

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.

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泳班課程須知 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. 泳班開課前十五分鐘內，方可進入更衣室。
2. 超過 6 歲或身高超過 1.1 米之學員，請勿進入異性更衣室。
3. 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：

男泳員 + 男家長
Male child swimmer + Male adult



3/F
兒童沖身室
Children Shower
Room

女泳員 + 女家長
Female child swimmer + Female adult



3/F
兒童沖身室或女更衣室
Children Shower Room
or 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
Children Shower Room

存放物品須知

1. 所有游泳課程之費用（除註明外）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 4/F 之儲物櫃，費用為每次 \$10 元，不設退回。

泳班病假補課須知

1. 申請病假補課必須呈交上課當日由註冊西醫或中醫簽發之病假證明信。
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. 如需申請病假補課，請掃描二維碼。
4. 女學員如有需要可申請生理假補課，每月最多一次，請 whatsapp 至 65965007
5. 補課將安排在同一期有空位之同級泳班內進行，補課日期一經確認，恕不更改。

申請補課：
Apply for Sick Leave Make up Class



Lesson

1. The Centre will provide swim caps for course participants. 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. Students are not allowed to enter 4/F changing rooms more than 15mins in advance.
2. Children aged above 6 or exceeding 1.1m in height are not allowed to enter the changing rooms of the opposite sex.
3. 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:

Storage

1. Locker rental costs are not included in the course fees (unless otherwise specified). Participants may place their belongings on the racks beside the pool during course time.
2. Locker rentals on 4/F is available at G/F Ticketing Office at \$10 per session.(Non-refundable)

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 sick leave, please scan the QR code.
4. To apply for make up classes for menstrual leave, please send message to 65965007. Female student can apply for make up classes during menstrual leave up to once per month.
5. Make up classes would only be arranged within the current term where vacancies of same grade are available. The date of the make up class will not be changed once the appointment is confirmed.



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 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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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.24060	11/1-1/3/(1/2)	1500-1545	六 Sat	1925	7
4904.19N.24061		1900-1945			
4904.19N.24062	12/1-2/3/(2/2)	1000-1045	日 Sun		
4904.19N.24063		1100-1145			
4904.19N.24064		1300-1345			
4904.19N.24065	13/1-3/3/(27/1)	1100-1145	一 Mon		
4904.19N.24066		1500-1545			
4904.19N.24067		1600-1645			
4904.19N.24068	14/1-4/3/(28/1)	0900-0945	二 Tue		
4904.19N.24069		1500-1545			
4904.19N.24070		1600-1645			
4904.19N.24071	15/1-5/3/(29/1)	1100-1145	三 Wed		
4904.19N.24072		1500-1545			
4904.19N.24073		1900-1945			
4904.19N.24074	16/1-6/3/(30/1)	1500-1545	四 Thu		
4904.19N.24075		1600-1645			
4904.19N.24076	17/1-7/3/(31/1)	0900-0945	五 Fri		
4904.19N.24077		1000-1045			
4904.19N.24078		1500-1545			
4904.19N.24079		1700-1745			

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.24009	11/1/2025-1/3/2025(1/2)	1900-1955	六 Sat	965	7

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 **30/11-22/12** 內報名，學員可以在相同時間參與下期一條龍泳班。
30/11-22/12: 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.

1-3 月份 Jan to Mar 費用 Fee : \$1,105/7 堂 sessions

一條龍游泳班 (六) Through-Train Program (Sat) 日期 Date: 11/1/2025-1/3/2025 (Except 1/2 暫停)

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.24161	4904.19D.24162	4904.19D.24163	4904.19D.24164
1100-1200		4904.19D.24165	4904.19D.24166	4904.19D.24167	4904.19D.24168
1200-1300		4904.19D.24169	4904.19D.24170	4904.19D.24171	4904.19D.24172
1300-1400		4904.19D.24173	4904.19D.24174	4904.19D.24175	4904.19D.24176

一條龍游泳班 (日) Through-Train Program (Sun) 日期 Date: 12/1/2025-2/3/2025 (Except 2/2 暫停)

