



報名日期 Enrollment Date

7-8 月泳班

Jul-Aug Swimming Courses

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 :

一條龍游泳班舊生優先報名日期 (2024 年 4 至 5 月曾參與同一時段一條龍游泳班之學員)
Through Train Program Priority Enrollment date for students of the same course in Apr - May 2024

➔ **20/4(六 Sat) - 12/5(日 Sun)**

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

新生優先報名 Priority Enrollment for new students :

20/4(六 Sat) - 19/5(日 Sun)

網上登記抽籤，名額 600 個 (額滿即止)
Register for balloting online
Quota: 600 (first-come, first-served).

登記資格 Eligibility :
會籍有效期為 26/5/2024 或以後之會友
Membership valid on or after 26/5/2024
網址 Website :
<https://forms.office.com/r/1e96LtEu0n>



21/5(二 Tue)

優先報名時間將以電腦隨機抽出次序，於九龍會所網頁公佈報名次序
Specific enrollment time sessions will be allotted to registrants by random balloting, balloted enrolment will be Announced 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.

公開報名 Open Enrollment : **27/5(一 Mon)**

於地下票務處上午 9 時 15 分派籌，9 時 30 分開始按籌號報名
Queuing tickets will be distributed at 9:15 am. Application will be accepted in accordance to the time stated on the tickets starting from 9:30am.
報名當日只接受現金、VISA 及 EPS。Only Cash/VISA/EPS will be accepted on the date of application.

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

舊生優先報名 Priority Enrollment for Current students :

*2024 年 4 月至 5 月曾參與習泳少年 / 成人 / 水中健體班 / 水中健體復康運動班 / 水中伸展運動班
Students of Teen-Swimmer/Adults/Hydrofitness/Aqua-rehab Swimming Course/Aqua-Stretching in Apr to May 2024

20/4(六 Sat) - 12/5(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 : **13/5(一 Mon)** 10:00 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)

習泳少年
Teen Swimmer

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

四式游泳訓練
Swimming Training of Four Strokes



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.

NEW 暑期泳式加強班 Swimming Stroke Enhancement Course

課程內容：針對兒童泳班學員在泳式上的不足作出改善，從而在技術上有所提升。學員可因應自己的需要參加不同課程，打好基礎，為考試升班作好準備。

Content: Enhance different swimming stroke, prepare for the swimming examination.

參加資格：5-15 歲能以該泳式完成 10 米之會友

Eligibility: Members of 5-15 years old and able to swim 10 meters of the stroke

名額 Quota: 每班 6 人 (Each class 6 students)

上課地點 Venue: 4/F

| 泳式 Stroke | 課程編號 Course Code | 日期 (除外) Date(Exception) | 時間 Time | 星期 Day | 費用 Fee | 堂數 lessons |
|-----------------|------------------|-------------------------|-------------|--------|--------|------------|
| 自由泳 Freestyle | 4904.19U.24101 | 15/7 - 19/8 | 1400 - 1500 | 一 Mon | \$825 | 6 |
| | 4904.19U.24102 | 17/7 - 21/8 | 1400 - 1500 | 三 Wed | | |
| | 4904.19U.24103 | 18/7 - 22/8 | 1600 - 1700 | 四 Thu | | |
| | 4904.19U.24104 | 19/7 - 23/8 | 1400 - 1500 | 五 Fri | | |
| 背泳 Backstroke | 4904.19U.24201 | 15/7 - 19/8 | 1400 - 1500 | 一 Mon | | |
| | 4904.19U.24202 | 16/7 - 20/8 | 1500 - 1600 | 二 Tue | | |
| | 4904.19U.24203 | 18/7 - 22/8 | 1600 - 1700 | 四 Thu | | |
| | 4904.19U.24204 | 19/7 - 23/8 | 1400 - 1500 | 五 Fri | | |
| 蛙泳 Breaststroke | 4904.19U.24301 | 15/7 - 19/8 | 1500 - 1600 | 一 Mon | | |
| | 4904.19U.24302 | 16/7 - 20/8 | 1400 - 1500 | 二 Tue | | |
| | 4904.19U.24303 | 18/7 - 22/8 | 1500 - 1600 | 四 Thu | | |
| | 4904.19U.24304 | 19/7 - 23/8 | 1400 - 1500 | 五 Fri | | |
| 蝶泳 Butterfly | 4904.19U.24401 | 15/7 - 19/8 | 1500 - 1600 | 一 Mon | | |
| | 4904.19U.24402 | 17/7 - 21/8 | 1400 - 1500 | 三 Wed | | |
| | 4904.19U.24403 | 18/7 - 22/8 | 1400 - 1500 | 四 Thu | | |



競賽起跳、轉身及到邊技巧課程

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.24003 | 15/7 - 19/8 | 1600 - 1700 | 一 Mon | \$825 | 6 |
| 4904.19U.24004 | 16/7 - 20/8 | 1500 - 1600 | 二 Tue | | |
| 4904.19U.24005 | 17/7 - 21/8 | 1500 - 1600 | 三 Wed | | |
| 4904.19U.24006 | 18/7 - 22/8 | 1400 - 1500 | 四 Thu | | |
| 4904.19U.24007 | 19/7 - 23/8 | 1500 - 1600 | 五 Fri | | |

青年會水運會 2024

程序編號 Program IO: 490405205

透過水運會讓泳班學員及會友可以挑戰自我及交流泳術之餘，從而展示努力練習的成果。

會友按年齡組別分組作賽，

項目將包括四種泳式距離最多為五十米及接力項目，

詳情留意七月底於九龍會所網頁最新消息公佈。

| 日期 (除外) Date(Exception) | 時間 Time | 對象 Target | 費用 Fee |
|-------------------------|-----------|--|--------------------------------|
| 26/08/2024 (六 SAT) | 0900-1700 | 7-8 月份深三班或以下學員 / 公開組 (包括習泳少年及中青泳員) (Members enrolled in July to August swimming course below Advanced Level 3/Open category) | \$120/ 最多可報三項 (不設退費及不設折扣優惠) |

