050				
	*4904.19Z.24409		1100-1150				
	*4904.19Z.24411		1200-1250				
	*4904.19Z.24413		1300-1350		1260		
	*4904.19D.24113		1400-1450				
	*4904.19D.24117		1500-1550				
	*4904.19D.24121		1600-1650				
	*4904.19D.24125	1700-1750					
	^4904.19Z.24421	9/9/2024-28/10/2024	0900-0950	一 Mon	1100	8	
	^4904.19Z.24422		1000-1050				
	*4904.19Z.24423		1500-1550				
	*4904.19Z.24427		1600-1650				
	*4904.19Z.24431		1700-1750				
	*4904.19Z.24435		1800-1850				
	^4904.19Z.24439	10/9/2024-29/10/2024	0900-0950	二 Tue	1100	8	
	^4904.19Z.24440		1000-1050				
	*4904.19Z.24441		1500-1550				
	*4904.19Z.24443		1600-1650				
*4904.19Z.24447	1700-1750						
*4904.19Z.24450	1800-1850						
^4904.19Z.24454	11/9/2024-30/10/2024	0900-0950	三 Wed	1100	8		
^4904.19Z.24455		1000-1050					
*4904.19Z.24459		1600-1650					
*4904.19Z.24463		1700-1750					
*4904.19Z.24466		1800-1850					
*4904.19Z.24468	1900-1950						
^4904.19Z.24471	12/9/2024-31/10/2024	0900-0950	四 Thu	1100	8		
*4904.19Z.24472		1500-1550					
*4904.19Z.24475		1600-1650					
*4904.19Z.24479		1700-1750					
*4904.19Z.24483		1800-1850					
^4904.19Z.24485	13/9/2024-1/11/2024	1000-1050	五 Fri	1100	8		
*4904.19Z.24486		1500-1550					
*4904.19Z.24490		1600-1650					
*4904.19Z.24494		1700-1750					
*4904.19Z.24497		1800-1850					
*4904.19Z.24500	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					
9-10	*4904.19Z.24380	7/9/2024-26/10/2024	0900-0950	六 Sat	1100	8	一條龍課程					
	*4904.19D.24097		1000-1050		1260							
	*4904.19D.24101		1100-1150									
	*4904.19D.24105		1200-1250									
	*4904.19D.24109		1300-1350									
	*4904.19Z.24381		1400-1450					1100				
	*4904.19Z.24385		1500-1550									
	*4904.19Z.24389		1600-1650									
	*4904.19Z.24392		1700-1750									
	*4904.19Z.24396		1800-1850									
	*4904.19Z.24402	2000-2050										
	*4904.19Z.24406	8/9/2024-27/10/2024	0900-0950	日 Sun	1100	8	一條龍課程					
	*4904.19Z.24407		1000-1050		1260							
	*4904.19Z.24409		1100-1150									
	*4904.19Z.24411		1200-1250									
	*4904.19Z.24413		1300-1350									
	*4904.19D.24113		1400-1450									
	*4904.19D.24117		1500-1550									
	*4904.19D.24121		1600-1650									
	*4904.19D.24125		1700-1750									
	*4904.19Z.24421		9/9/2024-28/10/2024					0900-0950	一 Mon	1100	8	
	*4904.19Z.24422	1000-1050										
	*4904.19Z.24423	1500-1550										
	*4904.19Z.24427	1600-1650										
	*4904.19Z.24431	1700-1750										
	*4904.19Z.24435	1800-1850										
	*4904.19Z.24439	10/9/2024-29/10/2024		0900-0950	二 Tue	1100	8					
	*4904.19Z.24440			1000-1050								
	*4904.19Z.24441			1500-1550								
	*4904.19Z.24443			1600-1650								
*4904.19Z.24447	1700-1750											
*4904.19Z.24450	1800-1850											
*4904.19Z.24454	11/9/2024-30/10/2024		0900-0950	三 Wed					1100	8		
*4904.19Z.24455			1000-1050									
*4904.19Z.24459			1600-1650									
*4904.19Z.24463			1700-1750									
*4904.19Z.24466		1800-1850										
*4904.19Z.24468		1900-1950										
*4904.19Z.24471		12/9/2024-31/10/2024	0900-0950		四 Thu	1100	8					
*4904.19Z.24472			1500-1550									
*4904.19Z.24475			1600-1650									
*4904.19Z.24479			1700-1750									
*4904.19Z.24483	1800-1850											
*4904.19Z.24485	1000-1050											
*4904.19Z.24486	13/9/2024-1/11/2024		1500-1550	五 Fri					1100	8		
*4904.19Z.24490			1600-1650									
*4904.19Z.24494			1700-1750									