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.24177	4904.19D.24178	4904.19D.24179	4904.19D.24180
1500-1600		4904.19D.24181	4904.19D.24182	4904.19D.24183	4904.19D.24184
1600-1700		4904.19D.24185	4904.19D.24186	4904.19D.24187	4904.19D.24188
1700-1800		4904.19D.24189	4904.19D.24190	4904.19D.24191	4904.19D.24192

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.24413	11/1-1/3(1/2)	0900-0950	六 Sat	965	7
4904.19D.24161		1000-1050		1105	
4904.19D.24165		1100-1150		965	
4904.19D.24169		1200-1250			
4904.19D.24173		1300-1350			
4904.19K.24415		1400-1450			
4904.19K.24417		1500-1550			
4904.19K.24419		1600-1650			
4904.19K.24421		1700-1750			
4904.19K.24423		1800-1850			
4904.19K.24425	0900-0950	日 Sun	965		
4904.19K.24427	1000-1050				
4904.19K.24429	1100-1150				
4904.19K.24431	1200-1250				
4904.19K.24433	1300-1350				
4904.19D.24177	1400-1450			1105	
4904.19D.24181	1500-1550				
4904.19D.24185	1600-1650				
4904.19D.24189	1700-1750				
4904.19K.24435	0900-0950		一 Mon	965	
4904.19K.24437	1000-1050				
4904.19K.24439	1500-1550				
4904.19K.24441	1600-1650				
4904.19K.24443	1700-1750				
4904.19K.24445	1800-1850				
4904.19K.24447	0900-0950	二 Tue			
4904.19K.24449	1000-1050				
4904.19K.24451	1500-1550				
4904.19K.24453	1600-1650				
4904.19K.24455	1700-1750				
4904.19K.24457	1800-1850				
4904.19K.24459	0900-0950	三 Wed			
4904.19K.24461	1000-1050				
4904.19K.24463	1500-1550				
4904.19K.24465	1600-1650				
4904.19K.24467	1700-1750				
4904.19K.24469	1800-1850				
4904.19K.24471	1900-1950				
4904.19K.24473	0900-0950	四 Thu			
4904.19K.24475	1500-1550				
4904.19K.24477	1600-1650				
4904.19K.24479	1700-1750				
4904.19K.24481	1800-1850	五 Fri			
4904.19K.24483	0900-0950				
4904.19K.24485	1000-1050				
4904.19K.24487	1500-1550				
4904.19K.24489	1600-1650				
4904.19K.24491	1700-1750				
4904.19K.24493	1800-1850				
4904.19K.24495	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.24412	11/1-1/3(1/2)	0900-0950	六 Sat	965	7
4904.19D.24161		1000-1050		1105	
4904.19D.24165		1100-1150			
4904.19D.24169		1200-1250			
4904.19D.24173		1300-1350			
4904.19K.24414		1400-1450			
4904.19K.24416		1500-1550			
4904.19K.24418		1600-1650			
4904.19K.24420		1700-1750			
4904.19K.24422		1800-1850			
4904.19K.24424	1900-1950	日 Sun	965		
4904.19K.24426	0900-0950				
4904.19K.24428	1000-1050				
4904.19K.24430	1100-1150				
4904.19K.24432	1200-1250			1105	
4904.19K.24434	1300-1350				
4904.19D.24177	1400-1450				
4904.19D.24181	1500-1550				
4904.19D.24185	1600-1650				
4904.19D.24189	1700-1750		一 Mon		
4904.19K.24436	1000-1050				
4904.19K.24438	1500-1550				
4904.19K.24440	1600-1650				
4904.19K.24442	1700-1750	二 Tue			
4904.19K.24444	1800-1850				
4904.19K.24446	0900-0950				
4904.19K.24448	1000-1050				
4904.19K.24450	1500-1550		三 Wed		
4904.19K.24452	1600-1650				
4904.19K.24454	1700-1750				
4904.19K.24456	1800-1850				
4904.19K.24458	0900-0950	四 Thu			
4904.19K.24460	1000-1050				
4904.19K.24462	1500-1550				
4904.19K.24464	1600-1650				
4904.19K.24466	1700-1750		五 Fri		
4904.19K.24468	1800-1850				
4904.19K.24470	1900-1950				
4904.19K.24472	0900-0950				
4904.19K.24474	1500-1550	16/1-6/3(30/1)			
4904.19K.24476	1600-1650				
4904.19K.24478	1700-1750				
4904.19K.24480	1800-1850				
4904.19K.24482	0900-0950		17/1-7/3(31/1)		
4904.19K.24484	1000-1050				
4904.19K.24486	1500-1550				
4904.19K.24488	1600-1650				
4904.19K.24490	1700-1750				
4904.19K.24492	1800-1850				
4904.19K.24494	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 歲本會會員 Eligibility : Members of 5 - 12 years old 名額 Quota: 每班 5-6 人 (each class: 5-6 students)