NEW 幼兒學前游泳課程 Toddler Swimming Programme

★ 1:2 小班教學

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

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

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



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|------------------|-------------------------|-----------|-------------|--------|------------|------|----|
| 4904.19N.24009 | 29/6-17/8 | 1400-1445 | 六 Sat | 2200 | 8 | | |
| 4904.19N.24010 | | 1500-1545 | | | | | |
| 4904.19N.24011 | 30/6-18/8 | 0900-0945 | 日 Sun | | | | |
| 4904.19N.24012 | 1/7-19/8 | 1500-1545 | 一 Mon | | | | |
| 4904.19N.24013 | | 1600-1645 | | | | | |
| 4904.19N.24014 | | 1700-1745 | | | | | |
| 4904.19N.24015 | 2/7-20/8 | 1500-1545 | 二 Tue | | | | |
| 4904.19N.24016 | | 1600-1645 | | | | | |
| 4904.19N.24017 | | 1700-1745 | | | | | |
| 4904.19N.24018 | 3/7-21/8 | 1500-1545 | 三 Wed | | | | |
| 4904.19N.24019 | | 1600-1645 | | | | | |
| 4904.19N.24020 | 4/7-22/8 | 1600-1645 | 四 Thu | | | | |
| 4904.19N.24021 | | 1800-1845 | | | | | |
| 4904.19N.24022 | | 0900-0945 | | | | | |
| 4904.19N.24023 | 5/7-23/8 | 1100-1145 | 五 Fri | | | | |
| 4904.19H.24103 | 29/7-21/8 | 0900-0945 | 一 三 Mon Wed | 2200 | 8 | | |
| 4904.19H.24106 | | 1000-1045 | | | | | |
| 4904.19H.24108 | | 1100-1145 | | | | | |
| 4904.19F.24103 | 15/7-21/8 | 1200-1245 | 一 三 Mon Wed | | | | |
| 4904.19F.24107 | | 1300-1345 | | | | | |
| 4904.19F.24111 | | 1400-1445 | | | | | |
| 4904.19H.24110 | 30/7-22/8 | 0900-0945 | 二 四 Tue Thu | 2200 | 8 | | |
| 4904.19H.24118 | | 1000-1045 | | | | | |
| 4904.19H.24122 | | 1100-1145 | | | | | |
| 4904.19F.24114 | 16/7-22/8 | 1200-1245 | 二 四 Tue Thu | | | 3300 | 12 |
| 4904.19F.24118 | | 1300-1345 | | | | | |
| 4904.19F.24121 | | 1400-1445 | | | | | |

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)

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|------------------|-------------------------|-----------|--------|--------|------------|
| 4904.19M.24003 | 29/6/2024-17/8/2024 | 1900-1955 | 六 Sat | 1100 | 8 |
| 4904.19M.24004 | 30/6/2024-18/8/2024 | 1800-1855 | 日 Sun | | |

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.
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- 一條龍泳班學員可享有下期優先報名優惠，在指定日期 20/4 - 12/5 內報名，學員可以在相同時間參與下期一條龍泳班。
20/4 - 12/5: 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.

7-8 月份 Jul to Aug 費用 Fee : \$1,260/8 堂 sessions

一條龍游泳班 (六) Through-Train Program (Sat) 日期 Date: 29/6/2024-17/8/2024

| 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.24065 | 4904.19D.24066 | 4904.19D.24067 | 4904.19D.24068 |
| 1100-1200 | | 4904.19D.24069 | 4904.19D.24070 | 4904.19D.24071 | 4904.19D.24072 |
| 1200-1300 | | 4904.19D.24073 | 4904.19D.24074 | 4904.19D.24075 | 4904.19D.24076 |
| 1300-1400 | | 4904.19D.24077 | 4904.19D.24078 | 4904.19D.24079 | 4904.19D.24080 |

一條龍游泳班 (日) Through-Train Program (Sun) 日期 Date: 30/6/2024-18/8/2024

| 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.24081 | 4904.19D.24082 | 4904.19D.24083 | 4904.19D.24084 |
| 1500-1600 | | 4904.19D.24085 | 4904.19D.24086 | 4904.19D.24087 | 4904.19D.24088 |
| 1600-1700 | | 4904.19D.24089 | 4904.19D.24090 | 4904.19D.24091 | 4904.19D.24092 |
| 1700-1800 | | 4904.19D.24093 | 4904.19D.24094 | 4904.19D.24095 | 4904.19D.24096 |

幼兒初班 (1 級螃蟹章及 2 級章魚章)

