

# 體育及康樂課程

## SPORTS & RECREATION

電話 Tel: 2268 7087

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### 辦公時間 Office Hours



星期一至五 上午十時至下午六時正

Mon-Fri 10:00am-6:00pm

星期六 上午九時至下午一時正

Sat 9:00 am-1:00pm

### 特別備註 Special Remarks:

- 有  標誌的課程，報名時需連同推薦書。  
Recommendation slip is required for the class with  when enrolment.
- 參加者不論任何理由缺席課堂，將不會安排補課或退款。  
There will be no make up class or refund for any absences during the training period.

## 壁球 SQUASH

授課語言：粵語輔以英語 Instruction: Cantonese supplemented with English

- 備註：
- 本會之課程根據香港壁球總會之章別獎勵計劃作參考編制。
  - 凡報讀本會之小型壁球 / 壁球課程，並通過本會測試之學員，將可獲安排免費報考由香港壁球總會提供的章別獎勵測試計劃（小型壁球獎章或壁球銅章）。測試假本會舉行（壁球銅章除外）。
  - 通過測試的學員將獲頒發由香港壁球總會簽發的小型壁球獎章 / 壁球銅章證書及其布章乙個。
  - 本會只提供課程使用之壁球，學員須自備球拍。（兒童小型壁球班除外）

- Remarks:
- This programme is set in reference with the Mini-squash/Squash Award Scheme provided by the Hong Kong Squash.
  - Participants who passes the YMCA assessment, they would be arranged to attend the Award Scheme (Mini-squash / Squash bronze award) Assessment provided by the Hong Kong Squash for FREE. The assessment would be organized at the YMCA of Hong Kong (except squash bronze award).
  - A certificate and a mini-squash / squash bronze badge would be awarded to participant that has successfully passed in the assessment issue by the Hong Kong Squash.
  - Squash balls will be provided. Participants are required to bring their own racquet (except Children Mini-squash).

## 兒童小型壁球章別獎勵 (Ages 6-12) Children Mini-Squash Award

此課程教授小型壁球之基本技術如球感、控球協調等等及其章別計劃的要求。  
Basic mini-squash skills such as ball sense, co-ordination and the requirement of mini-squash award skills will be introduced in this course.

Code	Day, Time, Dates	Sessions	Mem\$	Nmem\$	Venue
11PSC 20101	Sun, 1300-1400, 10/4-19/6 (不用上課: 24/4 No class on 24/4)	10	650	750	Sq. Crt.

## 銅章級別 (Ages 6-17) Squash Bronze Award

此課程根據銅章章別計劃的要求教授壁球之基本技術，如握拍、發球、控球及打直線球等等。  
Basic squash skills such as gripping, serving, ball bouncing, straight drive and other required skills of Bronze Award Scheme will be introduced in this course.

(Ages 6-12)

Code	Day, Time, Dates	Sessions	Mem\$	Nmem\$	Venue
11PSC 20102	Sun, 1400-1530, 10/4-19/6 (不用上課: 24/4 No class on 24/4)	10	975	1075	Sq. Crt.

(Ages 13-17)

Code	Day, Time, Dates	Sessions	Mem\$	Nmem\$	Venue
11PSC 20103	Sat, 1400-1530, 9/4-18/6 (不用上課: 23/4 No class on 23/4)	10	975	1075	Sq. Crt.

## 成人壁球訓練班 (Ages 18 & above) Adult Squash Training Course

### 初級班 Beginner

介紹正確的握拍及基本擊球技術。  
Basic techniques, strokes and proper grip will be introduced.

Code	Day, Time, Dates	Sessions	Mem\$	Nmem\$	Venue
11PSC 20104	Sat, 1530-1700, 9/4-18/6 (不用上課: 23/4 No class on 23/4)	10	710	810	Sq. Crt.

### 改良班 Improvement

改良學員的基本技術，改善擊球姿勢、步法及比賽規則。  
To improve the basic skills with emphasis on stroke improvement, footwork and rules of competition.

Code	Day, Time, Dates	Sessions	Mem\$	Nmem\$	Venue
11PSC 20105	Sat, 1700-1830, 9/4-18/6 (不用上課: 23/4 No class on 23/4)	10	710	810	Sq. Crt.
11PSC 20106	Sat, 1830-2000, 9/4-18/6 (不用上課: 23/4 No class on 23/4)	10	710	810	Sq. Crt.

## 乒乓球 TABLE TENNIS

授課語言：粵語輔以英語 Instruction: Cantonese supplemented with English

- 備註：
- 本會之課程根據香港乒乓球總會的章別計劃作參考編制。
  - 凡報讀本會之乒乓球課程，並通過本會測試之學員，將可獲安排免費報考由香港乒乓球總會提供的章別獎勵測試計劃（銅章或銀章），測試假本會舉行。
  - 通過測試的學員將獲頒發由香港乒乓球總會簽發的銅章 / 銀章證書及其布章乙個。
  - 本會只提供課程使用之乒乓球，學員須自備球拍。

- Remarks:
- This programme is set in reference with the Badges Scheme provided by the Hong Kong Table Tennis Association.
  - Participants who passes the YMCA assessment, they would be arranged to attend the Badges Scheme (Bronze / Silver Badge) Assessment provided by the Hong Kong Table Tennis Association for FREE. The assessment would be organized at the YMCA of Hong Kong.
  - A certificate and bronze / silver badge would be awarded to participant that has successfully passed in the assessment issue by the Hong Kong Table Tennis Association.
  - Table-tennis balls will be provided. Participants are required to bring their own racquet.

## 銅章級別 Bronze Badge Level (Ages 6-12)

此課程根據銅章章別計劃的要求教授乒乓球之基本技術，如正手發球、正反手推擋、正手對攻球等等。  
Basic table-tennis skills such as forehand serving, forehand and backhand stroke, and other required skills of Bronze Badge Scheme will be introduced in this course.

(Ages 6-8)

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20201	Fri, 1630-1730, 8/4-17/6 (不用上課: 22/4 No class on 22/4)	10	650	750	Sq. Crt.
11PSC 20202	Sat, 0900-1000, 9/4-18/6 (不用上課: 23/4 No class on 23/4)	10	650	750	Sq. Crt.

