

# 報名日期 Enrollment Date

## 4-5 月份 (8 堂) 及 6 月份 (4 堂) 游泳班

APR-MAY (8 Lessons)/JUNE (4 Lessons) Swimming Course

親子 / 幼兒 / 兒童 / 少年泳班 Aqua-tots/Pre-school/Youth & Teens Swim Program

\*6 月份 (4 堂) 課程不設考核、升班及證書 No assessment test/ advancement/ certification upon completion of June (4 lessons) Swimming Course

### 舊生優先報名 Priority Enrollment for Current students :

2024 年 1 月至 3 月曾參與本會游泳班之學員 Students of Swimming program in JAN-MAR. 2024

**3/2 (六 Sat) - 3/3 (日 Sun)**

前往一樓領取游泳班舊生報名表格 Collect your "Swimming Course Enrollment Form" (with specific registration number) at 1/F Reception Counter.



**5/3 (二 Tue)**

於九龍會所網頁公佈報名次序 Announcement of balloted enrolment sequence on the website.



**10/3 (日 Sun)**

按指定時間親臨會所辦理舊生優先報名 Enroll in person according to the time session as specified.

### 公開報名 Open Enrollment : **11/3 (一 Mon)**

於地下票務處上午 9 時派票，9 時 15 分開始投票報名

Queuing tickets will be distributed at 9:00 am. Application will be accepted in accordance to the time stated on the tickets starting from 9:15am.

# 報名當日只接受現金、VISA 及 EPS。Only Cash/VISA/EPS will be accepted on the date of application.

(2024 年 5 月 12 日 (星期日) 或之前報讀『6 月份 (四堂) 游泳班』可享有暑期泳班之舊生抽籤資格)

(Enrolment in "Swimming Course (4 lessons)" before 12/5 shall have current-student identity in the lots-drawing of summer swimming courses)

## 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

### 舊生優先報名 Priority Enrollment for Current students :

2024 年 1 至 3 月期間曾參與一條龍游泳班 / 習泳少年 / 成人 / 水中健體班 / 水中健體復康運動班 / 水中伸展運動班

Eligibility of current students: Through-Train Program, Teen-Swimmer, Adults, Hydrofitness, Aqua-rehab, Aqua-Stretching

Students of Swimming program in JAN-MAR. 2024

**3/2 (六 Sat) - 3/3 (日 Sun)**

攜同繳費回條到地下票務處繳交下一期費用

Course fee for next session with payment consent form should be submitted to G/F Ticketing Office.

### 新生 / 公開報名 Open Enrollment : **4/3 (一 Mon)** 10:00 起 Onwards



網上報名  
Register Online



## 7-8 月份游泳班 July-August Swimming Course

親子 / 幼兒 / 兒童 / 少年泳班 Aqua-tots/Pre-school/Youth & Teens Swim Program

### 舊生優先報名 Priority Enrollment for Current students :

1. 2024 年 4-5 月曾參與本會游泳班之學員 Students of Swimming program in April-May 2024

2. 2024 年 6 月 (4 堂) 游泳班 (5 月 12 日或之前報名) Enrolment in June 2024 Swimming Courses before 12/5

**20/4 (六 Sat) - 12/5 (日 Sun)**

前往一樓領取游泳班舊生報名表格 Collect your "Swimming Course Enrollment Form" (with specific registration number) at 1/F Reception Counter.



**14/5 (二 Tue)**

於九龍會所網頁公佈報名次序 Announcement of balloted enrolment sequence on the website.



**19/5 (日 Sun)**

按指定時間親臨會所辦理舊生優先報名 Enroll in person according to the time session as specified.

### 新生報名網上登記 Online Registration for New Student :

會籍有效期為 2024 年 5 月 26 日或以後之會友 Membership valid on or after 26 May 2024

**20/4 (六 Sat) - 19/5 (日 Sun)**

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 Register for balloting online. Quota: 600 (first come, first served) Specific enrollment time sessions will be allotted to registrants by random balloting.



**21/5 (二 Tue)**

於九龍會所網頁公佈報名次序 Announcement of balloted enrolment sequence on the website.



**26/5 (日 Sun)**

按指定時間親臨會所辦理新生優先報名 Enroll in person according to the time session as specified.

未有登記之會友 Unregistered members

### 公開報名 Open Enrollment : **27/5 (一 Mon)** 09:30 起 Onwards








# 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 Youth and Teens Aquatics Scheme of YMCA and further develop their skills of the 4 different strokes.

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

\* 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 the Pre-school Swimming Award Scheme and a certificate from the equivalent level of the Youth and Teens Aquatics Scheme.

# 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。  
Swimmers of Pre-school Grade 4 (Seahorse Award) aged above 5, with stable and recognized performance would be promoted to Elementary 3 (Seal Award).

# 兒童少年游泳獎勵計劃

## Youth and Teens Aquatics Scheme

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部就班，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。

With reference to the swimming program of the YMCAs in US, Canada, Taiwan & Japan, this scheme encourages children of 5-15 to learn to swim in a progressive manner. Under the instruction of our experienced coaches, children will learn the different strokes and skills as designed in each phrase. Assessment will be made upon completion of each course as a confirmation for promotion.

\* 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。

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

級別 Grade	獎章 Award	參加資格 Eligibility	學習內容 Contents
初級一班 Elementary 1	 魚苗章 Baby Fish	完全不懂泳術者 No swimming ability is required	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 Overcome aqua phobia/ Holding breathe for 5 sec/ Breathing techniques in water/ Assisted floating/ Tread with floating device/ Float on the back/ Float with face down/Front glide
初級二班 Elementary 2	 水獺章 Otter	已考獲魚苗章或章魚章或可扶持浮身閉氣 5 秒 Members with Baby Fish Award or Sea Spider Award; or Float with support and hold breathe for 5 sec	仰浮 / 俯浮 / 進入水中 / 捷泳手腳配合 / 捷泳 5 米 Float on the back/ Float with face down/ Crawl with arms & legs/ Crawl stroke 5m
初級三班 Elementary 3	 海豹章 Seal	已考獲水獺章或海馬章或能做閉氣捷泳 5 米 Members with Otter Award or Seahorse Award; or Crawl stroke for 5m without breathing	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 Rotary breathing/ Crawl stroke with rotary breathing/ Crawl stroke 10m / Backstroke kick 5m
中級一班 Intermediate 1	 海豚章 Dolphin	已考獲海豹章或能做仰浮踢腳 5 米及捷泳 10 米連呼吸 Members with Seal Award; or Backstroke kick 5m and Crawl stroke 10m	淺跳 / 捷泳 25 米 / 背泳手腳配合 / 背泳 5 米 Shallow diving/Front Crawl 25m/ Backstroke arms & legs/Backstroke 5m
中級二班 Intermediate 2	 飛魚章 Flying Fish	已考獲海豚章或能游捷泳 25 米及背泳 5 米 Members with Dolphin Award; or Crawl stroke 25m and Backstroke 5m	淺跳 / 踏水 / 背泳 10 米 / 捷泳 50 米 Shallow diving/Treading/Backstroke 10m/ Crawl stroke 50m
中級三班 Intermediate 3	 泳員章 Swimmer	已考獲飛魚章或能游捷泳 50 米及背泳 10 米 Members with Flying Fish Award; or Crawl stroke 50m and Backstroke 10m	淺跳 / 踏水 / 前滾翻 / 背泳 25 米 / 捷泳 75 米 Shallow diving/Treading/Front rolling / Backstroke 25m/ Crawl stroke 75m
高級一班 Higher 1	 一星章 Star 1	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) Dive & swim 5m/Treading/Crawl stroke 75m/ Backstroke 50m/ Breaststroke basics
高級二班 Higher 2	 二星章 Star 2	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) Members with Star 1 Award; or Crawl stroke 75m, Backstroke 50m and Breaststroke basics.	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 Breaststroke basics with rhythmic breathing/ Breaststroke 25m/ Backstroke Start/ Crawl stroke & Backstroke 100m
高級三班 Higher 3	 三星章 Star 3	已考獲二星章或能游捷泳及背泳各 100 米，蛙泳 25 米 Members with Star 2 Award; or Crawl stroke 100m, Backstroke 100m and Breaststroke 25m	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 Crawl turn/Breaststroke 50m/Dolphin kick & Butterfly stroke waist/ Crawl stroke & Backstroke 150m
深造一級班 Advanced 1	 四星章 Star 4	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 Members with Star 3 Award; or Crawl stroke 150m, Backstroke 150m, Breaststroke 50m, Breaststroke turn, Butterfly Stroke waist and legs.	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 Butterfly arm paddling & dolphin kick/ Butterfly stroke 10m/ Breaststroke 100m/ Crawl stroke & Backstroke 200m/Crawl turn
深造二級班 Advanced 2	 五星章 Star 5	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 Members with Star 4 Award; or Butterfly stroke 10m, Breaststroke turn, Breaststroke 100m, Backstroke 200m, Crawl stroke 200m	蝶泳 25 米 / 蛙泳 200 米 / 捷泳及背泳各 300 米 Butterfly stroke 25m/ Breaststroke 200m/Crawl stroke & Backstroke 300m
深造三級班 Advanced 3	 六星章 Star 6	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 Members with Star 5 Award; or Butterfly stroke 25m, Breaststroke 200m, Crawl stroke 300m, Backstroke 300m	四式轉身 / 蝶泳 50 米 / 蛙泳 300 米 / 捷泳及背泳各 400 米 4 strokes turning/Butterfly stroke 50m/ Breaststroke 300m/ Crawl stroke & Back stroke 400m