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

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|------------------|---------------------------|-----------|------------------|--------|------------|
| 4904.19K.24169 | 29/6-17/8 | 0900-0950 | 六 Sat | 1100 | 8 |
| 4904.19D.24065 | | 1000-1050 | | | |
| 4904.19D.24069 | | 1100-1150 | | | |
| 4904.19D.24073 | | 1200-1250 | | | |
| 4904.19D.24077 | | 1300-1350 | | | |
| 4904.19K.24171 | | 1400-1450 | | | |
| 4904.19K.24173 | | 1500-1550 | | | |
| 4904.19K.24175 | | 1600-1650 | | | |
| 4904.19K.24177 | | 1700-1750 | | | |
| 4904.19K.24179 | | 1800-1850 | | | |
| 4904.19K.24181 | | 1900-1950 | | | |
| 4904.19K.24183 | | 0900-0950 | | | |
| 4904.19K.24185 | | 1000-1050 | | | |
| 4904.19K.24187 | | 1100-1150 | | | |
| 4904.19K.24189 | 1200-1250 | | | | |
| 4904.19K.24191 | 30/6-18/8 | 1300-1350 | 日 Sun | 1100 | |
| 4904.19D.24081 | 1400-1450 | | | | |
| 4904.19D.24085 | 1500-1550 | | | | |
| 4904.19D.24089 | 1600-1650 | | | | |
| 4904.19D.24093 | 1700-1750 | | | | |
| 4904.19K.24193 | 1500-1550 | | | | |
| 4904.19K.24195 | 1600-1650 | | | | |
| 4904.19K.24197 | 1700-1750 | | | | |
| 4904.19K.24199 | 1800-1850 | | | | |
| 4904.19K.24201 | 1500-1550 | | | | |
| 4904.19K.24203 | 1600-1650 | | | | |
| 4904.19K.24205 | 2/7-20/8 | 1700-1750 | | 二 Tue | 1100 |
| 4904.19K.24207 | 1800-1850 | | | | |
| 4904.19K.24209 | 1900-1950 | | | | |
| 4904.19K.24211 | 3/7-21/8 | 1600-1650 | 三 Wed | 1100 | |
| 4904.19K.24213 | | 1700-1750 | | | |
| 4904.19K.24215 | | 1800-1850 | | | |
| 4904.19K.24217 | | 1900-1950 | | | |
| 4904.19K.24219 | 4/7-22/8 | 1500-1550 | 四 Thu | 1100 | |
| 4904.19K.24221 | | 1600-1650 | | | |
| 4904.19K.24223 | | 1700-1750 | | | |
| 4904.19K.24225 | | 1800-1850 | | | |
| 4904.19K.24227 | 5/7-23/8 | 0900-0950 | 五 Fri | 1100 | |
| 4904.19K.24229 | | 1000-1050 | | | |
| 4904.19K.24231 | | 1500-1550 | | | |
| 4904.19K.24233 | | 1600-1650 | | | |
| 4904.19K.24235 | | 1700-1750 | | | |
| 4904.19K.24237 | | 1800-1850 | | | |
| 4904.19K.24239 | 1900-1950 | | | | |
| 4904.19H.24001 | 29/7-21/8 | 0900-0950 | 一、三 Mon & Wed | 1100 | 8 |
| 4904.19F.24001 | 15/7-21/8 | 1200-1250 | | 1650 | 12 |
| 4904.19F.24009 | | 1400-1450 | | | |
| 4904.19H.24011 | 30/7-22/8 | 0900-0950 | 二、四 Tue & Thu | 1100 | 8 |
| 4904.19H.24016 | | 1000-1050 | | | |
| 4904.19H.24020 | | 1100-1150 | | | |
| 4904.19F.24016 | 16/7-22/8 | 1300-1350 | | 1650 | 12 |

幼兒高班 (3 級水母章、4 級海馬章及 5 級河豚章)

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

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|------------------|---------------------------|-----------|------------------|-----------|------------|
| 4904.19K.24170 | 29/6-17/8 | 0900-0950 | 六 Sat | 1100 | 8 |
| 4904.19D.24065 | | 1000-1050 | | 1260 | |
| 4904.19D.24069 | | 1100-1150 | | | |
| 4904.19D.24073 | | 1200-1250 | | | |
| 4904.19D.24077 | | 1300-1350 | | | |
| 4904.19K.24172 | | 1400-1450 | | 1100 | |
| 4904.19K.24174 | | 1500-1550 | | | |
| 4904.19K.24176 | | 1600-1650 | | | |
| 4904.19K.24178 | | 1700-1750 | | | |
| 4904.19K.24180 | | 1800-1850 | | | |
| 4904.19K.24182 | 1900-1950 | | | | |
| 4904.19K.24184 | 30/6-18/8 | 0900-0950 | 日 Sun | 1100 | 8 |
| 4904.19K.24186 | | 1000-1050 | | | |
| 4904.19K.24188 | | 1100-1150 | | | |
| 4904.19K.24190 | | 1200-1250 | | | |
| 4904.19K.24192 | | 1300-1350 | | | |
| 4904.19D.24081 | | 1400-1450 | | 1260 | |
| 4904.19D.24085 | | 1500-1550 | | | |
| 4904.19D.24089 | | 1600-1650 | | | |
| 4904.19D.24093 | | 1700-1750 | | | |
| 4904.19K.24194 | | 1/7-19/8 | | 1500-1550 | |
| 4904.19K.24196 | 1600-1650 | | | | |
| 4904.19K.24198 | 1700-1750 | | | | |
| 4904.19K.24200 | 1800-1850 | | | | |
| 4904.19K.24202 | 2/7-20/8 | 1500-1550 | 二 Tue | 1100 | 8 |
| 4904.19K.24204 | | 1600-1650 | | | |
| 4904.19K.24206 | | 1700-1750 | | | |
| 4904.19K.24208 | | 1800-1850 | | | |
| 4904.19K.24210 | 1900-1950 | 1100 | | | |
| 4904.19K.24212 | 1600-1650 | | | | |
| 4904.19K.24214 | 1700-1750 | | | | |
| 4904.19K.24216 | 1800-1850 | | | | |
| 4904.19K.24218 | 1900-1950 | 1100 | | | |
| 4904.19K.24220 | 1500-1550 | | | | |
| 4904.19K.24222 | 1600-1650 | | | | |
| 4904.19K.24224 | 1700-1750 | | | | |
| 4904.19K.24226 | 1800-1850 | 1100 | | | |
| 4904.19K.24228 | 0900-0950 | | | | |
| 4904.19K.24230 | 1000-1050 | | | | |
| 4904.19K.24232 | 1500-1550 | | | | |
| 4904.19K.24234 | 1600-1650 | | | | |
| 4904.19K.24236 | 1700-1750 | | | | |
| 4904.19K.24238 | 1800-1850 | | | | |
| 4904.19K.24240 | 1900-1950 | | | | |
| 4904.19H.24002 | 29/7-21/8 | 0900-0950 | 一、三 Mon & Wed | 1100 | 8 |
| 4904.19F.24002 | 15/7-21/8 | 1200-1250 | | 1650 | 12 |
| 4904.19F.24010 | | 1400-1450 | | | |
| 4904.19H.24012 | 30/7-22/8 | 0900-0950 | 二、四 Tue & Thu | 1100 | 8 |
| 4904.19H.24017 | | 1000-1050 | | | |
| 4904.19H.24021 | | 1100-1150 | | | |
| 4904.19F.24017 | | 1300-1350 | | | |

兒童 / 少年游泳初級一班 (魚苗章)

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 5-6 人 (each class: 5-6 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 5-6 人 Course code with (*) is combined with Elementary level II. Each class 5-6 students