(Ages 9-12)

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20203	Fri, 1730-1830, 8/4-17/6 (不用上課: 22/4 No class on 22/4)	10	650	750	Sq. Crt.
11PSC 20204	Sat, 1000-1100, 9/4-18/6 (不用上課: 23/4 No class on 23/4)	10	650	750	Sq. Crt.

## 銀章級別 (Ages 6-12) Silver Badge Level

報讀要求：參加者必須附上香港乒乓球總會簽發的銅章證書  
Entry requirement: Participants must provide a copy of the Bronze Certificate issued by the Hong Kong Table Tennis Association.

此課程主要教授銀章章別計劃的要求，進一步強化學員之乒乓球基礎技術，同時亦會教授銀章章別要求的步法。  
The Silver Badge Level class is to refine the students' basic table-tennis with footwork skills as required by the Silver Badge Scheme assessment.

(Ages 6-12)

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20205	Fri, 1830-1930, 8/4-17/6 (不用上課: 22/4 No class on 22/4)	10	690	790	Sq. Crt.
11PSC 20206	Sat, 1100-1200, 9/4-18/6 (不用上課: 23/4 No class on 23/4)	10	690	790	Sq. Crt.

## 羽毛球 BADMINTON

授課語言：粵語輔以英語 **Instruction: Cantonese supplemented with English**

備註：本會只提供課程使用之羽毛球，學員須自備球拍。

Remarks: Shuttlecock will be provided. Participants are required to bring their own racquets.

### 羽毛球興趣班

#### Badminton Recreation Class

### 幼兒班

#### Badminton Tots Class (Ages 4-5)

教練透過各種簡化的遊戲和練習，提升幼兒的體格發展，同時培養他們對羽毛球的興趣。

Tots will enjoy playing badminton and learn the skills through different fun game drills and practices that taught by our coaches, which would also benefits to the child's physical development.

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20301	Wed, 1530-1630, 13/4-15/6	10	590	690	Gym.
11PSC 20302	Sun, 1100-1200, 10/4-19/6 (不用上課: 24/4 No class on 24/4)	10	590	690	Gym.

備註：1. 一位家長或監護人必須陪同子女一同參加，並穿著合適的運動鞋。  
2. 當學員達到基本的學習能力和技術後，教練會推薦學員修讀基礎課程。  
3. 課程使用之羽毛球及球拍由本會提供。

Remarks: 1. One parent / guardian is required to accompany the child during lesson. Parent/guardian MUST wear proper sport shoes.  
2. Participants will be recommended to join the Foundation Course once they have learnt the basic skills and learning ability is capable.  
3. Shuttlecock and racquet will be provided by the YMCA of Hong Kong.

### 青年及成人羽毛球組 (Ages 16 & above)

#### Youth & Adult Badminton Group

在教練的指引下，學員互相切磋技術，並可認識更多的“波友”。

This is a great opportunities for participants to meet badminton friends and to play match with each others. Instructor will act as a consultant to provide guidelines and instruction to the group.

Code	Duration	Sessions	Mem\$	NMem\$	Venue
11PSC 20303	Wed, 1400-1530, 13/4-15/6	10	750	850	Gym.

## 羽毛球技術測試日 Badminton Skills Assessment

測試日專為曾參加羽毛球訓練的學員而設；首次參加訓練之學員可直接報讀本會的基礎課程。

Skills assessment is provided for participants who have taken badminton training before. Children without participated in any badminton training before should enrol the Badminton Foundation Course.

有興趣者請於三月一日或之後，於辦公時間內致電 2268 7087 與康體部預約。Please contact the Sports & Physical Education Unit during office hours on or after March 1st for appointment.

收費 Fee: \$30

測試日期：三月六日及三月十三日(星期日)，下午四時三十分至五時三十分

Assessment Date: March 6<sup>th</sup> & 13<sup>th</sup> (Sunday), 1630-1730

備註：1. 參加者必須預約時間，方可進行測試。  
2. 測試者請穿著運動服裝及帶備球拍。

Remarks: 1. Appointment for skills assessment MUST be made in advance.  
2. Participants should dress in sport attire and bring their own racquet.

### 兒童及青少年羽毛球訓練課程

#### Children & Youth Badminton Training Courses (Ages 6-15)

基礎課程 (A1-A2 組別)

#### Foundation Course (Category A1-A2)

教授學員基礎技術，包括球感、正手及反手握拍、發高遠球、打高遠球。

Introduction of badminton basic skills, which includes ball sense, forehand and backhand gripping, long serving and overhead clear.

A1 組別基礎課程 (Ages 6-9)

#### (Category A1) Foundation Course

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20304	Wed, 1630-1730, 13/4-15/6	10	590	690	Gym.
11PSC 20305	Sat, 1300-1400, 9/4-18/6 (不用上課: 23/4 No class on 23/4)	10	590	690	Gym.
11PSC 20306	Sun, 0900-1000, 10/4-19/6 (不用上課: 24/4 No class on 24/4)	10	590	690	Gym.

A2 組別基礎課程 (Ages 10-15)

#### (Category A2) Foundation Course

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20307	Sat, 1200-1300, 9/4-18/6 (不用上課: 23/4 No class on 23/4)	10	590	690	Gym.
11PSC 20308	Sun, 1000-1100, 10/4-19/6 (不用上課: 24/4 No class on 24/4)	10	590	690	Gym.

技術改良班 (B1-B2 組別)

#### Skills Refinement Course (Category B1-B2)

報讀要求：學員需要完成基礎課程，並須附上有效推薦書。

**Entry Requirement: Participants must have completed and fulfilled the required skills in the Foundation Course. Recommendation slip required.**

課程內容為鞏固學員基本技術、教授進階技術。包括挑球、放網、前後場步法、殺球、吊球。

The course focuses on refining the basic skills. Advanced skills include underhand clear, net shot, forecourt and backcourt footwork, smash and drop will be introduced.

B1 組別技術改良課程 (Ages 6-9)

#### (Category B1) Skills Refinement Course

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20309	Sat, 1400-1530, 9/4-18/6 (不用上課: 23/4 No class on 23/4)	10	890	990	Gym.
11PSC 20310	Sun, 1200-1330, 10/4-19/6 (不用上課: 24/4 No class on 24/4)	10	890	990	Gym.