① 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.24634	11/1-1/3(1/2)	0900-0950	六 Sat	965	7
*4904.19D.24161		1000-1050		1105	
*4904.19D.24165		1100-1150			
*4904.19D.24169		1200-1250			
*4904.19D.24173		1300-1350			
*4904.19Z.24636		1400-1450			
*4904.19Z.24640		1500-1550			
*4904.19Z.24644		1600-1650			
*4904.19Z.24647		1700-1750			
*4904.19Z.24651		1800-1850			
*4904.19Z.24654	1900-1950				
*4904.19Z.24661	12/1-2/3(2/2)	0900-0950	日 Sun	965	
*4904.19Z.24662		1000-1050		1105	
*4904.19Z.24664		1100-1150			
*4904.19Z.24666		1200-1250			
*4904.19Z.24668		1300-1350			
*4904.19D.24177		1400-1450			
*4904.19D.24181		1500-1550		965	
*4904.19D.24185		1600-1650			
*4904.19D.24189		1700-1750			
^4904.19Z.24672		1800-1850			
^4904.19Z.24678	1900-1950				
^4904.19Z.24679	13/1-3/3(27/1)	0900-0950	一 Mon	965	
^4904.19Z.24680		1000-1050		1105	
*4904.19Z.24684		1500-1550			
*4904.19Z.24688		1600-1650			
*4904.19Z.24692		1700-1750			
^4904.19Z.24695		1800-1850			965
^4904.19Z.24696		0900-0950			
^4904.19Z.24697		1000-1050			
*4904.19Z.24701		1500-1550			
*4904.19Z.24705		1600-1650			
*4904.19Z.24708	1700-1750	二 Tue			
^4904.19Z.24713	1800-1850		965		
^4904.19Z.24714	0900-0950				
^4904.19Z.24715	1000-1050				
*4904.19Z.24719	1500-1550				
*4904.19Z.24723	1600-1650				
*4904.19Z.24726	1700-1750		1105		
^4904.19Z.24728	1800-1850				
^4904.19Z.24731	1900-1950				
^4904.19Z.24732	0900-0950				
*4904.19Z.24735	1500-1550				
*4904.19Z.24739	1600-1650	三 Wed			
*4904.19Z.24743	1700-1750		965		
^4904.19Z.24745	1800-1850				
*4904.19Z.24746	1900-1950				
*4904.19Z.24750	0900-0950				
*4904.19Z.24754	1500-1550				
*4904.19Z.24757	1600-1650		1105		
*4904.19Z.24760	1700-1750				
^4904.19Z.24745	1800-1850				
^4904.19Z.24746	1900-1950				
^4904.19Z.24745	0900-0950				
*4904.19Z.24746	1500-1550	四 Thu			
*4904.19Z.24750	1600-1650		965		
*4904.19Z.24754	1700-1750				
*4904.19Z.24757	1800-1850				
*4904.19Z.24760	1900-1950				
^4904.19Z.24745	1000-1050			1105	
*4904.19Z.24746	1500-1550				
*4904.19Z.24750	1600-1650				
*4904.19Z.24754	1700-1750				
*4904.19Z.24757	1800-1850				
*4904.19Z.24760	1900-1950	五 Fri			