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|------------------|-------------------------|------------------|--------|-----------|------------|------|
| *4904.19Z.24259 | 29/6-17/8 | 0900-0950 | 六 Sat | 1100 | | |
| *4904.19D.24065 | | 1000-1050 | | 1260 | | |
| *4904.19D.24069 | | 1100-1150 | | | | |
| *4904.19D.24073 | | 1200-1250 | | | | |
| *4904.19D.24077 | | 1300-1350 | | | | |
| *4904.19Z.24261 | | 1400-1450 | | | | |
| *4904.19Z.24265 | | 1500-1550 | | | | |
| *4904.19Z.24269 | | 1600-1650 | | | | |
| *4904.19Z.24272 | | 1700-1750 | | | | 1100 |
| *4904.19Z.24276 | | 1800-1850 | | | | |
| *4904.19Z.24279 | 1900-1950 | | | | | |
| *4904.19Z.24283 | 2000-2050 | | | | | |
| *4904.19Z.24287 | 0900-0950 | 日 Sun | 1100 | | | |
| *4904.19Z.24288 | 1000-1050 | | | | | |
| *4904.19Z.24290 | 1100-1150 | | | | | |
| *4904.19Z.24292 | 1200-1250 | | | | | |
| *4904.19Z.24294 | 1300-1350 | | | | | |
| *4904.19D.24081 | 1400-1450 | | | 1260 | | |
| *4904.19D.24085 | 1500-1550 | | | | | |
| *4904.19D.24089 | 1600-1650 | | | | | |
| *4904.19D.24093 | 1700-1750 | | | | | |
| *4904.19Z.24298 | 1800-1850 | | | | | |
| *4904.19Z.24302 | 1500-1550 | 一 Mon | 8 | | | |
| *4904.19Z.24305 | 1600-1650 | | | | | |
| *4904.19Z.24309 | 1700-1750 | | | | | |
| *4904.19Z.24313 | 1800-1850 | | | | | |
| *4904.19Z.24316 | 1500-1550 | 二 Tue | | | | |
| *4904.19Z.24318 | 1600-1650 | | | | | |
| *4904.19Z.24322 | 1700-1750 | | | | | |
| *4904.19Z.24325 | 1800-1850 | | | | | |
| *4904.19Z.24327 | 1900-1950 | 三 Wed | 1100 | | | |
| *4904.19Z.24329 | 1500-1550 | | | | | |
| *4904.19Z.24333 | 1600-1650 | | | | | |
| *4904.19Z.24337 | 1700-1750 | | | | | |
| *4904.19Z.24340 | 1800-1850 | 四 Thu | | | | |
| *4904.19Z.24342 | 1900-1950 | | | | | |
| *4904.19Z.24344 | 1500-1550 | | | | | |
| *4904.19Z.24348 | 1600-1650 | | | | | |
| *4904.19Z.24352 | 1700-1750 | 五 Fri | | | | |
| *4904.19Z.24356 | 1800-1850 | | | | | |
| ^4904.19Z.24358 | 1000-1050 | | | | | |
| ^4904.19Z.24359 | 1100-1150 | | | | | |
| *4904.19Z.24360 | 1500-1550 | 一、三 Mon & Wed | 1100 | | | |
| *4904.19Z.24364 | 1600-1650 | | | | | |
| *4904.19Z.24368 | 1700-1750 | | | | | |
| *4904.19Z.24371 | 1800-1850 | | | | | |
| *4904.19Z.24374 | 1900-1950 | 二、四 Tue & Thu | 1650 | | | |
| ^4904.19H.24004 | 0900-0950 | | | | | |
| ^4904.19H.24005 | 1000-1050 | | | | | |
| ^4904.19H.24007 | 1100-1150 | | | | | |
| ^4904.19F.24004 | 1200-1250 | 15/7-21/8 | 12 | | | |
| ^4904.19F.24008 | 1300-1350 | | | | | |
| ^4904.19F.24012 | 1400-1450 | | | | | |
| ^4904.19H.24013 | 0900-0950 | | | 30/7-22/8 | 1100 | |
| ^4904.19H.24019 | 1000-1050 | | | | | |
| ^4904.19H.24023 | 1100-1150 | | | | | |
| ^4904.19F.24015 | 1200-1250 | 16/7-22/8 | 8 | | | |
| ^4904.19F.24019 | 1300-1350 | | | 1650 | 12 | |

兒童 / 少年游泳初級二班 (水獺章)

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 5-6 人 Course code with (*) is combined with Elementary level I. Each class 5-6students

