

游泳班 Swimming Course

報名日期 Enrollment Date

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 (2023年11至12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 Jul - Aug 2023

2/12(六 Sat) - 24/12(日 Sun)

2023年11-12月曾參與本會游泳班之學員 Students of Swimming program in Nov - Dec 2023

2/12(六 Sat) - 24/12(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.

26/12(二 Tue)

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

31/12(日 Sun)

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

公開報名 Open Enrollment : 1/1/2024(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 :

*2023年11月至12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 Nov - Dec 2023

2/12(六 Sat) - 24/12(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 : 25/12(一 Mon) 10:00 起 Onwards



網上報名
Register Online






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

學習評估
Course
Assessment

四式游泳訓練
Swimming Training of Four Strokes

泳式計時
Time Trial

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

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.
- 一條龍游泳班由持有本會游泳教練證書之教練任教
Through Train Program coaches have hold YMCA swimming instructor certificate.
- 2023年7-8月一條龍泳班學員可享有下期優先報名優惠，在指定日期22/7-20/8內報名，學員可以在相同時間參與下期一條龍泳班。
Through Train Program Students can have priority to enroll the next session Through Train Program between 22/7-20/8. Students can remain the same class lesson if enrollment is made on time.

一條龍游泳班 (六) Through-Train Program (Sat) 日期 Date: 13/1 - 2/3 (10/2 除外)

費用 Fee : \$1070 /7 堂 sessions

餘額 Quota: 留意報名日當日資料 Please refer to the information on enrollment day

香港中華基督教青年會之游泳教練均持有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.

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.23129	4904.19D.23130	4904.19D.23131	4904.19D.23132
1100-1200	4904.19D.23133	4904.19D.23134	4904.19D.23135	4904.19D.23136
1200-1300	4904.19D.23137	4904.19D.23138	4904.19D.23139	4904.19D.23140
1300-1400	4904.19D.23141	4904.19D.23142	4904.19D.23143	4904.19D.23144

一條龍游泳班 (日) Through-Train Program (Sun) 日期 Date: 14/1-3/3 (11/2 除外)

費用 Fee : \$1070 /7 堂 sessions

餘額 Quota: 留意報名日當日資料 Please refer to the information on enrollment day

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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.23145	4904.19D.23146	4904.19D.23147	4904.19D.23148
1500-1600	4904.19D.23149	4904.19D.23150	4904.19D.23151	4904.19D.23152
1600-1700	4904.19D.23153	4904.19D.23154	4904.19D.23155	4904.19D.23156
1700-1800	4904.19D.23157	4904.19D.23158	4904.19D.23159	4904.19D.23160



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

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課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons	
4904.19K.23417	13/1 - 2/3(10/2)	0900 - 0950	六 Sat	930	7	
4904.19D.23129		1000 - 1050		1070		
4904.19D.23133		1100 - 1150		930		
4904.19D.23137		1200 - 1250				
4904.19D.23141		1300 - 1350				
4904.19K.23419		1400 - 1450				
4904.19K.23421		1500 - 1550				
4904.19K.23423		1600 - 1650		930		
4904.19K.23425		1700 - 1750				
4904.19K.23427		1800 - 1850				
4904.19K.23429		1900 - 1950				
4904.19K.23431		1000 - 1050				日 Sun
4904.19K.23433		1100 - 1150				
4904.19K.23435		1200 - 1250				
4904.19K.23437		1300 - 1350				
4904.19D.23145	1400 - 1450	1070				
4904.19D.23149	1500 - 1550	930				
4904.19D.23153	1600 - 1650					
4904.19D.23157	1700 - 1750					
4904.19K.23439	1500 - 1550		一 Mon			
4904.19K.23441	1600 - 1650					
4904.19K.23443	1700 - 1750					
4904.19K.23445	1800 - 1850					
4904.19K.23447	1900 - 1950	二 Tue				
4904.19K.23449	0900 - 0950					
4904.19K.23451	1000 - 1050					
4904.19K.23453	1500 - 1550					
4904.19K.23455	1600 - 1650					
4904.19K.23457	1700 - 1750					
4904.19K.23459	1800 - 1850		三 Wed			
4904.19K.23461	0900 - 0950					
4904.19K.23463	1000 - 1050					
4904.19K.23465	1600 - 1650					
4904.19K.23467	1700 - 1750					
4904.19K.23469	1800 - 1850					
4904.19K.23471	1900 - 1950	四 Thu				
4904.19K.23473	0900 - 0950					
4904.19K.23475	1000 - 1050					
4904.19K.23477	1500 - 1550					
4904.19K.23479	1600 - 1650					
4904.19K.23481	1700 - 1750					
4904.19K.23483	1800 - 1850		五 Fri			
4904.19K.23485	0900 - 0950					
4904.19K.23487	1000 - 1050					
4904.19K.23489	1500 - 1550					
4904.19K.23491	1600 - 1650					
4904.19K.23493	1700 - 1750					
4904.19K.23495	1800 - 1850					
4904.19K.23497	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