B2 組別技術改良課程 (Ages 10-15)

#### (Category B2) Skills Refinement Course

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20311	Sun, 1330-1500, 10/4-19/6 (不用上課: 24/4 No class on 24/4)	10	890	990	Gym.
11PSC 20312	Sun, 1500-1630, 10/4-19/6 (不用上課: 24/4 No class on 24/4)	10	890	990	Gym.

### 羽毛球精英班 (Ages 10-17)

#### Badminton Elite Training Course

本課程進一步改善學員的羽毛球基本技術，如打高遠球、步法、吊球及殺球等，更會介紹比賽的攻防技術，同時加強鍛鍊學員的體能。學員達到羽毛球隊的技術要求時，將可獲教練推薦加入港青羽毛球隊。

Participants will further improve their badminton skills, such as high clear, footwork, smash, drop, etc... the competition tactics will be introduced and participant's physical endurance will also be emphasised. Instructor will recommend participants to join YMCA Badminton Team when they achieved the required skill requirements.

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20313	Sun, 1000-1200, 10/4-19/6 (不用上課: 24/4 No class on 24/4)	10	1260	1410	Gym.

### 港青青少年羽毛球隊

#### YMCA Youth Badminton Team (Ages 10-17)

教授學員在比賽應用已學習的技術，同時強化技術的質量，增強學員的體能和介紹相關的戰術運用。本會將安排學員參加各項公開比賽。

Participants will further develop and receive intensive training on advanced skills, competition strategies, and physical fitness. YMCA of Hong Kong will nominate participants to join Open Competition.

### 青年及成人羽毛球班

#### Youth & Adult Badminton Training Course (Ages 16 & above)

初級班 Beginner

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20314	Thur, 1830-2000, 14/4-16/6	10	890	990	Gym.
11PSC 20315	Sat, 1530-1630, 9/4-18/6 (不用上課: 23/4 No class on 23/4)	10	600	700	Gym.

改良班 Improvement

報讀要求：完成初級班

**Entry Requirement: Completed Beginners Level**

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20316	Thur, 2000-2130, 14/4-16/6	10	890	990	Gym.

**羽毛球延續班****Badminton On-Going Training Clinic**

備註：必須附上有效推薦書

Remarks: Recommendation slip required.

此羽毛球延續班特別為已有基本羽毛球技術的人士而設。學員將有機會認識其他羽毛球熱愛者，彼此切磋球技。

This on-going course is specially designed for those who have already acquired basic badminton skills. To provide a friendly environment and the opportunities for badminton lovers who would like to play match with others.

**成人羽毛球延續班****Adult Badminton On-going Training Clinic**

(Ages 18 &amp; above)

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PPS 28801	Mon, 2030-2230, 4/4-27/6 (不用上課: 25/4, 2/5, 6/6 No class on 25/4, 2/5, 6/6)	10	1010	1160	Gym.

**籃球 BASKETBALL**

授課語言：粵語輔以英語 Instruction: Cantonese supplemented with English

**幼兒籃球班****Basketball Tots (Ages 3-5)**

此課程為小朋友提供小型籃球，讓他們容易掌握籃球基本技術，教練同時設計各種遊戲，令參加者體驗籃球的樂趣。

This course provides small size basketball for children to practise their basic skills more easily, and various game drills are specially designed for children to enjoy basketball training.

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20501	Thur, 1430-1530, 14/4-16/6	10	660	760	Gym.
11PSC 20502	Thur, 1530-1630, 14/4-16/6	10	660	760	Gym.

**兒童籃球班****Children's Basketball Training Course (Ages 6-12)**

課程除了提供合適的器材及師資，讓學員學習籃球基本技術之外，學童亦可從比賽練習中學習比賽技巧及體驗團隊合作精神。

This course provides suitable equipment and coaching guidelines for children to improve their basic skills. Children will also be taught the competition techniques and to experience team co-operation through games.

(Ages 6-8)

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20503	Mon, 1630-1730, 4/4-27/6 (不用上課: 25/4, 2/5, 6/6 No class on 25/4, 2/5, 6/6)	10	660	760	Gym.
11PSC 20504	Tue, 1730-1830, 12/4-21/6 (不用上課: 10/5 No class on 10/5)	10	660	760	Gym.
11PSC 20505	Sat, 1100-1200, 9/4-18/6 (不用上課: 23/4 No class on 23/4)	10	660	760	Gym.

(Ages 9-12)

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20506	Mon, 1730-1830, 4/4-27/6 (不用上課: 25/4, 2/5, 6/6 No class on 25/4, 2/5, 6/6)	10	660	760	Gym.
11PSC 20507	Tue, 1830-1930, 12/4-21/6 (不用上課: 10/5 No class on 10/5)	10	660	760	Gym.

**室內足球 INDOOR SOCCER**

學員可於一個舒適的室內體育館學習足球的基本技術，包括控球、傳球及射門。透過特設的遊戲及訓練，讓學員學習團體精神，溝通技巧，使頭腦及身手更為靈活。Basic indoor soccer skills and techniques including dribbling, passing and shooting will be taught by our qualified instructor in our indoor gymnasium. Activities are designed to incorporate teamwork, communication, motivation, awareness and movement through games, activities and practices.

**幼兒足球班****Soccer Tots (Ages 2-5)**

授課語言：英語 Instruction: English

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20601	Mon, 1600-1700, 4/4-27/6 (不用上課: 25/4, 2/5, 6/6 No class on 25/4, 2/5, 6/6)	10	2000	2200	Gym.
11PSC 20602	Mon, 1700-1800, 4/4-27/6 (不用上課: 25/4, 2/5, 6/6 No class on 25/4, 2/5, 6/6)	10	2000	2200	Gym.
11PSC 20603	Thur, 0930-1030, 14/4-16/6	10	2000	2200	Gym.
11PSC 20604	Thur, 1030-1130, 14/4-16/6	10	2000	2200	Gym.
11PSC 20605	Fri, 1430-1530, 8/4-17/6 (不用上課: 22/4 No class on 22/4)	10	2000	2200	Gym.
11PSC 20606	Fri, 1530-1630, 8/4-17/6 (不用上課: 22/4 No class on 22/4)	10	2000	2200	Gym.