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.24634	11/1-1/3(1/2)	0900-0950	六 Sat	965	7
*4904.19D.24161		1000-1050			
*4904.19D.24165		1100-1150		1105	
*4904.19D.24169		1200-1250			
*4904.19D.24173		1300-1350			
*4904.19Z.24636		1400-1450		965	
*4904.19Z.24640		1500-1550			
*4904.19Z.24644		1600-1650			
*4904.19Z.24647		1700-1750			
*4904.19Z.24651		1800-1850			
*4904.19Z.24654		1900-1950			
*4904.19Z.24661	12/1-2/3(2/2)	0900-0950	日 Sun	965	
*4904.19Z.24662		1000-1050			
*4904.19Z.24664		1100-1150			
*4904.19Z.24666		1200-1250			
*4904.19Z.24668		1300-1350			
*4904.19D.24177		1400-1450		1105	
*4904.19D.24181		1500-1550			
*4904.19D.24185		1600-1650			
*4904.19D.24189		1700-1750			
^4904.19Z.24672	1800-1850	965			
^4904.19Z.24678	13/1-3/3(27/1)	0900-0950	一 Mon	965	
^4904.19Z.24679		1000-1050			
^4904.19Z.24680		1500-1550			
*4904.19Z.24684		1600-1650			
*4904.19Z.24688		1700-1750			
*4904.19Z.24691		1800-1850			
^4904.19Z.24695	14/1-4/3(28/1)	0900-0950	二 Tue	965	
^4904.19Z.24696		1000-1050			
^4904.19Z.24697		1500-1550			
*4904.19Z.24701		1600-1650			
*4904.19Z.24705		1700-1750			
*4904.19Z.24708	1800-1850				
^4904.19Z.24713	15/1-5/3(29/1)	0900-0950	三 Wed	965	
^4904.19Z.24714		1000-1050			
^4904.19Z.24715		1500-1550			
*4904.19Z.24719		1600-1650			
*4904.19Z.24723		1700-1750			
*4904.19Z.24726		1800-1850			
^4904.19Z.24728		1900-1950			
^4904.19Z.24731	16/1-6/3(30/1)	0900-0950	四 Thu	965	
^4904.19Z.24732		1500-1550			
*4904.19Z.24735		1600-1650			
*4904.19Z.24739		1700-1750			
*4904.19Z.24743		1800-1850			
^4904.19Z.24745	17/1-7/3(31/1)	1000-1050	五 Fri	965	
*4904.19Z.24746		1500-1550			
*4904.19Z.24750		1600-1650			
*4904.19Z.24754		1700-1750			
*4904.19Z.24757		1800-1850			
*4904.19Z.24760	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 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.24146	11/1-1/3(1/2)	0900-0955	六 Sat	965	7
4904.19D.24161		1000-1055		1105	
4904.19D.24165		1100-1155			
4904.19D.24169		1200-1255			
4904.19D.24173		1300-1355			
4904.19C.24147		1400-1455			
4904.19C.24148		1500-1555			
4904.19C.24149		1600-1655			
4904.19C.24150		1700-1755			
4904.19C.24151		1800-1855			
4904.19C.24152	1900-1955	12/1-2/3(2/2)	日 Sun	965	
4904.19C.24153	0900-0955				
4904.19C.24154	1000-1055				
4904.19C.24155	1200-1255				
4904.19C.24156	1300-1355				1105
4904.19D.24177	1400-1455				
4904.19D.24181	1500-1555				
4904.19D.24185	1600-1655				
4904.19D.24189	1700-1755				
^4904.19Z.24678	13/1-3/3(27/1)			0900-0955	一 Mon
^4904.19Z.24679		1000-1055			
^4904.19Z.24680		1500-1555			
4904.19C.24157		1600-1655			
4904.19C.24158		1700-1755			
4904.19C.24159		1800-1855			
^4904.19Z.24695		0900-0955	14/1-4/3(28/1)	二 Tue	
^4904.19Z.24696	1000-1055				
^4904.19Z.24697	1500-1555				
4904.19C.24160	1600-1655				
4904.19C.24161	1700-1755				
4904.19C.24162	1800-1855				
^4904.19Z.24713	15/1-5/3(29/1)	0900-0955	三 Wed	965	
^4904.19Z.24714		1000-1055			
^4904.19Z.24715		1500-1555			
4904.19C.24163		1600-1655			
4904.19C.24164		1700-1755			
4904.19C.24165		1800-1855			
^4904.19Z.24728		1900-1955			
^4904.19Z.24731		0900-0955			16/1-6/3(30/1)
^4904.19Z.24732	1500-1555				
4904.19C.24166	1600-1655				
4904.19C.24167	1700-1755				
4904.19C.24168	1800-1855				
^4904.19Z.24745	1000-1055	17/1-7/3(31/1)	五 Fri		
4904.19C.24169	1500-1555				
4904.19C.24170	1600-1655				
4904.19C.24171	1700-1755				
4904.19C.24172	1800-1855				
4904.19C.24173	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 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.24635	11/1-1/3(1/2)	0900-1000	六 Sat	965	7	
*4904.19D.24162		1000-1100				1105
*4904.19D.24166		1100-1200				
*4904.19D.24170		1200-1300				
*4904.19D.24174		1300-1400				
*4904.19Z.24637		1400-1500		965		
*4904.19Z.24641		1500-1600				
*4904.19Z.24645		1600-1700				
*4904.19Z.24648		1700-1800				
*4904.19Z.24652		1800-1900				
*4904.19Z.24655		1900-2000		日 Sun		1105
*4904.19Z.24658		2000-2100				
*4904.19Z.24663	1000-1100					
*4904.19Z.24665	1100-1200					
*4904.19Z.24667	1200-1300					
*4904.19Z.24669	1300-1400	1800-1900				
*4904.19D.24178	1400-1500					
*4904.19D.24182	1500-1600					
*4904.19D.24186	1600-1700					
*4904.19D.24190	1700-1800					
*4904.19Z.24673	1800-1900	一 Mon	965			
*4904.19Z.24681	1500-1600					
*4904.19Z.24685	1600-1700					
*4904.19Z.24689	1700-1800					
*4904.19Z.24693	1800-1900	二 Tue				
*4904.19Z.24698	1500-1600					
*4904.19Z.24702	1600-1700					
*4904.19Z.24706	1700-1800					
*4904.19Z.24711	1900-2000	三 Wed				
*4904.19Z.24716	1500-1600					
*4904.19Z.24720	1600-1700					
*4904.19Z.24724	1700-1800					
*4904.19Z.24727	1800-1900	四 Thu				
*4904.19Z.24733	1500-1600					
*4904.19Z.24736	1600-1700					
*4904.19Z.24740	1700-1800					
*4904.19Z.24744	1800-1900	五 Fri				
*4904.19Z.24747	1500-1600					
*4904.19Z.24751	1600-1700					
*4904.19Z.24755	1700-1800					
*4904.19Z.24758	1800-1900					
*4904.19Z.24761	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

