

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



本會會員
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

課堂 Lesson

1

2

3

4

5

6

7

8

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.

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 HKSAA Swimming Teachers Certificate or Hong Kong Swimming Coaches Association Certificates or HKSTA Swimming Teacher Certificate.

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

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:

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。

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)

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，每期兩次，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



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 twice per course.
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.



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 8/2 - 2/3 內報名，學員可以在相同時間參與下期一條龍泳班。
8/2 - 2/3: 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.

4-5 月份 Apr to May 費用 Fee : \$1,290/8 堂 sessions

一條龍游泳班 (六) Through-Train Program (Sat) 日期 Date: 29/3/2025-17/5/2025

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)
時間 Time				
1000-1100	4904.19D.25001	4904.19D.25002	4904.19D.25003	4904.19D.25004
1100-1200	4904.19D.25005	4904.19D.25006	4904.19D.25007	4904.19D.25008
1200-1300	4904.19D.25009	4904.19D.25010	4904.19D.25011	4904.19D.25012
1300-1400	4904.19D.25013	4904.19D.25014	4904.19D.25015	4904.19D.25016

一條龍游泳班 (日) Through-Train Program (Sun) 日期 Date: 30/3/2025-18/5/2025

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)
時間 Time				
1400-1500	4904.19D.25017	4904.19D.25018	4904.19D.25019	4904.19D.25020
1500-1600	4904.19D.25021	4904.19D.25022	4904.19D.25023	4904.19D.25024
1600-1700	4904.19D.25025	4904.19D.25026	4904.19D.25027	4904.19D.25028
1700-1800	4904.19D.25029	4904.19D.25030	4904.19D.25031	4904.19D.25032

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)，每班 8 對學員及家長

課程內容: 此課程希望籍著有趣的遊戲及益智玩具，使幼兒能在父母親引領下熟諳水性及掌握浮身呼吸動作。

< 親子班不設水袖，如有需要請自行購買 >

Target: 2-4 years old member with 1 parent (Both parents and children shall be members of our centre). 8 pairs or students and parents

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.25001	29/3-17/5	1900-1955	六 Sat	1130	8
4904.19M.25002	30/3-18/5	1800-1855	日 Sun		
4904.19M.25003	24/5-14/6	1900-1955	六 Sat	565	4
4904.19M.25004	25/5-15/6	1800-1855	日 Sun		

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 個月幼兒會員 Members ages 24-36 months

備註 Remark: 參加者上課時必須穿著紙泳褲 Child must wear Disposable Swim Pants during the lesson

學習內容 Course content: 水感認知 / 水上安全 / 水中閉氣及呼吸 / 跳水浮水 / 踢水 / 爬泳 Sense of water/Water Safety/ Breath hold & breath exchange/ Retrieving objects underwater/ Jump into water/ Floating/ 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.



月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19N.25001	29/3-17/5	1400-1445	六 Sat	2230	8
	4904.19N.25002		1500-1545			
	4904.19N.25003		1700-1745			
	4904.19N.25004		1900-1945			
	4904.19N.25005	30/3-18/5	0900-0945	日 Sun		
	4904.19N.25006		1000-1045			
	4904.19N.25007		1100-1145			
	4904.19N.25008		1200-1245			
	4904.19N.25009	31/3-19/5	1300-1345	一 Mon		
	4904.19N.25010		1800-1845			
	4904.19N.25011		1100-1145			
	4904.19N.25012		1500-1545			
	4904.19N.25013	1/4-20/5	1600-1645	二 Tue		
	4904.19N.25014		1500-1545			
	4904.19N.25015	2/4-21/5	1600-1645	三 Wed		
	4904.19N.25016		1100-1145			
	4904.19N.25017		1500-1545			
	4904.19N.25018		1700-1745			
	4904.19N.25019	3/4-22/5	1900-1945	四 Thu		
	4904.19N.25020		1500-1545			
	4904.19N.25021		1600-1645			
	4904.19N.25022	4/4-23/5	1800-1845	五 Fri		
	4904.19N.25023		0900-0945			
	4904.19N.25024		1000-1045			
	4904.19N.25025		1500-1545			
	4904.19N.25026		1600-1645			
	4904.19N.25027		1700-1745			
6 月	4904.19N.25028	24/5-14/6	1400-1445	六 Sat	1115	4
	4904.19N.25029		1500-1545			
	4904.19N.25030		1700-1745			
	4904.19N.25031		1900-1945			
	4904.19N.25032	25/5-15/6	0900-0945	日 Sun		
	4904.19N.25033		1000-1045			
	4904.19N.25034		1100-1145			
	4904.19N.25035		1200-1245			
	4904.19N.25036	26/5-16/6	1300-1345	一 Mon		
	4904.19N.25037		1800-1845			
	4904.19N.25038		1100-1145			
	4904.19N.25039		1500-1545			
	4904.19N.25040	27/5-17/6	1600-1645	二 Tue		
	4904.19N.25041		1500-1545			
	4904.19N.25042	28/5-18/6	1600-1645	三 Wed		
	4904.19N.25043		1100-1145			
	4904.19N.25044		1500-1545			
	4904.19N.25045		1700-1745			
	4904.19N.25046	29/5-19/6	1900-1945	四 Thu		
	4904.19N.25047		1500-1545			
	4904.19N.25048		1600-1645			
	4904.19N.25049		1800-1845			
	4904.19N.25050	30/5-20/6	0900-0945	五 Fri		
	4904.19N.25051		1000-1045			
	4904.19N.25052		1500-1545			
	4904.19N.25053		1600-1645			
	4904.19N.25054		1700-1745			

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

4-5 月
Apr to May

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19K.25001	29/3-17/5	0900-0950	六 Sat	1130	8
	4904.19D.25001		1000-1050		1290	
	4904.19D.25005		1100-1150			
	4904.19D.25009		1200-1250			
	4904.19D.25013		1300-1350			
	4904.19K.25002		1400-1450		1130	
	4904.19K.25003		1500-1550			
	4904.19K.25004		1600-1650			
	4904.19K.25005		1700-1750			
	4904.19K.25006		1800-1850			
	4904.19K.25007		1900-1950			
	4904.19K.25008	30/3-18/5	0900-0950	日 Sun	1130	
	4904.19K.25009		1000-1050			
	4904.19K.25010		1100-1150			
	4904.19K.25011		1200-1250			
	4904.19K.25012		1300-1350			
	4904.19D.25017		1400-1450		1290	
	4904.19D.25021		1500-1550			
	4904.19D.25025		1600-1650			
	4904.19D.25029		1700-1750			
	4904.19K.25013	31/3-19/5	0900-0950	一 Mon	1130	
	4904.19K.25014		1000-1050			
	4904.19K.25015		1500-1550			
	4904.19K.25016		1600-1650			
	4904.19K.25017		1700-1750			
	4904.19K.25018	1/4-20/5	1800-1850	二 Tue		
	4904.19K.25019		0900-0950			
	4904.19K.25020		1000-1050			
	4904.19K.25021		1500-1550			
	4904.19K.25022		1600-1650			
	4904.19K.25023	2/4-21/5	1700-1750	三 Wed		
	4904.19K.25024		1800-1850			
	4904.19K.25025		0900-0950			
	4904.19K.25026		1000-1050			
	4904.19K.25027		1500-1550			
	4904.19K.25028	3/4-22/5	1600-1650	四 Thu		
	4904.19K.25029		1700-1750			
	4904.19K.25030		1800-1850			
	4904.19K.25031		1900-1950			
	4904.19K.25032		0900-0950			
	4904.19K.25033	4/4-23/5	1500-1550	五 Fri		
	4904.19K.25034		1600-1650			
	4904.19K.25035		1700-1750			
	4904.19K.25036		1800-1850			
	4904.19K.25037		0900-0950			
	4904.19K.25038	4/4-23/5	1000-1050	五 Fri		
	4904.19K.25039		1500-1550			
	4904.19K.25040		1600-1650			
	4904.19K.25041		1700-1750			
4904.19K.25042	1800-1850					
4904.19K.25043	1900-1950					