**兒童室內足球訓練班****Children's Soccer Training Course**

授課語言：英語 Instruction: English

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
(Age 6-8) 11PSC 20607	Sat, 0900-1000, 9/4-18/6 (不用上課: 23/4 No class on 23/4)	10	2000	2200	Gym.
(Age 9-11) 11PSC 20608	Sat, 1000-1100, 9/4-18/6 (不用上課: 23/4 No class on 23/4)	10	2000	2200	Gym.

**花式跳繩 ROPE SKIPPING**

授課語言：粵語輔以英語 Instruction: Cantonese supplemented with English

備註：本會將提供跳繩給學員予課程內使用。

Remarks: Skipping Rope will be provided.

**兒童及青少年花式跳繩課程****Children & Youth Rope Skipping Course (Ages 7-12)**

此課程教授個人花式、雙人花式和團體花式的技術，從而加強學員身體協調及增強肌肉耐力和心肺功能。

Skipping helps to improve body coordination and strengthening cardiovascular capacity. This class introduces the skills of skipping in single, twins and team.

初級班 Beginner

教授學員基本單人花式跳繩技術，如前、後繩及交叉繩。學員亦會學到簡單雙人及團體花式跳繩技術，從而培養團隊精神。

Basic skills of rope skipping in single, as forward; backward and crossed skipping technique will be introduced. Participants will also learn simple twins and team rope skipping skills that enhance their team spirit.

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21701	Wed, 1700-1800, 13/4-15/6	10	700	800	Sq. Crt.
11PSC 21702	Sat, 1200-1300, 9/4-18/6 (不用上課: 23/4 No class on 23/4)	10	700	800	Sq. Crt.

**改良班 Improvement**

報讀要求：學員需要達到基本課程的技術要求(包括前、後繩及交叉繩)

**Entry Requirements: Participants are required to have the basic skills on forward, backward and crossed skipping.**

此課程會教授較複雜的單人、雙人及團體花式跳繩技術，從而加強身體靈敏程度。Participants will be taught some advanced skipping techniques, in which to strengthen their agility.

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21703	Wed, 1800-1900, 13/4-15/6	10	700	800	Sq. Crt.
11PSC 21704	Sat, 1300-1400, 9/4-18/6 (不用上課: 23/4 No class on 23/4)	10	700	800	Sq. Crt.

**跆拳道 TAEKWONDO**

授課語言：粵語輔以英語 Instruction: Cantonese supplemented with English

備註：1. 費用並不包括學員制服及考試費用。

2. 如級別考試日被安排在課程期間舉行，無需參予考試之學員，將不會另作安排補課。

3. 報讀幼兒跆拳道班第二級的學員，必須穿着制服上課。

Remarks: 1. Costs of uniform, belt and grading examination are not included.  
2. If the grading examination day is scheduled during the course. Please kindly note that no make up lesson will be arranged for participants who do not require to attend the examination.  
3. Participants of Taekwondo Tots Level 2 are required to wear uniform for attending the lesson.

跆拳道乃韓國的傳統國術，著重訓練下肢腿部功夫，是一項集強身、健體、自衛的武藝運動。課程內容包括有套拳、踢腿、拳擊及擋隔技巧、自衛術及搏擊術。同時亦重視培育學員的品德及自律精神。

Taekwondo is a form of Korean Martial Arts which emphasizes lower limb training. The course consists of patterns, kicking, punching, blocking, self-defence and sparring techniques. Self-discipline and determination are one of the important aspects of training content for students.

**幼兒跆拳道班****Taekwondo Tots (Ages 3-6)**

此課程會以遊戲方式教授跆拳道的基本技巧，透過互動教學，可有助提升他們對跆拳道的興趣及建立群體學習精神。

Toddlers will learn the basic taekwondo skills through games in an interactive learning format. Social skills with their peers could be enhanced in these fun-filled taekwondo practices.

## 第一級 Level 1

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20701	Fri, 1430-1530, 8/4-24/6 (不用上課: 22/4 No class on 22/4)	11	605	705	Sq. Crt.
11PSC 20702	Sat, 1630-1730, 9/4-25/6 (不用上課: 23/4 No class on 23/4)	11	605	705	Gym.

## 第二級 Level 2

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20703	Fri, 1330-1430, 8/4-24/6 (不用上課: 22/4 No class on 22/4)	11	605	705	Sq. Crt.
11PSC 20704	Sat, 1730-1830, 9/4-25/6 (不用上課: 23/4 No class on 23/4)	11	605	705	Gym.

## 青少年跆拳道班

## Junior Taekwondo (Ages 7-14)

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20705	Sat, 1630-1830, 9/4-25/6 (不用上課: 23/4 No class on 23/4)	11	1210	1360	Gym.

## 成人跆拳道班

## Senior Taekwondo (Ages 15 &amp; above)

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20706	Sat, 1830-2030, 9/4-25/6 (不用上課: 23/4 No class on 23/4)	11	1210	1360	Gym.

## 空手道 KARATE

授課語言: 粵語輔以英語 **Instruction: Cantonese supplemented with English**

備註: 1. 費用並不包括學員制服及考試費用。  
2. 如級別考試日被安排在課程期間舉行, 無需參予考試之學員, 將不會另作安排補課。

Remarks: 1. Costs of uniform, belt and grading examination are not included.  
2. If the grading examination day is scheduled during the course. Please kindly note that no make up lesson will be arranged for participants who do not require to attend the examination.

空手道技術著重訓練上肢手部功夫, 課程內容包括有套拳, 手、肘打擊、腿擊、自由搏擊、肌肉力量訓練等, 通過武術訓練可增強學員自信, 律己修德, 並能學習個人禮待人及尊師重道之精神。

This training programme includes patterns, elbow strikes, kicking, self-defence techniques and fitness training. Karate training also helps to enhance participants' self-confidence and self-discipline.