本會會友 Members



你知道自己適合參加哪個泳班嗎？  
Which course should I choose?



兒童少年游泳獎勵計劃  
Youth & Teens Aquatics Award Scheme

初級一班 (魚苗章) 完全不懂泳術  
Elementary 1 (Baby Fish) No swimming ability is required

初級二班 (水獺章) 已考獲魚苗章或可扶持浮身閉氣 5 秒  
Elementary 2 (Otter) With Baby Fish Award or Able to float with support and hold breathe for 5 sec

初級三班 (海豹章) 已考獲水獺章或能閉氣捷泳 5 米  
Elementary 3 (Seal) With Otter Award or Able to perform Crawl stroke 5M without breathing

中級一班 (海豚章) 已考獲海豹章或能捷泳 10 米連呼吸  
Intermediate 1 (Dolphin) With Seal Award or Float and tread for 5M on the back and Crawl stroke 10M

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  
Intermediate 2 (Flying Fish) With Dolphin Award or Able to perform Crawl stroke 25M and backstroke 5M

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  
Intermediate 3 (Swimmer) With Flying Fish Award or Able to perform Crawl stroke 50M and Backstroke 10M

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  
Higher 1 (Star 1) With Swimmer Award or Able to perform Crawl stroke 75M and Backstroke 25M

高級二班 (二星章) 已考獲一星章或能游捷泳 75 米及背泳 25 米及蛙泳基本動作  
Higher 2 (Star 2) With Star 1 Award or Able to perform Crawl stroke 75M, backstroke 50M and basic movements of breaststroke

高級三班 (三星章) 已考獲二星章或能游捷泳 100 米及蛙泳 25 米  
Higher 3 (Star 3) With Star 2 Award or Able to perform Crawl stroke & Backstroke 100M and Breaststroke 25M

深造一班 (四星章) 已考獲三星章或能游捷泳及背泳各 150 米，蛙泳 50 米，捷泳轉身及蝶泳腳和腰部技術  
Advanced 1 (Star 4) With Star 3 Award or Able to perform Crawl stroke & Backstroke 150M, Breaststroke 50M, breaststroke turn, techniques in waist & leg of Butterfly Stroke

深造二班 (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  
Advanced 2 (Star 5) With Star 4 Award or Able to perform Butterfly stroke 10M, Breaststroke turn, Breaststroke 100M, Backstroke & Crawl stroke 200M

深造三班 (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  
Advanced 3 (Star 6) With Star 5 Award or Able to perform Butterfly

學習進度評估  
Course Progress



幼兒游泳獎勵計劃 (幼兒初班、高班)  
Pre-School Swimming Award Scheme (Pre-School Swimming Course I & II)

兒童少年游泳班 / 一條龍泳班 (初級一班至深造三級班)  
Youth & Teen Aquatic Scheme/ Through-Train Program (Elementary Level 1 to Advanced Level 3)

學習該級別之課程內容及重溫前一級別之泳式  
Learn the course content of respective level and revise the course content of previous level



學習評估  
Course Assessment



技術重溫  
Skills Revision

習泳少年  
Teen Swimmer

四式游泳訓練  
Swimming Training of Four Strokes



泳式計時  
Time Trial

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派發 \* 泳章評核結果通知書。  
\* 學員於第 7 課完結後而評核達標者，可於泳班完結起計三星期後及兩個月內憑「泳章評核結果通知書」到本會一樓接待處免費換取證書。  
Course Assessment: Coaches will conduct assessment on lesson 7 and distribute the \*result announcement form to students after lesson.  
\* For the students who meet the course standard on lesson 7 will be awarded a certificate from the equivalent level of Youth & Teens Aquatics Award Scheme, students can get their certificates at 1/F reception with the result announcement form 3 weeks after and within 2 months from the last lesson.

## 競賽起跳、轉身及到邊技巧課程

復活節特訓

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

課程內容：集中訓練泳式的起跳、轉身及到邊技巧

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

Content: Focus on starts, turns and finishing technique

堂數 Sessions: 4 上課地點 Venue: 4/F 名額 Quota: 每班 6 人 (Each class 6 students)

課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4904.19U.24001	2/4 - 5/4	1400 - 1500	二至五 Tue to Fri	\$550	4
4904.19U.24002		1500 - 1600			

## YMCA 泳班計時日

☎ 27833636 (林教練 / 陳先生) /

📞 69753573

### 參加資格：

1. 必須有參與本會 2024 年 4 - 6 月的游泳班課程
2. 必須完成本會中二級的游泳班課程或以上

### 查閱章程：



### 報名表格：



### 報名方法：

1. 填妥報名表格 (可在九會所 1/F 領取或自行下載表格)
2. 到九龍會所地下票務處繳交表格及費用
3. 稍後將會於 WhatsApp 中確認賽程

備註：如成績優異，可獲推薦入本會泳隊

開始報名日期：11/05/2024(星期六)

截止報名日期：08/06/2024(星期六)

課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
490405224	22/06	1200 - 1400	六 Sat	每人每項目 \$50 (完成者可獲時間證明證書)	1

## 親子游泳班 Aqua-Tots

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)

⚠ 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 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.