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.24163	11/1-1/3(1/2)	1000-1100	六 Sat	1105	7	
*4904.19D.24167		1100-1200				
*4904.19D.24171		1200-1300				
*4904.19D.24175		1300-1400				
*4904.19Z.24638		1400-1500		六 Sat		965
*4904.19Z.24642		1500-1600				
*4904.19Z.24646		1600-1700				
*4904.19Z.24649		1700-1800				
*4904.19Z.24653		1800-1900				
*4904.19Z.24656		1900-2000				
*4904.19Z.24659		2000-2100				
*4904.19Z.24670		1300-1400				
*4904.19D.24179	1400-1500					
*4904.19D.24183	1500-1600	日 Sun	1105			
*4904.19D.24187	1600-1700					
*4904.19D.24191	1700-1800					
*4904.19Z.24674	1800-1900					
*4904.19Z.24676	1900-2000	日 Sun	965			
*4904.19Z.24682	1500-1600					
*4904.19Z.24686	1600-1700					
*4904.19Z.24690	1700-1800					
*4904.19Z.24694	1800-1900	一 Mon	965			
*4904.19Z.24699	1500-1600					
*4904.19Z.24703	1600-1700					
*4904.19Z.24707	1700-1800					
*4904.19Z.24709	1800-1900	二 Tue	965			
*4904.19Z.24717	1500-1600					
*4904.19Z.24721	1600-1700					
*4904.19Z.24725	1700-1800					
*4904.19Z.24729	1900-2000	三 Wed	965			
*4904.19Z.24734	1500-1600					
*4904.19Z.24737	1600-1700					
*4904.19Z.24741	1700-1800					
*4904.19Z.24748	1500-1600	四 Thu	965			
*4904.19Z.24752	1600-1700					
*4904.19Z.24756	1700-1800					
*4904.19Z.24762	1900-2000					
*4904.19Z.24764	2000-2100	五 Fri	965			

