

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
Course Assessment

技術重溫
Skills Revision

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.

游泳課程須知 Swimming Course Guidelines

上課須知

1. 本會所會為學員提供泳帽，而學員必須自備泳衣、泳鏡、膠拖鞋、毛巾、沐浴用品，泳池除膠拖鞋外，不得穿著任何鞋履進入池面範圍。
2. 學員請於上課前 15 分鐘攜同收據，準時到四樓泳池櫃檯報到。
3. 學員須於第一堂出示收據予本會職員核查及保留收據至課程完畢。

更衣及沐浴須知

1. 泳班學員須懂得自行更衣及沐浴，4/F 更衣室只供泳班學員及泳客使用，學員家長不得陪同進入（親子班除外），家長如需協助子女更衣及沐浴，可使用本會所各樓層更衣室，安排如下：
 - 超過 6 歲或身高超過 1.1 米之學員，請勿進入異性更衣室。

Lesson

1. Participants are required to prepare their own swimsuits, goggles and other necessities. Except clean and unsoiled rubber sandals (flip-flops), other footwear is not allowed in the pool area.
2. Please arrive at the venue 15 minutes before lesson and present your receipt to the counter on 4/F.
3. Members are required to present the receipt to our staff for verification on the first lesson. Please keep the receipt until completion of the whole course.

Changing room and showering

1. Swimming course participants should be able to get changed and shower on their own. Changing rooms on 4/F are for course participants and swimmers only. Accompanying parents/ guardians are not allowed to enter (except AQUA-TOTS). If child participants need assistance, please use the changing rooms as indicated below:
 - Children aged above 6 or exceeding 1.1m in height are not allowed to enter the changing rooms of the opposite sex.

男泳員 + 男家長
Male child swimmer + Male adult



3/F 兒童沖身室 或
6/F 男更衣室
3/F Children Shower
Room or
6/F Male changing
room

女泳員 + 女家長
Female child swimmer + Female adult



3/F 兒童沖身室、
3/F 或 6/F 女更衣室
3/F Children
Shower Room or
3/F or 6/F Female
changing room

男泳員 + 女家長 / 女泳員 + 男家長
Male child swimmer + Female adult / Female child swimmer + Male adult



3/F 兒童沖身室 或
4/F 獨立更衣室
3/F Children Shower Room or
4/F private changing room

- 6 樓更衣室只於非繁忙時段酌情開放，如遇大型活動舉行，將暫停開放給學員使用，不便之處，敬請見諒！
- 泳班開課前十五分鐘內，方可進入更衣室。

- 6/F changing rooms will be closed in case of ceremony or events in proceeding at Multi-purpose Hall.
- Locker rental costs are not included in the course fees. Participants may place their belongings on the racks beside the pool during course time. Locker rentals on 6/F is available at G/F Ticketing Office at \$10 per session.
- Students are not allowed to enter 4/F changing rooms more than 15 mins in advance.

存放物品須知

1. 所有游泳課程之費用不包括儲物櫃收費，在上課期間學員可將其個人物件存放於泳池面之儲物架內。
2. 學員如要使用儲物櫃，請於地下票務處購票使用六樓之儲物櫃，費用為每次 \$10 元。

泳班病假補課須知

1. 申請病假補堂必須呈交上課當日由註冊西醫或中醫簽發之病假證明信。補課將安排在同一期有空位之同級泳班內進行。
2. 所有事假、身體檢查或非緊急手術恕不能安排病假補課。
3. 申請生理假補堂，請 whatsapp 至 65965007
4. 如需申請病假補課，請掃描二維碼。
5. 補課日期一經預約，恕不更改。



查詢 :27833636

Make Up Class

1. Make up classes would only be offered to participants who are able to provide a medical certificate of the date of sick leave
2. Physical examinations and non-emergency surgeries would not be accepted
3. To apply for make up classes for menstrual leave, please send to 65965007
4. To apply for make up classes for sick leave, please scan the QR code.
5. Make up classes would only be arranged within the current term where vacancies of same grade are available
6. The date of the class make up will not be changed once the appointment is made.