幼兒初班 (1 級螃蟹章及 2 級章魚章)

6 月 (4 堂)
June (4 lessons)

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

參加資格：3-5 歲本會會員 (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)

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons	
6 月	4904.19K.25044	24/5-14/6	0900-0950	六 Sat	565	4	
	4904.19D.25033		1000-1050				
	4904.19D.25037		1100-1150				
	4904.19D.25041		1200-1250				
	4904.19D.25045		1300-1350				
	4904.19K.25045		1400-1450				
	4904.19K.25046		1500-1550				
	4904.19K.25047		1600-1650				
	4904.19K.25048		1700-1750				
	4904.19K.25049		1800-1850				
	4904.19K.25050		1900-1950				
	4904.19K.25051	25/5-15/6	0900-0950	日 Sun			
	4904.19K.25052		1000-1050				
	4904.19K.25053		1100-1150				
	4904.19K.25054		1200-1250				
	4904.19K.25055		1300-1350				
	4904.19D.25049		1400-1450				
	4904.19D.25053		1500-1550				
	4904.19D.25057		1600-1650				
	4904.19D.25061		1700-1750				
	4904.19K.25056		0900-0950				一 Mon
	4904.19K.25057		1000-1050				
	4904.19K.25058	1500-1550					
	4904.19K.25059	1600-1650					
	4904.19K.25060	1700-1750					
	4904.19K.25061	1800-1850	二 Tue				
	4904.19K.25062	0900-0950					
	4904.19K.25063	1000-1050					
	4904.19K.25064	1500-1550					
	4904.19K.25065	1600-1650					
	4904.19K.25066	1700-1750	三 Wed				
	4904.19K.25067	1800-1850					
4904.19K.25068	0900-0950						
4904.19K.25069	1000-1050						
4904.19K.25070	1500-1550						
4904.19K.25071	1600-1650	四 Thu					
4904.19K.25072	1700-1750						
4904.19K.25073	1800-1850						
4904.19K.25074	1900-1950						
4904.19K.25075	0900-0950						
4904.19K.25076	1500-1550	五 Fri					
4904.19K.25077	1600-1650						
4904.19K.25078	1700-1750						
4904.19K.25079	1800-1850						
4904.19K.25080	0900-0950						
4904.19K.25081	1000-1050						
4904.19K.25082	1500-1550						
4904.19K.25083	1600-1650						
4904.19K.25084	1700-1750						
4904.19K.25085	1800-1850						
4904.19K.25086	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 歲本會會員 (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

4-5 月
Apr to May

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19L.25001	29/3-17/5	0900-0950	六 Sat	1130	8
	4904.19D.25001		1000-1050		1290	
	4904.19D.25005		1100-1150			
	4904.19D.25009		1200-1250			
	4904.19D.25013		1300-1350			
	4904.19L.25002		1400-1450		1130	
	4904.19L.25003		1500-1550			
	4904.19L.25004		1600-1650			
	4904.19L.25005		1700-1750			
	4904.19L.25006		1800-1850			
	4904.19L.25007		1900-1950			
	4904.19L.25008	0900-0950	日 Sun	1130		
	4904.19L.25009	1000-1050				
	4904.19L.25010	1100-1150				
	4904.19L.25011	1200-1250				
	4904.19L.25012	1300-1350				
	4904.19D.25017	1400-1450		1290		
	4904.19D.25021	1500-1550				
	4904.19D.25025	1600-1650				
	4904.19D.25029	1700-1750				
	4904.19L.25013	31/3-19/5	0900-0950	一 Mon	1130	
	4904.19L.25014		1000-1050			
	4904.19L.25015		1500-1550			
	4904.19L.25016		1600-1650			
	4904.19L.25017		1700-1750			
	4904.19L.25018	1800-1850				
	4904.19L.25019	1/4-20/5	0900-0950	二 Tue		
	4904.19L.25020		1000-1050			
	4904.19L.25021		1500-1550			
	4904.19L.25022		1600-1650			
	4904.19L.25023		1700-1750			
	4904.19L.25024		1800-1850			
	4904.19L.25025	2/4-21/5	0900-0950	三 Wed		
	4904.19L.25026		1000-1050			
	4904.19L.25027		1500-1550			
	4904.19L.25028		1600-1650			
	4904.19L.25029		1700-1750			
	4904.19L.25030		1800-1850			
	4904.19L.25031		1900-1950			
	4904.19L.25032	3/4-22/5	0900-0950	四 Thu		
	4904.19L.25033		1500-1550			
	4904.19L.25034		1600-1650			
	4904.19L.25035		1700-1750			
4904.19L.25036	4/4-23/5	1800-1850	五 Fri			
4904.19L.25037		0900-0950				
4904.19L.25038		1000-1050				
4904.19L.25039		1500-1550				
4904.19L.25040		1600-1650				
4904.19L.25041		1700-1750				
4904.19L.25042		1800-1850				
4904.19L.25043	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)

6 月 (4 堂)
June (4 lessons)

參加資格：3 - 5 歲本會會員 (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)

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
6 月	4904.19L.25044	24/5-14/6	0900-0950	六 Sat	565	4
	4904.19D.25033		1000-1050			
	4904.19D.25037		1100-1150			
	4904.19D.25041		1200-1250			
	4904.19D.25045		1300-1350			
	4904.19L.25045		1400-1450			
	4904.19L.25046		1500-1550			
	4904.19L.25047		1600-1650			
	4904.19L.25048		1700-1750			
	4904.19L.25049		1800-1850			
	4904.19L.25050		1900-1950			
	4904.19L.25051	25/5-15/6	0900-0950	日 Sun		
	4904.19L.25052		1000-1050			
	4904.19L.25053		1100-1150			
	4904.19L.25054		1200-1250			
	4904.19L.25055		1300-1350			
	4904.19D.25049		1400-1450			
	4904.19D.25053		1500-1550			
	4904.19D.25057		1600-1650			
	4904.19D.25061		1700-1750			
	4904.19L.25056		26/5-16/6			
	4904.19L.25057	1000-1050				
	4904.19L.25058	1500-1550				
	4904.19L.25059	1600-1650				
	4904.19L.25060	1700-1750				
	4904.19L.25061	27/5-17/6	1800-1850	二 Tue		
	4904.19L.25062		0900-0950			
	4904.19L.25063		1000-1050			
	4904.19L.25064		1500-1550			
	4904.19L.25065		1600-1650			
	4904.19L.25066		1700-1750			
	4904.19L.25067	28/5-18/6	1800-1850	三 Wed		
	4904.19L.25068		0900-0950			
	4904.19L.25069		1000-1050			
	4904.19L.25070		1500-1550			
	4904.19L.25071		1600-1650			
4904.19L.25072	1700-1750					
4904.19L.25073	1800-1850					
4904.19L.25074	29/5-19/6	1900-1950	四 Thu			
4904.19L.25075		0900-0950				
4904.19L.25076		1500-1550				
4904.19L.25077		1600-1650				
4904.19L.25078		1700-1750				
4904.19L.25079	30/5-20/6	1800-1850	五 Fri			
4904.19L.25080		0900-0950				
4904.19L.25081		1000-1050				
4904.19L.25082		1500-1550				
4904.19L.25083		1600-1650				
4904.19L.25084		1700-1750				
4904.19L.25085		1800-1850				
4904.19L.25086	1900-1950					