## 兒童空手道

## Children's Karate (Ages 5-12)

## 初級班 Beginner

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20801	Sun, 1100-1200, 10/4-26/6 (不用上課: 24/4 No class on 24/4)	11	605	705	Dance Studio

## 青年及成人空手道

## Youth &amp; Adult Karate (Ages 13 &amp; above)

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20802	Sun, 1500-1630, 10/4-26/6 (不用上課: 24/4 No class on 24/4)	11	920	1020	Dance Studio

## 兒童空手道延續班

## Children's Karate On-Going Training (Ages 5-12)

報讀要求: 必須附上有效推薦書

**Entry Requirement: Recommendation slip required.**

新學員須經評核方可報名參加此延續班。詳情歡迎致電 2268 7087 向本部查詢。  
New participants should arrange a skills appraisal before admission to the scheme. Please feel free to call us at 2268 7087 for further information.

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PPS 29901	Sun, 1200-1300, 10/4-26/6 (不用上課: 24/4 No class on 24/4)	11	770	870	Dance Studio
11PPS 29902	Sun, 1300-1400, 10/4-26/6 (不用上課: 24/4 No class on 24/4)	11	770	870	Dance Studio
11PPS 29903	Sun, 1400-1500, 10/4-26/6 (不用上課: 24/4 No class on 24/4)	11	770	870	Dance Studio

## 現代武術 MODERN MARTIAL ARTS

授課語言: 粵語輔以英語 **Instruction: Cantonese supplemented with English**

備註: 費用並不包括學員制服。13 歲以下之新學員須經評核方可報名參加此班。

Remarks: Costs of uniform is not included. New participants at age below 13 should arrange a skills appraisal before admission to the course.

## 現代實戰自衛術

## Modern Practical Combat - Self Defence (Ages 13 &amp; above)

現代實戰自衛術為一套針對貼身防衛之武術, 即以手法、步法及力量三合一之結構性技擊。簡單而言就是把拳架、技擊和貼身防衛融合在一起, 以拳理為基礎, 以技擊防衛為應用。

This course provides training on self-defence skills which effectively incorporates striking, grappling, throwing, footwork, and force into an integrated combat form, with special emphasis on close-quarters fighting techniques. Using martial arts theory as its foundation, this self-defence system is highly practical and realistic in its application.

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 20901	Thur, 2000-2130, 14/4-16/6	10	790	890	Dance Studio

## 中國武術 CHINESE MARTIAL ARTS

授課語言: 粵語輔以英語 **Instruction: Cantonese supplemented with English**

(11PSC 21002, 11PSC 21003, 11PSC 21004. 只會以粵語授課, Cantonese Only)

## 中國武術 - 楊家拳 (二十四式)

## Chinese Martial Arts - Yang's Style (24 Forms) (Ages 13 &amp; above)

楊家拳乃其中一項用以強身健體的中國武術。它的特點是動作柔和, 緩慢均勻, 圓活連貫及輕靈鬆靜, 故適合男女老少學習。

This simple form of Chinese Martial Arts is a relaxed, healthy exercise style suitable for both men and women, old or young due to the softness, stillness, coherence and harmony of the exercise.

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21001	Mon, 1900-2000, 4/4-27/6 (不用上課: 25/4, 2/5, 6/6 No class on 25/4, 2/5, 6/6)	10	530	630	Sq. Crt.
11PSC 21002	Tue, 1900-2000, 12/4-28/6 (不用上課: 10/5 No class on 10/5)	11	580	680	Sq. Crt.
11PSC 21003	Thur, 1900-2000, 7/4-23/6	12	630	730	Sq. Crt.
11PSC 21004	Thur, 2000-2100, 7/4-23/6	12	630	730	Sq. Crt.

## 中國武術 - 楊家拳 (四十八式)

## Chinese Martial Arts - Yang's Style (48 Forms) (Ages 13 &amp; above)

授課語言: 粵語輔以英語 **Instruction: Cantonese supplemented with English**

(11PSC 21005, 11PSC 21006 只會以粵語授課, Cantonese Only)

報讀要求: 必須曾修讀楊家拳 (二十四式)

**Entry Requirements: Completed Yang's Style (24 Forms)**

四十八式楊家拳是以二十四式為基礎, 再善採了陳、吳、孫、武諸家之專長而組成的拳套。內容編排合理自然, 動作協調流暢。學者可從中體驗出幾個重要的不同拳派, 實是有了二十四式套拳基礎後值得補充學習的一套拳種。

Yang's Style (48 Forms) is based on the "main frame" exercise of the Yang's Style (24 Forms) and also absorbs certain elements of other styles of martial arts (Chan, Woo, Suen and Wu) to form its own characteristics. Its arrangement is sensible and natural with harmonious and smooth movement. This course is very complementary to the Yang's Style (24 Forms)

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21005	Tue, 2000-2100, 12/4-28/6 (不用上課: 10/5 No class on 10/5)	11	580	680	Dance Studio
11PSC 21006	Wed, 1900-2000, 6/4-22/6	12	630	730	Sq. Crt.
11PSC 21007	Fri, 0800-0900, 8/4-24/6 (不用上課: 22/4 No class on 22/4)	11	580	680	Dance Studio

## 中國武術－楊家拳(八十五式) Chinese Martial Arts - Yang's Style (85 Forms) (Ages 13 & above)

授課語言：粵語輔以英語 Instruction: Cantonese supplemented with English  
報讀要求：必須曾修讀楊家拳(二十四式)

### Entry Requirement: Completed Yang's Style (24 Forms)

八十五式楊家拳是繼學習了二十四式及四十八式後，意尤未盡，想更上一層樓要個痛快的一套拳種。此套八十五式更是楊家拳的精華所在。

85-Pattern provide you the essential movements of the full set Yang's Style. Once you master the 24-Pattern and 48-Pattern you will want to learn more from the 85-Pattern.

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21008	Tue, 0800-0900, 12/4-28/6 (不用上課: 10/5 No class on 10/5)	11	580	680	Dance Studio

## 木蘭拳班(二十八式徒手) Mu Lan Quan (Forms 28 Unarmed) (Ages 16 or above)

授課語言：粵語 Instruction: Cantonese

木蘭拳是一種配合柔和武術融新型健體課程。木蘭拳套路，分為二十八式(徒手)、三十八式(單扇)及四十八式(單劍)。練習木蘭拳可有助提升學員有一個健康的生活。

Mu Lan Quan is a new form of fitness exercise that is composed of martial art element. There are 3 types of Mu Lan Quan: 28 forms (unarmed), 38 forms (single fan) and 48 forms (single sword). Practicing Mu Lan Quan will enhance your healthy lifestyle.

