



**報名參加游泳課程須知**  
**TIPS FOR SWIMMING CLASS ENROLMENT**

- \* 需使用指定游泳課程表格報名。  
Please use specified swimming class enrolment form.
- \* 請閱讀報名表格上的細則。  
Please read the terms and conditions on the enrolment form carefully.
- \* 凡有 標誌的班級，於報名時須出示有效的成績單。  
Valid Report Slip is required for the class with when enrol.
- \* 報名時所持有之成績單必需有效期為 6 個月內。(以發出成績單當日日期起計算)  
The valid Report Slip submits for enrollment must be within the six months from the issued date.

[ 只限會員 ] 二零一一年第三季之會員參加者將獲優先報名資格。

**[Members Only] Re-Enrolment Procedures** only applies to those participants whose have enrolled in the 3rd Quarter, 2011 Progressive Swimming programme.

**如何領取成績單？**  
**How can I get the Report Slip?**

**本季參與泳班之學員**  
**Current Participants**

教練將於會員郵寄報名日期前，派發成績單、優先報名程序及其他相關資料，給學前兒童 / 青少年泳班 / 鯊漁泳班 / 泳隊預備組 / 泳隊之學員。  
Instructor will issue the Re-enrolment Information Pack together with a Report Slip to all Progressive Swimming Programmes' / On-going swimming Programmes' participants before the members' enrolment period.

**遺失成績單**  
**Lost Report Slip**

請儘早與水運部聯絡有關補領事宜。(每張補領費用 \$ 10)  
Please contact the Aquatic office for replacement procedure. (Replacement charge is \$10 per each Report Slip)

**水運部**  
**Aquatic Unit**

電話 Tel.: 2268-7023  
電郵 Email: aquatics@ymcahk.org.hk

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-06:00pm |
| 星期六                            | 上午九時至下午一時正      |
| Sat                            | 09:00am-01:00pm |
| (公眾假期除外 Except Public Holiday) |                 |

**從未參與本會泳班之新學員**  
**New participants**  
**who would like to join the YMCA Aquatic Programme**

請先閱覽課程滿額表  
**Please Check Enrolment Status Board for availability**

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預約泳術評核  
**Make appointment for Swimming Evaluation**

費用 Fee : \$20  
**(Pay at 1/F Service Counter 請往一樓服務部付款)**

請於八月二十二日或以後，  
於辦公時間致電水運部預約  
Please contact the Aquatic Unit during  
office hours **on or after August 22** for appointment.

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安排泳術評核日期  
**Schedule for Swimming Evaluation**

只供會員及非會員  
**For YMCA members & non-members**

逢星期二及四 Every Tue&Thu 1630-1800  
(公眾假期除外 Except Public Holidays)

備註：所有新參加者必須預約時間，方可進行泳術評核。  
**Remarks: Appointment for the Swimming Evaluation MUST be made in advance.**

授課語言：英語及粵語  
**Instruction : English & Cantonese**

特別備註：

1. 參加者不論任何理由缺席課堂，將**不會**安排補課或退款。
2. 不用上課日期：**5/10/2011**
3. 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。
4. 除本會更改或取消課堂 / 課程之時間，或將之延期外，否則本會將不設補堂、退款及不設另行通知。
5. 假若報名人數不足，本部有權取消該課程 / 活動，並於其課堂開班前 **7 天**內以電話通知參加者。

Remarks:

1. There will be **no** make up class or refund for any absences during the training period.
2. No class on **5 October, 2011**.
3. All YMCA of Hong Kong Swimming Coaches are swimming teacher certification holders of HKASA; or Hong Kong Swimming Coaches Association; or Hong Kong Swimming Teachers' Association.
4. Except for lessons/ programmes that are cancelled or postponed by The YMCA of Hong Kong. Otherwise, no make up or refund will be provided, and announcement/ notification will not be given.
5. YMCA of Hong Kong reserves the right to cancel any programme/course due to insufficient of enrolment. Parents will be notified by telephone **within 7 days** prior the programme commences.

## 親子游泳班 AQUA-TOTS

(Ages 6 months-18 months) (Ages 19 months-35 months)

課程旨在提供機會給家長與小孩一同分享學習水中活動的樂趣，從而增進嬰兒四肢發展。

註：須由一位家長 / 監護人陪同小孩上堂。

An opportunity for parents to share the joy of learning swimming with their child; and to enhance the child's limbs development through our basic movement skills activities. **Remarks: Each child is required to be accompanied by one Parent/Guardian during the lesson.**

## 學前兒童游泳班 PROGRESSIVE SWIMMING PROGRAMMES FOR PRE-SCHOOLERS

(Ages 3-5 yrs)

此課程分為六個級別，專為學前兒童培養良好的游泳基礎。

註：成績單將於課程期末時派發給學生。監護人須陪同學生進出更衣室。

This course will be divided into six levels; in which to build a good foundation of swimming for pre-schoolers progressively.