兒童 / 少年游泳初級一班 (魚苗章)

Children Elementary Swimming Course Level I (Baby Fish Award)

4-5 月
Apr to May

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)

! 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

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons	
4-5 月	*4904.19B.25001	29/3-17/5	0900-0950	六 Sat	1130	8	
	4904.19D.25001		1000-1050		1290		
	4904.19D.25005		1100-1150				
	4904.19D.25009		1200-1250				
	4904.19D.25013		1300-1350				
	*4904.19B.25002		1400-1450		1130		
	*4904.19B.25003		1500-1550				
	*4904.19B.25004	1600-1650					
	*4904.19B.25005	1700-1750					
	*4904.19B.25006	1800-1850					
	*4904.19B.25007	1900-1950	30/3-18/5	0900-0950	日 Sun		1130
	*4904.19B.25008	1000-1050					
	*4904.19B.25009	1100-1150					
	*4904.19B.25010	1200-1250					
	*4904.19B.25011	1300-1350					
	*4904.19B.25012	1400-1450		1290			
	4904.19D.25017	1500-1550					
	4904.19D.25021	1600-1650					
	4904.19D.25025	1700-1750					
	4904.19D.25029	1800-1850		1130			
	^4904.19W.25001	31/3-19/5	0900-0950	一 Mon	1130		
	^4904.19W.25002		1000-1050				
	^4904.19W.25003		1500-1550				
	^4904.19W.25004		1600-1650				
	*4904.19B.25013		1700-1750				
	*4904.19B.25014	1800-1850	1/4-20/5	0900-0950			二 Tue
	*4904.19B.25015	1000-1050					
	^4904.19W.25005	1500-1550					
	^4904.19W.25006	1600-1650					
	^4904.19W.25007	1700-1750					
	*4904.19B.25016	1800-1850	2/4-21/5	0900-0950			三 Wed
	*4904.19B.25017	1000-1050					
	*4904.19B.25018	1500-1550					
^4904.19W.25008	1600-1650						
^4904.19W.25009	1700-1750						
^4904.19W.25010	1800-1850	3/4-22/5	1900-1950	四 Thu			
*4904.19B.25019	0900-0950						
*4904.19B.25020	1500-1550						
*4904.19B.25021	1600-1650						
^4904.19W.25011	1700-1750						
^4904.19W.25012	4/4-23/5	1800-1850	五 Fri				
^4904.19W.25013		1900-1950					
*4904.19B.25022		1000-1050					
*4904.19B.25023		1500-1550					
*4904.19B.25024		1600-1650					
^4904.19W.25014		1700-1750					
*4904.19B.25025		1800-1850					
*4904.19B.25026		1900-1950					
*4904.19B.25027							
*4904.19B.25028							
*4904.19B.25029							

兒童 / 少年游泳初級一班 (魚苗章)

6 月 (4 堂)
June (4 lessons)

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)

ⓘ (*) 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

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
6 月	*4904.19B.25030	24/5-14/6	0900-0950	六 Sat	565	4
	4904.19D.25033		1000-1050			
	4904.19D.25037		1100-1150			
	4904.19D.25041		1200-1250			
	4904.19D.25045		1300-1350			
	*4904.19B.25031		1400-1450			
	*4904.19B.25032		1500-1550			
	*4904.19B.25033		1600-1650			
	*4904.19B.25034		1700-1750			
	*4904.19B.25035		1800-1850			
	*4904.19B.25036		1900-1950			
	*4904.19B.25037	25/5-15/6	0900-0950	日 Sun		
	*4904.19B.25038		1000-1050			
	*4904.19B.25039		1100-1150			
	*4904.19B.25040		1200-1250			
	*4904.19B.25041		1300-1350			
	4904.19D.25049		1400-1450			
	4904.19D.25053		1500-1550			
	4904.19D.25057		1600-1650			
	4904.19D.25061		1700-1750			
	^4904.19W.25015		1800-1850			
	^4904.19W.25016		26/5-16/6			
	^4904.19W.25017	1000-1050				
	^4904.19W.25018	1500-1550				
	*4904.19B.25042	1600-1650				
	*4904.19B.25043	1700-1750				
	*4904.19B.25044	27/5-17/6	1800-1850	二 Tue		
	^4904.19W.25019		0900-0950			
	^4904.19W.25020		1000-1050			
	^4904.19W.25021		1500-1550			
	*4904.19B.25045		1600-1650			
	*4904.19B.25046	28/5-18/6	1700-1750	三 Wed		
	*4904.19B.25047		1800-1850			
	^4904.19W.25022		0900-0950			
	^4904.19W.25023		1000-1050			
	^4904.19W.25024		1500-1550			
	*4904.19B.25048	29/5-19/6	1600-1650	四 Thu		
	*4904.19B.25049		1700-1750			
	*4904.19B.25050		1800-1850			
	^4904.19W.25025		1900-1950			
^4904.19W.25026	0900-0950					
^4904.19W.25027	30/5-20/6	1500-1550	五 Fri			
*4904.19B.25051		1600-1650				
*4904.19B.25052		1700-1750				
*4904.19B.25053		1800-1850				
^4904.19W.25028		1000-1050				
*4904.19B.25054	30/5-20/6	1500-1550	五 Fri			
*4904.19B.25055		1600-1650				
*4904.19B.25056		1700-1750				
*4904.19B.25057		1800-1850				
*4904.19B.25058		1900-1950				

兒童 / 少年游泳初級二班 (水獺章)

Children Elementary Swimming Course Level II (Otter Award)

4-5 月
Apr to May

參加資格：5 - 15 歲本會會員 Eligibility：Members of 5 - 15 years old 名額 Quota: 每班 5-6 人 (each class: 5-6 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 5-6 人 Course code with (*) is combined with Elementary level I. Each class 5-6 students

