

## 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 41701	Sat, 1200-1300, 15/10-17/12	10	740	840	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 41702	Sat, 1300-1400, 15/10-17/12	10	740	840	Sq. Crt.

## 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.

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

Code	Day, Time, Dates	Sessions	Mem\$	NMem\$	Venue
11PSC 41601	Tue, 1800-1900, 11/10-13/12	10	590	690	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 41602	Fri, 2000-2130, 14/10-16/12	10	880	980	Dance Studio

## 攀登及歷險課程 CLIMBING & ADVENTURE

電話 Tel : 2268 7099  
電郵 Email : [climbing@ymcahk.org.hk](mailto:climbing@ymcahk.org.hk)  
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

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

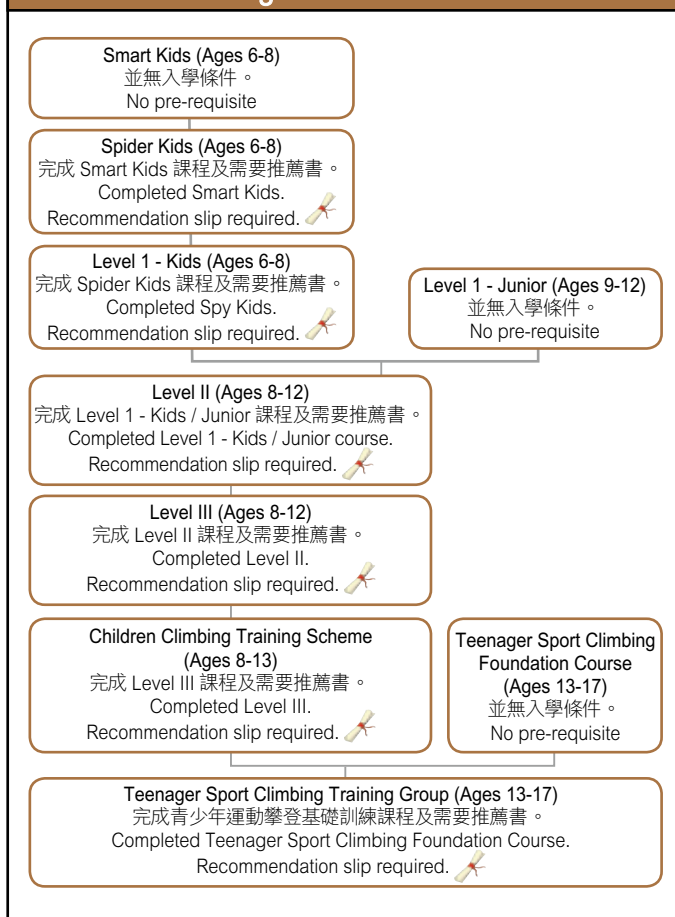
- 備註 Remarks : 1. 由本會提供攀石器材  
Climbing equipment will be provided.  
2. 有 標誌的課程，報名時須連同推薦書。  
Recommendation slip is required for the class with when enrollment.  
3. 參加者不論任何理由缺席課堂，將不會安排補課或退款。  
There will be no make up class/refund for any absences during training period.  
4. 參加者必須出席率達 80%，才可獲准考試。  
Participants must achieve 80% attendance for final examination.

衣著 Dress code : 請穿著輕便運動衫褲及薄底運動鞋  
Sports wear and thin sole sneakers

## 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**

### 兒童及青少年運動攀登訓練課程大綱 Children & Teenager Sport Climbing Programme Scheme



### 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.

## 兒童運動攀登培訓小組

### Children 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石比賽。

The Climbing Training Group provides opportunities for participants to improve their climbing techniques and general fitness. Participants will also have the opportunity to participate in climbing competitions on behalf of YMCA of Hong Kong.

## 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.

## 成人運動攀登訓練課程

### Adult Sport Climbing Course (Ages 16 & above)

## 入門訓練課程

### Introductory Course

本課程旨在介紹基本之運動攀登概念與認識，並使學員能通過本會之頂繩攀登評核。而學員通過評核後，便可自由購買入場券使用本中心之攀石場。

備註：1. 報名請到本中心二樓攀石場。

2. 學員於完成課程後可獲發一星期之攀爬證

This course will introduce basic climbing and belaying techniques in order to pass the YMCA Climbing Assessment. After successfully completing the assessment, climbers can purchase day pass tickets to the Climbing Wall during regular operational hours.