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19M.24001	31/3 - 19/5	1800-1855	日 Sun	1100	8
6 月	4904.19M.24002	26/5 - 16/6	1800-1855	日 Sun	550	4

# 一條龍游泳班 Through-Train Program

- 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。 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.
- 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 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.
- 一條龍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。 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 月份 (8 堂) APR-MAY (8 Lessons) 費用 Fee : \$1,260/8 堂 sessions

費用 Fee : \$1,260/8 堂 sessions

### 一條龍游泳班 (六) Through-Train Program (Sat) 日期 Date: 30/3/2024-18/5/2024

時間 Time	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)
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

### 一條龍游泳班 (日) Through-Train Program (Sun) 日期 Date: 31/3/2024-19/5/2024

時間 Time	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)
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

## 6 月份 (4 堂) JUNE (4 Lessons) 費用 Fee : \$630/4 堂 sessions

### 一條龍游泳班 (六) Through-Train Program (Sat) 日期 Date: 25/5/2024-15/6/2024

時間 Time	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)
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

### 一條龍游泳班 (日) Through-Train Program (Sun) 日期 Date: 26/5/2024-16/6/2024

時間 Time	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)
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

\*6 月份 (4 堂) 課程不設考核、升班及證書 No assessment test/ advancement/ certification upon completion of June (4 lessons) Swimming Course

# 幼兒初班 (1 級螃蟹章及 2 級章魚章)

4-5 月  
Apr to May

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

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)

! 一條龍課程 Through - Train Program

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 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.

課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons	
4904.19K.24001	30/3-18/5	0900-0950	六 Sat	1100	8	
4904.19D.24001		1000-1050		1260		
4904.19D.24005		1100-1150		1100		
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		0900-0950				日 Sun
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	一 Mon	1100			
4904.19K.24027	1600-1650					
4904.19K.24029	1700-1750					
4904.19K.24031	1800-1850					
4904.19K.24033	1900-1950					
4904.19K.24035	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	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	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	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					

# 幼兒初班 (1 級螃蟹章及 2 級章魚章)

6 月  
June

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

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)

一條龍課程 Through - Train Program

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 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.

課程編號 Course Code	日期 ( 除外 ) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons	
4904.19K.24085	25/5-15/6	0900-0950	六 Sat	550	4	
4904.19D.24033		1000-1050				
4904.19D.24037		1100-1150				
4904.19D.24041		1200-1250				
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					
4904.19D.24053	1500-1550					
4904.19D.24057	1600-1650					
4904.19D.24061	1700-1750					
4904.19K.24109	1500-1550	一 Mon	550			
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	1900-1950					
4904.19K.24133	0900-0950	三 Wed	550			
4904.19K.24135	1000-1050					
4904.19K.24137	1600-1650					
4904.19K.24139	1700-1750					
4904.19K.24141	1800-1850					
4904.19K.24143	1900-1950					
4904.19K.24145	0900-0950			四 Thu	550	
4904.19K.24147	1000-1050					
4904.19K.24149	1500-1550					
4904.19K.24151	1600-1650					
4904.19K.24153	1700-1750					
4904.19K.24155	1800-1850					
4904.19K.24157	1900-1950					
4904.19K.24159	0900-0950	五 Fri	550			
4904.19K.24161	1000-1050					
4904.19K.24163	1500-1550					
4904.19K.24165	1600-1650					
4904.19K.24167	1700-1750					
4904.19K.24169	1800-1850					



# 幼兒高班 ( 3 級水母章、4 級海馬章及 5 級河豚章 )

4-5 月  
Apr to May

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

參加資格：3 - 5 歲本會會友 ( 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)

! 一條龍課程 Through - Train Program

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 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.

課程編號 Course Code	日期 ( 除外 ) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons	
4904.19K.24002	30/3-18/5	0900-0950	六 Sat	1100	8	
4904.19D.24001		1000-1050		1260		
4904.19D.24005		1100-1150		1100		
4904.19D.24009		1200-1250				
4904.19D.24013		1300-1350		1100		
4904.19K.24004		1400-1450				
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		日 Sun		1100
4904.19K.24016		0900-0950				
4904.19K.24018		1000-1050				
4904.19K.24020		1100-1150				
4904.19K.24022	1200-1250	1260				
4904.19K.24024	1300-1350					
4904.19D.24017	1400-1450					
4904.19D.24021	1500-1550					
4904.19D.24025	1600-1650	1100				
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	二 Tue				
4904.19K.24036	0900-0950					
4904.19K.24038	1000-1050					
4904.19K.24040	1500-1550		三 Wed			
4904.19K.24042	1600-1650					
4904.19K.24044	1700-1750					
4904.19K.24046	1800-1850					
4904.19K.24048	0900-0950	四 Thu				
4904.19K.24050	1000-1050					
4904.19K.24052	1600-1650		1100			
4904.19K.24054	1700-1750					
4904.19K.24056	1800-1850					
4904.19K.24058	1900-1950			五 Fri		
4904.19K.24060	0900-0950					
4904.19K.24062	1000-1050					
4904.19K.24064	1500-1550	4/4-23/5				
4904.19K.24066	1600-1650					
4904.19K.24068	1700-1750					
4904.19K.24070	1800-1850		5/4-24/5			
4904.19K.24072	0900-0950					
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	1100				
4904.19K.24084	1900-1950					


# 幼兒高班 ( 3 級水母章、4 級海馬章及 5 級河豚章 )

**6 月  
June**

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

參加資格：3 - 5 歲本會會友 ( 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 )

 一條龍課程 Through - Train Program

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課程編號 Course Code	日期 ( 除外 ) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4904.19K.24086	25/5-15/6	0900-0950	六 Sat	550	4
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		550	
4904.19K.24090		1500-1550			
4904.19K.24092		1600-1650			
4904.19K.24094		1700-1750			
4904.19K.24096		1800-1850			
4904.19K.24098		1900-1950			
4904.19K.24100		26/5-16/6		0900-0950	
4904.19K.24102	1000-1050				
4904.19K.24104	1100-1150				
4904.19K.24106	1200-1250				
4904.19K.24108	1300-1350		630		
4904.19D.24049	1400-1450				
4904.19D.24053	1500-1550				
4904.19D.24057	1600-1650				
4904.19D.24061	1700-1750				
4904.19K.24110	27/5-17/6	1500-1550	一 Mon	550	
4904.19K.24112		1600-1650			
4904.19K.24114		1700-1750			
4904.19K.24116		1800-1850			
4904.19K.24118		1900-1950			
4904.19K.24120	28/5-18/6	0900-0950	二 Tue		
4904.19K.24122		1000-1050			
4904.19K.24124		1500-1550			
4904.19K.24126		1600-1650			
4904.19K.24128		1700-1750			
4904.19K.24130	29/5-19/6	1800-1850	三 Wed		
4904.19K.24132		0900-0950			
4904.19K.24134		1000-1050			
4904.19K.24136		1600-1650			
4904.19K.24138		1700-1750			
4904.19K.24140	30/5-20/6	1800-1850	四 Thu		
4904.19K.24142		1900-1950			
4904.19K.24144		0900-0950			
4904.19K.24146		1000-1050			
4904.19K.24148		1500-1550			
4904.19K.24150	31/5-21/6	1600-1650	五 Fri		
4904.19K.24152		1700-1750			
4904.19K.24154		1800-1850			
4904.19K.24156		0900-0950			
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				

# 兒童 / 少年游泳初級一班 (魚苗章)

4-5 月  
Apr to May

Children Elementary Swimming Course Level I (Baby Fish Award)

參加資格 : 5 - 12 歲本會會友 Eligibility : Members of 5 - 12 years old 名額 Quota: 每班 4-5 人 (each class: 4-5 students)