**Remarks: Report Slip will be given out at the end of each quarter. Parent/Guardian is required to accompany the child in the changing room before and after lesson.**

## 泳術提升小組 \* ENHANCEMENT COURSE \*

本課程旨在為學前兒童游泳班第一級至第三級之學員提供較低師生比例 (1:4) 的課堂，從而提升學員於課堂之專注力及增強與教練之間的互動。

Provided course with the class in lower ratio (1:4) was specially designed for students in Progressive Swimming Lessons For Pre-schoolers Level One to Level Three, aim to enhance the concentration and greater interaction between the coach and students.

## 兒童及少年習泳班 CHILDREN & YOUTH PROGRESSIVE SWIMMING PROGRAMMES

(Ages 5-15 yrs)

此課程專為兒童及青少年而設計一套完善的習泳計劃。一共分為十一個不同的等級，讓學生循序漸進學習四種泳式。

註：成績單將於課程期末時派發給學生。

The Progressive Swim Scheme moves participants successively through 11 levels of instruction, starting with beginners at the Otter Level and going through to Advanced Star Trek.

Remarks: Report Slips will be given out at the end of each quarter.

## 持續訓練習泳班 ON-GOING SWIMMING TRAINING PROGRAMMES

註：需由教練舉薦

**Remarks: Enrolment requires referral from instructor**

港青游泳學院於 2008 年第一季成立，務求為各會員及學員帶來更優質、有效的學習環境。當中包括新增的一年制持續訓練課程 - 鯊魚泳班，及專為有意加入青少年泳隊之學員而設的泳隊預備班。詳情請致電 2268 7023 與本部查詢。

The YMCA of Hong Kong Swimming Academy was officially launched in 1st Quarter 2008 in which to bring more improvements to our classes and to offer better services for our members. A new annual on-going level "Shark" and "Junior Swim Team" will be specially created for potential Youth Swim Team participants. Please contact at 2268 7023 for more information.

## 鯊魚泳班 Shark

(Ages 6-17 yrs)

鯊魚泳班是一年制報讀的持續性訓練課程，是為完成了精英班而又有興趣作持續訓練的學員而設。一經接納為鯊魚班學員，可於一年內由固定的教練教授及於固定的時間上課，但學費則仍以季度形式繳交（其他習泳班則維持現時每年四次報名及繳交學費）。本會希望藉此為學員提供更貼切的課程與更穩定的學習環境。

Shark level is created to accommodate participants who have successfully completed Star Trek, but who wish to continue improving their swimming skills at the Academy, or perhaps move on to competitive swimming training. This is an "annual enrolment" on-going class, which means that each Shark class participant need to enroll only once at the beginning of the year, and they can attend at the same time schedule and under the same instructor for the duration of the year. Fee payment, however, must be made quarterly.

## 泳隊預備組 Junior Swimming Team

(Ages 6-17 yrs)

港青泳隊預備組為學員提供游泳競賽的訓練，參加者必需已完成兒童及少年習泳班或由教練推薦方可加入港青泳隊預備組，為參加泳隊作好準備。

The YMCA Junior Swimming Team is a year-round class activity aimed at providing competitive swimming training to participants who have completed the YMCA Progressive Swimming Lessons, and to prepare them for admission to the Youth Swim Team.

A water test is conditional to admission, and continued enrolment is dependent on satisfactory attendance and performance, which are reviewed quarterly.

## 泳隊 Youth Swimming Team

(Ages 6-17 yrs)

港青泳隊為學員提供游泳競賽的訓練和培育全人發展，同意亦給予學員參加各比賽之機會。參加者必需已完成兒童及少年習泳班，經港青泳隊預備組或由教練推薦方可加入港青泳隊。

The YMCA Youth Swimming Team aims at giving formal competitive swimming training to youngsters who have completed the progressive swimming classes at the YMCA Swimming Academy, and to also provide them with opportunities for personal development.