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 :

- 水感知知 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



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
4904.19N.24024	7/9 - 26/10	1400 - 1445	六 Sat	2200	8
4904.19N.24025		1900 - 1945			
4904.19N.24026	8/9 - 27/10	0900 - 0945	日 Sun		
4904.19N.24027		1000 - 1045			
4904.19N.24028	9/9 - 28/10	1100 - 1145	一 Mon		
4904.19N.24029		1500 - 1545			
4904.19N.24030		1600 - 1645			
4904.19N.24031	10/9 - 29/10	0900 - 0945	二 Tue		
4904.19N.24032		1500 - 1545			
4904.19N.24033		1600 - 1645			
4904.19N.24034	11/9 - 30/10	1100 - 1145	三 Wed		
4904.19N.24035		1400 - 1445			
4904.19N.24036		1500 - 1545			
4904.19N.24037	12/9 - 31/10	1500 - 1545	四 Thu		
4904.19N.24038		1600 - 1645			
4904.19N.24039		0900 - 0945			
4904.19N.24040	13/9 - 1/11	1000 - 1045	五 Fri		
4904.19N.24041		1500 - 1545			

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: 此課程希望藉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)

課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4904.19M.24005	7/9/2024 - 26/10/2024	1900 - 1955	六 Sat	1100	8
4904.19M.24006		2000 - 2055			
4904.19M.24007	8/9/2024 - 27/10/2024	1900 - 1955	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.
- 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.
- 一條龍泳班學員可享有下期優先報名優惠，在指定日期 20/7 - 18/8 內報名，學員可以在相同時間參與下期一條龍泳班。
20/7 - 18/8: 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.

9-10 月份 Sep to Oct 費用 Fee : \$1,260/8 堂 sessions

一條龍游泳班 (六) Through-Train Program (Sat) 日期 Date: 7/9/2024 - 26/10/2024

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

一條龍游泳班 (日) Through-Train Program (Sun) 日期 Date: 8/9/2024 - 27/10/2024

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

幼兒初班 (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)

一條龍課程 Through - Train Program

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.24241	7/9 - 26/10	0900 - 0950	六 Sat	1100	8		
4904.19D.24097		1000 - 1050		1100			
4904.19D.24101		1100 - 1150		1260			
4904.19D.24105		1200 - 1250					
4904.19D.24109		1300 - 1350					
4904.19K.24243		1400 - 1450		1100			
4904.19K.24245		1500 - 1550					
4904.19K.24247		1600 - 1650					
4904.19K.24249		1700 - 1750					
4904.19K.24251		1800 - 1850					
4904.19K.24253		1900 - 1950					
4904.19K.24255		8/9 - 27/10		0900 - 0950		日 Sun	1100
4904.19K.24257				1000 - 1050			
4904.19K.24259				1100 - 1150			
4904.19K.24261				1200 - 1250			
4904.19K.24263	1300 - 1350		1260				
4904.19D.24113	1400 - 1450						
4904.19D.24117	1500 - 1550						
4904.19D.24121	1600 - 1650						
4904.19D.24125	1700 - 1750						
4904.19K.24265	9/9 - 28/10	0900 - 0950	一 Mon				
4904.19K.24267		1000 - 1050					
4904.19K.24269		1500 - 1550					
4904.19K.24271		1600 - 1650					
4904.19K.24273		1700 - 1750					
4904.19K.24275	1800 - 1850	二 Tue					
4904.19K.24277	0900 - 0950						
4904.19K.24279	1000 - 1050						
4904.19K.24281	1500 - 1550						
4904.19K.24283	1600 - 1650						
4904.19K.24285	1700 - 1750	三 Wed					
4904.19K.24287	1800 - 1850						
4904.19K.24289	0900 - 0950						
4904.19K.24291	1000 - 1050						
4904.19K.24293	1500 - 1550						
4904.19K.24295	11/9 - 30/10	1600 - 1650	1100				
4904.19K.24297		1700 - 1750					
4904.19K.24299		1800 - 1850					
4904.19K.24301		1900 - 1950					
4904.19K.24303		0900 - 0950		四 Thu			
4904.19K.24305	1500 - 1550						
4904.19K.24307	1600 - 1650						
4904.19K.24309	1700 - 1750						
4904.19K.24311	1800 - 1850	五 Fri					
4904.19K.24313	0900 - 0950						
4904.19K.24315	1000 - 1050						
4904.19K.24317	1500 - 1550						
4904.19K.24319	1600 - 1650						
4904.19K.24321	1700 - 1750						
4904.19K.24323	1800 - 1850	1900 - 1950					
4904.19K.24325	1900 - 1950						