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	*4904.19B.25001	29/3-17/5	0900-0950	六 Sat	1130	8
	4904.19D.25001		1000-1050		1290	
	4904.19D.25005		1100-1150			
	4904.19D.25009		1200-1250			
	4904.19D.25013		1300-1350			
	*4904.19B.25002		1400-1450		1130	
	*4904.19B.25003		1500-1550			
	*4904.19B.25004		1600-1650			
	*4904.19B.25005		1700-1750			
	*4904.19B.25006		1800-1850			
	*4904.19B.25007		1900-1950			
	*4904.19B.25008	30/3-18/5	0900-0950	日 Sun	1130	
	*4904.19B.25009		1000-1050			
	*4904.19B.25010		1100-1150			
	*4904.19B.25011		1200-1250			
	*4904.19B.25012		1300-1350			
	4904.19D.25017		1400-1450		1290	
	4904.19D.25021		1500-1550			
	4904.19D.25025		1600-1650			
	4904.19D.25029		1700-1750			
	^4904.19W.25001		1800-1850		1130	
	^4904.19W.25002	31/3-19/5	0900-0950	一 Mon	1130	
	^4904.19W.25003		1000-1050			
	^4904.19W.25004		1500-1550			
	*4904.19B.25013		1600-1650			
	*4904.19B.25014		1700-1750			
	*4904.19B.25015	1800-1850				
	^4904.19W.25005	1/4-20/5	0900-0950	二 Tue		
	^4904.19W.25006		1000-1050			
	^4904.19W.25007		1500-1550			
	*4904.19B.25016		1600-1650			
	*4904.19B.25017		1700-1750			
	*4904.19B.25018	1800-1850				
	^4904.19W.25008	2/4-21/5	0900-0950	三 Wed		
	^4904.19W.25009		1000-1050			
	^4904.19W.25010		1500-1550			
	*4904.19B.25019		1600-1650			
	*4904.19B.25020		1700-1750			
	*4904.19B.25021	1800-1850				
	^4904.19W.25011	1900-1950				
	^4904.19W.25012	3/4-22/5	0900-0950	四 Thu		
^4904.19W.25013	1500-1550					
*4904.19B.25022	1600-1650					
*4904.19B.25023	1700-1750					
*4904.19B.25024	1800-1850					
^4904.19W.25014	4/4-23/5	1000-1050	五 Fri			
*4904.19B.25025		1500-1550				
*4904.19B.25026		1600-1650				
*4904.19B.25027		1700-1750				
*4904.19B.25028		1800-1850				
*4904.19B.25029	1900-1950					

兒童 / 少年游泳初級二班 (水獺章)

Children Elementary Swimming Course Level II (Otter Award)

6 月 (4 堂)
June (4 lessons)

參加資格：5 - 15 歲本會會員 Eligibility：Members of 5 - 15 years old 名額 Quota: 每班 5-6 人 (each class: 5-6 students)

⚠️ (*) 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 5-6 students

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
6 月	*4904.19B.25030	25/5-15/6	0900-0950	六 Sat	565	4
	4904.19D.25033		1000-1050			
	4904.19D.25037		1100-1150			
	4904.19D.25041		1200-1250			
	4904.19D.25045		1300-1350			
	*4904.19B.25031		1400-1450			
	*4904.19B.25032		1500-1550			
	*4904.19B.25033		1600-1650			
	*4904.19B.25034		1700-1750			
	*4904.19B.25035		1800-1850			
	*4904.19B.25036		1900-1950			
	*4904.19B.25037	26/5-16/6	0900-0950	日 Sun		
	*4904.19B.25038		1000-1050			
	*4904.19B.25039		1100-1150			
	*4904.19B.25040		1200-1250			
	*4904.19B.25041		1300-1350			
	4904.19D.25049		1400-1450			
	4904.19D.25053		1500-1550			
	4904.19D.25057		1600-1650			
	4904.19D.25061		1700-1750			
	^4904.19W.25015		1800-1850			
	^4904.19W.25016		27/5-17/6			
	^4904.19W.25017	1000-1050				
	^4904.19W.25018	1500-1550				
	*4904.19B.25042	1600-1650				
	*4904.19B.25043	1700-1750				
	*4904.19B.25044	1800-1850				
	^4904.19W.25019	28/5-18/6	0900-0950	二 Tue		
	^4904.19W.25020		1000-1050			
	^4904.19W.25021		1500-1550			
	*4904.19B.25045		1600-1650			
*4904.19B.25046	1700-1750					
*4904.19B.25047	1800-1850					
^4904.19W.25022	29/5-19/6	0900-0950	三 Wed			
^4904.19W.25023		1000-1050				
^4904.19W.25024		1500-1550				
*4904.19B.25048		1600-1650				
*4904.19B.25049		1700-1750				
*4904.19B.25050		1800-1850				
^4904.19W.25025	30/5-20/6	1900-1950	四 Thu			
^4904.19W.25026		0900-0950				
^4904.19W.25027		1500-1550				
*4904.19B.25051		1600-1650				
*4904.19B.25052		1700-1750				
*4904.19B.25053		1800-1850				
^4904.19W.25028	31/5-21/6	1000-1050	五 Fri			
*4904.19B.25054		1500-1550				
*4904.19B.25055		1600-1650				
*4904.19B.25056		1700-1750				
*4904.19B.25057		1800-1850				
*4904.19B.25058		1900-1950				

兒童 / 少年游泳初級三班 (海豹章)

Children Elementary Swimming Course Level III (Seal Award)

4-5 月
Apr to May

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)

! 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

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19C.25001	29/3-17/5	0900-0955	六 Sat	1130	8
	4904.19D.25001		1000-1055		1290	
	4904.19D.25005		1100-1155			
	4904.19D.25009		1200-1255			
	4904.19D.25013		1300-1355			
	4904.19C.25002		1400-1455		1130	
	4904.19C.25003		1500-1555			
	4904.19C.25004		1600-1655			
	4904.19C.25005		1700-1755			
	4904.19C.25006		1800-1855			
	4904.19C.25007	30/3-18/5	0900-0955	日 Sun	1130	
	4904.19C.25008		1000-1055			
	4904.19C.25009		1200-1255			
	4904.19C.25010		1300-1355			
	4904.19D.25017		1400-1455		1290	
	4904.19D.25021		1500-1555			
	4904.19D.25025		1600-1655			
	4904.19D.25029		1700-1755			
	^4904.19W.25001	1800-1855	1130			
	^4904.19W.25002	31/3-19/5	0900-0955	一 Mon	1130	
	^4904.19W.25003		1000-1055			
	^4904.19W.25004		1500-1555			
	4904.19C.25011		1600-1655			
	4904.19C.25012		1700-1755			
	4904.19C.25013		1800-1855			
	^4904.19W.25005	1/4-20/5	0900-0955	二 Tue		
	^4904.19W.25006		1000-1055			
	^4904.19W.25007		1500-1555			
	4904.19C.25014		1600-1655			
	4904.19C.25015		1700-1755			
	4904.19C.25016		1800-1855			
	^4904.19W.25008	2/4-21/5	0900-0955	三 Wed		
	^4904.19W.25009		1000-1055			
	^4904.19W.25010		1500-1555			
	4904.19C.25017		1600-1655			
	4904.19C.25018		1700-1755			
	4904.19C.25019		1800-1855			
	^4904.19W.25011	3/4-22/5	1900-1955	四 Thu		
	^4904.19W.25012		0900-0955			
	^4904.19W.25013		1500-1555			
	4904.19C.25020		1600-1655			
	4904.19C.25021		1700-1755			
	4904.19C.25022		1800-1855			
	^4904.19W.25014	4/4-23/5	1000-1055	五 Fri		
	4904.19C.25023		1500-1555			
	4904.19C.25024		1600-1655			
	4904.19C.25025		1700-1755			
	4904.19C.25026		1800-1855			
	4904.19C.25027		1900-1955			