香港中華基督教青年會之游泳教練均持本會游泳教練證書或持政府認可的中國香港游泳總會或香港游泳教練會或香港游泳教師總會發出之游泳教練證書 All Chinese YMCA of Hong Kong Swimming Coaches have hold YMCA Swimming Instructor Certificate or Government recognized HKGSA Swimming Teachers Certificate or Hong Kong Swimming Coaches Association Certificates or HKSTA Swimming Teacher Certificate.

課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4904.19K.23420	13/1 - 2/3(10/2)	0900 - 0950	六 Sat	930	7
4904.19D.23129		1000 - 1050		1070	
4904.19D.23133		1100 - 1150			
4904.19D.23137		1200 - 1250			
4904.19D.23141		1300 - 1350			
4904.19K.23422		1400 - 1450			
4904.19K.23424		1500 - 1550			
4904.19K.23426		1600 - 1650			
4904.19K.23428		1700 - 1750			
4904.19K.23430		1800 - 1850			
4904.19K.23432	1900 - 1950	日 Sun	930		
4904.19K.23434	1000 - 1050				
4904.19K.23436	1100 - 1150				
4904.19K.23438	1200 - 1250				
4904.19K.23440	1300 - 1350			1070	
4904.19D.23145	1400 - 1450				
4904.19D.23149	1500 - 1550				
4904.19D.23153	1600 - 1650				
4904.19D.23157	1700 - 1750				
4904.19K.23442	15/1 - 4/3(12/2)			1500 - 1550	一 Mon
4904.19K.23444		1600 - 1650			
4904.19K.23446		1700 - 1750			
4904.19K.23448		1800 - 1850			
4904.19K.23450		1900 - 1950			
4904.19K.23452	16/1 - 5/3(13/2)	0900 - 0950	二 Tue	930	
4904.19K.23454		1000 - 1050			
4904.19K.23456		1500 - 1550			
4904.19K.23458		1600 - 1650			
4904.19K.23460		1700 - 1750			
4904.19K.23462		1800 - 1850			
4904.19K.23464	17/1 - 6/3(14/2)	0900 - 0950	三 Wed	930	
4904.19K.23466		1000 - 1050			
4904.19K.23468		1600 - 1650			
4904.19K.23470		1700 - 1750			
4904.19K.23472		1800 - 1850			
4904.19K.23474		1900 - 1950			
4904.19K.23476	18/1 - 7/3(15/2)	0900 - 0950	四 Thu	930	
4904.19K.23478		1000 - 1050			
4904.19K.23480		1500 - 1550			
4904.19K.23482		1600 - 1650			
4904.19K.23484		1700 - 1750			
4904.19K.23486		1800 - 1850			
4904.19K.23488	19/1 - 8/3(9/2)	0900 - 0950	五 Fri	930	
4904.19K.23490		1000 - 1050			
4904.19K.23492		1500 - 1550			
4904.19K.23494		1600 - 1650			
4904.19K.23496		1700 - 1750			
4904.19K.23498		1800 - 1850			
4904.19K.23500	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 4-5 人 (each class: 4 - 5 students)

! 一條龍課程 Through - Train Program

(^) 之課程將與初二及初三級別合併。名額 4-5 人 Course code with (^) is combined with Elementary level II and III. Each class 4-5 students

(*) 之課程將與初二級別合併。名額 4-5 人 Course code with (*) is combined with Elementary level II. Each class 3-4 students