! 一條龍課程 Through - Train Program

(^) 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

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課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons		
*4904.19Z.24001	30/3-18/5	0900-0950	六 Sat	1100	8		
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				1100	
*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		日 Sun		1100	
*4904.19Z.24024		2000-2050					
*4904.19Z.24028		0900-0950					1260
*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	1100					
4904.19D.24021	1500-1550						
4904.19D.24025	1600-1650						
4904.19D.24029	1700-1750						
*4904.19Z.24037	1800-1850		1100				
*4904.19Z.24041	1500-1550	一 Mon					
*4904.19Z.24045	1600-1650						
*4904.19Z.24049	1700-1750						
*4904.19Z.24053	1800-1850						
*4904.19Z.24056	1900-1950		二 Tue				
^4904.19Z.24057	0900-0950	1100					
^4904.19Z.24059	1000-1050						
*4904.19Z.24060	1500-1550						
*4904.19Z.24062	1600-1650						
*4904.19Z.24066	1700-1750		三 Wed				
*4904.19Z.24069	1800-1850						
^4904.19Z.24073	0900-0950	1100					
^4904.19Z.24074	1000-1050						
*4904.19Z.24078	1600-1650						
*4904.19Z.24082	1700-1750						
*4904.19Z.24085	1800-1850		四 Thu				
*4904.19Z.24087	1900-1950						
^4904.19Z.24089	0900-0950	1100					
^4904.19Z.24091	1000-1050						
*4904.19Z.24092	1500-1550						
*4904.19Z.24096	1600-1650						
*4904.19Z.24100	1700-1750		五 Fri				
*4904.19Z.24104	1800-1850						
^4904.19Z.24106	0900-0950	1100					
^4904.19Z.24107	1000-1050						
*4904.19Z.24108	1500-1550						
*4904.19Z.24112	1600-1650						
*4904.19Z.24116	1700-1750		1100				
*4904.19Z.24119	1800-1850						
*4904.19Z.24122	1900-1950						

# 兒童 / 少年游泳初級一班 (魚苗章)

**6 月  
June**

Children Elementary Swimming Course Level I (Baby Fish Award)

參加資格：5 - 12 歲本會會友 Eligibility : Members of 5 - 12 years old 名額 Quota: 每班 4-5 人 (each class: 4-5 students)

 一條龍課程 Through - Train Program

(\*) 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

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 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.

課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
*4904.19Z.24129	25/5-15/6	0900-0950	六 Sat	550	4
4904.19D.24033		1000-1050			
4904.19D.24037		1100-1150		630	
4904.19D.24041		1200-1250			
4904.19D.24045		1300-1350			
*4904.19Z.24131		1400-1450			
*4904.19Z.24135		1500-1550		550	
*4904.19Z.24139		1600-1650			
*4904.19Z.24142		1700-1750			
*4904.19Z.24146		1800-1850			
*4904.19Z.24149	1900-1950	日 Sun	550		
*4904.19Z.24152	2000-2050				
*4904.19Z.24156	0900-0950				
*4904.19Z.24157	1000-1050				
*4904.19Z.24158	1100-1150				
*4904.19Z.24160	1200-1250			630	
*4904.19Z.24162	1300-1350				
4904.19D.24049	1400-1450				
4904.19D.24053	1500-1550				
4904.19D.24057	1600-1650			550	
4904.19D.24061	1700-1750				
*4904.19Z.24165	1800-1850	一 Mon	550		
*4904.19Z.24169	1500-1550				
*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	550
^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				
^4904.19Z.24201	0900-0950	三 Wed	550		
^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				
^4904.19Z.24217	0900-0950			四 Thu	550
^4904.19Z.24219	1000-1050				
*4904.19Z.24220	1500-1550				
*4904.19Z.24224	1600-1650				
*4904.19Z.24228	1700-1750				
*4904.19Z.24232	1800-1850				
^4904.19Z.24234	0900-0950	五 Fri	550		
^4904.19Z.24235	1000-1050				
*4904.19Z.24236	1500-1550				
*4904.19Z.24240	1600-1650				
*4904.19Z.24244	1700-1750				
*4904.19Z.24248	1800-1850				
*4904.19Z.24252	1900-1950				

# 兒童 / 少年游泳初級二班 (水獺章)

4-5 月  
Apr to May

Children Elementary Swimming Course Level II (Otter Award)

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: 5-6students)

! 一條龍課程 Through - Train Program

(\*) 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

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總會發出之游泳教練證書 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.

課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
*4904.19Z.24001	30/3-18/5	0900-0950	六 Sat	1100	8
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		1100	
*4904.19Z.24018		1800-1850			
*4904.19Z.24021		1900-1950			
*4904.19Z.24024		2000-2050			
*4904.19Z.24028		31/3-19/5		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		1100		
*4904.19Z.24041	1/4-20/5	1500-1550	一 Mon		
*4904.19Z.24045		1600-1650			
*4904.19Z.24049		1700-1750			
*4904.19Z.24053		1800-1850			
*4904.19Z.24056		1900-1950			
^4904.19Z.24057		0900-0950			
^4904.19Z.24059	2/4-21/5	1000-1050	二 Tue		
*4904.19Z.24060		1500-1550			
*4904.19Z.24062		1600-1650			
*4904.19Z.24066		1700-1750			
*4904.19Z.24069		1800-1850			
^4904.19Z.24073		0900-0950			
^4904.19Z.24074	3/4-22/5	1000-1050	三 Wed		
*4904.19Z.24078		1600-1650			
*4904.19Z.24082		1700-1750			
*4904.19Z.24085		1800-1850		1100	
*4904.19Z.24087		1900-1950			
^4904.19Z.24089		0900-0950			
^4904.19Z.24091	4/4-23/5	1000-1050	四 Thu		
*4904.19Z.24092		1500-1550			
*4904.19Z.24096		1600-1650			
*4904.19Z.24100		1700-1750			
*4904.19Z.24104		1800-1850			
^4904.19Z.24106		0900-0950			
^4904.19Z.24107	5/4-24/5	1000-1050	五 Fri		
*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			

# 兒童 / 少年游泳初級二班 (水獺章)

**6 月  
June**

Children Elementary Swimming Course Level II (Otter Award)

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)

 一條龍課程 Through - Train Program

(^) 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

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 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.

課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons	
*4904.19Z.24129	25/5-15/6	0900-0950	六 Sat	550	4	
4904.19D.24033		1000-1050				
4904.19D.24037		1100-1150		630		
4904.19D.24041		1200-1250				
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		550		
*4904.19Z.24146		1800-1850				
*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	27/5-17/6	1500-1550	一 Mon	4		
*4904.19Z.24173		1600-1650				
*4904.19Z.24177		1700-1750				
*4904.19Z.24181		1800-1850				
*4904.19Z.24184		1900-1950				
^4904.19Z.24185	28/5-18/6	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				
^4904.19Z.24201		29/5-19/6			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					
^4904.19Z.24217	30/5-20/6		0900-0950		四 Thu	
^4904.19Z.24219		1000-1050				
*4904.19Z.24220		1500-1550				
*4904.19Z.24224		1600-1650				
*4904.19Z.24228		1700-1750				
*4904.19Z.24232		1800-1850				
^4904.19Z.24234		31/5-21/6	0900-0950			五 Fri
^4904.19Z.24235	1000-1050					
*4904.19Z.24236	1500-1550					
*4904.19Z.24240	1600-1650					
*4904.19Z.24244	1700-1750					
*4904.19Z.24248	1800-1850					
*4904.19Z.24252	1900-1950					

4-5 月  
 Apr to May

# 兒童 / 少年游泳初級三班 (海豹章)

Children Elementary Swimming Course Level III (Seal Award)

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

名額 Quota: 每班 6-7 人 (each class: 7-8 students)

 一條龍課程 Through - Train Program

(\*) 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

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總會發出之游泳教練證書 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.