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 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

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.24242	7/9 - 26/10	0900 - 0950	六 Sat	1100	8
4904.19D.24097		1000 - 1050		1260	
4904.19D.24101		1100 - 1150		1100	
4904.19D.24105		1200 - 1250			
4904.19D.24109		1300 - 1350			
4904.19K.24244		1400 - 1450			
4904.19K.24246		1500 - 1550			
4904.19K.24248		1600 - 1650			
4904.19K.24250		1700 - 1750			
4904.19K.24252		1800 - 1850			
4904.19K.24254	8/9 - 27/10	0900 - 0950	日 Sun	1100	
4904.19K.24256		1000 - 1050			
4904.19K.24258		1100 - 1150			
4904.19K.24260		1200 - 1250			
4904.19K.24262		1300 - 1350			
4904.19D.24113		1400 - 1450		1260	
4904.19D.24117		1500 - 1550			
4904.19D.24121		1600 - 1650			
4904.19D.24125	1700 - 1750				
4904.19K.24264	9/9 - 28/10	1500 - 1550	一 Mon	1100	
4904.19K.24266		1600 - 1650			
4904.19K.24268		1700 - 1750			
4904.19K.24270		1800 - 1850			
4904.19K.24272	10/9 - 29/10	0900 - 0950	二 Tue		
4904.19K.24274		1000 - 1050			
4904.19K.24276		1500 - 1550			
4904.19K.24278		1600 - 1650			
4904.19K.24280		1700 - 1750			
4904.19K.24282		1800 - 1850			
4904.19K.24284	11/9 - 30/10	0900 - 0950	三 Wed		
4904.19K.24286		1000 - 1050			
4904.19K.24288		1500 - 1550			
4904.19K.24290		1600 - 1650			
4904.19K.24292		1700 - 1750			
4904.19K.24294		1800 - 1850			
4904.19K.24296	12/9 - 31/10	1900 - 1950	四 Thu		
4904.19K.24298		0900 - 0950			
4904.19K.24300		1500 - 1550			
4904.19K.24302		1600 - 1650			
4904.19K.24304		1700 - 1750			
4904.19K.24306		1800 - 1850			
4904.19K.24308	13/9 - 1/11	0900 - 0950	五 Fri		
4904.19K.24310		1000 - 1050			
4904.19K.24312		1500 - 1550			
4904.19K.24314		1600 - 1650			
4904.19K.24316		1700 - 1750			
4904.19K.24318		1800 - 1850			
4904.19K.24320	1900 - 1950				