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.24164		1000-1100	六 Sat	1105	7
*4904.19D.24168		1100-1200			
*4904.19D.24172		1200-1300			
*4904.19D.24176		1300-1400			
*4904.19Z.24639	11/1-1/3(1/2)	1400-1500	六 Sat	965	
*4904.19Z.24643		1500-1600			
*4904.19Z.24650		1700-1800			
*4904.19Z.24657		1900-2000			
*4904.19Z.24660		2000-2100			
*4904.19Z.24671	12/1-2/3(2/2)	1300-1400	日 Sun	965	
*4904.19D.24180		1400-1500		1105	
*4904.19D.24184		1500-1600			
*4904.19D.24188		1600-1700			
*4904.19D.24192		1700-1800			
*4904.19Z.24675		1800-1900		965	
*4904.19Z.24677	1900-2000				
*4904.19Z.24683	13/1-3/3(27/1)	1500-1600	一 Mon	965	
*4904.19Z.24687		1600-1700			
*4904.19Z.24691		1700-1800			
*4904.19Z.24700	14/1-4/3(28/1)	1500-1600	二 Tue	965	
*4904.19Z.24704		1600-1700			
*4904.19Z.24710		1800-1900			
*4904.19Z.24712		1900-2000			
*4904.19Z.24718	15/1-5/3(29/1)	1500-1600	三 Wed	965	
*4904.19Z.24722		1600-1700			
*4904.19Z.24730		1900-2000			
*4904.19Z.24738	16/1-6/3(30/1)	1600-1700	四 Thu	965	
*4904.19Z.24742		1700-1800			
*4904.19Z.24749	17/1-7/3(31/1)	1500-1600	五 Fri	965	
*4904.19Z.24753		1600-1700			
*4904.19Z.24759		1800-1900			
*4904.19Z.24763		1900-2000			
*4904.19Z.24765		2100-2200			

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.24011	15/1-5/3(29/1)	1600-1700	三 Wed	965	7

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.24047	11/1-1/3(1/2)	0900-1000	六 Sat	965	7
4904.19T.24048		1600-1700			
4904.19T.24049		1800-1900			
4904.19T.24050		2100-2200			
4904.19T.24051	12/1-2/3(2/2)	1300-1400	日 Sun		
4904.19T.24052		1800-1900			
4904.19T.24053	14/1-4/3(28/1)	1900-2000	二 Tue		
4904.19T.24054	15/1-5/3(29/1)	1700-1800	三 Wed		
4904.19T.24055	17/1-7/3(31/1)	1600-1700	五 Fri		
4904.19T.24056		2000-2100			
4904.19T.24057		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