兒童 / 少年游泳初級三班 (海豹章)

6 月 (4 堂)
June (4 lessons)

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)

! (*) 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

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
6 月	4904.19C.25028	24/5-14/6	0900-0955	六 Sat	565	4
	4904.19D.25033		1000-1055			
	4904.19D.25037		1100-1155			
	4904.19D.25041		1200-1255			
	4904.19D.25045		1300-1355			
	4904.19C.25029		1400-1455			
	4904.19C.25030		1500-1555			
	4904.19C.25031		1600-1655			
	4904.19C.25032		1700-1755			
	4904.19C.25033		1800-1855			
	4904.19C.25034	25/5-15/6	0900-0955	日 Sun		
	4904.19C.25035		1000-1055			
	4904.19C.25036		1200-1255			
	4904.19C.25037		1300-1355			
	4904.19D.25049		1400-1455			
	4904.19D.25053		1500-1555			
	4904.19D.25057		1600-1655			
	4904.19D.25061		1700-1755			
	^4904.19W.25015		1800-1855			
	^4904.19W.25016		26/5-16/6			
	^4904.19W.25017	1000-1055				
	^4904.19W.25018	1500-1555				
	4904.19C.25038	1600-1655				
	4904.19C.25039	1700-1755				
	4904.19C.25040	27/5-17/6	1800-1855	二 Tue		
	^4904.19W.25019		0900-0955			
	^4904.19W.25020		1000-1055			
	^4904.19W.25021		1500-1555			
	4904.19C.25041		1600-1655			
	4904.19C.25042		1700-1755			
4904.19C.25043	28/5-18/6	1800-1855	三 Wed			
^4904.19W.25022		0900-0955				
^4904.19W.25023		1000-1055				
^4904.19W.25024		1500-1555				
4904.19C.25044		1600-1655				
4904.19C.25045		1700-1755				
4904.19C.25046		1800-1855				
^4904.19W.25025	29/5-19/6	1900-1955	四 Thu			
^4904.19W.25026		0900-0955				
^4904.19W.25027		1500-1555				
4904.19C.25047		1600-1655				
4904.19C.25048		1700-1755				
4904.19C.25049	30/5-20/6	1800-1855	五 Fri			
^4904.19W.25028		1000-1055				
4904.19C.25050		1500-1555				
4904.19C.25051		1600-1655				
4904.19C.25052		1700-1755				
4904.19C.25053		1800-1855				
4904.19C.25054		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)

4-5 月
Apr to May

Children Intermediated Swimming Course Level I (Dolphin Award), Level II (Flying Fish Award), Level III (Swimmer Award)

參加資格: 5 - 15 歲之本會會員 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

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	*4904.19X.25001	29/3-17/5	0900-1000	六 Sat	1130	8
	4904.19D.25002		1000-1100		1290	
	4904.19D.25006		1100-1200			
	4904.19D.25010		1200-1300			
	4904.19D.25014		1300-1400			
	*4904.19X.25002		1400-1500			
	*4904.19X.25003		1500-1600			
	*4904.19X.25004		1600-1700			
	*4904.19X.25005		1700-1800			
	*4904.19X.25006		1800-1900			
	*4904.19X.25007		1900-2000			
	*4904.19X.25008		2000-2100			
	*4904.19X.25009	30/3-18/5	1000-1100	日 Sun	1130	
	*4904.19X.25010		1200-1300			
	*4904.19X.25011		1300-1400			
	4904.19D.25018		1400-1500		1290	
	4904.19D.25022		1500-1600			
	4904.19D.25026		1600-1700			
	4904.19D.25030		1700-1800			
	*4904.19X.25012	31/3-19/5	1500-1600	一 Mon	1130	
	*4904.19X.25013		1600-1700			
	*4904.19X.25014		1700-1800			
	*4904.19X.25015		1800-1900			
	*4904.19X.25016	1/4-20/5	1500-1600	二 Tue		
	*4904.19X.25017		1600-1700			
	*4904.19X.25018		1900-2000			
	*4904.19X.25019	2/4-21/5	1500-1600	三 Wed		
	*4904.19X.25020		1600-1700			
	*4904.19X.25021		1700-1800			
	*4904.19X.25022		1800-1900			
	*4904.19X.25023	3/4-22/5	1500-1600	四 Thu		
*4904.19X.25024	1600-1700					
*4904.19X.25025	1700-1800					
*4904.19X.25026	1800-1900					
*4904.19X.25027	4/4-23/5	1500-1600	五 Fri			
4904.19X.25028		1600-1700				
*4904.19X.25029.		1700-1800				
*4904.19X.25030		1800-1900				
*4904.19X.25031		1900-2000				

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)

6 月 (4 堂)
June (4 lessons)

Children Intermediated Swimming Course Level I (Dolphin Award), Level II (Flying Fish Award), Level III (Swimmer Award)

參加資格: 5 - 15 歲之本會會員 Eligibility: Members of 5 - 15 years old 名額 Quota: 每班 7-8 人 (each class: 7-8 students)

! (*) 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

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
6 月	*4904.19X.25032	24/5-14/6	0900-1000	六 Sat	565	4
	4904.19D.25034		1000-1100			
	4904.19D.25038		1100-1200			
	4904.19D.25042		1200-1300			
	4904.19D.25046		1300-1400			
	*4904.19X.25033		1400-1500			
	*4904.19X.25034		1500-1600			
	*4904.19X.25035		1600-1700			
	*4904.19X.25036		1700-1800			
	*4904.19X.25037		1800-1900			
	*4904.19X.25038		1900-2000			
	*4904.19X.25039		2000-2100			
	*4904.19X.25040	25/5-15/6	1000-1100	日 Sun		
	*4904.19X.25041		1200-1300			
	*4904.19X.25042		1300-1400			
	4904.19D.25050		1400-1500			
	4904.19D.25054		1500-1600			
	4904.19D.25058		1600-1700			
	4904.19D.25062		1700-1800			
	*4904.19X.25043	26/5-16/6	1500-1600	一 Mon		
	*4904.19X.25044		1600-1700			
	*4904.19X.25045		1700-1800			
	*4904.19X.25046		1800-1900			
	*4904.19X.25047	27/5-17/6	1500-1600	二 Tue		
	*4904.19X.25048		1600-1700			
	*4904.19X.25049		1900-2000			
	*4904.19X.25050	28/5-18/6	1500-1600	三 Wed		
	*4904.19X.25051		1600-1700			
	*4904.19X.25052		1700-1800			
	*4904.19X.25053		1800-1900			
*4904.19X.25054	29/5-19/6	1500-1600	四 Thu			
*4904.19X.25055		1600-1700				
*4904.19X.25056		1700-1800				
*4904.19X.25057		1800-1900				
*4904.19X.25058	30/5-20/6	1500-1600	五 Fri			
*4904.19X.25059		1600-1700				
*4904.19X.25060		1700-1800				
*4904.19X.25061		1800-1900				
*4904.19X.25062		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)