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

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.24380	7/9 - 26/10	0900 - 0950	六 Sat	1100	8
*4904.19D.24097		1000 - 1050			
*4904.19D.24101		1100 - 1150		1260	
*4904.19D.24105		1200 - 1250			
*4904.19D.24109		1300 - 1350			
*4904.19Z.24381		1400 - 1450			
*4904.19Z.24385		1500 - 1550		1100	
*4904.19Z.24389		1600 - 1650			
*4904.19Z.24392		1700 - 1750			
*4904.19Z.24396		1800 - 1850			
*4904.19Z.24402	2000 - 2050				
*4904.19Z.24406	0900 - 0950	日 Sun	1100		
*4904.19Z.24407	1000 - 1050				
*4904.19Z.24409	1100 - 1150				
*4904.19Z.24411	1200 - 1250				
*4904.19Z.24413	1300 - 1350				
*4904.19D.24113	1400 - 1450			1260	
*4904.19D.24117	1500 - 1550				
*4904.19D.24121	1600 - 1650				
*4904.19D.24125	1700 - 1750				
^4904.19Z.24421	9/9 - 28/10		0900 - 0950	一 Mon	
^4904.19Z.24422		1000 - 1050			
*4904.19Z.24423		1500 - 1550			
*4904.19Z.24427		1600 - 1650			
*4904.19Z.24431		1700 - 1750			
*4904.19Z.24435		1800 - 1850			
^4904.19Z.24439	10/9 - 29/10	0900 - 0950	二 Tue		
^4904.19Z.24440		1000 - 1050			
*4904.19Z.24441		1500 - 1550			
*4904.19Z.24443		1600 - 1650			
*4904.19Z.24447		1700 - 1750			
*4904.19Z.24450		1800 - 1850			
^4904.19Z.24454	11/9 - 30/10	0900 - 0950	三 Wed		
^4904.19Z.24455		1000 - 1050			
*4904.19Z.24459		1600 - 1650			
*4904.19Z.24463		1700 - 1750			
*4904.19Z.24466		1800 - 1850			
*4904.19Z.24468		1900 - 1950			
^4904.19Z.24471	12/9 - 31/10	0900 - 0950	四 Thu		
*4904.19Z.24472		1500 - 1550			
*4904.19Z.24475		1600 - 1650			
*4904.19Z.24479		1700 - 1750			
*4904.19Z.24483		1800 - 1850			
^4904.19Z.24485		13/9 - 1/11		1000 - 1050	五 Fri
*4904.19Z.24486	1500 - 1550				
*4904.19Z.24490	1600 - 1650				
*4904.19Z.24494	1700 - 1750				
*4904.19Z.24497	1800 - 1850				
*4904.19Z.24500	1900 - 1950				

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 歲本會會友 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

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.24380	7/9 - 26/10	0900 - 0950	六 Sat	1100	
*4904.19D.24097		1000 - 1050		1260	
*4904.19D.24101		1100 - 1150			
*4904.19D.24105		1200 - 1250			
*4904.19D.24109		1300 - 1350			
*4904.19Z.24381		1400 - 1450			
*4904.19Z.24385		1500 - 1550			
*4904.19Z.24389		1600 - 1650			
*4904.19Z.24392		1700 - 1750		1100	
*4904.19Z.24396		1800 - 1850			
*4904.19Z.24402	2000 - 2050				
*4904.19Z.24406	8/9 - 27/10	0900 - 0950	日 Sun	1100	
*4904.19Z.24407		1000 - 1050			
*4904.19Z.24409		1100 - 1150			
*4904.19Z.24411		1200 - 1250			
*4904.19Z.24413		1300 - 1350			
*4904.19D.24113		1400 - 1450		1260	
*4904.19D.24117		1500 - 1550			
*4904.19D.24121		1600 - 1650			
*4904.19D.24125	1700 - 1750				
^4904.19Z.24421	9/9 - 28/10	0900 - 0950	一 Mon	1100	8
^4904.19Z.24422		1000 - 1050			
*4904.19Z.24423		1500 - 1550			
*4904.19Z.24427		1600 - 1650			
*4904.19Z.24431		1700 - 1750			
*4904.19Z.24435		1800 - 1850			
^4904.19Z.24439	10/9 - 29/10	0900 - 0950	二 Tue	1100	
^4904.19Z.24440		1000 - 1050			
*4904.19Z.24441		1500 - 1550			
*4904.19Z.24443		1600 - 1650			
*4904.19Z.24447		1700 - 1750			
*4904.19Z.24450	1800 - 1850				
^4904.19Z.24454	11/9 - 30/10	0900 - 0950	三 Wed	1100	
^4904.19Z.24455		1000 - 1050			
*4904.19Z.24459		1600 - 1650			
*4904.19Z.24463		1700 - 1750			
*4904.19Z.24466		1800 - 1850			
*4904.19Z.24468	1900 - 1950				
^4904.19Z.24471	12/9 - 31/10	0900 - 0950	四 Thu	1100	
*4904.19Z.24472		1500 - 1550			
*4904.19Z.24475		1600 - 1650			
*4904.19Z.24479		1700 - 1750			
*4904.19Z.24483		1800 - 1850			
^4904.19Z.24485	13/9 - 1/11	1000 - 1050	五 Fri	1100	
*4904.19Z.24486		1500 - 1550			
*4904.19Z.24490		1600 - 1650			
*4904.19Z.24494		1700 - 1750			
*4904.19Z.24497		1800 - 1850			
*4904.19Z.24500	1900 - 1950				