❗ 學員應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.24231	11/1-1/3(1/2)	2000-2100	六 Sat	870	7
4904.19A.24233	12/1-2/3(2/2)	1800-1900	日 Sun		
4904.19A.24234		1900-2000			
4904.19A.24241	13/1-3/3(27/1)	1900-2000	一 Mon		
4904.19A.24243		2000-2100			
4904.19A.24247		2100-2200			
4904.19A.24252	14/1-4/3(28/1)	1900-2000	二 Tue		
4904.19A.24254		2000-2100			
4904.19A.24258	15/1-5/3(29/1)	0900-1000	三 Wed		
4904.19A.24260		1000-1100			
4904.19A.24264		1400-1500			
4904.19A.24266		1900-2000			
4904.19A.24268		2100-2200			
4904.19A.24273		1400-1500			
4904.19A.24275	16/1-6/3(30/1)	1900-2000	四 Thu		
4904.19A.24277		2000-2100			
4904.19A.24283	17/1-7/3(31/1)	2000-2100	五 Fri		
4904.19A.24284		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.24232	11/1-1/3(1/2)	2100-2200	六 Sat	870	7
4904.19A.24235	12/1-2/3(2/2)	1900-2000	日 Sun		
4904.19A.24236	13/1-3/3(27/1)	0900-1000	一 Mon		
4904.19A.24237		1000-1100			
4904.19A.24238		1100-1200			
4904.19A.24239		1300-1400			
4904.19A.24240		1500-1600			
4904.19A.24242		1900-2000			
4904.19A.24244		2000-2100			
4904.19A.24248	14/1-4/3(28/1)	0900-1000	二 Tue		
4904.19A.24249		1000-1100			
4904.19A.24250		1500-1600			
4904.19A.24251		1900-2000			
4904.19A.24253		2000-2100			
4904.19A.24256		2100-2200			
4904.19Z.24257		15/1-5/3(29/1)			
4904.19A.24259	1000-1100				
4904.19A.24261	1200-1300				
4904.19A.24262	1300-1400				
4904.19A.24263	1400-1500				
4904.19A.24265	1500-1600				
4904.19A.24270	1000-1100		四 Thu		
4904.19A.24271	1100-1200				
4904.19A.24272	1200-1300				
4904.19A.24274	1500-1600				
4904.19A.24276	17/1-7/3(31/1)	1900-2000	五 Fri		
4904.19A.24280		1000-1100			
4904.19A.24281		1300-1400			
4904.19A.24282		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.24245	13/1-3/3(27/1)	2000-2100	一 Mon	870	7
4904.19A.24246		2100-2200			
4904.19A.24255	14/1-4/3(28/1)	2000-2100	二 Tue		
4904.19A.24267	15/1-5/3(29/1)	2000-2100	三 Wed		
4904.19A.24269	16/1-6/3(30/1)	0900-1000	四 Thu		
4904.19A.24278		2100-2200			
4904.19A.24279	17/1-7/3(31/1)	0900-1000	五 Fri		

水中運動體驗 Aqua Exercise Fun Day

毋需懂得游泳亦可以享受水中運動的樂趣

無論你想鍛鍊身體，加強心肺功能；或者想做拉筋伸展，舒緩一般都市痛症，水中運動都可以幫到你，當日活動包括水中健體及水中伸展，快啲約埋朋友一齊體驗下啦！

- 安全**
- 專業**
- 有趣**
- 不受天氣影響**

對象 Target :
16歲或以上會友，不懂泳術亦可 Members of 16 or above, no swimming ability is needed

水中健體 Hydro Fitness

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 Utilize the hydraulic pressure for further strengthening of muscular and cardiorespiratory capability.

程序編號 Programme IO	490405213A	490405213D
日期 Date	8/1/2025(三 WED)	10/1/2025(五 FRI)
時間 Time	1000-1045	1045-1130
地點 Venue	4/F 室內溫水泳池 Indoor Swimming Pool	
名額 Quota	20	20
費用 Fee	\$80	\$80

水中伸展 Aqua-Stretching

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。Utilize the hydraulic pressure for further strengthening of muscular and body flexibility.