4-5 月
Apr to May

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

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19D.25003	29/3-17/5	1000-1100	六 Sat	1290	8
	4904.19D.25007		1100-1200			
	4904.19D.25011		1200-1300			
	4904.19D.25015		1300-1400			
	*4904.19Y.25001		1400-1500		1130	
	*4904.19Y.25002		1500-1600			
	*4904.19Y.25003		1600-1700			
	*4904.19Y.25004		1700-1800			
	*4904.19Y.25005		1800-1900			
	*4904.19Y.25006		1900-2000			
	*4904.19Y.25007		2000-2100			
	*4904.19Y.25008	1100-1200	日 Sun	1130		
	*4904.19Y.25009	1300-1400		1290		
	4904.19D.25019	1400-1500				
	4904.19D.25023	1500-1600				
	4904.19D.25027	1600-1700				
	4904.19D.25031	1700-1800				
	*4904.19Y.25010	1800-1900		1130		
	*4904.19Y.25011	1900-2000				
	*4904.19Y.25012	1500-1600	一 Mon	1130		
	*4904.19Y.25013	1600-1700				
	*4904.19Y.25014	1700-1800				
	*4904.19Y.25015	1800-1900				
	*4904.19Y.25016	1500-1600	二 Tue			
	*4904.19Y.25017	1600-1700				
	*4904.19Y.25018	1700-1800				
	*4904.19Y.25019	1800-1900				
	*4904.19Y.25020	1500-1600	三 Wed			
	*4904.19Y.25021	1600-1700				
	*4904.19Y.25022	1700-1800				
	*4904.19Y.25023	1900-2000				
	*4904.19Y.25024	1500-1600	四 Thu			
*4904.19Y.25025	1600-1700					
*4904.19Y.25026	1700-1800					
*4904.19Y.25027	1500-1600	五 Fri				
*4904.19Y.25028	1600-1700					
*4904.19Y.25029	1700-1800					
*4904.19Y.25030	1800-1900					
*4904.19Y.25031	1900-2000					
*4904.19Y.25032	2000-2100					

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)

6 月 (4 堂)
June (4 lessons)

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 歲之本會會員 Eligibility: Members of 5 - 15 years old 名額 Quota: 每班 8-10 人 (each class: 8-10 students)

! (*) 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

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
6 月	4904.19D.25035	24/5-14/6	1000-1100	六 Sat	565	4
	4904.19D.25039		1100-1200			
	4904.19D.25043		1200-1300			
	4904.19D.25047		1300-1400			
	*4904.19Y.25033		1400-1500			
	*4904.19Y.25034		1500-1600			
	*4904.19Y.25035		1600-1700			
	*4904.19Y.25036		1700-1800			
	*4904.19Y.25037		1800-1900			
	*4904.19Y.25038		1900-2000			
	*4904.19Y.25039		2000-2100			
	*4904.19Y.25040	25/5-15/6	1100-1200	日 Sun		
	*4904.19Y.25041		1300-1400			
	4904.19D.25051		1400-1500			
	4904.19D.25055		1500-1600			
	4904.19D.25059		1600-1700			
	4904.19D.25063		1700-1800			
	*4904.19Y.25042		1800-1900			
	*4904.19Y.25043		1900-2000			
	*4904.19Y.25044	26/5-16/6	1500-1600	一 Mon		
	*4904.19Y.25045		1600-1700			
	*4904.19Y.25046		1700-1800			
	*4904.19Y.25047		1800-1900			
	*4904.19Y.25048	27/5-17/6	1500-1600	二 Tue		
	*4904.19Y.25049		1600-1700			
	*4904.19Y.25050		1700-1800			
	*4904.19Y.25051		1800-1900			
	*4904.19Y.25052	28/5-18/6	1500-1600	三 Wed		
	*4904.19Y.25053		1600-1700			
	*4904.19Y.25054		1700-1800			
*4904.19Y.25055	1900-2000					
*4904.19Y.25056	29/5-19/6	1500-1600	四 Thu			
*4904.19Y.25057		1600-1700				
*4904.19Y.25058		1700-1800				
*4904.19Y.25059	30/5-20/6	1500-1600	五 Fri			
*4904.19Y.25060		1600-1700				
*4904.19Y.25061		1700-1800				
*4904.19Y.25062		1800-1900				
*4904.19Y.25063		1900-2000				
*4904.19Y.25064		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

4-5 月

Apr to May

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19D.25004	29/3-17/5	1000-1100	六 Sat	1290	8
	4904.19D.25008		1100-1200			
	4904.19D.25012		1200-1300			
	4904.19D.25016		1300-1400			
	*4904.19Z.25001		1400-1500		1130	
	*4904.19Z.25002		1500-1600			
	*4904.19Z.25003		1700-1800			
	*4904.19Z.25004		1900-2000			
	*4904.19Z.25005		2000-2100			
	*4904.19Z.25006		1300-1400		日 Sun	
	4904.19D.25020	1400-1500	1290			
	4904.19D.25024	1500-1600				
	4904.19D.25028	1600-1700				
	4904.19D.25032	1700-1800				
	*4904.19Z.25007	1800-1900	1130			
	*4904.19Z.25008	1900-2000				
	*4904.19Z.25009	31/3-19/5	1500-1600	一 Mon		
	*4904.19Z.25010		1600-1700			
	*4904.19Z.25011		1700-1800			
	*4904.19Z.25012	1/4-20/5	1500-1600	二 Tue		
	*4904.19Z.25013		1600-1700			
	*4904.19Z.25014		1800-1900			
	*4904.19Z.25015		1900-2000			
	*4904.19Z.25016	2/4-21/5	1500-1600	三 Wed		
	*4904.19Z.25017		1600-1700			
*4904.19Z.25018	1900-2000					
*4904.19Z.25019	3/4-22/5	1600-1700	四 Thu			
*4904.19Z.25020		1700-1800				
*4904.19Z.25021	4/4-23/5	1500-1600	五 Fri			
*4904.19Z.25022		1600-1700				
*4904.19Z.25023		1800-1900				
*4904.19Z.25024		1900-2000				
*4904.19Z.25025		2100-2200				

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)

6 月 (4 堂)
June (4 lessons)

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)

! (*) 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

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
6 月	4904.19D.25036	24/5-14/6	1000-1100	六 Sat	565	4
	4904.19D.25040		1100-1200			
	4904.19D.25044		1200-1300			
	4904.19D.25048		1300-1400			
	*4904.19Z.25026		1400-1500			
	*4904.19Z.25027		1500-1600			
	*4904.19Z.25028		1700-1800			
	*4904.19Z.25029		1900-2000			
	*4904.19Z.25030		2000-2100			
	*4904.19Z.25031	25/5-15/6	1300-1400	日 Sun		
	4904.19D.25052		1400-1500			
	4904.19D.25056		1500-1600			
	4904.19D.25060		1600-1700			
	4904.19D.25064		1700-1800			
	*4904.19Z.25032		1800-1900			
	*4904.19Z.25033		1900-2000			
	*4904.19Z.25034	26/5-16/6	1500-1600	一 Mon		
	*4904.19Z.25035		1600-1700			
	*4904.19Z.25036		1700-1800			
	*4904.19Z.25037	27/5-17/6	1500-1600	二 Tue		
	*4904.19Z.25038		1600-1700			
	*4904.19Z.25039		1800-1900			
	*4904.19Z.25040		1900-2000			
	*4904.19Z.25041	28/5-18/6	1500-1600	三 Wed		
	*4904.19Z.25042		1600-1700			
	*4904.19Z.25043		1900-2000			
*4904.19Z.25044	29/5-19/6	1600-1700	四 Thu			
*4904.19Z.25045		1700-1800				
*4904.19Z.25046	30/5-20/6	1500-1600	五 Fri			
*4904.19Z.25047		1600-1700				
*4904.19Z.25048		1800-1900				
*4904.19Z.25049		1900-2000				
*4904.19Z.25050		2100-2200				

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.