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21009	Fri, 1200-1300, 8/4-24/6 (不用上課: 22/4 No class on 22/4)	11	580	680	Dance Studio

## 健體功夫劍(三十二式) Kung Fu Sword (32 Forms) (Ages 16 & above)

授課語言：粵語輔以英語 Instruction: Cantonese supplemented with English

本課程教授的功夫劍節奏平和，清澈平穩，剛柔並濟，具有健身價值。

Kung Fu Sword training is stable with flat speed, stable, coexistence of softness and hardness, it is doubtlessly good for improving health fitness.

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21010	Mon, 2000-2100, 4/4-27/6 (不用上課: 25/4, 2/5, 6/6 No class on 25/4, 2/5, 6/6)	10	750	850	Sq. Crt.
11PSC 21011	Fri, 0900-1000, 8/4-24/6 (不用上課: 22/4 No class on 22/4)	11	825	925	Dance Studio

## 兒童及青少年中國武術班 Children & Youth Chinese Kung Fu (Ages 6-16)

授課語言：粵語輔以英語 Instruction: Cantonese supplemented with English

備註：制服費用另計。

Remarks: Cost of uniform is not included.

武術班可加強小朋友的身體靈活度、協調性，同時透過練習可鍛鍊他們的自信心及紀律精神。

Chinese Kung Fu helps to enhance children's reaction, body coordination, self-confidence and discipline.

### 初級班 Beginner

初級班課程教授國術之基本技術如踢腿、馬步和套拳練習。

Basic kicking, horse stand training and hand form exercise practice will be taught in this level.

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21301	Sat, 1600-1730, 9/4-18/6 (不用上課: 23/4 No class on 23/4)	10	780	880	Dance Studio

### 進階班 Intermediate

此課程內容包括進一步學習套拳拳術，繼而教授兵器練習。

Advance level of hand form practice and weapon form exercise will be taught in this course.

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21302	Sat, 1730-1900, 9/4-18/6 (不用上課: 23/4 No class on 23/4)	10	780	880	Dance Studio

## 泰拳 THAI BOXING

授課語言：粵語輔以英語 Instruction: Cantonese supplemented with English

備註：費用並不包括訓練用手帶。

Remarks: Costs of hand band are not included.

教練於初班介紹正確的泰拳基本動作，學員可在學習泰拳過程當中，提高心肺功能，鍛鍊體能、磨練意志、改善身體的柔軟度及平衡、增進個人自衛能力。

The introductory course will teach the basic techniques of Thai boxing. Through the training, participants could enhance their cardiovascular capacity, strengthening physical fitness, improving your flexibility and balance which helps to increase his/her self-defence ability.

## 兒童及青年泰拳初班 Children & Youth Thai Boxing Introductory Course (Ages 6-15)

Code	Day, Time, Dates	Sessions	Mem\$	Nmem\$	Venue
11PSC 21601	Tue, 1800-1900, 12/4-21/6 (不用上課: 10/5 No class on 10/5)	10	560	660	Sq. Crt.

## 成人泰拳初班 Adult Thai Boxing Introductory Course (Ages 16 & above)

Code	Day, Time, Dates	Sessions	Mem\$	Nmem\$	Venue
11PSC 21602	Fri, 2000-2130, 8/4-17/6 (不用上課: 22/4 No class on 22/4)	10	840	940	Dance Studio



**港青體操學院  
體操課程**  
**YMCA GYMNASTICS ACADEMY  
GYMNASTICS PROGRAMME**

## 普及體操 GENERAL GYMNASTICS

## 親子體操班 Parent & Kid Gymnastics (Ages 13months-35months)

授課語言：粵語輔以英語 Instruction: Cantonese supplemented with English.

一位家長/監護人須陪同小孩上堂。

One parent/Guardian is required to accompany to child during the lesson.

Code	Day, Time, Dates	Sessions	Mem\$	Nmem\$	Venue
11PSC 21101	Sun, 1100-1200, 26/6-3/7	2	180	230	Gym.
11PSC 21102	Sun, 1200-1300, 26/6-3/7	2	180	230	Gym.

## 幼兒創意體操活動 Creative Movement with Gymnastics for Toddlers (Ages 3-5)

授課語言：粵語輔以英語 Instruction: Cantonese supplemented with English.

課程設計是讓小朋友能表現及舒發自己的創意感覺。在特設的學習過程中，他們可透過基本體操訓練，從而加強發展其身體協調能力及肌肉控制。

The programme is specially designed for young children to develop their creative expression and imagination through practicing creative movements and basic gymnastics skills. Developing motor and coordination skills, body controls are emphasized.

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21103	Sun, 1100-1200, 10/4-19/6 (不用上課: 24/4 No class on 24/4)	10	900	1000	Sq. Crt.
11PSC 21104	Sun, 1200-1300, 10/4-19/6 (不用上課: 24/4 No class on 24/4)	10	900	1000	Sq. Crt.


## 競技體操 ARTISTIC GYMNASTICS

1) 課程適合 3 至 15 歲人士參與。

Ages 3 to 15 in all level

2) 凡 6 歲或以上人士，可直接報讀水星班(第 5 級)。

For ages 6 or above participants, who can enrol Mercury (Level 5) directly.

3) 凡有  標誌的課程，報名時需連同有效的推薦書。

Valid recommendation slip is required for enrolling classes with this logo.

4) 報名時所持有之推薦書必須有效期為 6 個月內。(以發出推薦書當日日期計算)  
The valid Recommendation Slip submits for enrolment must be within the six months from the issued date.

5) 除本會更改或取消課堂 / 課程之時間，或將之延期外，否則不論任何理由，本會均不會將安排補課或退款。

There will be no make up class or refund for any absences during the training period, except for lessons / programme that are cancelled or postponed by the YMCA of Hong Kong.