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

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

①  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

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.24095	7/9 - 26/10	0900 - 0955	六 Sat	1100	8
4904.19D.24097		1000 - 1055		1260	
4904.19D.24101		1100 - 1155			
4904.19D.24105		1200 - 1255			
4904.19D.24109		1300 - 1355			
4904.19C.24096		1400 - 1455		1100	
4904.19C.24097		1500 - 1555			
4904.19C.24098		1600 - 1655			
4904.19C.24099		1700 - 1755			
4904.19C.24100		1800 - 1855			
4904.19C.24101	1100 - 1155	日 Sun	1100		
4904.19C.24102	1200 - 1255				
4904.19C.24103	1300 - 1355				
4904.19D.24113	1400 - 1455			1260	
4904.19D.24117	1500 - 1555				
4904.19D.24121	1600 - 1655				
4904.19D.24125	1700 - 1755				
^4904.19Z.24421	9/9 - 28/10		0900 - 0955	一 Mon	1100
^4904.19Z.24422		1000 - 1055			
4904.19C.24104		1600 - 1655			
4904.19C.24105		1700 - 1755			
^4904.19Z.24439	10/9 - 29/10	0900 - 0955	二 Tue	1100	
^4904.19Z.24440		1000 - 1055			
4904.19C.24106		1500 - 1555			
4904.19C.24107		1600 - 1655			
4904.19C.24108		1700 - 1755			
^4904.19Z.24454	11/9 - 30/10	0900 - 0955	三 Wed	1100	
^4904.19Z.24455		1000 - 1055			
4904.19C.24109		1600 - 1655			
4904.19C.24110		1800 - 1855			
^4904.19Z.24471	12/9 - 31/10	0900 - 0955	四 Thu	1100	
4904.19C.24111		1500 - 1555			
4904.19C.24112		1600 - 1655			
4904.19C.24113		1700 - 1755			
4904.19C.24114		1800 - 1855			
^4904.19Z.24485	13/9 - 1/11	1000 - 1055	五 Fri	1100	
4904.19C.24115		1500 - 1555			
4904.19C.24116		1600 - 1655			
4904.19C.24117		1700 - 1755			
4904.19C.24118		1800 - 1855			

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 7-8 人 (each class: 7-8 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 7-8 人 Course code with (*) is combined with Intermediated level II and III. Each class 7-8 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
*4904.19Z.24506	7/9 - 26/10	0900 - 1000	六 Sat	1100	8
*4904.19D.24098		1000 - 1100			
*4904.19D.24102		1100 - 1200			
*4904.19D.24106		1200 - 1300			
*4904.19D.24110		1300 - 1400			
*4904.19Z.24382		1400 - 1500		1100	
*4904.19Z.24386		1500 - 1600			
*4904.19Z.24390		1600 - 1700			
*4904.19Z.24393		1700 - 1800			
*4904.19Z.24397		1800 - 1900			
*4904.19Z.24399		1900 - 2000			
*4904.19Z.24403		2000 - 2100			
*4904.19Z.24408	8/9 - 27/10	1000 - 1100	日 Sun	1260	
*4904.19Z.24410		1100 - 1200			
*4904.19Z.24412		1200 - 1300			
*4904.19Z.24414		1300 - 1400			
*4904.19D.24114		1400 - 1500			
*4904.19D.24118		1500 - 1600			
*4904.19D.24122		1600 - 1700			
*4904.19D.24126		1700 - 1800			
*4904.19Z.24417	1800 - 1900	1100			
*4904.19Z.24424	1500 - 1600				
*4904.19Z.24428	1600 - 1700				
*4904.19Z.24432	1700 - 1800				
*4904.19Z.24436	1800 - 1900	1100			
*4904.19Z.24442	1500 - 1600				
*4904.19Z.24444	1600 - 1700				
*4904.19Z.24448	1700 - 1800				
*4904.19Z.24451	1800 - 1900	1100			
*4904.19Z.24456	1500 - 1600				
*4904.19Z.24460	1600 - 1700				
*4904.19Z.24467	1800 - 1900				
*4904.19Z.24473	1500 - 1600	1100			
*4904.19Z.24476	1600 - 1700				
*4904.19Z.24480	1700 - 1800				
*4904.19Z.24484	1800 - 1900				
*4904.19Z.24487	1500 - 1600	1100			
*4904.19Z.24491	1600 - 1700				
*4904.19Z.24495	1700 - 1800				
*4904.19Z.24498	1800 - 1900				
*4904.19Z.24501	1900 - 2000	1100			