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.

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19T.25001	29/3-17/5	0900-1000	六 Sat	1130	8
	4904.19T.25002		1600-1700			
	4904.19T.25003		1800-1900			
	4904.19T.25004		2100-2200			
	4904.19T.25005	30/3-18/5	1300-1400	日 Sun		
	4904.19T.25006		1800-1900			
	4904.19T.25023		1900-2000			
	4904.19T.25024	31/3-19/5	1600-1700	一 Mon		
	4904.19T.25007	1/4-20/5	1900-2000	二 Tue		
	4904.19T.25008	2/4-21/5	1700-1800	三 Wed		
	4904.19T.25009	4/4-23/5	1600-1700	五 Fri		
	4904.19T.25010		2000-2100			
	4904.19T.25011		2100-2200			
6 月	4904.19T.25012	24/5-14/6	0900-1000	六 Sat	565	4
	4904.19T.25013		1600-1700			
	4904.19T.25014		1800-1900			
	4904.19T.25015		2100-2200			
	4904.19T.25016	25/5-15/6	1300-1400	日 Sun		
	4904.19T.25017		1800-1900			
	4904.19T.25025		1900-2000			
	4904.19T.25026	26/5-16/6	1600-1700	一 Mon		
	4904.19T.25018	27/5-17/6	1900-2000	二 Tue		
	4904.19T.25019	28/5-18/6	1700-1800	三 Wed		
	4904.19T.25020	30/5-20/6	1600-1700	五 Fri		
	4904.19T.25021		2000-2100			
	4904.19T.25022		2100-2200			

復活節特別推介 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.25001	21/4-24/4	1400-1500	一至四	565	4
4904.19U.25002		1500-1600	Mon to Thu		

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.

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19A.25001	29/3-17/5	2100-2200	六 Sat	1020	8
	4904.19A.25003	30/3-18/5	1800-1900	日 Sun		
	4904.19A.25004		1900-2000			
	4904.19A.25011	31/3-19/5	1900-2000	一 Mon		
	4904.19A.25013		2000-2100			
	4904.19A.25017		2100-2200			
	4904.19A.25022	1/4-20/5	1900-2000	二 Tue		
	4904.19A.25024		2000-2100			
	4904.19A.25025		2100-2200			
	4904.19A.25028	2/4-21/5	0900-1000	三 Wed		
	4904.19A.25030		1000-1100			
	4904.19A.25033		1400-1500			
	4904.19A.25035		1900-2000			
	4904.19A.25037	2100-2200				
	4904.19A.25042	3/4-22/5	1400-1500	四 Thu		
	4904.19A.25044		1900-2000			
	4904.19A.25046		2100-2200			
	4904.19A.25052	4/4-23/5	2000-2100	五 Fri		
	4904.19A.25053		2100-2200			
6 月	4904.19A.25054	24/5-14/6	2100-2200	六 Sat	510	4
	4904.19A.25056	25/5-15/6	1800-1900	日 Sun		
	4904.19A.25057		1900-2000			
	4904.19A.25064	26/5-16/6	1900-2000	一 Mon		
	4904.19A.25066		2000-2100			
	4904.19A.25070		2100-2200			
	4904.19A.25075	27/5-17/6	1900-2000	二 Tue		
	4904.19A.25077		2000-2100			
	4904.19A.25078		2100-2200			
	4904.19A.25081	28/5-18/6	0900-1000	三 Wed		
	4904.19A.25083		1000-1100			
	4904.19A.25086		1400-1500			
	4904.19A.25088		1900-2000			
	4904.19A.25090	2100-2200				
	4904.19A.25095	29/5-19/6	1400-1500	四 Thu		
	4904.19A.25097		1900-2000			
	4904.19A.25099		2100-2200			
	4904.19A.25105	30/5-20/6	2000-2100	五 Fri		
	4904.19A.25106		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.

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19A.25002	29/3-17/5	2100-2200	六 Sat	1020	8
	4904.19A.25005	30/3-18/5	1900-2000	日 Sun		
	4904.19A.25006	31/3-19/5	0900-1000	一 Mon		
	4904.19A.25007		1000-1100			
	4904.19A.25008		1100-1200			
	4904.19A.25009		1300-1400			
	4904.19A.25010		1500-1600			
	4904.19A.25012		1900-2000			
	4904.19A.25014		2000-2100			
	4904.19A.25018	1/4-20/5	0900-1000	二 Tue		
	4904.19A.25019		1000-1100			
	4904.19A.25020		1500-1600			
	4904.19A.25021		1900-2000			
	4904.19A.25023		2000-2100			
	4904.19A.25026		2100-2200			
	4904.19A.25027	2/4-21/5	0900-1000	三 Wed		
	4904.19A.25029		1000-1100			
	4904.19A.25031		1200-1300			
	4904.19A.25032		1300-1400			
	4904.19A.25034		1500-1600			
	4904.19A.25039	3/4-22/5	1000-1100	四 Thu		
	4904.19A.25040		1100-1200			
	4904.19A.25041		1200-1300			
	4904.19A.25043		1500-1600			
	4904.19A.25045		1900-2000			
	4904.19A.25049	4/4-23/5	1000-1100	五 Fri		
	4904.19A.25050		1300-1400			
	4904.19A.25051		1500-1600			
4904.19A.25055	24/5-14/6		2100-2200		六 Sat	
6 月	4904.19A.25058	25/5-15/6	1900-2000	日 Sun	510	4
	4904.19A.25059	26/5-16/6	0900-1000	一 Mon		
	4904.19A.25060		1000-1100			
	4904.19A.25061		1100-1200			
	4904.19A.25062		1300-1400			
	4904.19A.25063		1500-1600			
	4904.19A.25065		1900-2000			
	4904.19A.25067		2000-2100			
	4904.19A.25071	27/5-17/6	0900-1000	二 Tue		
	4904.19A.25072		1000-1100			
	4904.19A.25073		1500-1600			
	4904.19A.25074		1900-2000			
	4904.19A.25076		2000-2100			
	4904.19A.25079		2100-2200			
	4904.19A.25080	28/5-18/6	0900-1000	三 Wed		
	4904.19A.25082		1000-1100			
	4904.19A.25084		1200-1300			
	4904.19A.25085		1300-1400			
	4904.19A.25087		1500-1600			
	4904.19A.25092	29/5-19/6	1000-1100	四 Thu		
	4904.19A.25093		1100-1200			
	4904.19A.25094		1200-1300			
	4904.19A.25096		1500-1600			
	4904.19A.25098		1900-2000			
	4904.19A.25102		1000-1100			
	4904.19A.25103	30/5-20/6	1300-1400	五 Fri		
	4904.19A.25104		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.