6) 授課語言：粵語輔以英語

Instruction: Cantonese supplemented with English.

### 競技體操課程概覽 Artistic Gymnastics Syllabus

新秀班 (第一級) Starters (Level 1)	基礎課程系列 Fundamental Series
滾體班 (第二級) Rollers (Level 2)	
跳躍班 (第三級) Jumpers (Level 3)	
飛躍班 (第四級) Flyers (Level 4)	
水星班 (第五級) Mercury (Level 5)	持續發展課程系列 Developmental Achievement Series
金星班 (第六級) Venus (Level 6)	
火星班 (第七級) Mars (Level 7)	
木星班 (第八級) Jupiter (Level 8)	競技課程系列 Competitive Series
土星班 (第九級) Saturn (Level 9)	
天王星班 (第十級) Uranus (Level 10)	
港青體操預備隊 (第十一級) YMCA Gymnastics Junior Team (Level 11)	
港青體操隊 (第十二級) YMCA Gymnastics Team (Level 12)	

備註：每一級別參加者必須通過測試，方能報讀下一級別之課程。  
Remarks: There are assessments for each level, which instructors will evaluate for advancement.

**備註 Remarks:**

- 1) "第二級"至"第十級"之班別於每學期最後一堂均設有班際體操比賽。  
In-class gymnastic competition would be held in the last lesson for students in the Level between 2 to 10.
- 2) 港青兒童體操級別賽將每年舉辦一次，公開接受所有級別學生參加。  
YMCA Children Inter-Level Gymnastics Competition would be organized annually, which open to all levels.

### 競技體操技術測試日 Artistic Gymnastics Skill Assessment

歡迎從未參加本會競技體操課程之新學員出席  
New participants who would like to join the YMCA Artistic Gymnastics Progressive Programme are welcome to attend.  
有興趣者請於三月一日或之後於辦公時間內致電 2268 7087 與康體部預約。  
Please contact our Sports & Physical Education Unit at 2268 7087 during office hours on or after March 1st for appointment.

收費 Fee: \$30

測試日期: 三月五日及十二日(星期六), 下午一時四十五分到二時四十五分  
三月八日(星期二), 下午七時到八時  
Assessment Date: March 5<sup>th</sup> & 12<sup>th</sup> (Saturday), 1345-1445, March 8<sup>th</sup> (Tuesday), 1900-2000

備註: 1. 參加者必須預約時間, 方可進行測試。  
2. 測試者請穿著運動服裝  
Remarks: 1. Appointment for skills assessment MUST be made in advance.  
2. Participants should dress in sports suit.

### 基礎課程系列 Fundamental Series

此課程劃分為 4 個級別, 在特定的學習環境下訓練小朋友平衡力, 身體控制, 體操基礎動作, 從而加強自信心。  
4 levels would be divided in this series, programme is designed to instruct young children coordination skills, body control and fundamentals of movement developing fine and gross motor skills in a structural environment as well as to enhance their self-confidence progressively.

### 新秀班 (第一級) Starters (Level 1)

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21105	Tue, 1630-1730, 12/4-21/6 (不用上課: 10/5 No class on 10/5)	10	890	990	Gym.
11PSC 21106	Fri, 1335-1435, 8/4-17/6 (不用上課: 22/4 No class on 22/4)	10	890	990	Gym.
11PSC 21107	Sat, 0900-1000, 23/4-25/6	10	890	990	Gym.

### 滾體班 (第二級) Rollers (Level 2)

報讀要求: 完成第一級, 必須附上有效推薦書。  
Entry Requirement: Completed Level 1. Recommendation slip required.

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21108	Tue, 1525-1625, 12/4-21/6 (不用上課: 10/5 No class on 10/5)	10	890	990	Gym.
11PSC 21109	Fri, 1440-1540, 8/4-17/6 (不用上課: 22/4 No class on 22/4)	10	890	990	Gym.
11PSC 21110	Sat, 1005-1105, 23/4-25/6	10	890	990	Gym.

### 跳躍班 (第三級) Jumpers (Level 3)

報讀要求: 完成第二級, 必須附上有效推薦書。  
Entry Requirement: Completed Level 2. Recommendation slip required.

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21111	Tue, 1405-1520, 12/4-21/6 (不用上課: 10/5 No class on 10/5)	10	1120	1270	Gym.
11PSC 21112	Sat, 1110-1225, 23/4-25/6	10	1120	1270	Gym.

### 飛躍班 (第四級) Flyers (Level 4)

報讀要求: 完成第三級, 必須附上有效推薦書。  
Entry Requirement: Completed Level 3. Recommendation slip required.

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21113	Thur, 1625-1740, 14/4-16/6	10	1120	1270	Gym.
11PSC 21114	Sat, 1230-1345, 23/4-25/6	10	1120	1270	Gym.

### 持續發展課程系列 Developmental Achievement Series

此課程劃分為 3 個級別, 課程主要教授進階體操動作, 部份奧林匹克項目—自由體操及跳馬亦會在這系列教授。  
3 levels would be divided in this series, programme is designed to teach from the most basic skills to intermediate level skills before progressing towards advanced level skills. Developmental skills are taught on some Olympic events, such as Floor Exercise and Vaulting.

### 水星班 (第五級) Mercury (Level 5)

報讀要求: 適合 6 歲或以上直接報讀  
Entry Requirement: Suitable for age 6 or above to enrol directly

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21115	Tue, 1730-1900, 12/4-21/6 (不用上課: 10/5 No class on 10/5)	10	1275	1425	Gym.
11PSC 21116	Thur, 1745-1915, 14/4-16/6	10	1275	1425	Gym.
11PSC 21117	Sat, 1115-1245, 23/4-25/6	10	1275	1425	DS

### 金星班 (第六級) Venus (Level 6)

報讀要求: 完成第五級, 必須附上有效推薦書。  
Entry Requirement: Completed Level 5. Recommendation slip required.

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21118	Tue, 1730-1900, 12/4-21/6 (不用上課: 10/5 No class on 10/5)	10	1275	1425	Gym.
11PSC 21119	Thur, 1745-1915, 14/4-16/6	10	1275	1425	Gym.