## 先進組 Master Swimming Team

(Ages 18 or above)

先進組是一年制報讀的持續性訓練課程，是為有興趣作持續訓練的學員而設，經教練評核後可被推薦參加，為比賽作好準備。

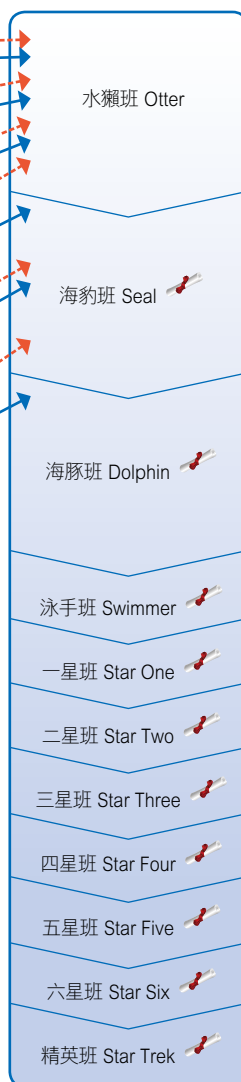
Master Swimming Team is created to accommodate participants who have successfully completed or who wish to continue improving their swimming skills at the Academy, or perhaps move on to competitive swimming training.

**學前兒童游泳課程**  
**PROGRESSIVE SWIMMING PROGRAMMES FOR PRE-SCHOOLERS**  
 (年齡 Ages 3-5 歲 yrs)



\* 另設泳術提升小組  
 ENHANCEMENT COURSE IS PROVIDED

**兒童及少年習泳課程**  
**CHILDREN & YOUTH PROGRESSIVE SWIMMING PROGRAMMES**  
 (年齡 Ages 5-15 歲 yrs)



**持續訓練習泳課程**  
**ON-GOING SWIMMING TRAINING PROGRAMMES**  
 (年齡 Ages 6-17 歲 yrs)



**青年及成人習泳班 TEEN & ADULT PROGRESSIVE SWIMMING PROGRAMMES** (Ages 16-54 yrs)

青年及成人班主要分為兩種等級，分別是初級及中級組。主要是教授捷泳，繼而學習背泳。  
 Two progressive levels are designed for teens and adults to develop the skills of front and back crawl.

**初級班 Beginners**

本級旨在使學員熟習於水中活動及透過水中浮力去學習基本俯浮、背浮的技巧，並學習捷泳之手腳配合動作。

To orient the participant to water and assist him / her to experience the buoyant qualities of water. Introduce elementary movement skills, front and back kicking with arm stroke.

**中級班 Intermediate**

學員可學習如何適應在深水中游泳的技巧以及加強捷泳及背泳技術。

註：報讀者必須為初級班參加者，或能以捷泳及背泳各游畢 15 米。

An orientation to deep water and develops proper stroke techniques of the front crawl and backstroke.

**Remarks: Applicant should complete Beginners level, or be able to swim 15 meters front crawl and 15 meters backstroke.**

**青年及成人蛙泳班 TEEN & ADULT BREASTSTROKE** (Ages 16-54 yrs)

本課程旨在教授蛙泳之呼吸和基本手腳動作配合。蛙泳之基本呼吸易於掌握，所以成為大眾愛好學習之泳式。

Breaststroke is a popular stroke for many beginners as the head is raised naturally making breathing easier. It is also an ideal survival stroke with the limbs movement occurring underwater.

**耆英蛙泳班 ELDERLY BREASTSTROKE** (Ages 55 & above)

授課語言：粵語 Instruction : Cantonese

本課程專為長者而設，主要教授蛙泳之呼吸和基本手腳動作配合。

(註：參加者無需熟習游泳)

**水中健康舞班 AQUA AEROBICS** (Ages 16 & above)

水中健康舞是既安全又湊效的體育活動。透過水中浮力的特性，特別適合在陸上運動時，關節感到過大壓力的人士。

Water Aerobics is one of the safest and effective ways to exercise. The buoyancy of water creates an ideal rehabilitation environment. Participants with joint (e.g. back or knees) problems may find these classes appropriate. Aerobics is a refreshing way to keep fit.