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

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.24099	7/9-26/10	1000-1000	六 Sat	1260	8
*4904.19D.24103		1100-1200			
*4904.19D.24107		1200-1300			
*4904.19D.24111		1300-1400			
*4904.19Z.24383		1400-1500		1100	
*4904.19Z.24387		1500-1600			
*4904.19Z.24391		1600-1700			
*4904.19Z.24394		1700-1800			
*4904.19Z.24398		1800-1900			
*4904.19Z.24400		1900-2000			
*4904.19Z.24404	2000-2100	1100			
*4904.19Z.24415	1300-1400				
*4904.19D.24115	1400-1500		日 Sun	1260	
*4904.19D.24119	1500-1600				
*4904.19D.24123	1600-1700				
*4904.19D.24127	1700-1800				
*4904.19Z.24418	1800-1900	1100			
*4904.19Z.24419	1900-2000				
*4904.19Z.24425	9/9-28/10	1500-1600	一 Mon	1100	
*4904.19Z.24429		1600-1700			
*4904.19Z.24433		1700-1800			
*4904.19Z.24437		1800-1900			
*4904.19Z.24445	10/9-29/10	1600-1700	二 Tue		
*4904.19Z.24449		1700-1800			
*4904.19Z.24452		1900-2000			
*4904.19Z.24457	11/9-30/10	1500-1600	三 Wed		
*4904.19Z.24461		1600-1700			
*4904.19Z.24464		1700-1800			
*4904.19Z.24469		1900-2000			
*4904.19Z.24474	12/9-31/10	1500-1600	四 Thu		
*4904.19Z.24477		1600-1700			
*4904.19Z.24481		1700-1800			
*4904.19Z.24488	13/9-1/11	1500-1600	五 Fri		
*4904.19Z.24492		1600-1700			
*4904.19Z.24496		1700-1800			
*4904.19Z.24502		1900-2000			
*4904.19Z.24504		2000-2100			

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

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.24100		1000 - 1000		1260	
*4904.19D.24104		1100 - 1200			
*4904.19D.24108		1200 - 1300			
*4904.19D.24112		1300 - 1400			
*4904.19Z.24384	7/9 - 26/10	1400 - 1500	六 Sat	1100	
*4904.19Z.24388		1500 - 1600			
*4904.19Z.24395		1700 - 1800			
*4904.19Z.24401		1900 - 2000			
*4904.19Z.24405		2000 - 2100			
*4904.19Z.24416	8/9 - 27/10	1300 - 1400	日 Sun	1100	
*4904.19D.24116		1400 - 1500			
*4904.19D.24120		1500 - 1600			
*4904.19D.24124		1600 - 1700			
*4904.19D.24128		1700 - 1800			
*4904.19Z.24420	9/9 - 28/10	1900 - 2000	一 Mon		8
*4904.19Z.24426		1500 - 1600			
*4904.19Z.24430		1600 - 1700			
*4904.19Z.24434		1700 - 1800			
*4904.19Z.24438	10/9 - 29/10	1800 - 1900	二 Tue		
*4904.19Z.24446		1600 - 1700			
*4904.19Z.24453		1900 - 2000			
*4904.19Z.24458	11/9 - 30/10	1500 - 1600	三 Wed	1100	
*4904.19Z.24462		1600 - 1700			
*4904.19Z.24465		1700 - 1800			
*4904.19Z.24470		1900 - 2000			
*4904.19Z.24478	12/9 - 31/10	1600 - 1700	四 Thu		
*4904.19Z.24482		1700 - 1800			
*4904.19Z.24489	13/9 - 1/11	1500 - 1600	五 Fri		
*4904.19Z.24493		1600 - 1700			
*4904.19Z.24499		1800 - 1900			
*4904.19Z.24503		1900 - 2000			
*4904.19Z.24505		2000 - 2100			