*4904.19Z.24497			1800-1850									
*4904.19Z.24500		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
9-10	4904.19C.24095	7/9/2024-26/10/2024	0900-0955	六 Sat	1100	8	
	4904.19D.24097		1000-1055		1260		
	4904.19D.24101		1100-1155				
	4904.19D.24105		1200-1255				
	4904.19D.24109		1300-1355				
	4904.19C.24096		1400-1455		1100		
	4904.19C.24097		1500-1555				
	4904.19C.24098		1600-1655				
	4904.19C.24099		1700-1755				
	4904.19C.24100		1800-1855		1100		
	4904.19C.24101	1100-1155					
	4904.19C.24102	1200-1255					
	4904.19C.24103	1300-1355					
	4904.19D.24113	1400-1455					
	4904.19D.24117	1500-1555					
	4904.19D.24121	1600-1655	1260				
	4904.19D.24125	1700-1755					
	^4904.19Z.24421	0900-0955					
	^4904.19Z.24422	1000-1055					
	4904.19C.24104	1600-1655	一 Mon				
	4904.19C.24105	1700-1755					
	^4904.19Z.24439	0900-0955					
	^4904.19Z.24440	1000-1055					
	4904.19C.24106	1500-1555	二 Tue				
	4904.19C.24107	1600-1655					
	4904.19C.24108	1700-1755					
	^4904.19Z.24454	0900-0955					
	^4904.19Z.24455	1000-1055	三 Wed				
	4904.19C.24109	1600-1655					
	4904.19C.24110	1800-1855					
^4904.19Z.24471	0900-0955						
4904.19C.24111	1500-1555	四 Thu					
4904.19C.24112	1600-1655						
4904.19C.24113	1700-1755						
4904.19C.24114	1800-1855						
^4904.19Z.24485	1000-1055	五 Fri					
4904.19C.24115	1500-1555						
4904.19C.24116	1600-1655						
4904.19C.24117	1700-1755						
4904.19C.24118	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					
9-10	*4904.19Z.24506	7/9/2024-26/10/2024	0900-1000	六 Sat	1100	8	一條龍課程					
	*4904.19D.24098		1000-1100		1260							
	*4904.19D.24102		1100-1200									
	*4904.19D.24106		1200-1300									
	*4904.19D.24110		1300-1400									
	*4904.19Z.24382		1400-1500									
	*4904.19Z.24386		1500-1600									
	*4904.19Z.24390		1600-1700									
	*4904.19Z.24393		1700-1800									
	*4904.19Z.24397		1800-1900									
	*4904.19Z.24399		1900-2000									
	*4904.19Z.24403		2000-2100									
	*4904.19Z.24408	8/9/2024-27/10/2024	1000-1100	日 Sun		1260	8	一條龍課程				
	*4904.19Z.24410		1100-1200									
	*4904.19Z.24412		1200-1300									
	*4904.19Z.24414		1300-1400									
	*4904.19D.24114		1400-1500									
	*4904.19D.24118		1500-1600									
	*4904.19D.24122		1600-1700									
	*4904.19D.24126		1700-1800									
	*4904.19Z.24417		1800-1900									
	*4904.19Z.24424		9/9/2024-28/10/2024		1500-1600				一 Mon	1100	8	
	*4904.19Z.24428				1600-1700							
	*4904.19Z.24432				1700-1800							
	*4904.19Z.24436	1800-1900										
	*4904.19Z.24442	10/9/2024-29/10/2024	1500-1600	二 Tue	1100	8						
	*4904.19Z.24444		1600-1700									
	*4904.19Z.24448		1700-1800									
	*4904.19Z.24451		1800-1900									
	*4904.19Z.24456	11/9/2024-30/10/2024	1500-1600	三 Wed	1100	8						
*4904.19Z.24460	1600-1700											
*4904.19Z.24467	1800-1900											
*4904.19Z.24473	12/9/2024-31/10/2024	1500-1600	四 Thu	1100	8							
*4904.19Z.24476		1600-1700										
*4904.19Z.24480		1700-1800										
*4904.19Z.24484		1800-1900										
*4904.19Z.24487	13/9/2024-1/11/2024	1500-1600	五 Fri	1100	8							
*4904.19Z.24491		1600-1700										
*4904.19Z.24495		1700-1800										
*4904.19Z.24498		1800-1900										
*4904.19Z.24501		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
9-10	*4904.19D.24099	7/9/2024-26/10/2024	1000-1000	六 Sat	1260	8	<u>一條龍課程</u>