香港中華基督教青年會之游泳教練均持本會游泳教練證書或持政府認可的中國香港游泳總會或香港游泳教練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.23643	13/1 - 2/3(10/2)	0900 - 0950	六 Sat	930	7	
*4904.19D.23129		1000 - 1050		1070		
*4904.19D.23133		1100 - 1150				
*4904.19D.23137		1200 - 1250				
*4904.19D.23141		1300 - 1350				
*4904.19Z.23645		1400 - 1450				
*4904.19Z.23649		1500 - 1550				
*4904.19Z.23653		1600 - 1650				
*4904.19Z.23656		1700 - 1750				930
*4904.19Z.23660		1800 - 1850				
*4904.19Z.23663	1900 - 1950					
^4904.19Z.23666	2000 - 2050					
*4904.19Z.23670	14/1 - 3/3(11/2)	1000 - 1050	日 Sun	930	7	
*4904.19Z.23671		1100 - 1150		1070		
*4904.19Z.23673		1200 - 1250				
*4904.19Z.23675		1300 - 1350				
*4904.19D.23145		1400 - 1450				
*4904.19D.23159		1500 - 1550				
*4904.19D.23153		1600 - 1650				
*4904.19D.23157		1700 - 1750				
*4904.19Z.23678		1800 - 1850				930
*4904.19Z.23682		1500 - 1550				
*4904.19Z.23686	1600 - 1650	一 Mon	930			
*4904.19Z.23689	1700 - 1750					
*4904.19Z.23692	1800 - 1850					
*4904.19Z.23695	1900 - 1950					
^4904.19Z.23696	0900 - 0950					
^4904.19Z.23698	1000 - 1050	二 Tue	930			
*4904.19Z.23699	1500 - 1550					
*4904.19Z.23701	1600 - 1650					
*4904.19Z.23705	1700 - 1750					
*4904.19Z.23709	1800 - 1850					
^4904.19Z.23713	0900 - 0950	三 Wed	930			
^4904.19Z.23714	1000 - 1050					
*4904.19Z.23718	1600 - 1650					
*4904.19Z.23722	1700 - 1750					
*4904.19Z.23724	1800 - 1850					
*4904.19Z.23728	1900 - 1950	四 Thu	930			
^4904.19Z.23730	0900 - 0950					
^4904.19Z.23732	1000 - 1050					
*4904.19Z.23733	1500 - 1550					
*4904.19Z.23737	1600 - 1650					
*4904.19Z.23741	1700 - 1750	五 Fri	930			
*4904.19Z.23744	1800 - 1850					
^4904.19Z.23746	0900 - 0950					
^4904.19Z.23747	1000 - 1050					
*4904.19Z.23748	1500 - 1550					
*4904.19Z.23752	1600 - 1650	五 Fri	930			
*4904.19Z.23756	1700 - 1750					
*4904.19Z.23759	1800 - 1850					
*4904.19Z.23762	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 4 - 5 人 (each class: 4 - 5 students)

① 一條龍課程 Through - Train Program

(^)-之課程將與初一及初三級別合併。名額 4 - 5 人 Course code with (^) is combined with Elementary level I and III. Each class 4 - 5 students

(*)-之課程將與初一級別合併。名額 4 - 5 人 Course code with (*) is combined with Elementary level I. Each class 4 - 5 students

香港中華基督教青年會之游泳教練均持本會游泳教練證書或持政府認可的中國香港游泳總會或香港游泳教練總會發出之游泳教練證書 All Chinese YMCA of Hong Kong Swimming Coaches have hold YMCA Swimming Instructor Certificate or Government recognized HKGSA Swimming Teachers Certificate or Hong Kong Swimming Coaches Association Certificates or HKSTA Swimming Teacher Certificate.