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

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.

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.24028	7/9 - 26/10	0900 - 1000	六 Sat	1100	8
4904.19T.24029		1600 - 1700			
4904.19T.24030		1800 - 1900			
4904.19T.24031	8/9 - 27/10	1300 - 1400	日 Sun		
4904.19T.24032	11/9 - 30/10	1800 - 1900	三 Wed		
4904.19T.24033		1700 - 1800			
4904.19T.24034	13/9 - 1/11	1600 - 1700	五 Fri		
4904.19T.24035		2000 - 2100			
4904.19T.24036		2100 - 2200			

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。
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.

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.24141	9/9 - 28/10	1900 - 2000	一 Mon	990	8
4904.19A.24143		2000 - 2100			
4904.19A.24147		2100 - 2200			
4904.19A.24152	10/9 - 29/10	1900 - 2000	二 Tue		
4904.19A.24154		2000 - 2100			
4904.19A.24161	11/9 - 30/10	1400 - 1500	三 Wed		
4904.19A.24163		1900 - 2000			
4904.19A.24165		2100 - 2200			
4904.19A.24170	12/9 - 31/10	1400 - 1500	四 Thu		
4904.19A.24172		1900 - 2000			
4904.19A.24174		2000 - 2100			
4904.19A.24180	13/9 - 1/11	2000 - 2100	五 Fri		
4904.19A.24181		2100 - 2200			

成人游泳初班 Adult Elementary Swimming Courses

參加資格: 16歲或以上本會會員 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.

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.24135	7/9 - 26/10	2100 - 2200	六 Sat	990	8
4904.19A.24136	8/9 - 27/10	1900 - 2000	日 Sun		
4904.19A.24137	9/9 - 28/10	0900 - 1000	一 Mon		
4904.19A.24138		1000 - 1100			
4904.19A.24139		1300 - 1400			
4904.19A.24140		1500 - 1600			
4904.19A.24142		1900 - 2000			
4904.19A.24144		2000 - 2100			
4904.19A.24148		0900 - 1000			
4904.19A.24149	1000 - 1100				
4904.19A.24150	1500 - 1600				
4904.19A.24151	1900 - 2000				
4904.19A.24153	2000 - 2100				
4904.19A.24156	2100 - 2200				
4904.19A.24158	1000 - 1100	三 Wed			
4904.19A.24159	1200 - 1300				
4904.19A.24160	1300 - 1400				
4904.19A.24162	1500 - 1600				
4904.19A.24167	1000 - 1100		四 Thu		
4904.19A.24168	1100 - 1200				
4904.19A.24169	1200 - 1300				
4904.19A.24171	1500 - 1600				
4904.19A.24173	1900 - 2000	五 Fri			
4904.19A.24177	1000 - 1100				
4904.19A.24178	1300 - 1400				
4904.19A.24179	13/9 - 1/11	1500 - 1600			

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

參加資格: 16歲或以上本會會員及能以任何泳式游 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.

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.24145	9/9 - 28/10	2000 - 2100	一 Mon	990	8
4904.19A.24146		2100 - 2200			
4904.19A.24155	10/9 - 29/10	2000 - 2100	二 Tue		
4904.19A.24157	11/9 - 30/10	0900 - 1000	三 Wed		
4904.19A.24164		2000 - 2100			
4904.19A.24166	12/9 - 31/10	0900 - 1000	四 Thu		
4904.19A.24175		2100 - 2200			
4904.19A.24176	13/9 - 1/11	0900 - 1000	五 Fri		

水中健體班 Hydrofitness

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

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.