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.24259 | 29/6-17/8 | 0900-0950 | 六 Sat | 1100 | 8 | |
| *4904.19D.24065 | | 1000-1050 | | | | |
| *4904.19D.24069 | | 1100-1150 | | | | 1260 |
| *4904.19D.24073 | | 1200-1250 | | | | |
| *4904.19D.24077 | | 1300-1350 | | | | |
| *4904.19Z.24261 | | 1400-1450 | | 1100 | | |
| *4904.19Z.24265 | | 1500-1550 | | | | |
| *4904.19Z.24269 | | 1600-1650 | | | | |
| *4904.19Z.24272 | | 1700-1750 | | | | |
| *4904.19Z.24276 | | 1800-1850 | | | | |
| *4904.19Z.24279 | 1900-1950 | | | | | |
| *4904.19Z.24283 | 2000-2050 | 日 Sun | 1100 | | | |
| *4904.19Z.24287 | 0900-0950 | | | | | |
| *4904.19Z.24288 | 1000-1050 | | | | | |
| *4904.19Z.24290 | 1100-1150 | | | | | |
| *4904.19Z.24292 | 1200-1250 | | 1260 | | | |
| *4904.19Z.24294 | 1300-1350 | | | | | |
| *4904.19D.24081 | 1400-1450 | | | | | |
| *4904.19D.24085 | 1500-1550 | | | | | |
| *4904.19D.24089 | 1600-1650 | | | | | |
| *4904.19D.24093 | 1700-1750 | | | | | |
| *4904.19Z.24298 | 1800-1850 | 一 Mon | 1100 | | | |
| *4904.19Z.24302 | 1500-1550 | | | | | |
| *4904.19Z.24305 | 1600-1650 | | | | | |
| *4904.19Z.24309 | 1700-1750 | | | | | |
| *4904.19Z.24313 | 1800-1850 | | | 二 Tue | | |
| *4904.19Z.24316 | 1500-1550 | | | | | |
| *4904.19Z.24318 | 1600-1650 | | | | | |
| *4904.19Z.24322 | 1700-1750 | | | | | |
| *4904.19Z.24325 | 1800-1850 | 三 Wed | | | | |
| *4904.19Z.24327 | 1900-1950 | | | | | |
| *4904.19Z.24329 | 1500-1550 | | | | | |
| *4904.19Z.24333 | 1600-1650 | | | | | |
| *4904.19Z.24337 | 1700-1750 | | 四 Thu | | | |
| *4904.19Z.24340 | 1800-1850 | | | | | |
| *4904.19Z.24342 | 1900-1950 | | | | | |
| *4904.19Z.24344 | 1500-1550 | | | | | |
| *4904.19Z.24348 | 1600-1650 | 五 Fri | | | | |
| *4904.19Z.24352 | 1700-1750 | | | | | |
| *4904.19Z.24356 | 1800-1850 | | | | | |
| *4904.19Z.24358 | 1000-1050 | | | | | |
| *4904.19Z.24359 | 1100-1150 | | 一、三 Mon & Wed | | | |
| *4904.19Z.24360 | 1500-1550 | | | | | |
| *4904.19Z.24364 | 1600-1650 | | | | | |
| *4904.19Z.24368 | 1700-1750 | | | | | |
| *4904.19Z.24371 | 1800-1850 | 二、四 Tue & Thu | | | | |
| *4904.19Z.24374 | 1900-1950 | | | | | |
| *4904.19H.24004 | 0900-0950 | | | | | |
| *4904.19H.24005 | 1000-1050 | | | | | |
| *4904.19H.24007 | 1100-1150 | | 1100 | | | |
| *4904.19F.24004 | 1200-1250 | 1650 | | | | |
| *4904.19F.24008 | 1300-1350 | | | | | |
| *4904.19F.24012 | 1400-1450 | | 1100 | | | |
| *4904.19H.24013 | 0900-0950 | 1100 | | | | |
| *4904.19H.24019 | 1000-1050 | | | | | |
| *4904.19H.24023 | 1100-1150 | | 1650 | | | |
| *4904.19F.24015 | 1200-1250 | 12 | | | | |
| *4904.19F.24019 | 1300-1350 | | | | | |

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 7-8 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 4-5 人。Course code with (^) is combined with Elementary level I and II. 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.24071 | 29/6-17/8 | 0900-0955 | 六 Sat | 1100 | 8 |
| 4904.19D.24065 | | 1000-1055 | | 1260 | |
| 4904.19D.24069 | | 1100-1155 | | | |
| 4904.19D.24073 | | 1200-1255 | | | |
| 4904.19D.24077 | | 1300-1355 | | | |
| 4904.19C.24072 | | 1400-1455 | | | |
| 4904.19C.24073 | | 1500-1555 | | | |
| 4904.19C.24074 | | 1600-1655 | | | |
| 4904.19C.24075 | | 1700-1755 | | | |
| 4904.19C.24076 | | 1800-1855 | | | |
| 4904.19C.24077 | | 2000-2055 | | | |
| 4904.19C.24078 | 1000-1055 | 日 Sun | 1100 | | |
| 4904.19C.24079 | 1100-1155 | | | | |
| 4904.19C.24080 | 1300-1355 | | | | |
| 4904.19D.24081 | 1400-1455 | | | 1260 | |
| 4904.19D.24085 | 1500-1555 | | | | |
| 4904.19D.24089 | 1600-1655 | | | | |
| 4904.19D.24093 | 1700-1755 | | | | |
| 4904.19C.24081 | 1/7-19/8 | 1600-1655 | 一 Mon | 1100 | |
| 4904.19C.24082 | | 1800-1855 | | | |
| 4904.19C.24083 | 2/7-20/8 | 1600-1655 | 二 Tue | | |
| 4904.19C.24084 | | 1800-1855 | | | |
| 4904.19C.24085 | 3/7-21/8 | 1500-1555 | 三 Wed | | |
| 4904.19C.24086 | | 1600-1655 | | | |
| 4904.19C.24087 | | 1800-1855 | | | |
| 4904.19C.24088 | | 1900-1955 | | | |
| 4904.19C.24089 | 4/7-22/8 | 1500-1555 | 四 Thu | | |
| 4904.19C.24090 | | 1700-1755 | | | |
| ^4904.19Z.24358 | 5/7-23/8 | 1000-1055 | 五 Fri | | |
| ^4904.19Z.24359 | | 1100-1155 | | | |
| 4904.19C.24091 | | 1500-1555 | | | |
| 4904.19C.24092 | | 1600-1655 | | | |
| 4904.19C.24093 | | 1700-1755 | | | |
| 4904.19C.24094 | | 1800-1855 | | | |
| ^4904.19H.24004 | | 29/7-21/8 | | 0900-0955 | 一、三 Mon & Wed |
| ^4904.19H.24005 | 1000-1055 | | | | |
| ^4904.19H.24007 | 1100-1155 | | | | |
| ^4904.19F.24004 | 15/7-21/8 | 1200-1255 | 1650 | 12 | |
| ^4904.19F.24008 | | 1300-1355 | | | |
| ^4904.19F.24012 | | 1400-1455 | | | |
| ^4904.19H.24013 | 30/7-22/8 | 0900-0950 | 二、四 Tue & Thu | 1100 | |
| ^4904.19H.24019 | | 1000-1050 | | | |
| ^4904.19H.24023 | | 1100-1150 | | | |
| ^4904.19F.24015 | 16/7-22/8 | 1200-1250 | 1650 | 12 | |
| ^4904.19F.24019 | | 1300-1350 | | | |

