



# Sports Camps

Ages  
**6-13**



Sports

Being active, positive and well diet is important part of living healthily. Besides having fun and making friends, we make sure our campers benefit from YMCA Sports Camps by:

<b>Develop Sports Skills</b>	Learning and practicing sports skills through games and activities
<b>Build Up Healthy &amp; Active Life Habits</b>	Healthy Living Activity includes fun fact of body structure, physical challenges, ideas for healthy diet and etc.
<b>Explorer Sportsmanship</b>	Play hard, play fair and be positive
<b>Cooperation &amp; Teamwork</b>	Sports competitions and activities that focus on team spirit



## Phase I

- First touch experience
- Basic sports skills in specify sports activity
- Motor skills and eye-hand coordination development
- Game-based sports activity with simple rules
- Encourage cooperation and sportsmanship

## Phase II

- Advanced sports skills coaching
- Individual skills development
- Physical fitness tasks include
- Sports and games strategies; game plan and teamwork
- Debriefing time for self -reflection on proper attitude and outcome

All Sports Camps are conducted in English



# All Star Sports Day Camp

活動地點: 香港基督教青年會 - 九龍尖沙咀梳士巴利道41號

Address: YMCA of Hong Kong - No. 41 Salisbury Road, Tsim Sha Tsui, Kowloon

名額Capacity: 24 活動時間 Time: 0830 - 1630

活動包括: 籃球、足球、運動攀登及閃避球等

Activities Include: Basketball, Soccer, Sports Climbing, Dodge Ball and More



編號 Course Code	日期 Date	年齡 Age	會員 \$Mem	非會員 \$NMem	Phase
18PCE40011	21 - 23 Dec (Fri - Sun)	7 - 9	\$2000	\$2120	I
18PCE40012	26 - 28 Aug (Wed - Fri)				



Sports

# Summit Sports Day Camp

活動地點: 港青京士栢百週年紀念中心 - 九龍油麻地加士居道22號

Address: KPCC - No.22 Gascoigne Road, Yau Ma Tei, Kowloon

名額Capacity: 24 活動時間 Time: 0900 - 1630

活動包括: 運動攀樹、射箭及高結構繩網

Activities Include: Tree Climbing, Archery and Rope Course

編號 Course Code	日期 Date	年齡 Age	會員 \$Mem	非會員 \$NMem	Phase
18PCE45951	21 - 23 Dec (Fri - Sun)	9 - 13	\$2450	\$2570	II







## Ice Skating Day Camp

活動地點: 圓方溜冰場 - 尖沙咀柯士甸道西一號圓方商場地下層  
 Address: The Rink - G/F, Elements, No. 1 Austin Road West, Tsim Sha Tsui, Kowloon  
 名額Capacity: 21 活動時間 Time: 0900 - 1630

編號 Course Code	日期 Date	年齡 Age	會員 \$Mem	非會員 \$NMem	Phase
18PCE44132	26 - 28 Dec (Wed - Fri)	6 - 8	\$2400	\$2520	I



## Outdoor Fun Day Camp

活動地點: 港青京士栢百週年紀念中心 - 九龍油麻地加士居道22號  
 Address: KPCC - No.22 Gascoigne Road, Yau Ma Tei, Kowloon  
 名額Capacity: 21 活動時間 Time: 0900 - 1630  
 活動包括: 遠足、野外定向及戶外攀石  
 Activities Include: Hiking, Orienteering and Rock Climbing

編號 Course Code	日期 Date	年齡 Age	會員 \$Mem	非會員 \$NMem	Phase
18PCE45342	26 - 28 Dec (Wed - Fri)	8 - 11	\$2000	\$2120	II

