

# 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).



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# 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游泳班，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

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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

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

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.

# 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上交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



## 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 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.