程序編號 Programme IO	490405213B	490405213E
日期 Date	8/1/2025(三 WED)	10/1/2025(五 FRI)
時間 Time	1045-1130	1000-1045
地點 Venue	4/F 室內溫水泳池 Indoor Swimming Pool	
名額 Quota	10	10
費用 Fee	\$100	\$100

水中健體 + 水中伸展 Hydro Fitness + Aqua-Stretching

一個價錢，兩種體驗！ Enjoy both for one price!

程序編號 Programme IO	490405213C	490405213F
日期 Date	8/1/2025(三 WED)	10/1/2025(五 FRI)
時間 Time	1000-1130	1000-1130
地點 Venue	4/F 室內溫水泳池 Indoor Swimming Pool	
名額 Quota	10	10
費用 Fee	\$160	\$160



恆常課程請參閱 P.52
Please refer to P.52 for regular classes

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

1. 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。2. 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
4904.19R.24066	13/1-3/3(27/1)	1000-1100	一 Mon	815	7
4904.19R.24067		1100-1200			
4904.19R.24068	14/1-4/3(28/1)	1000-1100	二 Tue		
4904.19R.24069		1100-1200			
4904.19R.24070	15/1-5/3(29/1)	0900-1000	三 Wed		
4904.19R.24071		1100-1200			
4904.19R.24072		2000-2100			
4904.19R.24073	16/1-6/3(30/1)	1000-1100	四 Thu		
4904.19R.24074		1100-1200			
4904.19R.24075		1400-1500			
4904.19R.24076		2000-2100			
4904.19R.24077	17/1-7/3(31/1)	1000-1100	五 Fri		
4904.19R.24078		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)

1. 費用已包括 4/F 游泳池更衣室儲物櫃。4/F changing room locker included. 2. 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
4904.19E.24026	13/1-3/3(27/1)	0900-1000	一 Mon	965	7
4904.19E.24027	14/1-4/3(28/1)	0900-1000	二 Tue		
4904.19E.24028	15/1-5/3(29/1)	1000-1100	三 Wed		
4904.19E.24029	16/1-6/3(30/1)	1300-1400	四 Thu		
4904.19E.24030	17/1-7/3(31/1)	0900-1000	五 Fri		
4904.19E.24031		1200-1300			

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.24119	17/1-7/3(31/1)	0900-1000	五 Fri	965	7

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.24024	13/1-3/3(27/1)	1200-1300	一 Mon	965	7
4904.60C.24025	15/1-5/3(29/1)	1500-1600	三 Wed		
4904.60C.24026	16/1-6/3(30/1)	1000-1100	四 Thu		
4904.60C.24027		1200-1300			
4904.60C.24028		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.

課程編號 Course Code	日期(除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4904.19Y.24006	14/1-6/3(28/1,30/1)	2100-2200	二, 四 Tue, Thu	1190	14

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米背泳 (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	



2024全港公開拯溺錦標賽 暨發展盃邀請賽



成績公佈 (發展組)

女子組

50公尺運送假人賽 - 陳穎鋼 (亞軍) 郭芷柔 (季軍)

200公尺游泳障礙賽 - 郭芷柔 (季軍)

4x25公尺運送假人接力賽 - 陳穎鋼 鍾詩澄 郭芷柔 徐樂堯 (冠軍)

4x50公尺混合接力賽 - 練家希 郭芷柔 鍾詩澄 陳穎鋼 (冠軍)

4x50公尺游泳障礙接力賽 - 陳穎鋼 郭芷柔 練家希 鍾詩澄 (冠軍)

男子組

50公尺運送假人賽 - 施凱証 (季軍)

200公尺游泳障礙賽 - 施凱証 (季軍)

4x25公尺運送假人接力賽 - 馮文焯 施凱証 梁仲亨 鄭秉箴 (冠軍)

4x50公尺混合接力賽 - 梁仲亨 馮文焯 施凱証 鄭秉箴 (亞軍)

4x50公尺游泳障礙接力賽 - 馮文焯 蔡正行 鄭秉箴 施凱証 (季軍)