課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
*4904.19Z.23643	13/1 - 2/3(10/2)	0900 - 0950	六 Sat	930	7
*4904.19D.23129		1000 - 1050		1070	
*4904.19D.23133		1100 - 1150			
*4904.19D.23137		1200 - 1250			
*4904.19D.23141		1300 - 1350			
*4904.19Z.23645		1400 - 1450		930	
*4904.19Z.23649		1500 - 1550			
*4904.19Z.23653		1600 - 1650			
*4904.19Z.23656		1700 - 1750			
*4904.19Z.23660		1800 - 1850			
*4904.19Z.23663		1900 - 1950			
^4904.19Z.23666		2000 - 2050		930	
*4904.19Z.23670	1000 - 1050				
*4904.19Z.23671	1100 - 1150				
*4904.19Z.23673	1200 - 1250				
*4904.19Z.23675	1300 - 1350				
*4904.19D.23145	14/1 - 3/3(11/2)	1400 - 1450	日 Sun	1070	
*4904.19D.23149		1500 - 1550			
*4904.19D.23153		1600 - 1650			
*4904.19D.23157		1700 - 1750			
*4904.19Z.23678	1800 - 1850	930			
*4904.19Z.23682	15/1 - 4/3(12/2)	1500 - 1550	一 Mon	930	
*4904.19Z.23686		1600 - 1650			
*4904.19Z.23689		1700 - 1750			
*4904.19Z.23692		1800 - 1850			
*4904.19Z.23695		1900 - 1950			
^4904.19Z.23696	16/1 - 5/3(13/2)	0900 - 0950	二 Tue	930	
^4904.19Z.23698		1000 - 1050			
*4904.19Z.23699		1500 - 1550			
*4904.19Z.23701		1600 - 1650			
*4904.19Z.23705		1700 - 1750			
*4904.19Z.23709		1800 - 1850			
^4904.19Z.23713	17/1 - 6/3(14/2)	0900 - 0950	三 Wed	930	
^4904.19Z.23714		1000 - 1050			
*4904.19Z.23718		1600 - 1650			
*4904.19Z.23722		1700 - 1750			
*4904.19Z.23724		1800 - 1850			
*4904.19Z.23728		1900 - 1950			
^4904.19Z.23730	18/1 - 7/3(15/2)	0900 - 0950	四 Thu	930	
^4904.19Z.23732		1000 - 1050			
*4904.19Z.23733		1500 - 1550			
*4904.19Z.23737		1600 - 1650			
*4904.19Z.23741		1700 - 1750			
*4904.19Z.23744		1800 - 1850			
^4904.19Z.23746	19/1 - 8/3(9/2)	0900 - 0950	五 Fri	930	
^4904.19Z.23747		1000 - 1050			
*4904.19Z.23748		1500 - 1550			
*4904.19Z.23752		1600 - 1650			
*4904.19Z.23756		1700 - 1750			
*4904.19Z.23759		1800 - 1850			
*4904.19Z.23762	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 6-7 人 (each class: 6 - 7 students)

! 一條龍課程 Through - Train Program

(A) 之課程將與初一及初二級別合併。名額 4 人 Course code with (A) is combined with Elementary level I and II. Each class 4 students

香港中華基督教青年會之游泳教練均持本會游泳教練證書或持政府認可的中國香港游泳總會或香港游泳教練總會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.23166	13/1 - 2/3(10/2)	0900 - 0955	六 Sat	930	7
4904.19D.23129		1000 - 1055		1070	
4904.19D.23133		1100 - 1155			
4904.19D.23137		1200 - 1255			
4904.19D.23141		1300 - 1355			
4904.19C.23167		1400 - 1455			
4904.19C.23168		1500 - 1555			
4904.19C.23169		1600 - 1655			
4904.19C.23170		1700 - 1755		930	
4904.19C.23171		1800 - 1855			
4904.19C.23172	1900 - 1955				
^4904.19Z.23666		2000 - 2055			
4904.19C.23173	14/1 - 3/3(11/2)	1000 - 1055	日 Sun	930	
4904.19C.23174		1100 - 1155			
4904.19C.23175		1300 - 1355			
4904.19D.23145		1400 - 1455		1070	
4904.19D.23149		1500 - 1555			
4904.19D.23153		1600 - 1655			
4904.19D.23157	1700 - 1755				
4904.19C.23176		1800 - 1855		930	
4904.19C.23177	15/1 - 4/3(12/2)	1500 - 1555	一 Mon		
4904.19C.23178		1600 - 1655			
4904.19C.23179		1700 - 1755			
4904.19C.23180		1800 - 1855			
4904.19C.23181		1900 - 1955			
^4904.19Z.23696	16/1 - 5/3(13/2)	0900 - 0955	二 Tue		
^4904.19Z.23698		1000 - 1055			
4904.19C.23182		1500 - 1555			
4904.19C.23183		1600 - 1655			
4904.19C.23184		1700 - 1755			
^4904.19Z.23713	17/1 - 6/3(14/2)	0900 - 0955	三 Wed		
^4904.19Z.23714		1000 - 1055			
4904.19C.23185		1600 - 1655			
4904.19C.23186		1700 - 1755			
4904.19C.23187		1800 - 1855			
4904.19C.23188		1900 - 1955			
^4904.19Z.23730	18/1 - 7/3(15/2)	0900 - 0955	四 Thu		
^4904.19Z.23732		1000 - 1055			
4904.19C.23189		1500 - 1555			
4904.19C.23190		1600 - 1655			
4904.19C.23191		1700 - 1755			
4904.19C.23192		1800 - 1855			
^4904.19Z.23746	19/1 - 8/3(9/2)	0900 - 0955	五 Fri		
^4904.19Z.23747		1000 - 1055			
4904.19C.23193		1500 - 1555			
4904.19C.23194		1600 - 1655			
4904.19C.23195		1700 - 1755			
4904.19C.23196		1800 - 1855			
4904.19C.23197		1900 - 1955			