**耆英水療班 AQUACISE FOR THE ELDERLY** (Ages 55 & above)

授課語言：粵語 Instruction : Cantonese

本課程專為長者而設，透過水中活動及輕鬆的音樂節拍，從而令長者更有效及安全地舒展筋骨。

(註：參加者無需熟習游泳)

| 學前兒童游泳班<br>PROGRESSIVE<br>SWIMMING<br>PROGRAMMES<br>FOR PRE-<br>SCHOOLERS | 費用 Fees               | 10 堂 Lessons   |   |  |   |  |  |   | (日) Sun  |  |
|---|-----------------------|--|---|--|---|--|--|---|--|--|
|   |                       | (一) Mon  | (二) Tue   | (三) Wed  | (四) Thu   | (五) Fri  | (六) Sat  | (日) Sun   |  |  |
| 親子游泳班<br>AQUA-TOTS  | \$ 1030<br>會員<br>Memb | 10/10 - 12/12  | 11/10 - 13/12   | 12/10 - 14/12  | 6/10 - 8/12   | 7/10 - 9/12  | 8/10 - 10/12   | 9/10 - 11/12  | 10 堂 Lessons   |  |
| (年齡 Ages 6 mths - 18 個月 mths)   | 1030                  |  |   | 11PAC 40101 1500-1530  | 11PAC 40102 1000-1030   | 11PAC 40103 1500-1630  | 11PAC 40104 0800-0830<br>11PAC 40105 0900-0930   | 11PAC 40106 1300-1330<br>11PAC 40107 1700-1730  |  |  |
| (年齡 Ages 19 mths - 35 個月 mths)  | 1030                  |  |   | 11PAC 40201 1530-1600  | 11PAC 40202 1030-1100   | 11PAC 40203 1530-1600  | 11PAC 40204 0830-0900<br>11PAC 40205 0930-1000   | 11PAC 40206 1330-1400<br>11PAC 40207 1730-1800  |  |  |
| 第一級<br>Aqua-Naut Level One  | 1030                  |  |   |  |   |  | 11PAC 40319 1130-1215<br>11PAC 40320 1300-1345<br>11PAC 40321 1430-1515<br>11PAC 40322 1600-1645 | 11PAC 40324 0915-1000<br>11PAC 40325 1130-1215<br>11PAC 40326 1215-1300<br>11PAC 40327 1400-1445<br>11PAC 40328 1615-1700   |  |  |
| 第一級泳術提升小組<br>Aqua-Naut Level One Enhancement Course                       | 1500                  | 11PAC 40301 0900-0945<br>11PAC 40302 1600-1645<br>11PAC 40303 1645-1730<br>11PAC 40304 1730-1815 | 11PAC 40305 1600-1645<br>11PAC 40306 1645-1730<br>11PAC 40307 1730-1815 | 11PAC 40308 1600-1645<br>11PAC 40309 1645-1730<br>11PAC 40310 1730-1815<br>11PAC 40311 1815-1900 | 11PAC 40312 1600-1645<br>11PAC 40313 1645-1730<br>11PAC 40314 1730-1815 | 11PAC 40315 1600-1645<br>11PAC 40316 1645-1730<br>11PAC 40317 1730-1815<br>11PAC 40318 1815-1900 | 11PAC 40323 1730-1815  |   |  |  |
| 第二級<br>Aqua-Naut Level Two  | 1030                  |  |   |  |   |  |  | 11PAC 40419 1000-1045<br>11PAC 40420 1045-1130<br>11PAC 40421 1130-1215<br>11PAC 40422 1215-1300<br>11PAC 40423 1300-1345<br>11PAC 40424 1345-1430<br>11PAC 40425 1430-1515<br>11PAC 40426 1515-1600<br>11PAC 40427 1645-1730 | 11PAC 40429 0830-0915<br>11PAC 40430 1000-1045<br>11PAC 40431 1045-1130<br>11PAC 40432 1215-1300<br>11PAC 40433 1400-1445<br>11PAC 40434 1445-1530 |  |
| 第二級泳術提升小組<br>Aqua-Naut Level Two Enhancement Course                       | 1500                  | 11PAC 40401 0945-1030<br>11PAC 40402 1600-1645<br>11PAC 40403 1645-1730<br>11PAC 40404 1730-1815 | 11PAC 40405 1600-1645<br>11PAC 40406 1645-1730<br>11PAC 40407 1730-1815 | 11PAC 40408 1600-1645<br>11PAC 40409 1645-1730<br>11PAC 40410 1730-1815<br>11PAC 40411 1815-1900 | 11PAC 40412 1600-1645<br>11PAC 40413 1645-1730<br>11PAC 40414 1730-1815 | 11PAC 40415 1600-1645<br>11PAC 40416 1645-1730<br>11PAC 40417 1730-1815<br>11PAC 40418 1815-1900 | 11PAC 40428 1815-1900  |   |  |  |
| 第三級<br>Aqua-Naut Level Three  | 1030                  |  |   |  |   |  |  | 11PAC 40519 1000-1045<br>11PAC 40520 1045-1130<br>11PAC 40521 1215-1300<br>11PAC 40522 1515-1600<br>11PAC 40523 1600-1645<br>11PAC 40524 1645-1730  | 11PAC 40527 1045-1130<br>11PAC 40528 1130-1215<br>11PAC 40529 1530-1615<br>11PAC 40530 1630-1715   |  |
| 第三級泳術提升小組<br>Aqua-Naut Level Three Enhancement Course                     | 1500                  | 11PAC 40501 1030-1115<br>11PAC 40502 1600-1645<br>11PAC 40503 1645-1730<br>11PAC 40504 1730-1815 | 11PAC 40505 1600-1645<br>11PAC 40506 1645-1730<br>11PAC 40507 1730-1815 | 11PAC 40508 1600-1645<br>11PAC 40509 1645-1730<br>11PAC 40510 1730-1815<br>11PAC 40511 1815-1900 | 11PAC 40512 1600-1645<br>11PAC 40513 1645-1730<br>11PAC 40514 1730-1815 | 11PAC 40515 1600-1645<br>11PAC 40516 1645-1730<br>11PAC 40517 1730-1815<br>11PAC 40518 1815-1900 | 11PAC 40525 1730-1815  |   |  |  |
| 第四級<br>Aqua-Naut Level Four   | 1030                  |  |   |  |   |  |  | 11PAC 40603 1530-1620   | 11PAC 40604 1500-1550  |  |
| 第五級<br>Aqua-Naut Level Five   | 1030                  |  |   |  |   |  |  | 11PAC 40702 1710-1800   | 11PAC 40705 1000-1050  |  |
| 第六級<br>Aqua-Naut Level Six  | 1030                  |  |   |  |   |  |  | 11PAC 40802 1615-1705   | 11PAC 40804 1100-1150  |  |