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.24260 | 29/6-17/8 | 0900-1000 | 六 Sat | 1100 | 8 | | |
| *4904.19D.24066 | | 1000-1100 | | | | | |
| *4904.19D.24070 | | 1100-1200 | | | | | |
| *4904.19D.24074 | | 1200-1300 | | | | | |
| *4904.19D.24078 | | 1300-1400 | | | | | |
| *4904.19Z.24262 | | 1400-1500 | | | | | |
| *4904.19Z.24266 | | 1500-1600 | | | | | |
| *4904.19Z.24270 | | 1600-1700 | | | | | |
| *4904.19Z.24273 | | 1700-1800 | | | | | |
| *4904.19Z.24277 | | 1800-1900 | | | | | |
| *4904.19Z.24280 | | 1900-2000 | | | | | |
| *4904.19Z.24284 | | 2000-2100 | | | | | |
| *4904.19Z.24289 | | 30/6-18/8 | | 1000-1100 | | 日 Sun | 1260 |
| *4904.19Z.24291 | | | | 1100-1200 | | | |
| *4904.19Z.24293 | 1200-1300 | | | | | | |
| *4904.19Z.24295 | 1300-1400 | | | | | | |
| *4904.19D.24082 | 1400-1500 | | | | | | |
| *4904.19D.24086 | 1500-1600 | | | | | | |
| *4904.19D.24090 | 1600-1700 | | | | | | |
| *4904.19D.24094 | 1700-1800 | | | | | | |
| *4904.19Z.24299 | 1800-1900 | | | | | | |
| *4904.19Z.24303 | 1/7-19/8 | | 1500-1600 | 一 Mon | 1100 | | |
| *4904.19Z.24306 | | 1600-1700 | | | | | |
| *4904.19Z.24310 | | 1700-1800 | | | | | |
| *4904.19Z.24314 | | 1800-1900 | | | | | |
| *4904.19Z.24317 | | 1500-1600 | | | | | |
| *4904.19Z.24319 | 2/7-20/8 | 1600-1700 | 二 Tue | 1100 | | | |
| *4904.19Z.24323 | | 1700-1800 | | | | | |
| *4904.19Z.24326 | | 1800-1900 | | | | | |
| *4904.19Z.24330 | | 1500-1600 | | | | | |
| *4904.19Z.24334 | 3/7-21/8 | 1600-1700 | 三 Wed | 1100 | | | |
| *4904.19Z.24341 | | 1800-1900 | | | | | |
| *4904.19Z.24343 | | 1900-2000 | | | | | |
| *4904.19Z.24345 | | 1500-1600 | | | | | |
| *4904.19Z.24349 | 4/7-22/8 | 1600-1700 | 四 Thu | 1100 | | | |
| *4904.19Z.24353 | | 1700-1800 | | | | | |
| *4904.19Z.24357 | | 1800-1900 | | | | | |
| *4904.19Z.24361 | | 1500-1600 | | | | | |
| *4904.19Z.24365 | 5/7-23/8 | 1600-1700 | 五 Fri | 1100 | | | |
| *4904.19Z.24369 | | 1700-1800 | | | | | |
| *4904.19Z.24372 | | 1800-1900 | | | | | |
| *4904.19Z.24375 | | 1900-2000 | | | | | |
| *4904.19H.24009 | 29/7-21/8 | 1100-1200 | 一、三 | 1100 | 8 | | |
| *4904.19F.24013 | 15/7-21/8 | 1400-1500 | Mon & Wed | 1650 | 12 | | |
| *4904.19F.24020 | 16/7-22/8 | 1300-1400 | 二、四 Tue & Thu | 1650 | 12 | | |

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

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.24067 | 29/6-17/8 | 1000-1000 | 六 Sat | 1260 | 8 |
| *4904.19D.24071 | | 1100-1200 | | | |
| *4904.19D.24075 | | 1200-1300 | | | |
| *4904.19D.24079 | | 1300-1400 | | | |
| *4904.19Z.24263 | | 1400-1500 | | 1100 | |
| *4904.19Z.24267 | | 1500-1600 | | | |
| *4904.19Z.24271 | | 1600-1700 | | | |
| *4904.19Z.24274 | | 1700-1800 | | | |
| *4904.19Z.24278 | | 1800-1900 | | | |
| *4904.19Z.24281 | | 1900-2000 | | | |
| *4904.19Z.24285 | | 2000-2100 | | | |
| *4904.19Z.24296 | 1300-1400 | 1100 | | | |
| *4904.19D.24083 | 30/6-18/8 | 1400-1500 | 日 Sun | 1260 | |
| *4904.19D.24087 | | 1500-1600 | | | |
| *4904.19D.24091 | | 1600-1700 | | | |
| *4904.19D.24095 | | 1700-1800 | | | |
| *4904.19Z.24300 | | 1800-1900 | | 1100 | |
| *4904.19Z.24304 | 1/7-19/8 | 1500-1600 | 一 Mon | 1100 | |
| *4904.19Z.24307 | | 1600-1700 | | | |
| *4904.19Z.24311 | | 1700-1800 | | | |
| *4904.19Z.24315 | | 1800-1900 | | | |
| *4904.19Z.24320 | 2/7-20/8 | 1600-1700 | 二 Tue | | |
| *4904.19Z.24324 | | 1700-1800 | | | |
| *4904.19Z.24331 | 3/7-21/8 | 1500-1600 | 三 Wed | | |
| *4904.19Z.24335 | | 1600-1700 | | | |
| *4904.19Z.24338 | | 1700-1800 | | | |
| *4904.19Z.24346 | 4/7-22/8 | 1500-1600 | 四 Thu | | |
| *4904.19Z.24350 | | 1600-1700 | | | |
| *4904.19Z.24354 | | 1700-1800 | | | |
| *4904.19Z.24362 | 5/7-23/8 | 1500-1600 | 五 Fri | | |
| *4904.19Z.24366 | | 1600-1700 | | | |
| *4904.19Z.24370 | | 1700-1800 | | | |
| *4904.19Z.24376 | | 1900-2000 | | | |
| *4904.19Z.24378 | | 2000-2100 | | | |
| *4904.19F.24005 | 15/7-21/8 | 1200-1300 | 一、三 Mon & Wed | 1650 | 12 |
| *4904.19H.24014 | 30/7-22/8 | 0900-1000 | 二、四 Tue & Thu | 1100 | 8 |
| *4904.19F.24022 | 16/7-22/8 | 1400-1500 | Tue & Thu | 1650 | 12 |