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.23644	13/1 - 2/3(10/2)	0900 - 1000	六 Sat	930	7		
*4904.19D.23130		1000 - 1100		1070			
*4904.19D.23134		1100 - 1200					
*4904.19D.23138		1200 - 1300					
*4904.19D.23142		1300 - 1400					
*4904.19Z.23646		1400 - 1500		930			
*4904.19Z.23650		1500 - 1600					
*4904.19Z.23654		1600 - 1700					
*4904.19Z.23657		1700 - 1800					
*4904.19Z.23661		1800 - 1900					
*4904.19Z.23664		1900 - 2000					
*4904.19Z.23667		2000 - 2100					
*4904.19Z.23672		14/1 - 3/3(11/2)		1100 - 1200		日 Sun	930
*4904.19Z.23674				1200 - 1300			
*4904.19Z.23676	1300 - 1400						
*4904.19D.23146	1400 - 1500		1070				
*4904.19D.23150	1500 - 1600						
*4904.19D.23154	1600 - 1700						
*4904.19D.23158	1700 - 1800						
*4904.19Z.23679	1800 - 1900	930					
*4904.19Z.23683	15/1 - 4/3(12/2)	1500 - 1600	一 Mon	930			
*4904.19Z.23687		1600 - 1700					
*4904.19Z.23690		1700 - 1800					
*4904.19Z.23693		1800 - 1900					
*4904.19Z.23697	16/1 - 5/3(13/2)	0900 - 1000	二 Tue	930			
*4904.19Z.23700		1500 - 1600					
*4904.19Z.23702		1600 - 1700					
*4904.19Z.23706		1700 - 1800					
*4904.19Z.23710		1800 - 1900					
*4904.19Z.23711		1900 - 2000					
*4904.19Z.23715	17/1 - 6/3(14/2)	1500 - 1600	三 Wed	930			
*4904.19Z.23719		1600 - 1700					
*4904.19Z.23723		1700 - 1800					
*4904.19Z.23725		1800 - 1900					
*4904.19Z.23729		1900 - 2000					
*4904.19Z.23731		18/1 - 7/3(15/2)			0900 - 1000	四 Thu	930
*4904.19Z.23734	1500 - 1600						
*4904.19Z.23738	1600 - 1700						
*4904.19Z.23742	1700 - 1800						
*4904.19Z.23745	1800 - 1900						
*4904.19Z.23749	19/1 - 8/3(9/2)		1500 - 1600	五 Fri	930		
*4904.19Z.23753		1600 - 1700					
*4904.19Z.23757		1700 - 1800					
*4904.19Z.23760		1800 - 1900					
*4904.19Z.23763		1900 - 2000					

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.23131		1000 - 1100		1070	
*4904.19D.23135		1100 - 1200			
*4904.19D.23139		1200 - 1300			
*4904.19D.23143		1300 - 1400			
*4904.19Z.23647	13/1 - 2/3(10/2)	1400 - 1500	六 Sat	930	
*4904.19Z.23651		1500 - 1600			
*4904.19Z.23655		1600 - 1700			
*4904.19Z.23658		1700 - 1800			
*4904.19Z.23662		1800 - 1900			
*4904.19Z.23665		1900 - 2000			
*4904.19Z.23668		2000 - 2100			
*4904.19Z.23677	14/1 - 3/3(11/2)	1300 - 1400	日 Sun	930	
*4904.19D.23147		1400 - 1500		1070	
*4904.19D.23151		1500 - 1600			
*4904.19D.23155		1600 - 1700			
*4904.19D.23159		1700 - 1800			
*4904.19Z.23680		1900 - 2000		930	7
*4904.19Z.23684	15/1 - 4/3(12/2)	1500 - 1600	一 Mon		
*4904.19Z.23688		1600 - 1700			
*4904.19Z.23691		1700 - 1800			
*4904.19Z.23703	16/1 - 5/3(13/2)	1600 - 1700	二 Tue		
*4904.19Z.23707		1700 - 1800			
*4904.19Z.23712		1900 - 2000			
*4904.19Z.23716	17/1 - 6/3(14/2)	1500 - 1600	三 Wed	930	
*4904.19Z.23720		1600 - 1700			
*4904.19Z.23726		1800 - 1900			
*4904.19Z.23735	18/1 - 7/3(15/2)	1500 - 1600	四 Thu		
*4904.19Z.23739		1600 - 1700			
*4904.19Z.23743		1700 - 1800			
*4904.19Z.23750		1500 - 1600			
*4904.19Z.23754	19/1 - 8/3(9/2)	1600 - 1700	五 Fri		
*4904.19Z.23758		1700 - 1800			
*4904.19Z.23764		1900 - 2000			
*4904.19Z.23766		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