|  | 費用 Fees   |  | (一) Mon  | (二) Tue  | (三) Wed                 | (四) Thu                 | (五) Fri                 | (六) Sat  | (日) Sun   |  |
|--|-----------|--|--|--|-------------------------|-------------------------|-------------------------|--|---|--|
|  | \$        | 會員 Mem   | 10 堂 Lessons                                       | 10 堂 Lessons                                       | 10 堂 Lessons            | 10 堂 Lessons            | 10 堂 Lessons            | 10 堂 Lessons   | 10 堂 Lessons  |  |
| 兒童及少年習泳班<br>CHILDREN & YOUTH<br>PROGRESSIVE SWIMMING<br>PROGRAMMES | 1030      | 非會員 N.Mem  | 10/10 - 12/12                                      | 11/10 - 13/12                                      | 12/10 - 14/12           | 6/10 - 8/12             | 7/10 - 9/12             | 8/10 - 10/12   | 9/10 - 11/12  |  |
|  | 1130      |  | 11PAC 41101 16:15-17:05                            | 11PAC 41102 16:30-17:20                            |                         | 11PAC 41103 17:30-18:20 |                         | 11PAC 41104 07:30-08:20<br>11PAC 41105 14:30-15:20<br>11PAC 41106 19:30-20:20                            | 11PAC 41107 08:00-08:50<br>11PAC 41108 13:00-13:50                            |  |
|  | 1030      |  |  | 11PAC 41201 17:30-18:20                            |                         | 11PAC 41202 16:30-17:20 |                         | 11PAC 41203 08:30-09:20<br>11PAC 41204 09:30-10:20<br>11PAC 41205 15:30-16:20                            | 11PAC 41206 09:00-09:50<br>11PAC 41207 15:00-15:50                            |  |
|  | 1030      |  |  | 11PAC 41301 16:30-17:20                            |                         |                         |                         | 11PAC 41303 11:30-12:20<br>11PAC 41304 20:30-21:20   | 11PAC 41305 09:00-09:50<br>11PAC 41306 12:00-12:50<br>11PAC 41307 16:00-16:50 |  |
|  | 1030      |  | 11PAC 41401 16:15-17:05                            |  |                         |                         | 11PAC 41402 17:15-18:05 | 11PAC 41403 10:30-11:20<br>11PAC 41404 18:30-19:20   | 11PAC 41405 12:00-12:50<br>11PAC 41406 20:00-20:50                            |  |
|  | 1030      |  |  |  | 11PAC 41501 16:10-17:00 | 11PAC 41502 17:30-18:20 | 11PAC 41503 17:15-18:05 |  | 11PAC 41504 07:30-08:20<br>11PAC 41505 11:30-12:20<br>11PAC 41506 16:30-17:20 | 11PAC 41507 11:00-11:50<br>11PAC 41508 17:00-17:50 |
|  | 1180      |  |  | 11PAC 41601 16:30-17:30                            |                         | 11PAC 41602 16:30-17:30 | 11PAC 41603 17:15-18:15 | 11PAC 41604 12:30-13:30<br>11PAC 41605 15:30-16:30   | 11PAC 41606 11:00-12:00<br>11PAC 41607 19:00-20:00                            |  |
|  | 1180      |  |  |  |                         | 11PAC 41701 16:30-17:30 |                         | 11PAC 41702 07:30-08:30<br>11PAC 41703 16:30-17:30   | 11PAC 41704 08:00-09:00<br>11PAC 41705 18:00-19:00                            |  |
|  | 1180      |  | 11PAC 41801 16:15-17:15                            |  |                         |                         |                         | 11PAC 41802 12:30-13:30<br>11PAC 41803 17:30-18:30   | 11PAC 41804 12:00-13:00   |  |