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.24068 | 29/6-17/8 | 1000-1000 | 六 Sat | 1260 | 8 | |
| *4904.19D.24072 | | 1100-1200 | | | | |
| *4904.19D.24076 | | 1200-1300 | | | | |
| *4904.19D.24080 | | 1300-1400 | | | | |
| *4904.19Z.24264 | | 1400-1500 | | | | |
| *4904.19Z.24268 | | 1500-1600 | | | | |
| *4904.19Z.24275 | | 1700-1800 | | | | |
| *4904.19Z.24282 | | 1900-2000 | | | | |
| *4904.19Z.24286 | | 2000-2100 | | | | |
| *4904.19Z.24297 | | 1300-1400 | | | | 日 Sun |
| *4904.19D.24084 | 1400-1500 | | | | | |
| *4904.19D.24088 | 1500-1600 | | | | | |
| *4904.19D.24092 | 1600-1700 | | | | | |
| *4904.19D.24096 | 1700-1800 | | | | | |
| *4904.19Z.24301 | 1900-2000 | | | | | |
| *4904.19Z.24308 | 1/7-19/8 | 1600-1700 | 一 Mon | 1100 | | |
| *4904.19Z.24312 | | 1700-1800 | | | | |
| *4904.19Z.24321 | 2/7-20/8 | 1600-1700 | 二 Tue | | | |
| *4904.19Z.24328 | | 1900-2000 | | | | |
| *4904.19Z.24332 | 3/7-21/8 | 1500-1600 | 三 Wed | | | |
| *4904.19Z.24336 | | 1600-1700 | | | | |
| *4904.19Z.24339 | | 1700-1800 | | | | |
| *4904.19Z.24347 | 4/7-22/8 | 1500-1600 | 四 Thu | | | |
| *4904.19Z.24351 | | 1600-1700 | | | | |
| *4904.19Z.24355 | | 1700-1800 | | | | |
| *4904.19Z.24363 | 5/7-23/8 | 1500-1600 | 五 Fri | | | |
| *4904.19Z.24367 | | 1600-1700 | | | | |
| *4904.19Z.24373 | | 1800-1900 | | | | |
| *4904.19Z.24377 | | 1900-2000 | | | | |
| *4904.19Z.24379 | | 2100-2200 | | | | |
| *4904.19F.24006 | 15/7-21/8 | 1200-1300 | 一、三 Mon & Wed | 1650 | 12 | |
| *4904.19H.24015 | 30/7-22/8 | 0900-1000 | 二、四 | 1100 | 8 | |
| *4904.19F.24023 | 16/7-22/8 | 1400-1500 | Tue & Thu | 1650 | 12 | |

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: 8 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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| 課程編號 Course Code | 日期 (除外) Date(Exception) | 時間 Time | 星期 Day | 費用 Fee | 堂數 lessons |
|------------------|-------------------------|-----------|--------|--------|------------|
| 4904.19J.24005 | 29/6-17/8 | 2100-2200 | 六 Sat | 1100 | 8 |
| 4904.19J.24006 | 30/6-18/8 | 1900-2000 | 日 Sun | | |

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: 8 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.

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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 |
|------------------|-------------------------|-----------|--------|--------|------------|
| 4904.19J.24007 | 30/6-18/8 | 1900-2000 | 日 Sun | 1100 | 8 |

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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| 課程編號 Course Code | 日期 (除外) Date(Exception) | 時間 Time | 星期 Day | 費用 Fee | 堂數 lessons |
|------------------|-------------------------|-----------|--------|--------|------------|
| 4904.19T.24019 | 29/6-17/8 | 0900-1000 | 六 Sat | 1100 | 8 |
| 4904.19T.24020 | | 1600-1700 | | | |
| 4904.19T.24021 | | 1800-1900 | | | |
| 4904.19T.24022 | 30/6-18/8 | 1300-1400 | 日 Sun | | |
| 4904.19T.24023 | | 1800-1900 | | | |
| 4904.19T.24024 | 3/7-21/8 | 1700-1800 | 三 Wed | | |
| 4904.19T.24025 | 5/7-23/8 | 1600-1700 | 五 Fri | | |
| 4904.19T.24026 | | 2000-2100 | | | |
| 4904.19T.24027 | | 2100-2200 | | | |

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

參加資格：16 歲以上本會會友 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.

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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 |
|------------------|-------------------------|-----------|--------|--------|------------|
| 4904.19B.24001 | 29/6-17/8 | 2100-2200 | 六 Sat | 990 | 8 |
| 4904.19B.24002 | 1/7-19/8 | 2100-2200 | 一 Mon | | |
| 4904.19B.24003 | 3/7-21/8 | 2100-2200 | 三 Wed | | |

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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| 課程編號 Course Code | 日期 (除外) Date(Exception) | 時間 Time | 星期 Day | 費用 Fee | 堂數 lessons |
|------------------|---------------------------|-----------|--------|--------|------------|
| 4904.19A.24091 | 1/7-19/8 | 0900-1000 | 一 Mon | 990 | 8 |
| 4904.19A.24092 | | 1000-1100 | | | |
| 4904.19A.24093 | | 1300-1400 | | | |
| 4904.19A.24094 | | 1500-1600 | | | |
| 4904.19A.24096 | | 1900-2000 | | | |
| 4904.19A.24098 | | 2000-2100 | | | |
| 4904.19A.24102 | 2/7-20/8 | 0900-1000 | 二 Tue | | |
| 4904.19A.24103 | | 1000-1100 | | | |
| 4904.19A.24104 | | 1500-1600 | | | |
| 4904.19A.24105 | | 1900-2000 | | | |
| 4904.19A.24107 | | 2000-2100 | | | |
| 4904.19A.24110 | | 2100-2200 | | | |
| 4904.19A.24112 | 3/7-21/8 | 1000-1100 | 三 Wed | | |
| 4904.19A.24113 | | 1300-1400 | | | |
| 4904.19A.24115 | | 1500-1600 | | | |
| 4904.19A.24120 | 4/7-22/8 | 1000-1100 | 四 Thu | | |
| 4904.19A.24121 | | 1100-1200 | | | |
| 4904.19A.24122 | | 1200-1300 | | | |
| 4904.19A.24124 | | 1500-1600 | | | |
| 4904.19A.24126 | | 1900-2000 | | | |
| 4904.19A.24130 | 5/7-23/8 | 1000-1100 | 五 Fri | | |
| 4904.19A.24131 | | 1300-1400 | | | |
| 4904.19A.24132 | | 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.

