

持續精英游泳課程 On-going Elite Swimming Programmes

港青泳隊訓練課程為有志參加游泳比賽之青少年提供競賽技術訓練。參加者必須完成本會游泳學院漸進習泳計劃之二星班或以上級別，及經泳術評核方可申請報讀，教練將根據泳術評核分派學員到合適之組別。本會十分重視學員於訓練之表現、出席率及參與本會舉辦之活動或代表本會參與賽事，以反映學員對港青泳隊之投入度，促進隊員及教練的聯繫和默契。所有泳隊只供本會會員參與。

Our Swimming Teams provide training to prepare youngsters for competition. Participants are required to complete our Swimming Academy's Progressive Learning System "Star Two" level or above, and pass a swimming assessment before they are eligible to apply. Participants will be assigned to the appropriate team based on the assessment. We highly value training performance and attendance, as well as the participation in activities and competitions, to nurture teamwork and commitment to the Swimming Team. Only YMCA members are eligible to join the Swimming Teams.



泳隊 C 組

Swimming Team C (Ages 6 – 10)

四式技術改良、轉身、耐力訓練
Refinement of all four competitive strokes, turning, endurance training

編號 Code	日期 Date	時間 Time	堂數 Sessions	收費 Fee
第一組 Group One				
21ATC 40101	Wed (6/10-15/12)	16:30-18:00	11	\$3,700
	Sat (2/10-18/12)	16:30-18:00	12	
第二組 Group Two				
21ATC 40201	Wed (6/10-15/12)	16:30-18:00	11	\$3,700
	Sun (3/10-19/12)	17:30-19:00	12	

泳隊 A 組

Swimming Team A (Ages 8 – 17)

起跳、轉身、耐力訓練、速度訓練、參與比賽
Starts, turns, endurance training, speed training, competition participation

編號 Code	日期 Date	時間 Time	堂數 Sessions	收費 Fee
21ATC 40401	Mon (4/10-13/12)	18:15-20:00	11	\$4,200
	Wed (6/10-15/12)	18:15-20:00	11	
	Fri (8/10-17/12)	17:00-19:00	11	
	Sat (2/10-18/12)	17:00-19:00	12	
Land Training	Sun (3/10-19/12)	16:30-18:30	12	

泳隊 B 組

Swimming Team B (Ages 6 – 12)

四式技術改良、起跳、轉身、耐力訓練
Stroke refinement, competitive starts, turns, endurance training

編號 Code	日期 Date	時間 Time	堂數 Sessions	收費 Fee
21ATC 40301	Tue (5/10-14/12)	16:30-18:30	11	\$3,900
21ATC 40302	Thu (7/10-16/12) No class 14/10	16:30-18:30	10	\$3,900
21ATC 40303	Sun (3/10-19/12)	16:30-18:30	12	\$3,900

先進精英游泳隊

Master Swimming Team (Ages 18 or above)

四式技術改良、耐力訓練、速度訓練、參與比賽
Stroke refinement, endurance and speed training, competition participation

編號 Code	日期 Date	時間 Time	堂數 Sessions	收費 Fee
21ATC 40501	Mon (4/10-13/12)	20:00-21:45	11	\$2,700
	Wed (6/10-15/12)	20:00-21:45	11	
	Fri (8/10-17/12)	20:30-21:45	11	