

港青游泳學院 YMCA Swimming Academy

辦公時間 Office Hours :
星期一至五 Mon-Fri 10:00-18:00

(公眾假期除外 Except Public Holiday)
查詢 Enquiry : 2268 7010
電郵 Email : aquatics@ymcahk.org.hk
網頁 Website : www.ymcahk.org.hk/snr/

港青游泳學院旨在透過綜合的游泳課程推廣健康生活模式，課程涵蓋幼兒到先進年齡組別，照顧及滿足不同人生階段的需要。我們提供一個既安全又衛生的環境，透過全面的教學課程，讓學員從中學習堅持、自信、正面能量及團隊精神，改進自己，改善社會。

The YMCA of Hong Kong Swimming Academy aims to promote a healthy lifestyle by providing a comprehensive swimming programme that addresses different age groups, from infants to masters, catered for the changing needs at different stages of life. We serve our society by providing a safe and hygienic environment, and through our extensive curriculum, to help develop confidence, perseverance, positive attitude and team spirit of participants and our society.



地點 Venue Location

港青 (尖沙咀) 一樓室內恆溫泳池
1/F Indoor Heated Pool, YMCA (TST)

教練團隊 Instructors Team

香港基督教青年會之游泳教練均持有政府認可的香港業餘游泳總會香港游泳教練會或香港游泳教師會所發出的游泳教練證書。

All YMCA of Hong Kong Swimming Instructors are certified swimming teachers of the Hong Kong Amateur Swimming Association, the Hong Kong Swimming Teachers' Association, or the Hong Kong Swimming Coaches Association.

[只限會員] 參與二零二一年第三季之泳班學員將獲得優先報名處理。

[Members Only] Re-Enrolment Procedure only applies to participants enrolled in the 2021 3rd Quarter Progressive Swimming Class.

港青游泳學院漸進習泳計劃 YMCA Swimming Academy Progressive System

兒童漸進計劃

Children's Progressive Programmes

嬰兒游泳班 Infants Ages 6-35 months	兒童及少年游泳班 Children & Youth Ages 6-15
親子游泳班 Aqua-tots Ages 6-18 months	水獺班 Otter
親子游泳班 Aqua-tots Ages 19-35 months	海豹班 Seal
學前兒童班 Pre-Schoolers Ages 3-5	海豚班 Dolphin
學前兒童第一級 Aqua-nauts Level One	一星班 Star One
學前兒童第二級 Aqua-nauts Level Two	二星班 Star Two
學前兒童第三級 Aqua-nauts Level Three	三星班 Star Three
學前兒童第四級 Aqua-nauts Level Four	四星班 Star Four
學前兒童第五級 Aqua-nauts Level Five	五星班 Star Five
學前兒童第六級 Aqua-nauts Level Six	六星班 Star Six

持續課程

On-going Programmes

精英訓練 Ages 6-17 Elite Training	成人精英訓練 Ages 18+ Adult Elite Training
泳隊 C 組 Swim Team C	先進精英游泳隊 Master Elite Swim Team
泳隊 B 組 Swim Team B	青少年訓練 Ages 9-17 Youth Training
泳隊 A 組 Swim Team A	鯖鯊班 Mako Shark
	雙鬚鯊班 Hammerhead Shark
	大白鯊班 Great White Shark

成人班

Adult Programmes

青年及成人班 Ages 16+ Teen & Adult Fitness
青年及成人游泳 Ages 16-54 Teen & Adult Swimming
女子游泳 Ages 16-54 Ladies Swimming
水中健康舞 Ages 16+ Aqua Aerobics
水中健體深水訓練班 Ages 16+ Aqua Aerobics Deep Water Training
水中伸展 Ages 16+ Aqua-Stretching
舒緩痛症水療班 Ages 16+ Aqua-cise for Pain Relief
水中復健運動班 Ages 16+ Aqua-fit
先進游泳 / 水健班 Ages 55+ Master Swim/Aqua-cise
先進游泳 Master Swimming
先進蛙泳 Master Breaststroke
先進水中健體 Master Aqua-cise

泳術評核

Swimming Assessment

凡報讀有 🏊 標誌的課程之新參加者或沒持有有效成績單之舊學員，必須通過泳術評核。請於辦公時間致電水運組 2268 7010 預約。New applicants or those who do not have a valid report slip are required to undergo a Swimming Assessment in order to enrol in our programmes bearing the 🏊 symbol. Please contact the Aquatics Unit at 2268 7010 during office hours for appointment.
費用 Fee : \$30 (請往一樓會員服務部付款 Pay at 1/F Member Services counter)
泳術評核日期安排 2021 年 9 月 3 日至 9 月 19 日 Schedule for Swimming Assessment: from 3 September to 19 September, 2021

備註 Remarks :

1. 所有新參加者必須預約時間，方可進行泳術評核 Appointment for the Swimming Assessment MUST be made in advance
2. 5 歲或以下小童須由一位家長 / 監護人陪同下水 Children ages 5 or under must be accompanied in water by a parent / guardian

- 🏊 參加者需要成功完成前一班課程
Completion of previous level required
- 🕒 參加者需通過泳術評核
Swimming Assessment required

- ❤️ 適合先進人士
Suitable for Master
- 🏊 參加者無需熟習游泳
Swimming ability not required

學員注意事項 Reminders for Participants :

- 語言 Language : 粵語輔以英語 Cantonese Supplemented With English
- 若課程因惡劣天氣或其他特殊情况而取消，本會有權安排指定日子及時間補課。若本會未能提供補課之安排，則在課程完結後，將按比例派發課程代用券給予學員。學員若缺席補課，將不會安排課程代用券或退款。
If any lesson is cancelled due to inclement weather or other special circumstances, we reserve the right to arrange make-up class at a designated date and time. If no make-up class can be arranged, programme coupons will be issued on a pro-rata basis after the completion of the programme. No refund or programme coupon will be provided for absence on make-up class.
- 本會游泳池只限泳客 / 游泳學員內進，泳池觀眾席有限度開放予港青游泳學院課程之學員家長進行現場觀課。詳情請參閱泳班學員家長守則。
YMCA Swimming Pool : Only swimmers and participants are allowed to enter. The Viewing Gallery of swimming pool is open to the parents of the participants of YMCA Swimming Academy for class observation. For details, please refer to Parents' Code of Class Observation.
- 學員需自備適當的泳具，包括泳衣 / 褲、泳鏡、毛巾等。
Participants should bring their own swimsuit, goggles, towel etc.
- 為避免學員在游泳時嘔吐，空腹或過飽亦不宜游泳。若身體感到不適，須立即通知教練或在場職員協助上水。如泳池池水受人為污染，香港基督教青年會將保留最終追究肇事者之權利。
To avoid vomiting, do not swim immediately after a meal or when hungry. Approach instructors or on-site staff for assistance immediately when experiencing physical discomfort during swimming. In case of any water contamination, YMCA of Hong Kong reserves the right to claim damages or loss.
- 需使用指定「游泳課程報名表格」報名
Please use the specified "Swimming Programme Enrolment Form"