	*4904.19D.24103		1100-1200				
	*4904.19D.24107		1200-1300				
	*4904.19D.24111		1300-1400				
	*4904.19Z.24383		1400-1500				
	*4904.19Z.24387		1500-1600		1100		
	*4904.19Z.24391		1600-1700				
	*4904.19Z.24394		1700-1800				
	*4904.19Z.24398		1800-1900				
	*4904.19Z.24400		1900-2000				
	*4904.19Z.24404	2000-2100					
	*4904.19Z.24415	8/9/2024-27/10/2024	1300-1400	日 Sun	1100		<u>一條龍課程</u>
	*4904.19D.24115		1400-1500				
	*4904.19D.24119		1500-1600				
	*4904.19D.24123		1600-1700		1260		
	*4904.19D.24127		1700-1800				
	*4904.19Z.24418		1800-1900		1100		
	*4904.19Z.24419	1900-2000					
	*4904.19Z.24425	9/9/2024-28/10/2024	1500-1600	一 Mon	1100		
	*4904.19Z.24429		1600-1700				
	*4904.19Z.24433		1700-1800				
	*4904.19Z.24437		1800-1900				
	*4904.19Z.24445	10/9/2024-29/10/2024	1600-1700	二 Tue			
	*4904.19Z.24449		1700-1800				
*4904.19Z.24452	1900-2000						
*4904.19Z.24457	11/9/2024-30/10/2024	1500-1600	三 Wed				
*4904.19Z.24461		1600-1700					
*4904.19Z.24464		1700-1800					
*4904.19Z.24469		1900-2000					
*4904.19Z.24474	12/9/2024-31/10/2024	1500-1600	四 Thu				
*4904.19Z.24477		1600-1700					
*4904.19Z.24481		1700-1800					
*4904.19Z.24488	13/9/2024-1/11/2024	1500-1600	五 Fri				
*4904.19Z.24492		1600-1700					
*4904.19Z.24496		1700-1800					
*4904.19Z.24502		1900-2000					
*4904.19Z.24504		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
9-10	*4904.19D.24100	7/9/2024-26/10/2024	1000-1000	六 Sat	1260	8	<u>一條龍課程</u>
	*4904.19D.24104		1100-1200				
	*4904.19D.24108		1200-1300				
	*4904.19D.24112		1300-1400				
	*4904.19Z.24384		1400-1500		1100		
	*4904.19Z.24388		1500-1600				
	*4904.19Z.24395		1700-1800				
	*4904.19Z.24401		1900-2000				
	*4904.19Z.24405	2000-2100					
	*4904.19Z.24416	8/9/2024-27/10/2024	1300-1400	日 Sun	1100		<u>一條龍課程</u>
	*4904.19D.24116		1400-1500				
	*4904.19D.24120		1500-1600		1260		
	*4904.19D.24124		1600-1700				
	*4904.19D.24128		1700-1800				
	*4904.19Z.24420		1900-2000				
	*4904.19Z.24426	9/9/2024-28/10/2024	1500-1600	一 Mon	1100		
	*4904.19Z.24430		1600-1700				
	*4904.19Z.24434		1700-1800				
	*4904.19Z.24438		1800-1900				
	*4904.19Z.24446	10/9/2024-29/10/2024	1600-1700	二 Tue			
	*4904.19Z.24453		1900-2000				
	*4904.19Z.24458	11/9/2024-30/10/2024	1500-1600	三 Wed			
	*4904.19Z.24462		1600-1700				
	*4904.19Z.24465		1700-1800				
*4904.19Z.24470	1900-2000						
*4904.19Z.24478	12/9/2024-31/10/2024	1600-1700	四 Thu				
*4904.19Z.24482		1700-1800					
*4904.19Z.24489	13/9/2024-1/11/2024	1500-1600	五 Fri				
*4904.19Z.24493		1600-1700					
*4904.19Z.24499		1800-1900					
*4904.19Z.24503		1900-2000					
*4904.19Z.24505		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

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
9-10	4904.19U.24008	9/9/2024-28/10/2024	1600-1700	一 Mon	1100	8
	4904.19U.24009	11/9/2024-30/10/2024	1600-1700	三 Wed		

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
9-10	4904.19T.24028	7/9/2024-26/10/2024	0900-1000	六 Sat	1100	8
	4904.19T.24029		1600-1700			
	4904.19T.24030		1800-1900			
	4904.19T.24031	8/9/2024-27/10/2024	1300-1400	日 Sun		
	4904.19T.24032		1800-1900			
	4904.19T.24033	11/9/2024-30/10/2024	1700-1800	三 Wed		
	4904.19T.24034	13/9/2024-1/11/2024	1600-1700	五 Fri		
	4904.19T.24035		2000-2100			
	4904.19T.24036		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
