

香港中華基督教青年會 使命宣言 Mission Statement

香港中華基督教青年會是全球基督教青年會運動的一員，又為一建基香港之基督教服務組織，本著「非以役人，乃役於人」之基督精神，聯合同道，推廣天國，致力倡導及培育青年肩負社會責任、關懷祖國、放眼世界；並通過多元化服務、全人發展、對弱群之承擔及推動從個人至社會修和；努力建設一個文明、有愛心的香港。 Chinese YMCA of Hong Kong is a Christian service organisation based in Hong Kong as part of the global YMCA movement. The Association is committed to building a civil and compassionate Hong Kong through uniting people with the same spirit to extend the Kingdom of God; fostering youth leadership to shoulder social responsibility with keen concern for the motherland and the world; and promoting multiple service programmes based on wholistic personal growth, commitment to the underprivileged and reconciliation extending from self to society.

服務目標 Service Objectives

九龍會所一直以康體服務為主線，提供多元化的社區服務，重點推展四項服務方針：推廣康健人生、擴闊青少年國際視野、著重品格教育推行、以及推廣青年會義工及培養青年領袖。透過長期訓練的康健程序（球類、游泳、體藝、武術等活動）、個人成長活動及訓練（興趣班及親子活動），配以多元化之康體設施（舞蹈室、桑拿及蒸氣浴室、健身室、室內恆溫泳池及綜合體育館），會友有機會發展個人潛能，建立康健人生。 Kowloon Centre provides a diversity of services, among which recreational services have always been our top priority. We operate in accordance with four basic principles: promoting wellness+, cultivating global minds, encouraging character building and fostering youth leadership. Through persistent training and fitness programs (ball games, swimming, sport arts and martial arts), activities and training on personal growth (interest groups and family activities), and the use of a wide variety of recreational facilities (dance room, sauna and steam room, fitness room, indoor heated swimming pool, and multi-purpose gymnasium), members can develop their potentials and live a healthy and fruitful life.

申請會籍 Membership Application

普通會籍 Ordinary Membership



18歲或以上人士
Aged 18 years old or above
HK\$30 / 一年 1-year
HK\$80 / 三年 3-year
HK\$130 / 五年 5-year

少年會籍 Youth Membership



18歲以下人士
Aged below 18 years old
HK\$20 / 一年 1-year
HK\$60 / 三年 3-year
HK\$100 / 五年 5-year

優惠會籍 Concessionary Membership



年滿60歲或以上、綜援或持有殘疾人士登記證
Aged 60 or above, comprehensive social security assistance recipients or holders of "registration card for people with disabilities"
HK\$20 / 一年 1-year
HK\$60 / 三年 3-year
HK\$100 / 五年 5-year

家庭會籍 Family Membership



(1) 夫婦二人 或；
(2) 父或 / 及母，連同最多四名十八歲以下的子女為一會籍單位
(1) A married couple, or (2) the father and/or mother and his and/or her child/children under 18 years old (maximum 4 children).
HK\$50 / 一年 1-year
HK\$140 / 三年 3-year
HK\$230 / 五年 5-year

永遠會籍 Life Membership	此乃永久會籍，須一筆過繳付會費。 Membership is granted for life with one-off payment.	HK\$5000
贊助會籍 Supporting Membership	會籍為一年制，不論是連續五年入會，贊助會友在繳交第五年年費時可自動取得永久會籍。 Membership is valid for one year. Membership who have been Supporting Members for five years will automatically become Life Members after the fifth year, regardless of whether those five years were accumulated consecutively or not.	HK\$1000 / 一年 1-year
團體會友 / 夥伴學校 Group / School	查詢請致電 27833636 Enquiry 27833636	



香港中華基督教青年會 九龍會所

Chinese YMCA of Hong Kong Kowloon Centre

地址 Address : 九龍油麻地窩打老道 23 號
23 Waterloo Road, Yau Ma Tei, Kowloon

電話 Tel : 2783 3600 / 2783 3636

傳真 Fax : 2388 1123

電郵 Email : kc@ymca.org.hk

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

Facebook : <https://www.facebook.com/YMCAKC>

Instagram : https://instagram.com/ymca_kc

會所開放 / 辦公時間

Centre Opening/Working Hours

G/F 票務處 Ticketing Office

1/F 大堂及會友服務 Lobby & Member Services

星期一至六

Mon-Sat

08:30 - 21:00

09:00 - 22:00

星期日

Sun

10:00 - 21:00

09:00 - 22:00

* 除農曆新年外，公眾假期照常

Open as usual on Public Holidays, except Chinese New Year





2/F 健身室 Health Start Area

只限會友使用，請出示有效實體會員證。
For members only. Please present valid membership card.