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課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons	
*4904.19D.23132	13/1 - 2/3(10/2)	1000 - 1100	六 Sat	1070	7	
*4904.19D.23136		1100 - 1200				
*4904.19D.23140		1200 - 1300				
*4904.19D.23144		1300 - 1400				
*4904.19Z.23648		1400 - 1500		930		
*4904.19Z.23652		1500 - 1600				
*4904.19Z.23659		1700 - 1800				
*4904.19Z.23669		2000 - 2100				
*4904.19D.23148		1400 - 1500				1070
*4904.19D.23152		1500 - 1600				
*4904.19D.23156	1600 - 1700					
*4904.19D.23160	1700 - 1800					
*4904.19Z.23681	1900 - 2000	930				
*4904.19Z.23685	15/1 - 4/3(12/2)	1500 - 1600	一 Mon	930		
*4904.19Z.23694		1800 - 1900				
*4904.19Z.23704	16/1 - 5/3(13/2)	1600 - 1700	二 Tue			
*4904.19Z.23708		1700 - 1800				
*4904.19Z.23717	17/1 - 6/3(14/2)	1500 - 1600	三 Wed			
*4904.19Z.23721		1600 - 1700				
*4904.19Z.23727		1800 - 1900				
*4904.19Z.23736	18/1 - 7/3(15/2)	1500 - 1600	四 Thu			
*4904.19Z.23740		1600 - 1700				
*4904.19Z.23751	19/1 - 8/3(9/2)	1500 - 1600	五 Fri			
*4904.19Z.23755		1600 - 1700				
*4904.19Z.23761		1800 - 1900				
*4904.19Z.23765		1900 - 2000				

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.23045	13/1 - 2/3(10/2)	0900 - 1000	六 Sat	930	7
4904.19T.23046		1600 - 1700			
4904.19T.23047		1800 - 1900			
4904.19T.23048		1900 - 2000			
4904.19T.23049	14/1 - 3/3(11/2)	1300 - 1400	日 Sun		
4904.19T.23050		1800 - 1900			
4904.19T.23051	17/1 - 6/3(14/2)	1700 - 1800	三 Wed		
4904.19T.23052	19/1 - 8/3(9/2)	1600 - 1700	五 Fri		
4904.19T.23053		2000 - 2100			
4904.19T.23054		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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課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂 lessons
4904.19Y.23005	16/1 - 7/3 (13,15/2)	2100 - 2200	二, 四 Tue, Thu	1105	14

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.