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|------------------|---------------------------|-----------|--------|--------|------------|
| 4904.19A.24099 | 1/7-19/8 | 2000-2100 | 一 Mon | 990 | 8 |
| 4904.19A.24100 | | 2100-2200 | | | |
| 4904.19A.24109 | 2/7-20/8 | 2000-2100 | 二 Tue | | |
| 4904.19A.24111 | 3/7-21/8 | 0900-1000 | 三 Wed | | |
| 4904.19A.24117 | | 2000-2100 | | | |
| 4904.19A.24119 | 4/7-22/8 | 0900-1000 | 四 Thu | | |
| 4904.19A.24128 | | 2100-2200 | | | |
| 4904.19A.24129 | 5/7-23/8 | 0900-1000 | 五 Fri | | |

女子成人游泳班 Adult Female Swimming Courses

參加資格: 16歲或以上本會女會友 Eligibility: Female Members of 16 or above

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。

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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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|------------------|-------------------------|-----------|--------|--------|------------|
| 4904.19A.24095 | 1/7-19/8 | 1900-2000 | 一 Mon | 990 | 8 |
| 4904.19A.24097 | | 2000-2100 | | | |
| 4904.19A.24101 | | 2100-2200 | | | |
| 4904.19A.24106 | 2/7-20/8 | 1900-2000 | 二 Tue | | |
| 4904.19A.24108 | | 2000-2100 | | | |
| 4904.19A.24114 | 3/7-21/8 | 1400-1500 | 三 Wed | | |
| 4904.19A.24116 | | 1900-2000 | | | |
| 4904.19A.24118 | | 2100-2200 | | | |
| 4904.19A.24123 | 4/7-22/8 | 1400-1500 | 四 Thu | | |
| 4904.19A.24125 | | 1900-2000 | | | |
| 4904.19A.24127 | | 2000-2100 | | | |
| 4904.19A.24133 | 5/7-23/8 | 2000-2100 | 五 Fri | | |
| 4904.19A.24134 | | 2100-2200 | | | |

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.

❗ 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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| 日期 (除外) Date(Exception) | 時間 Time | 星期 Day | 費用 Fee | 堂 lessons |
|-------------------------|----------|-----------|--------|-----------|
| 4904.19Y.24003 | 2/7-22/8 | 2100-2200 | 1360 | 16 |

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.

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|------------------|-------------------------|-----------|--------|--------|------------|
| 4904.19E.24009 | 1/7-19/8 | 0900-1000 | 一 Mon | 1100 | 8 |
| 4904.19E.24010 | 3/7-21/8 | 1000-1100 | 三 Wed | | |
| 4904.19E.24011 | 4/7-22/8 | 1300-1400 | 四 Thu | | |
| 4904.19E.24012 | 5/7-23/8 | 0900-1000 | 五 Fri | | |
| 4904.19E.24013 | | 1200-1300 | | | |

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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|------------------|---------------------------|-----------|--------|--------|------------|
| 4904.19R.24027 | 1/7-19/8 | 1000-1100 | 一 Mon | 930 | 8 |
| 4904.19R.24028 | | 1100-1200 | | | |
| 4904.19R.24029 | 2/7-20/8 | 1000-1100 | 二 Tue | | |
| 4904.19R.24030 | | 1100-1200 | | | |
| 4904.19R.24031 | 3/7-21/8 | 1100-1200 | 三 Wed | | |
| 4904.19R.24032 | | 2000-2100 | | | |
| 4904.19R.24033 | 4/7-22/8 | 1000-1100 | 四 Thu | | |
| 4904.19R.24034 | | 1100-1200 | | | |
| 4904.19R.24035 | | 1400-1500 | | | |
| 4904.19R.24036 | | 2000-2100 | | | |
| 4904.19R.24037 | 5/7-23/8 | 1000-1100 | 五 Fri | | |
| 4904.19R.24038 | | 1100-1200 | | | |



NEW

男士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。對象：40 歲或以上或以上本會男會員

- ❗
- 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

| 課程編號 Course Code | 日期 (除外) Date(Exception) | 時間 Time | 星期 Day | 費用 Fee | 堂數 lessons |
|------------------|---------------------------|-----------|--------|--------|------------|
| 4904.60C.24116 | 5/7-23/8 | 0900-1000 | 五 Fri | 1100 | 8 |



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

| 課程編號 Course Code | 日期 (除外) Date(Exception) | 時間 Time | 星期 Day | 費用 Fee | 堂數 lessons |
|------------------|---------------------------|-----------|--------|--------|------------|
| 4904.60C.24011 | 1/7-19/8 | 1200-1300 | 一 Mon | 1100 | 8 |
| 4904.60C.24012 | 3/7-21/8 | 0900-1000 | 三 Wed | | |
| 4904.60C.24013 | | 1500-1600 | | | |
| 4904.60C.24014 | 4/7-22/8 | 1200-1300 | 四 Thu | | |
| 4904.60C.24015 | | 1400-1500 | | | |



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 |
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| 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) Aged 12 or below Able to complete 200m Freestyle & Backstroke, 100m Breaststroke and 25m Butterfly (Equal to achieved Advanced level 1) | S1 | 星期二 (TUE) 1700-1800 星期六 (SAT) 1700-1800 星期日 (SUN) 1000-1130 | \$950 * 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 \$900 Enjoy a discount fee of \$850 for payments made before the 20th of the previous month. |
| | 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) 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. | P1 | 星期三 (WED) 1600-1700 星期六 (SAT) 1500-1600 | |
| | P2 | 星期二 (TUE) 1600-1700 星期六 (SAT) 1600-1700 | |