|  | 1180      |  |  |  | 11PAC 41901 16:10-17:10 |                         | 11PAC 41902 16:15-17:15 | 11PAC 41903 13:30-14:30<br>11PAC 41904 18:30-19:30   | 11PAC 41905 13:00-14:00   |  |
|  | 1180      |  |  | 11PAC 42001 17:30-18:30                            |                         |                         |                         | 11PAC 42002 08:30-09:30<br>11PAC 42003 12:30-13:30<br>11PAC 42004 13:30-14:30<br>11PAC 42005 17:30-18:30 | 11PAC 42006 09:00-10:00<br>11PAC 42007 14:00-15:00                            |  |
|  | 1180      |  | 11PAC 42101 17:15-18:15                            |  |                         |                         |                         | 11PAC 42102 09:30-10:30<br>11PAC 42103 14:30-15:30   | 11PAC 42104 10:00-11:00<br>11PAC 42105 14:00-15:00                            |  |
|  | 1180      |  |  | 11PAC 42201 19:30-20:30<br>11PAC 42202 20:30-21:30 |                         |                         |                         |  |   |  |
|  | 1180      |  |  | 11PAC 42301 19:30-20:30<br>11PAC 42302 20:30-21:30 |                         |                         |                         |  |   |  |
|  | 1180      |  |  | 11PAC 42401 19:30-20:30                            |                         | 11PAC 42402 10:00-11:00 |                         |  |   |  |
| 710  | 860       |  |  |  | 11PAC 42501 09:00-10:00 |                         |                         |  |   |  |
| 費用 Fees  |           | (一) Mon  | (二) Tue  | (三) Wed  | (四) Thu                 | (五) Fri                 |                         |  |   |  |
| \$   | \$        | 11 堂 Lessons   | 11 堂 Lessons                                       | 10 堂 Lessons                                       | 11 堂 Lessons            | 11 堂 Lessons            |                         |  |   |  |
| 會員 Mem   | 非會員 N.Mem | 3/10 - 12/12   | 4/10 - 13/12                                       | 12/10 - 14/12                                      | 6/10 - 15/12            | 7/10 - 16/12            |                         |  |   |  |
| 880  | 1045      | 11PAC 42601 12:15-13:15  | 11PAC 42602 18:30-19:30                            |  | 11PAC 42603 18:30-19:30 |                         |                         |  |   |  |
| 682  | 792       | 11PAC 42701 10:15-11:00  | 11PAC 42702 10:00-10:45<br>11PAC 42703 11:00-11:45 |  | 11PAC 42704 11:00-11:45 |                         |                         |  |   |  |
|  |           | 青年及成人蛙泳班<br>TEEN & ADULT<br>PROGRESSIVE<br>SWIMMING PROGRAMMES |  |  |                         |                         |                         |  |   |  |
|  |           | 青年及成人蛙泳班<br>TEEN & ADULT BREASTSTROKE                          |  |  |                         |                         |                         |  |   |  |
|  |           | 耆英蛙泳班 ELDERLY BREASTSTROKE*                                    |  |  |                         |                         |                         |  |   |  |
|  |           | 水中健康舞班 WATER AEROBICS  |  |  |                         |                         |                         |  |   |  |
|  |           | 耆英水療班 AQUACISE FOR THE ELDERLY*                                |  |  |                         |                         |                         |  |   |  |