課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 Lessons		
4904.19C.24001	30/3-18/5	0900-0955	六 Sat	1100	8		
4904.19D.24001		1000-1055		1260			
4904.19D.24005		1100-1155					
4904.19D.24009		1200-1255					
4904.19D.24013		1300-1355		1100			
4904.19C.24002		1400-1455					
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		日 Sun		1100	
4904.19C.24009		0900-0955					
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	1100					
4904.19C.24013	1800-1855						
4904.19C.24014	1500-1555						
4904.19C.24015	1600-1655						
4904.19C.24016	1700-1755						
4904.19C.24017	1800-1855						
4904.19C.24018	1900-1955		二 Tue	1100			
^4904.19Z.24057	0900-0955						
^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			1100		
^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	1100
^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	1100			
^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						


# 兒童 / 少年游泳初級三班 (海豹章)

**6 月  
June**

Children Elementary Swimming Course Level III (Seal Award)

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

名額 Quota：每班 6-7 人 (each class: 7-8 students)

 一條龍課程 Through - Train Program

(\*) 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

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 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.

課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons	
4904.19C.24036	25/5-15/6	0900-0955	六 Sat	550	4	
4904.19D.24033		1000-1055				
4904.19D.24037		1100-1155		630		
4904.19D.24041		1200-1255				
4904.19D.24045		1300-1355				
4904.19C.24037		1400-1455		550		
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				
4904.19C.24044		0900-0955		日 Sun		550
4904.19C.24045		1000-1055				
4904.19C.24046	1100-1155					
4904.19C.24047	1300-1355					
4904.19D.24049	1400-1455	630				
4904.19D.24053	1500-1555					
4904.19D.24057	1600-1655					
4904.19D.24061	1700-1755					
4904.19C.24048	1800-1855	550				
4904.19C.24049	1500-1555					
4904.19C.24050	1600-1655		一 Mon			
4904.19C.24051	1700-1755					
4904.19C.24052	1800-1855					
4904.19C.24053	1900-1955					
^4904.19Z.24185	0900-0955			二 Tue		
^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					
^4904.19Z.24201	0900-0955	三 Wed	550			
^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					
^4904.19Z.24217	0900-0955			四 Thu		
^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					
^4904.19Z.24234	0900-0955	五 Fri	550			
^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					
4904.19C.24070	1900-1955					



4-5 月  
 Apr to May

# 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)

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

參加資格: 5 - 15 歲之本會會員 Eligibility: Members of 5 - 15 years old 名額 Quota: 每班 6-8 人 (each class: 6-8 students)

一條龍課程 Through - Train Program

(\*) 之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

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 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.

課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons		
*4904.19Z.24002	30/3-18/5	0900-1000	六 Sat	1100	8		
4904.19D.24002		1000-1100		1260			
4904.19D.24006		1100-1200					
4904.19D.24010		1200-1300					
4904.19D.24014		1300-1400					
*4904.19Z.24004		1400-1500				1100	
*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		日 Sun		8	
*4904.19Z.24025		2000-2100					1100
*4904.19Z.24031		1100-1200					
*4904.19Z.24033		1200-1300					
*4904.19Z.24035	1300-1400						
4904.19D.24018	1400-1500	1260					
4904.19D.24022	1500-1600						
4904.19D.24026	1600-1700						
4904.19D.24030	1700-1800						
*4904.19Z.24038	1800-1900		1100				
*4904.19Z.24042	1/4-20/5	1500-1600	一 Mon		1100		
*4904.19Z.24046		1600-1700					
*4904.19Z.24050		1700-1800					
*4904.19Z.24054		1800-1900					
*4904.19Z.24058	2/4-21/5	0900-1000	二 Tue				
*4904.19Z.24061		1500-1600					
*4904.19Z.24063		1600-1700					
*4904.19Z.24067		1700-1800					
*4904.19Z.24070	3/4-22/5	1800-1900	三 Wed				
*4904.19Z.24075		1500-1600					
*4904.19Z.24079		1600-1700					
*4904.19Z.24086		1800-1900					
*4904.19Z.24088	4/4-23/5	1900-2000	四 Thu				
*4904.19Z.24090		0900-1000					
*4904.19Z.24093		1500-1600					
*4904.19Z.24097		1600-1700					
*4904.19Z.24101	5/4-24/5	1700-1800	五 Fri				
*4904.19Z.24105		1800-1900					
*4904.19Z.24109		1500-1600					
4904.19Z.24113		1600-1700					
*4904.19Z.24117	1700-1800	1100					
*4904.19Z.24120	1800-1900						
*4904.19Z.24123	1900-2000						

# 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)

6月  
June

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

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)

! 一條龍課程 Through - Train Program

(\*) 之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  
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總會發出之游泳教練證書 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.

課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons		
*4904.19Z.24130	25/5-15/6	0900-1000	六 Sat	550	4		
4904.19D.24034		1000-1100		630			
4904.19D.24038		1100-1200					
4904.19D.24042		1200-1300					
4904.19D.24046		1300-1400					
*4904.19Z.24132		1400-1500		550			
*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					
*4904.19Z.24153		2000-2100					
*4904.19Z.24159		26/5-16/6		1100-1200		日 Sun	550
*4904.19Z.24161				1200-1300			
*4904.19Z.24163	1300-1400						
4904.19D.24050	1400-1500		630				
4904.19D.24054	1500-1600						
4904.19D.24058	1600-1700	550					
4904.19D.24062	1700-1800						
*4904.19Z.24166		1800-1900					
*4904.19Z.24170	27/5-17/6	1500-1600	一 Mon	550			
*4904.19Z.24174		1600-1700					
*4904.19Z.24178		1700-1800					
*4904.19Z.24182		1800-1900					
*4904.19Z.24186	28/5-18/6	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	29/5-19/6	1500-1600	三 Wed	550			
*4904.19Z.24207		1600-1700					
*4904.19Z.24214		1800-1900					
*4904.19Z.24216		1900-2000					
*4904.19Z.24218	30/5-20/6	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	31/5-21/6	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					

\*6 月份 (4 堂) 課程不設考核、升班及證書 No assessment test/ advancement/ certification upon completion of June (4 lessons) Swimming Course

4-5 月  
 Apr to May

# 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)

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


參加資格: 5 - 15 歲之本會會員 Eligibility: Members of 5 - 15 years old 名額 Quota: 每班 8-10 人 (each class: 8-10 students)

! 一條龍課程 Through - Train Program

 (\*) 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  
 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 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.

課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4904.19D.24003		1000-1100		1260	
4904.19D.24007		1100-1200			
4904.19D.24011		1200-1300			
4904.19D.24015		1300-1400			
*4904.19Z.24005	30/3-18/5	1400-1500	六 Sat	1100	
*4904.19Z.24009		1500-1600			
*4904.19Z.24013		1600-1700			
*4904.19Z.24016		1700-1800			
*4904.19Z.24020		1800-1900			
*4904.19Z.24023		1900-2000			
*4904.19Z.24026		2000-2100			
*4904.19Z.24036		1300-1400			
4904.19D.24019	31/3-19/5	1400-1500	日 Sun	1260	
4904.19D.24023		1500-1600			
4904.19D.24027		1600-1700			
4904.19D.24031		1700-1800			
*4904.19Z.24039		1900-2000		1100	
*4904.19Z.24043	1/4-20/5	1500-1600	一 Mon		8
*4904.19Z.24047		1600-1700			
*4904.19Z.24051		1700-1800			
*4904.19Z.24064	2/4-21/5	1600-1700	二 Tue		
*4904.19Z.24068		1700-1800			
*4904.19Z.24071		1900-2000			
*4904.19Z.24076	3/4-22/5	1500-1600	三 Wed	1100	
*4904.19Z.24080		1600-1700			
*4904.19Z.24083		1700-1800			
*4904.19Z.24094	4/4-23/5	1500-1600	四 Thu		
*4904.19Z.24098		1600-1700			
*4904.19Z.24102		1700-1800			
*4904.19Z.24110	5/4-24/5	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			

# 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)

**6 月  
June**
**Children Higher Swimming Course Level I (Star 1 Award), Level II (Star 2 Award), Level III (Star 3 Award)**
**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)**
 一條龍課程 Through - Train Program