首次使用 First time :

辦理健身室准用證 Applying for Fitness Room User Card :

初學者 Beginner :

【器械健體入門班 Health Start Introductory Course】

費用 Fee : **\$220** / 3hours

具基本健體器械安全操作知識 With basic knowledge in using fitness equipment :

【健體快易通計劃 Easy Fit Programme】

費用 Fee : **\$110** / 3hours

其後購票入場 Subsequent use :

單次票 Single ticket (2 小時 hours)

\$55

套票優惠 Package offer

(11 張, 2 個月內有效 11 tickets, valid within 2 months)

\$550

至 Fit 優惠計劃 Active Fitness Program

(15 次, 1 個月內有效 15 times, valid within 1 month)

\$420

- * 只限 16 歲或以上會友，並須持有由本會發出之有效「健身室准用證」。For members aged 16 or above, holding valid Fitness Room User card.
- * 費用包括儲物櫃、桑拿、蒸氣浴及沖身設施。Locker rental, shower service, sauna and steam bath are included.
- * 關門前 30 分鐘停止進入。No admission: 30 minutes before closing time.

開放時間 Opening Hours :

星期一至六 Mon-Sat

0715-2130

星期日 Sun

1400-2130

4/F 室內溫水泳池 Indoor swimming pool

只限會友使用，請出示有效實體會員證。
For members only. Please present valid membership card.

購票入場 Tickets :

單次票 Single ticket (每票 3 小時 3 hrs / Ticket) :

13 歲或以上 Ages 13+ :

12 歲或以下 Ages 0-12 :

\$35 / 3 小時 hours

\$25 / 3 小時 hours

套票 Package (11 張, 2 個月內有效 11 tickets, valid within 2 months) :

13 歲或以上 Ages 13+ :

12 歲或以下 Ages 0-12 :

\$350

\$250

- * 本泳池嚴格執行禁止非本會同意之私人教班及個別授泳活動，如違者將即時終止其泳池使用權。Unauthorized individual coaching activities are strictly prohibited. Swimmers violating the rule will be restricted from using the pool facilities.
- * 費用包括儲物櫃及沖身設施。Locker rental and shower service are included.
- * 11 歲或以下兒童必須由持游泳票之 18 歲或以上成人陪同，方能進入泳池及使用游泳設施。每名成人只可帶同兩名 11 歲或以下兒童進場。Children aged 11 or below are not allowed to enter or use the swimming pool unless accompanied by an adult aged 18 or above holding valid swimming ticket. Each adult shall not accompany more than 2 children when using the pool.
- * 請佩戴泳帽。Please wear a swimming cap when using the swimming pool.
- * 遺失儲物櫃匙須繳換鎖費 \$110 元。基於保安理由，使用期間儲物櫃鎖匙不得帶離本會所。使用後之儲物櫃鎖匙需立即歸還到接待處，否則作遺失鎖匙論，會友須繳付換鎖費。A lock replacement fee of \$110 will be charged for locker key lost. For security reasons, all locker keys should not be taken away from the Centre and should be returned to the counter immediately after use. Otherwise, a replacement fee will be charged on the same term as key lost.
- * 更衣室會於每節完結十五分鐘後關閉進行清潔。Changing rooms will be closed 15 minutes after each session for cleaning.
- * 開放時間及泳線安排或會接實際情況有所更改，恕不另行通知。Opening hours and arrangement of swimming lanes are subject to change without prior notice.



開放時間 Opening Hours :

星期一至五 Mon-Fri

0630-1400 / 2000-2145

星期六 Sat

0630-1000 / 2000-2145

星期日 Sun

1430-2030

3/F 兒童沖身室 Children Shower Room

- * 此兒童沖身室專為需家長協助沖身及更衣之泳班學員使用，如泳員可自行更衣，請使用 4/F 或其他樓層之更衣室。The Children Shower Room is for swimming class parents assisting children in changing clothes and showering. For swimmers who do not need assistance, please use the shower rooms on 4/F or other changing rooms.
- * 排隊及使用沖身室時家長必需與泳員一同輪候及進入沖身，家長不得先行排隊輪候或霸佔沖身室作等候之用。Parents should line up with children when using the shower facilities. Do not occupy the shower room in advance.
- * 其他使用守則請參閱張貼於 4/F 游泳池及 3/F 兒童沖身室之告示。
Please refer to the other regulations as posted at 4/F Swimming Pool and 3/F Children Shower Room.