Remarks：1. Participants are required to register at the 2/F Climbing Wall counter.

2. After completion of the course, participants will be issued a weekly pass.

## 一級訓練課程

### Level 1 Climbing Course

此課程除向學員介紹基本之運動攀登概念與認識外，並會介紹及教授一些基本的攀登技巧。

This course is designed for participants who want to acquire basic climbing skills.

備註：學員於完成課程後可獲發一星期之攀爬證

Remarks：After completion of the course, participants will be issued a weekly pass.

## 二級先修訓練課程

### Level II Preparation Course

入學條件：1. 成功完成由本中心或由其他認可之香港攀石機構舉辦的運動攀登訓練課程。

2. 新學員需安排接受技術測試。

本課程特別為有興趣參加二級訓練課程人士而設，學員透過課程提升其體能狀況外，同時亦可改善攀登之技術。

Entry Requirements：1. Successfully completed Level 1 Climbing Course organized by the YMCA of HK or other authorized associations in Hong Kong.

2. Skills assessment is required for all new participants.

This course is designed for participants who want to further develop and improve their climbing skills, in order to taking Level II Course.

備註：學員需自備攀石鞋。

Remarks：Participants are required to bring their own climbing shoes.

## 二級訓練課程

### Level II Climbing Course

本課程以小組型式教授。學員會在教練的指導下，更深入認識攀登運動；並學習領攀的技巧。完成訓練後，學員可以伙伴型式作領攀方式練習。

This course is in small group training. Participants will under the supervision of our instructors to learn lead climbing techniques, as well as enhancing their climbing knowledge. After successfully completed the course, participants can practice lead climbing with their qualified partners.

入學條件：1. 成功完成由本中心或由其他認可之香港攀石機構舉辦的運動攀登訓練課程。

2. 新學員需安排接受技術測試。

Entry Requirements：1. Successfully completed Level 1 Climbing Course organized by the YMCA of HK or other authorized associations in Hong Kong.

2. Skills assessment is required for all new participants.

備註：學員需自備攀石鞋。

Remarks：Participants are required to bring their own climbing shoes.

## 個別小組訓練課程

### Private Group Training Programmes

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

攀石場亦提供由個別至小組之各類訓練課程。詳情請致電 2268 7099 與本部查詢。Private to small group climbing courses are available upon request. For enquiries please contact our unit at 2268 7099

## SPECIAL EVENTS

### 親子攀登同樂日

#### Family Climbing Fun Day

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

假如你想體驗驚險刺激的攀登運動，及希望藉此增進與子女間的溝通及信任，請勿錯過這個好機會，立即報名參加。無論你對攀登運動熟悉與否，我們資深的專業教練會從旁指導，確保你及你的子女安全。

If you want to experience the thrill of sport climbing, enhance mutual understanding and reinforce the feeling of trust with your children. Please don't miss out this chance and lets join our Climbing Fun Day. Our professional staff and instructors will provide you the guidelines to climb with fun and safely. All are welcome to join!

編號 日期 時間 截止報名日期

Code Dates Time Deadline

11PBS 41101 30/10 (SUN) 1430-1700 23/10

11PBS 42101 27/11 (SUN) 1430-1700 20/11

11PBS 43101 18/12 (SUN) 1430-1700 11/12

Fee：M\$55 / NM\$65 (Age 6-13)  
M\$70 / NM\$80 (Age 14 or above)

Target：Age 6-17 and their parents

Venue：二樓攀石牆 2/F Climbing Wall

Vacancy：30

Enquiry：2268 7099

備註：1. 參加者必須由家長陪同參與。  
2. 請穿著輕便運動衫褲及薄底運動鞋。  
3. 攀石器材將由本會提供。

Remarks：1. Children/youth must be accompanied by parent/guardian.  
2. Participants should wear sports wear and non-marking thin sole sneakers.  
3. Climbing equipment will be provided by the YMCA of Hong Kong.