(\*) 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

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課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4904.19D.24035		1000-1100		630	
4904.19D.24039		1100-1200			
4904.19D.24043		1200-1300			
4904.19D.24047		1300-1400			
*4904.19Z.24133	25/5-15/6	1400-1500	六 Sat	550	
*4904.19Z.24137		1500-1600			
*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		1300-1400			
4904.19D.24051	1400-1500	630			
4904.19D.24055	1500-1600				
4904.19D.24059	1600-1700				
4904.19D.24063	1700-1800				
*4904.19Z.24167	1900-2000		550		
*4904.19Z.24171	27/5-17/6	1500-1600	一 Mon		4
*4904.19Z.24175		1600-1700			
*4904.19Z.24179		1700-1800			
*4904.19Z.24192	28/5-18/6	1600-1700	二 Tue		
*4904.19Z.24196		1700-1800			
*4904.19Z.24199		1900-2000			
*4904.19Z.24204	29/5-19/6	1500-1600	三 Wed	550	
*4904.19Z.24208		1600-1700			
*4904.19Z.24211		1700-1800			
*4904.19Z.24222	30/5-20/6	1500-1600	四 Thu		
*4904.19Z.24226		1600-1700			
*4904.19Z.24230		1700-1800			
*4904.19Z.24238	31/5-21/6	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			

# 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)

Children Advanced Swimming Course Level I (Star 4 Award) Course Level II (Star 5 Award) Level III (Star 6 Award)

參加資格：5 - 15 歲之本會會員 Eligibility : Members of 5 - 15 years old 名額 Quota: 每班 8-10 人 (each class: 8-10 students)

! 一條龍課程 Through - Train Program

(\*) 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  
 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之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 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.

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19D.24004	30/3-18/5	1000-1100	六 Sat	1260	8
	4904.19D.24008		1100-1200			
	4904.19D.24012		1200-1300			
	4904.19D.24016		1300-1400			
	*4904.19Z.24006		1400-1500			
	*4904.19Z.24010		1500-1600			
	*4904.19Z.24017	1700-1800	日 Sun	1100		
	*4904.19Z.24027	2000-2100				
	4904.19D.24020	1400-1500				
	4904.19D.24024	1500-1600				
	4904.19D.24028	1600-1700				
	4904.19D.24032	1700-1800				
	*4904.19Z.24040	1900-2000	一 Mon	1260		
	*4904.19Z.24044	1500-1600				
	*4904.19Z.24048	1600-1700				
	*4904.19Z.24055	1800-1900				
	*4904.19Z.24065	1600-1700				
	*4904.19Z.24072	1900-2000				
	*4904.19Z.24077	1500-1600	二 Tue	1100		
	*4904.19Z.24081	1600-1700				
*4904.19Z.24084	1700-1800					
*4904.19Z.24095	1500-1600					
*4904.19Z.24099	1600-1700					
*4904.19Z.24103	1700-1800					
*4904.19Z.24111	1500-1600	三 Wed	1100			
*4904.19Z.24115	1600-1700					
*4904.19Z.24121	1800-1900					
*4904.19Z.24125	1900-2000					
*4904.19Z.24128	2100-2200					
4904.19D.24036	25/5-15/6			1000-1100	六 Sat	630
4904.19D.24040		1100-1200				
4904.19D.24044		1200-1300				
4904.19D.24048		1300-1400				
*4904.19Z.24134		1400-1500				
*4904.19Z.24138		1500-1600				
*4904.19Z.24145	1700-1800	日 Sun	550			
*4904.19Z.24155	2000-2100					
4904.19D.24052	1400-1500					
4904.19D.24056	1500-1600					
4904.19D.24060	1600-1700					
4904.19D.24064	1700-1800					
*4904.19Z.24168	1900-2000	一 Mon	630			
*4904.19Z.24172	1500-1600					
*4904.19Z.24176	1600-1700					
*4904.19Z.24183	1800-1900					
*4904.19Z.24193	1600-1700					
*4904.19Z.24200	1900-2000					
*4904.19Z.24205	1500-1600	二 Tue	550			
*4904.19Z.24209	1600-1700					
*4904.19Z.24212	1700-1800					
*4904.19Z.24223	1500-1600					
*4904.19Z.24227	1600-1700					
*4904.19Z.24231	1700-1800					
*4904.19Z.24239	1500-1600	三 Wed	550			
*4904.19Z.24243	1600-1700					
*4904.19Z.24251	1800-1900					
*4904.19Z.24255	1900-2000					
*4904.19Z.24258	2100-2200					
	31/5-21/6			1600-1700	四 Thu	550
		1700-1800				
		1500-1600				
		1600-1700				
		1800-1900				
		1900-2000				
		2100-2200	五 Fri	550		
		1600-1700				
		1800-1900				
		1900-2000				
		2100-2200				
		1600-1700				

## 少年游泳初 / 中班 Youth Elementary / Intermediated Swimming Courses

參加者資格：11 歲至 15 歲會友 Eligibility: Members of 11-15 years old 名額 Quota: 每班 8 人 (each class: 6 students)

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.

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

## 少年游泳高 / 深班 Youth Higher / Advanced Swimming Courses

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 名額 Quota: 每班 8 人 (each class: 6 students)

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

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.

ⓘ 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 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.

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

## 習泳少年 Teen-Swimmer

參加資格：5-15 歲完成本會六星之本會會友或同等水平之人士 Eligibility: Members aged 5-15 with Star VI Award or equivalent.

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

目的：提供定時的習泳時間，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 individuals' level for all rounded development.

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月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19T.24001	30/3-18/5	0900-1000	六 Sat	1100	8
	4904.19T.24002		1600-1700			
	4904.19T.24003		1800-1900			
	4904.19T.24004	31/3-19/5	1300-1400	日 Sun		
	4904.19T.24005		1800-1900			
	4904.19T.24006	3/4-22/5	1700-1800	三 Wed		
	4904.19T.24007	5/4-24/5	1600-1700	五 Fri		
	4904.19T.24008		2000-2100			
4904.19T.24009	2100-2200					
6 月	4904.19T.24010	25/5-15/6	0900-1000	六 Sat	550	4
	4904.19T.24011		1600-1700			
	4904.19T.24012		1800-1900			
	4904.19T.24013	26/5-16/6	1300-1400	日 Sun		
	4904.19T.24014		1800-1900			
	4904.19T.24015	29/5-19/6	1700-1800	三 Wed		
	4904.19T.24016	31/5-21/6	1600-1700	五 Fri		
	4904.19T.24017		2000-2100			
4904.19T.24018	2100-2200					

## 少數族裔成人游泳班 Ethnic Minorities Adult Swimming Course

參加資格：16歲以上本會會員 Eligibility: Member 16 or above

課程內容及特色：授游泳班基礎技巧（水中呼氣、浮身等）；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)

❗ 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 游泳池更衣室儲物櫃。

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

泳班開課前十五分鐘內，方可進入更衣室 Students are not allowed to enter 4/F changing rooms more than 15 minutes in advance.

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 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.

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
<b>成人游泳班 Adult Swimming Course</b>						
4-5 月	4904.19N.24001	30/3/ - 18/5	2100 - 2200	六 Sat	990	8
	4904.19N.24002	1/4/ - 20/5	2000 - 2100	一 Mon		
6 月	4904.19N.24005	25/5/ - 15/6	2100 - 2200	六 Sat	495	4
	4904.19N.24006	27/5/ - 17/6	2000 - 2100	一 Mon		
<b>女子成人游泳班 Adult Female Swimming Course</b> (由本會女游泳導師任教 Female instructor will be arranged)						
4-5 月	4904.19N.24003	3/4/ - 22/5	0900 - 1000	三 Wed	990	8
	4904.19N.24004		1000 - 1100			
6 月	4904.19N.24007	29/5/ - 19/6	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歲或以上本會女會員 Eligibility: Female Members of 16 or above

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

課程內容及特色 Content & Feature:

- 由本會女游泳導師任教 Female instructor will be arranged

- 授游泳班基礎技巧（水中呼氣、浮身等）Basic swimming techniques (Rhythmic breathing, floating etc.)