課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4904.19R.24039	9/9 - 28/10	1000 - 1100	一 Mon	930	8
4904.19R.24040		1100 - 1200			
4904.19R.24041	10/9 - 29/10	1000 - 1100	二 Tue		
4904.19R.24042		1100 - 1200			
4904.19R.24052	11/9 - 30/10	0900 - 1000	三 Wed		
4904.19R.24043		1100 - 1200			
4904.19R.24044		1400 - 1500			
4904.19R.24045		2000 - 2100			
4904.19R.24046	12/9 - 31/10	1000 - 1100	四 Thu		
4904.19R.24047		1100 - 1200			
4904.19R.24048		1400 - 1500			
4904.19R.24049		2000 - 2100			
4904.19R.24050	13/9 - 1/11	1000 - 1100	五 Fri		
4904.19R.24051		1100 - 1200			

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.

課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4904.19E.24014	9/9 - 28/10	0900 - 1000	一 Mon	1100	8
4904.19E.24015	10/9 - 29/10	0900 - 1000	二 Tue		
4904.19E.24019	11/9 - 30/10	1000 - 1100	三 Wed		
4904.19E.24016	12/9 - 31/10	1300 - 1400	四 Thu		
4904.19E.24017	13/9 - 1/11	0900 - 1000	五 Fri		
4904.19E.24018		1200 - 1300			

新喜點 男士水中健體復康運動班 Male Aqua-rehab Swimming Course

參加資格：40歲或以上之本會會友，毋須懂得泳術。Eligibility: Male members of 40 or above, no swimming ability is needed.

課程內容：利用水的特性，進行肌肉關節鍛鍊，強化機能及活動能力，對改善痛症有幫助。

Utilizing properties of water and a variety of coordinated movements, this programme aims to strengthen the stability of your core muscles while also enhancing posture and effectively preventing for Acute and Chronic Pain.

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

❗ 1 此課程由持有「水中健體及復康導師證書」之導師任教 2. 費用已包括 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.24117	13/9 - 1/11	0900 - 1000	五 Fri	1100	8

新喜點 水中健體復康運動班

參加資格：40歲或以上之本會會友，毋須懂得泳術。Eligibility: Members of 40 or above, no swimming ability is needed.

課程內容：利用水的特性，進行肌肉關節鍛鍊，強化機能及活動能力，對改善痛症有幫助。

Utilizing properties of water and a variety of coordinated movements, this programme aims to strengthen the stability of your core muscles while also enhancing posture and effectively preventing for Acute and Chronic Pain.

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

❗ 1 此課程由持有「水中健體及復康導師證書」之導師任教 2. 費用已包括 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.24016	9/9 - 28/10	1200 - 1300	一 Mon	1100	8
4904.60C.24017	11/9 - 30/10	1500 - 1600	三 Wed		
4904.60C.24018	12/9 - 31/10	1200 - 1300	四 Thu		
4904.60C.24019		1400 - 1500			

先進游泳訓練計劃 Masters Swimming Training Scheme

參加資格：16 歲或以上之本會會友及能完成 25 米蝶泳、背泳、蛙泳、自由泳四種泳式。

Eligibility: Members of 16 or above, able to swim 25m Butterfly, Backstroke, Breaststroke and Freestyle.

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.

日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
4904.19Y.24004	10/9 - 31/10	2100 - 2200	1360	16

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) 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 \$900 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	

YMCA泳班計時日

日期: 02/11/2024 (星期六)

時間: 下午2時正 至 下午4時正

地點: 九龍會所4/F游泳池

費用: 每人每項目 \$50

(完成者可獲時間證明證書)



參加資格:

1. 必須有參與本會2024年9 - 10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

報名方法:

1. 妥填報名表格 (可在九龍會所1/F拿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: 28/09/2024 (星期六)

截止報名日期: 19/10/2024 (星期六)



查閱章程



報名表格