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19A.25015	31/3-19/5	2000-2100	一 Mon	1020	8
	4904.19A.25016		2100-2200			
	4904.19A.25036	2/4-21/5	2000-2100	三 Wed		
	4904.19A.25038	3/4-22/5	0900-1000	四 Thu		
	4904.19A.25047		2100-2200			
	4904.19A.25048	4/4-23/5	0900-1000	五 Fri		
6 月	4904.19A.25068	26/5-16/6	2000-2100	一 Mon	510	4
	4904.19A.25069		2100-2200			
	4904.19A.25089	28/5-18/6	2000-2100	三 Wed		
	4904.19A.25091	29/5-19/6	0900-1000	四 Thu		
	4904.19A.25100		2100-2200			
	4904.19A.25101	30/5-20/6	0900-1000	五 Fri		

水中健體班 Hydrofitness

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

名額 Quota: 每班 20 人 (each class: 20 students)

課程內容 Teaching Content: 利用水中環境作體適能運動以強化肌肉力量及心肺功能, 提供舒緩精神疲勞及放鬆技巧。

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

❗ 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

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19R.25001	29/3-17/5	2000-2100	六 Sat	960	8
	4904.19R.25002	31/3-19/5	1000-1100	一 Mon		
	4904.19R.25003		1100-1200			
	4904.19R.25005	1/4-20/5	1000-1100	二 Tue		
	4904.19R.25006		1100-1200			
	4904.19R.25007	2/4-21/5	0900-1000	三 Wed		
	4904.19R.25008		1100-1200			
	4904.19R.25009		1400-1500			
	4904.19R.25010		2000-2100			
	4904.19R.25011	3/4-22/5	1000-1100	四 Thu		
	4904.19R.25012		1100-1200			
	4904.19R.25013		1400-1500			
	4904.19R.25014		2000-2100			
	4904.19R.25015	4/4-23/5	1000-1100	五 Fri		
	4904.19R.25016		1100-1200			
6 月	4904.19R.25017	24/5-14/6	2000-2100	六 Sat	480	4
	4904.19R.25018	26/5-16/6	1000-1100	一 Mon		
	4904.19R.25019		1100-1200			
	4904.19R.25021	27/5-17/6	1000-1100	二 Tue		
	4904.19R.25022		1100-1200			
	4904.19R.25023	28/5-18/6	0900-1000	三 Wed		
	4904.19R.25024		1100-1200			
	4904.19R.25025		1400-1500			
	4904.19R.25026		2000-2100			
	4904.19R.25027	29/5-19/6	1000-1100	四 Thu		
	4904.19R.25028		1100-1200			
	4904.19R.25029		1400-1500			
	4904.19R.25030		2000-2100			
	4904.19R.25031	30/5-20/6	1000-1100	五 Fri		
	4904.19R.25032		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

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19E.25001	31/3-19/5	0900-1000	一 Mon	1130	8
	4904.19E.25011	1/4-20/5	0900-1000	二 Tue		
	4904.19E.25002	2/4-21/5	1000-1100	三 Wed		
	4904.19E.25012	3/4-22/5	1000-1100	四 Thu		
	4904.19E.25003		1300-1400			
	4904.19E.25004	4/4-23/5	0900-1000	五 Fri		
	4904.19E.25005		1200-1300			
6 月	4904.19E.25006	26/5-16/6	0900-1000	一 Mon	565	4
	4904.19E.25013	27/5-17/6	0900-1000	二 Tue		
	4904.19E.25007	28/5-18/6	1000-1100	三 Wed		
	4904.19E.25014	29/5-19/6	1000-1100	四 Thu		
	4904.19E.25008		1300-1400			
	4904.19E.25009	30/5-20/6	0900-1000	五 Fri		
	4904.19E.25010		1200-1300			

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

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.60C.25001	31/3-19/5	1200-1300	一 Mon	1130	8
	4904.60C.25011	2/4-21/5	0900-1000	三 Wed		
	4904.60C.25002		1500-1600			
	4904.60C.25004	3/4-22/5	1200-1300	四 Thu		
	4904.60C.25005		1400-1500			
	4904.60C.25101	4/4-23/5	0900-1000	五 Fri		
6 月	4904.60C.25006	26/5-16/6	1200-1300	一 Mon	565	4
	4904.60C.25012	28/5-18/6	0900-1000	三 Wed		
	4904.60C.25007		1500-1600			
	4904.60C.25009	29/5-19/6	1200-1300	四 Thu		
	4904.60C.25010		1400-1500			
	4904.60C.25102	30/5-20/6	0900-1000	五 Fri		

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.

1 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.

月份 Month	課程編號 Course Code	日期 (除外) Date(Exception)	時間 Time	星期 Day	費用 Fee	堂數 lessons
4-5 月	4904.19V.25001	1/4-22/5	2000-2100	二, 四 Tue, Thu	1390	16
6 月	4904.19V.25002	27/5-19/6	2000-2100	二, 四 Tue, Thu	695	8

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)	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.
Aged 12 or below Able to complete 200m Freestyle & Backstroke, 100m Breaststroke and 25m Butterfly (Equal to achieved Advanced level 1)	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)	P1	星期三 (WED) 1600-1700 星期六 (SAT) 1500-1600	
Aged 10 or below Able to complete 75m Freestyle & 25m Backstroke (Equal to achieved Intermediate Level 3)	P2	星期二 (TUE) 1600-1700 星期六 (SAT) 1600-1700	

* 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.

2023-2024 年度青年會泳隊短池賽

2023-2024 年度青年會泳隊短池賽全年共三個回合分別在新界會所、九龍會所及烏溪沙青年新村舉行。經過一連三個回合的激烈比賽，CYM 中青游泳隊的泳員奪得優異的成績，並於 2025 年 1 月 19 日進行頒獎。

1. 練家希 (女子 A 組最佳運動員)
2. 鍾詩澄 (女子傑出運動員及女子 B 組最佳運動員)
3. 施凱証 (男子 B 組最佳運動員)
4. 樊杼泳 (女子 C 組最佳運動員)
5. 黃崇瑋 (男子 C 組最佳運動員)
6. 陳懿迅 (男子 D 組最佳運動員)
7. 吳侃寬 (女子 E 組最佳運動員)
8. 王梓洛 (男子 E 組最佳運動員)



練家希



鍾詩澄



施凱証



黃崇瑋



陳懿迅



吳侃寬

九龍會所 CYM 中青游泳隊屢獲佳績



2024 全港公開拯溺錦標賽暨發展盃邀請賽

泳池項目：4 金，2 銀，5 銅
海洋及沙灘：5 金，3 銀，2 銅



2024 全港公開拯溺錦標賽團體總成績 (拯溺發展盃)：亞軍

男泳員：馮文焯，施凱証，梁仲亨，蔡正行，鄭秉漢
女泳員：陳穎綢，鍾詩澄，練家希，徐樂堯，郭芷柔