### 親子攀登訓練班

#### Climb With Your Kids

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

運動攀登是強調互相信任及溝通的一項運動，所以本課程旨在讓家長和子女在輕鬆氣氛下，建立一個良好的親子關係。

Sport Climbing emphasizes on trust and communication with each other. The programme is designed for parents and their kids to build up close relationship through the activity.

編號 日期 時間 堂數

Code Dates Time Sessions

11PBS 41401 16/10-6/11 (SUN) 1230-1430 4

11PBS 42401 20/11-11/12 (SUN) 1230-1430 4

Fee：M\$790 / NM\$890 (Per Family)  
(包括一名家長及一名 6 至 12 歲子女)  
(Include 1 parent/guardian and 1 child at ages 6 to 12)

Venue：2/F, Climbing Wall

Vacancy：6 Families

Enquiry：2268 7099

備註：1. 每名參加者必須由一位家長陪同參與。  
2. 家長完成課程及通過評核後，可獲發一星期之攀爬證。  
3. 請穿著輕便運動衫褲及薄底運動鞋。  
4. 攀石器材將由本會提供。

Remarks：1. Each child/youth under 13 must be accompanied by a parent/guardian.  
2. After completion of the course and passing the assessment, parent/guardian will be issued a weekly pass.  
3. Participants should wear sports wear and non-marking thin sole shoes.  
4. Climbing equipment will be provided by the YMCA of Hong Kong.

課程編號	日期 Date	費用 Fees							課程編號	日期 Date	課程編號	(一) Mon	(二) Tue	(三) Wed	(四) Thu	(五) Fri	(六) Sat	(日) Sun
		\$	\$	會員 Mem	非會員 N/Mem	10 堂 Lessons	10 堂 Lessons	10 堂 Lessons										
兒童運動攀登訓練課程 Children Sport Climbing Course	第一級 - 入門 (Ages 6-8) Smart Kids	550	650						10/10 - 12/12	11PBC 40101	1715-1815							
									11/10 - 13/12	11PBC 40102		1715-1815						
									16/10 - 18/12	11PBC 40103								0930-1030
	Spider Kids (Ages 6-8)	680	780						10/10 - 12/12	11PBC 40104	1715-1830							
									11/10 - 13/12	11PBC 40105		1715-1830						
									16/10 - 18/12	11PBC 40106								0930-1045
	第一級 (Ages 6 - 8) Level I - Kids	680	780						11/10 - 13/12	11PBC 40107		1715-1830						
									16/10 - 18/12	11PBC 40108								1100-1215
									13/10 - 15/12	11PBC 40109			1715-1830					
第一級 (Ages 9 - 12) Level I - Junior	680	780						13/10 - 15/12	11PBC 40110					1715-1830				
								16/10 - 18/12	11PBC 40111									
								10/10 - 12/12	11PBC 40112	1715-1830							1100-1215	
第二級 (Ages 8 - 12) Level II	810	910						12/10 - 14/12	11PBC 40113				1715-1830					
								10/10 - 12/12	11PBC 40114	1715-1830								
								12/10 - 14/12	11PBC 40115				1715-1830					
第三級 (Ages 8 - 12) Level III	770	870						15/10 - 17/12	11PBC 40201									
								10/10 - 12/12	11PBC 40202									
								12/10 - 14/12	11PBC 40202									
兒童運動攀登培訓計劃 Children Climbing Training Scheme	860	960						8/10 - 17/12	11PBC 40301									
								10/10 - 12/12	11PBC 40302									
								12/10 - 14/12	11PBC 40303									
青少年運動攀登課程 Teenager Sports Climbing Scheme	695	795						15/10 - 17/12	11PBC 40304									
								8/10 - 17/12	11PBC 40304									
								10/10 - 12/12	11PBC 40405									
成人運動攀登入門訓練課程 Adult Sport Climbing Programme	800	900						1/12 - 17/12	11PBC 40406									
								1/11 - 18/11	11PBC 40302									
								1/12 - 19/12	11PBC 40303									
入門訓練課程 (Ages 16 & above) Introductory Course	\$190							12/10 - 29/10	11PBC 40301									
								1/11 - 18/11	11PBC 40302									
								1/12 - 19/12	11PBC 40303									
一級訓練課程 (Ages 16 & above) Level 1 Climbing Course	600	700						9/11 - 26/11	11PBC 40304									
								29/11 - 16/12	11PBC 40405									
								1/12 - 17/12	11PBC 40406									
二級先修訓練課程 (Ages 16 & above) Level II Preparation Course	600	700						1900-2100	11PBC 40304									
								1900-2100	11PBC 40405									
								1900-2100	11PBC 40406									
二級訓練課程 (Ages 16 & above) Level II Course	800	900						1900-2100	11PBC 40405									
								1900-2100	11PBC 40406									
								1900-2100	11PBC 40406									