開放時間 Opening Hours :

星期一至六 Mon-Sat

0800-2100

星期日 Sun

0900-2000

6/F 綜合體育館 Multi-purpose Gymnasium



只限會友使用
For members only

開放時間 Opening Hours : (■ 非繁忙時間 ■ 繁忙時間)

星期一至五 Mon-Fri : 0900-1800 / 1800-2200
 星期六 Sat : 0900-2200
 星期日 Sun : 1300-2200
 公眾假期 Public Holidays : 如常開放 Open as usual

籃球場 Basketball

非繁忙時間： 繁忙時間：
\$400 / 小時 hours **\$480** / 小時 hours

羽毛球場 Badminton

非繁忙時間： 繁忙時間：
\$75 / 小時 hours **\$90** / 小時 hours

乒乓球檯 Table Tennis

非繁忙時間： 繁忙時間：
\$30 / 小時 hours **\$40** / 小時 hours

* 費用不包括儲物櫃 Locker rental is not included



- * 所有場地使用者須遵守本會所守則。如有違規，本會所有權隨時終止其使用而已繳付之款項概不退回。
 All users must follow the regulations of our Centre. Any violation of the regulations by the users may result in termination of the use of our facilities. All paid fees will not be refunded
- * 所有設施於公眾假期如常開放，農曆新年除外。All facilities are open as usual on public holidays, except Chinese New Year.

細則 Rules

- 所有場地使用者，必須為本會會友。有意訂用場地之會友，請攜同有效之會友證，親臨本會所地下票務處辦理，不設留位，繳費作實。請於租用時間，憑有效票據領用場地。All facility users must hold valid membership cards. Facilities booking should be made in person at G/F Ticketing Office. No reservation or booking by phone is accepted. Please present the receipts for the use of our facilities.
- 如欲使用儲物櫃，請憑有效之會友證連同當次租用場地有效收據於地下票務處繳費辦理。每次使用儲物櫃收費為 \$ 10 元。儲物櫃只供存放個人普通衣物，請勿存放貴重物品。如有遺失，本會所恕不負責。For locker rental, please present your valid membership card and the receipt of facilities booking at G/F Ticketing Office. \$10 will be charged per session. Please do not store valuables in lockers. Our Centre will not be responsible for items lost.
- 遺失儲物櫃匙須繳換鎖費 \$ 110 元。基於保安理由，使用期間儲物櫃鎖匙不得帶離本會所。使用後之儲物櫃鎖匙需立即歸還到各樓層之接待處，否則作遺失鎖匙論，會友須繳付換鎖費。A lock replacement fee of \$110 will be charged for locker key lost. For security reasons, all locker keys should not be taken away from the Centre and should be returned to the corresponding counters immediately after use. Otherwise, a replacement fee will be charged on the same term as key lost.
- 各場地計時均以每小時零分起計。All sessions start at the hour time sharp.
- 租用場地只限作該收費項目之練習用途，使用人數不得超越合理數目；非經本會同意，租用場地不得更調、轉讓，亦不得作集會、私人教授及比賽用途。All facilities are for their designated use only. Number of users should not exceed a reasonable range. Bookings cannot be changed and are non-transferrable without consent from Our Centre. Facilities should not be used for assembly, private tuition or competition purposes.
- 如已預約之場地設施 (6/F 綜合體育館) 因惡劣天氣而關閉，會友可補訂七日內可供預約之時段，或於三十天內 (包括原本用場當日) 就未能使用的段節申請退款。時間更改只安排一次，一經確定，不作退費。If a confirmed booking of 6/F Multi-purpose Gymnasium has to be cancelled due to inclement weather, members may apply for reallocation to any available session(s) within 7 days or refund of the facility booking charges for the unused session(s) within 30 days, inclusive of the day of the original booking. Once the reallocation is confirmed, no further changes or refund is allowed.
- 如欲租用本會所綜合體育館 (作集會用途)、舞蹈室或活動室等，只限本會團體會友、註冊社團及學校申請，個人租用恕不接受。請與事務組 (2783 3610) 洽詢。To book our Multi-purpose Gymnasium (for assembly), Dance Studio, or Activity Rooms, please call 2783 3610. (Available to our Group members, registered groups or schools only. Not available to individual members)
- 如欲租用本會四樓室內溫水泳池之泳線，只限本會團體會友、註冊社團及學校申請，個人租用恕不接受。每線每小時 \$ 400 元正，請與九龍會所 (2783 3636) 洽詢。To book our swimming pool lanes, please call 2783 3636. \$400 will be charged for each lane per hour. (Available to our Group members, registered groups or schools only. Not available to individual members)