## 火星班 (第七級) Mars (Level 7)

報讀要求：完成第六級，必須附上有效推薦書。

**Entry Requirement: Completed Level 6. Recommendation slip required.**

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21120	Tue, 1730-1900, 12/4-21/6 (不用上課：10/5 No class on 10/5)	10	1275	1425	Gym.
11PSC 21121	Thur, 1745-1915, 14/4-16/6	10	1275	1425	Gym.

## 競技課程系列 Competitive Series

此課程劃分為3個級別，課程主要教授高階體操動作，部份奧林匹克項目一跳馬，單槓(只適合男學員)及平衡木(只適合女學員)，亦會在這系列教授。學員必須參與港青兒童體操級別賽及建議參與公開體操比賽。

3 levels would be divided in this series, programme is designed to teach more advanced level skills. Competitive skills are taught on some Olympic events, such as Vaulting, Balance Beam (Girls only), Horizontal Bar (Boys only). Participants would be required to join the YMCA Children Inter-Level Gymnastics Competition and recommended to join the open gymnastics competition.

## 木星班 (第八級) Jupiter (Level 8)

報讀要求：完成第七級，必須附上有效推薦書。

**Entry Requirement: Completed Level 7. Recommendation slip required.**

備註：11PSC 21122, 11PSC 21123 只適合女學員報讀，11PSC 21124 只適合男學員報讀

Remarks：11PSC 21122, 11PSC 21123 For GIRLS, Only 11PSC 21124 For BOYS Only

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21122	Wed, 1715-1900, 6/4-29/6	13	1820	2000	Gym.
11PSC 21123	Wed, 1900-2045, 6/4-29/6	13	1820	2000	Gym.
11PSC 21124	Fri, 1715-1900, 1/4-24/6 (不用上課：22/4 No class on 22/4)	12	1680	1850	Gym.

## 土星班 (第九級) Saturn (Level 9)

報讀要求：完成第八級，必須附上有效推薦書。

**Entry Requirement: Completed Level 8. Recommendation slip required.**

備註：11PSC 21125, 11PSC 21126 只適合女學員報讀，11PSC 21127 只適合男學員報讀

Remarks：11PSC 21125, 11PSC 21126 For GIRLS, Only 11PSC 21127 For BOYS Only

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21125	Wed, 1715-1900, 6/4-29/6	13	1820	2000	Gym.
11PSC 21126	Wed, 1900-2045, 6/4-29/6	13	1820	2000	Gym.
11PSC 21127	Fri, 1715-1900, 1/4-24/6 (不用上課：22/4 No class on 22/4)	12	1680	1850	Gym.

## 金星班 (第十級) Venus (Level 10)

報讀要求：完成第九級，必須附上有效推薦書。

**Entry Requirement: Completed Level 9. Recommendation slip required.**

備註：11PSC 21128, 11PSC 21129 只適合女學員報讀，11PSC 21130 只適合男學員報讀

Remarks：11PSC 21128, 11PSC 21129 For GIRLS, Only 11PSC 21130 For BOYS Only

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 21128	Wed, 1715-1900, 6/4-29/6	13	1820	2000	Gym.
11PSC 21129	Wed, 1900-2045, 6/4-29/6	13	1820	2000	Gym.
11PSC 21130	Fri, 1715-1900, 1/4-24/6 (不用上課：22/4 No class on 22/4)	12	1680	1850	Gym.

## 港青體操隊及預備隊 YMCA Gymnastics Junior Team & Team

報讀要求：完成第十級，必須附上有效推薦書。

**Entry Requirement: Completed Level 10. Recommendation slip required.**

港青體操隊及預備隊必須由本會競技體操主教練推薦及成為港青會員方能參加。本會特別注重這兩隊隊員紀律及專注力。隊員必須出席預備隊每週3小時訓練及體操隊每週6小時訓練，及必須參與港青兒童體操級別賽及建議參與公開體操比賽。

Junior Team and Team are available to athletes by our Artistic Gymnastics Head Coach recommendation and YMCA members only. This disciplined sport takes strength, dedication and focus. Upper levels requires commitment with a minimum of 3 hours and 6 hours training per week for Junior Team and Team respectively. Athletes would be required to join the YMCA Children Inter-Level Gymnastics Competition and recommended to join the open gymnastics competition.

## 港青體操預備隊 (第十一級) YMCA Gymnastics Junior Team (Level 11)

## 港青體操隊 (第十二級) YMCA Gymnastics Team (Level 12)

## 攀登及歷險課程

## CLIMBING & ADVENTURE

電話 Tel	: 2268 7099
電郵 Email	: <a href="mailto:climbing@ymcchk.org.hk">climbing@ymcchk.org.hk</a>
辦公時間	: 星期一至星期五 上午十一時至下午七時正
Office Hours	: Monday - Friday 11:00am - 7:00pm
	: 星期六 上午十時至下午二時
	: Saturday 10:00am - 2:00pm

## 攀登訓練課程系列 Climbing Series

授課語言：粵語輔以英語 Instruction: Cantonese supplemented with English

## 兒童運動攀登訓練課程 Children Sport Climbing Course (Ages 6-12)

本課程旨在介紹運動攀登給兒童，學習基本攀爬技巧，與及訓練參加者之身體協調，並同時透過攀爬活動，提升參加者之信心及合作精神。

This course is designed for children who want to acquire basic climbing skills and train up their body co-ordination. Throughout the climbing activity, participants also can build up their confidence and co-operation with the others.

## 兒童及青少年運動攀登培訓少組 Children & Teenager Climbing Training Group (Ages 8-13)

此攀登培訓計劃旨在提供延續訓練予完成三級訓練班之學員，而學員除透過課程提升其體能狀況外，並可代表本會參加攀岩比賽。

The Climbing Training Group provides opportunities for participants to improve their climbing techniques and general fitness. Participants will also have the opportunity to represent YMCA to participate climbing competitions.

## 青少年運動攀登課程 Teenager Sport Climbing Training Scheme (Ages 13-17)

本課程旨在教導參加者正確的攀登概念，與及培養其攀登興趣，並建立其獨立及自信的性格。

This course provides opportunities for participants to learn the proper training techniques and climbing knowledge as well as building up their self-confidence and personal characters.