9-10	4904.19A.24141	9/9/2024-28/10/2024	1900-2000	一 Mon	990	8
	4904.19A.24143		2000-2100			
	4904.19A.24147		2100-2200			
	4904.19A.24152	10/9/2024-29/10/2024	1900-2000	二 Tue		
	4904.19A.24154		2000-2100			
	4904.19A.24161	11/9/2024-30/10/2024	1400-1500	三 Wed		
	4904.19A.24163		1900-2000			
	4904.19A.24165		2100-2200			
	4904.19A.24170	12/9/2024-31/10/2024	1400-1500	四 Thu		
	4904.19A.24172		1900-2000			
	4904.19A.24174		2000-2100			
	4904.19A.24180	13/9/2024-1/11/2024	2000-2100	五 Fri		
	4904.19A.24181		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
9-10	4904.19A.24135	7/9/2024-26/10/2024	2100-2200	六 Sat	990	8
	4904.19A.24136	8/9/204-27/10/2024	1900-2000	日 Sun		
	4904.19A.24137	9/9/2024-28/10/2024	0900-1000	一 Mon		
	4904.19A.24138		1000-1100			
	4904.19A.24139		1300-1400			
	4904.19A.24140		1500-1600			
	4904.19A.24142		1900-2000			
	4904.19A.24144		2000-2100			
	4904.19A.24148		10/9/2024-29/10/2024			
	4904.19A.24149	1000-1100				
	4904.19A.24150	1500-1600				
	4904.19A.24151	1900-2000				
	4904.19A.24153	2000-2100				
	4904.19A.24156	2100-2200				
	4904.19A.24158	11/9/2024-30/10/2024	1000-1100	三 Wed		
	4904.19A.24159		1200-1300			
	4904.19A.24160		1300-1400			
	4904.19A.24162		1500-1600			
	4904.19A.24167	12/9/2024-31/10/2024	1000-1100	四 Thu		
	4904.19A.24168		1100-1200			
	4904.19A.24169		1200-1300			
	4904.19A.24171		1500-1600			
	4904.19A.24173		1900-2000			
	4904.19A.24177	13/9/2024-1/11/2024	1000-1100	五 Fri		
4904.19A.24178	1300-1400					
4904.19A.24179	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
9-10	4904.19A.24145	9/9/2024-28/10/2024	2000-2100	一 Mon	990	8
	4904.19A.24146		2100-2200			
	4904.19A.24155	10/9/2024-29/10/2024	2000-2100	二 Tue		
	4904.19A.24157	11/9/2024-30/10/2024	0900-1000	三 Wed		
	4904.19A.24164		2000-2100			
	4904.19A.24166	12/9/2024-31/10/2024	0900-1000	四 Thu		
	4904.19A.24175		2100-2200			
	4904.19A.24176	13/9/2024-1/11/2024	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
9-10	4904.19R.24039	9/9/2024-28/10/2024	1000-1100	一 Mon	930	8
	4904.19R.24040		1100-1200			
	4904.19R.24041	10/9/2024-29/10/2024	1000-1100	二 Tue		
	4904.19R.24042		1100-1200			
	4904.19R.24052	11/9/2024-30/10/2024	0900-1000	三 Wed		
	4904.19R.24043		1100-1200			
	4904.19R.24044		1400-1500			
	4904.19R.24045		2000-2100			
	4904.19R.24046	12/9/2024-31/10/2024	1000-1100	四 Thu		
	4904.19R.24047		1100-1200			
	4904.19R.24048		1400-1500			
	4904.19R.24049		2000-2100			
	4904.19R.24050	13/9/2024-1/11/2024	1000-1100	五 Fri		
	4904.19R.24051		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
9-10	4904.19E.24014	9/9/2024-28/10/2024	0900-1000	一 Mon	1100	8
	4904.19E.24015	10/9/2024-29/10/2024	0900-1000	二 Tue		
	4904.19E.24019	11/9/2024-30/10/2024	1000-1100	三 Wed		
	4904.19E.24016	12/9/2024-31/10/2024	1300-1400	四 Thu		
	4904.19E.24017	13/9/2024-1/11/2024	0900-1000	五 Fri		
	4904.19E.24018		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
9-10	4904.60C.24117	13/9/2024-1/11/2024	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
9-10	4904.60C.24016	9/9/2024-28/10/2024	1200-1300	一 Mon	1100	8
	4904.60C.24017	11/9/2024-30/10/2024	1500-1600	三 Wed		
	4904.60C.24018	12/9/2024-31/10/2024	1200-1300	四 Thu		
	4904.60C.24019		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.24004	10/9/2024-31/10/2024	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