- 授自由泳及蛙泳動作 Teaching Freestyle and Breaststroke

❗ 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 游泳池更衣室儲物櫃。

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

泳班開課前十五分鐘內，方可進入更衣室 Students are not allowed to enter 4/F changing rooms more than 15 minutes in advance.

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月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19A.24006	1/4 - 20/5	1900-2000	一 Mon	990	8
	4904.19A.24008		2000-2100			
	4904.19A.24016	2/4 - 21/5	1900-2000	二 Tue		
	4904.19A.24017		2000-2100			
	4904.19A.24024	3/4 - 22/5	1400-1500	三 Wed		
	4904.19A.24026		1900-2000			
	4904.19A.24028		2100-2200			
	4904.19A.24034	4/4-23/5	1400-1500	四 Thu		
	4904.19A.24036		1900-2000			
	4904.19A.24038		2000-2100			
4904.19A.24044	5/4-24/5	2000-2100	五 Fri			
4904.19A.24045		2100-2200				
6 月	4904.19A.24051	27/5-17/6	1900-2000	一 Mon	495	4
	4904.19A.24053		2000-2100			
	4904.19A.24061	28/5-18/6	1900-2000	二 Tue		
	4904.19A.24062		2000-2100			
	4904.19A.24069	29/5-19/6	1400-1500	三 Wed		
	4904.19A.24071		1900-2000			
	4904.19A.24073		2100-2200			
	4904.19A.24079	30/5-20/6	1400-1500	四 Thu		
	4904.19A.24081		1900-2000			
	4904.19A.24083		2000-2100			
	4904.19A.24089	31/5-21/6	2000-2100	五 Fri		
	4904.19A.24090		2100-2200			

# 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

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

課程內容 Teaching Content:

- 授游泳班基礎技巧 (水中呼氣、浮身等) Basic swimming techniques (Rhythmic breathing, floating etc.)

- 授自由泳及蛙泳動作 Teaching Freestyle and Breaststroke

❗ 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 游泳池更衣室儲物櫃。

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

泳班開課前十五分鐘內，方可進入更衣室 Students are not allowed to enter 4/F changing rooms more than 15 minutes in advance.

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月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19A.24001	30/3-18/5	2100-2200	六 Sat	990	
	4904.19A.24002		0900-1000			
	4904.19A.24003		1000-1100			
	4904.19A.24004	1/4 - 20/5	1300-1400	一 Mon		
	4904.19A.24005		1500-1600			
	4904.19A.24007		1900-2000			
	4904.19A.24009		2000-2100			
	4904.19A.24012		0900-1000			
	4904.19A.24013		1000-1100			
	4904.19A.24014	2/4 - 21/5	1500-1600	二 Tue		
	4904.19A.24015		1900-2000			
	4904.19A.24018		2000-2100			
	4904.19A.24019		2100-2200			
	4904.19A.24021		1000-1100			
	4904.19A.24022	3/4 - 22/5	1200-1300	三 Wed		
	4904.19A.24023		1300-1400			
	4904.19A.24025		1500-1600			
	4904.19A.24030		1000-1100			
	4904.19A.24031		1100-1200			
	4904.19A.24032	4/4 - 23/5	1200-1300	四 Thu		
4904.19A.24033		1300-1400				
4904.19A.24035		1500-1600				
4904.19A.24037		1900-2000				
4904.19A.24041		1000-1100				
4904.19A.24042	5/4 - 24/5	1300-1400	五 Fri			
4904.19A.24043		1500-1600				
6 月	4904.19A.24046	25/5 - 15/6	2100-2200	六 Sat	495	
	4904.19A.24047		0900-1000			
	4904.19A.24048		1000-1100			
	4904.19A.24049	27/5 - 17/6	1300-1400	一 Mon		
	4904.19A.24050		1500-1600			
	4904.19A.24052		1900-2000			
	4904.19A.24054		2000-2100			
	4904.19A.24057		0900-1000			
	4904.19A.24058		1000-1100			
	4904.19A.24059	28/5 - 18/6	1500-1600	二 Tue		
	4904.19A.24060		1900-2000			
	4904.19A.24063		2000-2100			
	4904.19A.24064		2100-2200			
	4904.19A.24066		1000-1100			
	4904.19A.24067	29/5 - 19/6	1200-1300	三 Wed		
	4904.19A.24068		1300-1400			
	4904.19A.24070		1500-1600			
	4904.19A.24075		1000-1100			
	4904.19A.24076		1100-1200			
	4904.19A.24077	30/5 - 20/6	1200-1300	四 Thu		
4904.19A.24078		1300-1400				
4904.19A.24080		1500-1600				
4904.19A.24082		1900-2000				
4904.19A.24086		1000-1100				
4904.19A.24087	31/5 - 21/6	1300-1400	五 Fri			
4904.19A.24088		1500-1600				



## 成人游泳技術改良班 Adult Swimming Enrichment Courses

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

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

課程內容 Teaching Content:

1. 改良自由泳或蛙泳之技術 Enrichment on Crawl stroke & Breaststroke
2. 在教練指導下提升耐力, 改善心肺功能 Enhance persistence and capability

**!** 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游泳池更衣室儲物櫃。  
 Students of adult swimming course can rent 4/F changing room locker in \$10 by showing the course receipt before each session.  
 泳班開課前十五分鐘內, 方可進入更衣室 Students are not allowed to enter 4/F changing rooms more than 15 minutes in advance.  
 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 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.

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19A.24010	1/4 - 20/5	2000-2100	一 Mon	990	8
	4904.19A.24011		2100-2200			
	4904.19A.24020	3/4 - 22/5	0900-1000	三 Wed		
	4904.19A.24027		2000-2100			
	4904.19A.24029	4/4 - 23/5	0900-1000	四 Thu		
	4904.19A.24039		2100-2200			
4904.19A.24040	5/4 - 24/5	0900-1000	五 Fri			
6 月	4904.19A.24055	27/5 - 17/6	2000-2100	一 Mon	495	4
	4904.19A.24056		2100-2200			
	4904.19A.24065	29/5 - 19/6	0900-1000	三 Wed		
	4904.19A.24072		2000-2100			
	4904.19A.24074	30/5 - 20/6	0900-1000	四 Thu		
	4904.19A.24084		2100-2200			
4904.19A.24085	31/5 - 21/6	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.

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

**!** 費用已包括4/F游泳池更衣室儲物櫃。4/F changing room locker included.  
 泳班開課前十五分鐘內, 方可進入更衣室 Students are not allowed to enter 4/F changing rooms more than 15 minutes in advance.  
 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 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.

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19E.24001	30/3-18/5	0900-1000	一 Mon	1100	8
	4904.19E.24002	2/4-21/5	1300-1400	四 Thu		
	4904.19E.24003	3/4-22/5	0900-1000	五 Fri		
	4904.19E.24004		1200-1300			
6 月	4904.19E.24005	27/5-17/6	0900-1000	一 Mon	550	4
	4904.19E.24006	30/5-20/5	1300-1400	四 Thu		
	4904.19E.24007	31/5-21/5	0900-1000	五 Fri		
	4904.19E.24008		1200-1300			

## 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.

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

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.