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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.23175	15/1 - 4/3(12/2)	1900 - 2000	— Mon	840	7
4904.19A.23177		2000 - 2100			
4904.19A.23185	16/1 - 5/3(13/2)	1900 - 2000	二 Tue		
4904.19A.23187		2000 - 2100			
4904.19A.23193	17/1 - 6/3(14/2)	1400 - 1500	三 Wed		
4904.19A.23195		1900 - 2000			
4904.19A.23197		2100 - 2200			
4904.19A.23203	18/1 - 7/3(15/2)	1400 - 1500	四 Thu		
4904.19A.23205		1900 - 2000			
4904.19A.23212	19/1 - 8/3(9/2)	2000 - 2100	五 Fri		
4904.19A.23213		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.
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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.23172	15/1 - 4/3(12/2)	0900 - 1000	一 Mon	840	7
4904.19A.23173		1000 - 1100			
4904.19A.23174		1500 - 1600			
4904.19A.23176		1900 - 2000			
4904.19A.23178		2000 - 2100			
4904.19A.23181	16/1 - 5/3(13/2)	0900 - 1000	二 Tue		
4904.19A.23182		1000 - 1100			
4904.19A.23183		1500 - 1600			
4904.19A.23184		1900 - 2000			
4904.19A.23186		2000 - 2100			
4904.19A.23188	2100 - 2200	三 Wed			
4904.19A.23190	1000 - 1100				
4904.19A.23191	1200 - 1300				
4904.19A.23192	1300 - 1400				
4904.19A.23194	1500 - 1600				
4904.19A.23199	18/1 - 7/3(15/2)	1000 - 1100	四 Thu		
4904.19A.23200		1100 - 1200			
4904.19A.23201		1200 - 1300			
4904.19A.23202		1300 - 1400			
4904.19A.23204		1500 - 1600			
4904.19A.23206	1900 - 2000	五 Fri			
4904.19A.23209	1000 - 1100				
4904.19A.23210	1300 - 1400				
4904.19A.23211	19/1 - 8/3(9/2)	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.
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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.23179	15/1 - 4/3(12/2)	2000 - 2100	一 Mon	840	7
4904.19A.23180		2100 - 2200			
4904.19A.23189	17/1 - 6/3(14/2)	0900 - 1000	三 Wed		
4904.19A.23196		2000 - 2100			
4904.19A.23198	18/1 - 7/3(15/2)	0900 - 1000	四 Thu		
4904.19A.23207		2100 - 2200			
4904.19A.23208	19/1 - 8/3(9/2)	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.

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
4904.19R.23047	15/1 - 4/3(12/2)	1000 - 1100	一 Mon	790	7
4904.19R.23048		1100 - 1200			
4904.19R.23049	16/1 - 5/3(13/2)	1000 - 1100	二 Tue		
4904.19R.23050		1100 - 1200			
4904.19R.23051	17/1 - 6/3(14/2)	1100 - 1200	三 Wed		
4904.19R.23052		2000 - 2100			
4904.19R.23053	18/1 - 7/3(15/2)	1000 - 1100	四 Thu		
4904.19R.23054		1100 - 1200			
4904.19R.23055		1400 - 1500			
4904.19R.23056		2000 - 2100			
4904.19R.23057		19/1 - 8/3(9/2)			
4904.19R.23058	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 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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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.23020	15/1 - 4/3(12/2)	0900 - 1000	一 Mon	930	7
4904.19E.23021	18/1 - 7/3(15/2)	1300 - 1400	四 Thu		
4904.19E.23022	19/1 - 8/3(9/2)	0900 - 1000	五 Fri		
4904.19E.23023		1200 - 1300			

新喜點 水中健體復康運動班

水中健體復康運動課程是水中健體及肌肉關節鍛鍊的綜合課程。利用水的特性，進行肌肉關節鍛鍊，強化機能及活動能力，對改善痛症有幫助。

！1 此課程由持有「水中健體及復康導師證書」之導師任教

2. 用已包括 4/F 游泳池更衣室儲物櫃。

3. 泳班開課前十五分鐘內，方可進入更衣室

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.23013	15/1 - 4/3(12/2)	1200 - 1300	一 Mon	930	7
4904.60C.23014	17/1 - 6/3(14/2)	1500 - 1600	三 Wed		
4904.60C.23015	18/1 - 7/3(15/2)	1200 - 1300	四 Thu		
4904.60C.23016		1400 - 1500			

CYM 中青游泳隊 CYM Swimming Team



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.

❗ 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 \$20，泳員取錄與否費用概不發還。
Swimming trail fee, \$20, is required for the non YMCA swimming course student. Trial fee is nonrefundable.

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	星期六 (Sat)1800-1930 及 星期日 (Sun)1000-1130	\$900 * 泳員如在每月 20 日前繳交下個月訓練費用，即可享有早鳥優惠，費用為 \$850 Enjoy a discount fee of \$850 for payments made before the 20th of the previous month.
	S2	星期五 (Fri)1830-2000 及 星期日 (Sun)1000-1130	
	S4	星期五 (Fri)1700-1830 及 星期日 (Sun)1130-1300	
	S5	星期一 (Mon)1830-2000 及 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)	P1	星期一 (Mon)1600-1700 及 星期三 (Wed)1600-1700	
	P2	星期二 (Tue)1600-1700 及 星期四 (Thur)1600-1700	