**!** 費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游泳池更衣室儲物櫃。  
 Students of adult swimming course can rent 4/F changing room locker in \$10 by showing the course receipt before each session.  
 泳班開課前十五分鐘內, 方可進入更衣室 Students are not allowed to enter 4/F changing rooms more than 15 minutes in advance.  
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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	2/4-23/5	2100-2200	二, 四 Tue, Thu	1360	16
4904.19Y.24002	28/5-20/6	2100-2200		680	8

# 水中健體班 Hydrofitness

參加資格：16歲或以上之本會會員，毋須懂得泳術。Eligibility: Members of 16 or above, no swimming ability is needed.

名額 Quota: 每班 20 人 (each class: 20 students)

課程內容 Teaching Content:

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

❗ 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 游泳池更衣室儲物櫃。

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

泳班開課前十五分鐘內，方可進入更衣室 Students are not allowed to enter 4/F changing rooms more than 15 minutes in advance.

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月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19R.24001	31/3-19/5	1900-2000	日 Sun	930	8
	4904.19R.24002	1/4 - 20/5	1000-1100	一 Mon		
	4904.19R.24003		1100-1200			
	4904.19R.24004	2/4 - 21/5	1000-1100	二 Tue		
	4904.19R.24005		1100-1200			
	4904.19R.24006	3/4 - 22/5	1100-1200	三 Wed		
	4904.19R.24007		2000-2100			
	4904.19R.24008	4/4 - 23/5	1000-1100	四 Thu		
	4904.19R.24009		1100-1200			
	4904.19R.24010		1400-1500			
	4904.19R.24011		2000-2100			
	4904.19R.24012	5/4 - 24/5	1000-1100	五 Fri		
4904.19R.24013	1100-1200					
6 月	4904.19R.24014	26/5-16/6	1900-2000	日 Sun	465	4
	4904.19R.24015	27/5-17/6	1000-1100	一 Mon		
	4904.19R.24016		1100-1200			
	4904.19R.24017	28/5-18/6	1000-1100	二 Tue		
	4904.19R.24018		1100-1200			
	4904.19R.24019	29/5-19/6	1100-1200	三 Wed		
	4904.19R.24020		2000-2100			
	4904.19R.24021	30/5-20/6	1000-1100	四 Thu		
	4904.19R.24022		1100-1200			
	4904.19R.24023		1400-1500			
	4904.19R.24024		2000-2100			
	4904.19R.24025	31/5-21/6	1000-1100	五 Fri		
4904.19R.24026	1100-1200					

## 新喜點 水中健體復康運動班

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。

- ❗ 1 此課程由持有「水中健體及復康導師證書」之導師任教
- 2. 用已包括 4/F 游泳池更衣室儲物櫃。
- 3. 泳班開課前十五分鐘內，方可進入更衣室

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.60C.24001	1/4 - 20/5	1200-1300	一 Mon	1100	8
	4904.60C.24002	2/4 - 21/5	2000-2100	二 Tue		
	4904.60C.24003	3/4 - 22/5	1500-1600	三 Wed		
	4904.60C.24004	4/4 - 23/5	1200-1300	四 Thu		
	4904.60C.24005		1400-1500			
6 月	4904.60C.24006	27/5-17/6	1200-1300	一 Mon	550	4
	4904.60C.24007	28/5-18/6	2000-2100	二 Tue		
	4904.60C.24008	29/5-19/6	1500-1600	三 Wed		
	4904.60C.24009	30/5-20/6	1200-1300	四 Thu		
	4904.60C.24010		1400-1500			

# 2022-2023 年度青年會泳隊短池賽

2022-2023 年度青年會泳隊短池賽全年共三個回合分別在九龍會所、新界會所室內游泳池及烏溪沙青年新村有蓋恆溫游泳池舉行。經過一連三回合的激烈比賽，九龍會所的泳員奪得優異的成績。

## 1. 黃綽藍 (九龍會所)

最佳運動員：女子 A 組 (15 歲或以上)

## 2. 鍾詩澄 (九龍會所)

女子傑出運動員 及 最佳運動員：女子 B 組 (13-14 歲)

## 3. 施凱証 (九龍會所)

最佳運動員：男子 B 組 (13-14 歲)

## 4. 許詩沂 (九龍會所)

最佳運動員：女子 C 組 (11-12 歲)

## 5. 馮穎天 (九龍會所)

最佳運動員：男子 C 組 (11-12 歲)

## 6. 樊杼泳 (九龍會所)

最佳運動員：女子 D 組 (9-10 歲)

## 7. 黃崇瑋 (九龍會所)

最佳運動員：男子 D 組 (9-10 歲)

## 8. 黃卓伶 (九龍會所)

最佳運動員：女子 E 組 (8 歲或以下)

## 9. 彭祉喬 (九龍會所)

最佳運動員：男子 E 組 (8 歲或以下)



## CYM 中青游泳隊 CYM Swimming Team

☎ 2783 3636 (林教練)

透過全年連貫不斷、系統性的游泳訓練，改良隊員的身體素質和游泳技術以達到比賽水平，藉以培養隊員之意志品德、增強隊員之體魄、加強青少年自信心及堅毅不屈的精神。

Aim: Providing continuous and systematic training approach to enhance members' fitness & techniques in order to reach higher or competitive level. And aim to cultivate positive sportsmanship in all aspects, such as volition, personal quality, confidence and persistence.

1. 非本會游泳班學員，需經泳隊教練作技術評估分配合適組別。技術評估需繳交 \$50，泳員取錄與否費用概不發還。  
Swimming trial fee \$50 is required for the non YMCA swimming course student. Trial fee is non-refundable.
2. 訓練時必須配戴本會泳帽。(CYM 中青泳帽為 \$40 一頂)，可以在地下票務處購買。  
All swimmers must wear our swimming cap during training. (CYM swimming cap are \$40 each) and can be purchased at the ticket office on the ground floor.
3. 所有泳隊泳員必須註冊中國香港游泳總會之「註冊運動員」，2024-2025 年費為 \$100。  
All swimmers must be registered as "registered athletes" with Hong Kong China Swimming Association (HKGSA) yearly. 2024-2025 Annual Fee: \$100.

參加資格 Requirement	訓練組別 Group	訓練星期及時間 Day & Time	每月收費 Monthly Fee
12 歲或以下能完成 200 米自由泳及背泳 100 米蛙泳 25 米蝶泳 (等同完成本會深級一班)	S1	星期二 (TUE) 1700-1800 星期六 (SAT) 1700-1800 星期日 (SUN) 1000-1130	\$900 * 泳員如在每月 20 日前繳交下個月訓練費用，即可享有早鳥優惠，費用為 \$850 Enjoy a discount fee of \$850 for payments made before the 20th of the previous month.
Aged 12 or below Able to complete 200m Freestyle & Backstroke, 100m Breaststroke and 25m Butterfly (Equal to achieved Advanced level 1)	S2	星期四 (THUR) 1700-1800 星期五 (FRI) 1700-1800 星期日 (SUN) 1000-1130	
	S3	星期六 (SAT) 1800-1930 星期日 (SUN) 1130-1300	
	S4	星期一 (MON) 1830-2000 星期日 (SUN) 1130-1300	
10 歲或以下 能完成 75 米自由泳及 25 背泳 (等同完成本會中級三班)	P1	星期三 (WED) 1600-1700 星期六 (SAT) 1500-1600	
Aged 10 or below Able to complete 75m Freestyle & 25m Backstroke (Equal to achieved Intermediate Level 3) * 需同時參加本會游泳班課程，直至完成高級 3 班的課程。 Need to take the swimming class at the same time until completed the Advanced Higher Level 3.	P2	星期二 (TUE) 1600-1700 星期六 (SAT) 1600-1700	