## 歷險訓練課程系列 ADVENTURE TRAINING SERIES

### 陸上活動系列 LAND PROGRAMME SERIES

#### 週末親子野外體驗 Weekend Family Adventure

想與子女一同體驗野外活動？此兩日一夜的體驗式活動，包括露營、夜行等，可從而增進你與子女間之溝通及感情。

Want to gain memorable experience with your kids? Through the 2 days 1 night journey in the wild environment, (in a series of outdoor activities, like camping, night walk), the harmony and relationship between you and your children could be enhanced.

課程編號 Course Code	日期 Date	集合地點 Assembly Time/ Location	解散地點 Dismissal Time/ Location	地點 Venue
11PBS 42403	5 & 6/11 (Sat & Sun)	1420hrs 大學火車站 University MTR Station	1500hrs 大學火車站 University MTR Station	西貢荔枝莊 Sai Kung

活動語言：粵語輔以英語

Instruction：Cantonese supplemented with English

人數 Quota：8 Families

費用 Fee：M\$ 890 / NMS\$ 950 (Per Family)  
(包括一名家長及一名 6 至 12 歲子女)  
(Include 1 parent/guardian and 1 child at ages 6 to 12)  
每個家庭可額外帶一名成員 \$420  
Extra member for each family \$420

備註：費用包括所需器材、膳食及來回船費

Remarks：Use of equipments, meals and round trips ferry fee are inclusive.

#### 週末南生圍單車探索遊 Weekend Nam Sang Wai Cycling

想欣賞南生圍—香港難得一見的河塘濕地的景色？在導師的帶領下，參加者會以自行車這綠色環保的方法暢遊南生圍。欣賞美景之餘，更可享受騎自行車的樂趣。Have you ever traveled to Nam Sang Wai? With the guidance of our professional biking leaders, participants can enjoy the fun in biking and to appreciate the scenery of ponds, wetland and traditional style of streets Hong Kong.

授課語言：粵語輔以英語

Instruction：Cantonese supplemented with English

年齡 Age：16+

人數 Quota：12

費用 Fee：M\$180 / NMS\$250

活動條件：參加者須懂騎乘自行車

Entry Requirement：Participants are able to ride bicycle without any assistance device.

課程編號 Course Code	日期 Date	時間 Time	集合地點 Assembly Place	截止日期 Deadline
11PBS 43401	4/12(Sun)	10:00am-3:00pm	西鐵綫元朗站 Yuen Long Station West Rail line	27/11

備註

1. 費用已包括租用單車，並不包括交通及午餐。

2. 參加者須穿著運動服。

3. 詳細集合資料將於活動前由職員通知。

Remarks

1. Rented bicycle is included. Transportation and lunch will not be provided.

2. Participants have to wear sport apparel.

3. Assembly details would be informed before the programme date.

#### 黑夜山野歷險—鳳山觀日 Hiking Experiential Night - Lantau Peak

曾否體驗黑夜登山並欣賞大自然日出之美？此活動除了培養參加者對登山遠足運動之興趣、學習良好的登山態度及安全觀念外，更鼓勵學員關注和愛護山野環境。Do you have any experience of night hiking and watch sun rise? Through learning the skills and safety concept of night hiking, participants can build up their interest of night mountaineering and enjoy the fun of hiking.

授課語言：粵語輔以英語

Instruction：Cantonese supplemented with English

年齡 Age：18+

人數 Quota：16

費用 Fee：M\$210 / NMS\$280

課程編號 Course Code	日期 Date	時間 Time	路線 Route
11PBS 42404	12/11(Sat)- 13/11(Sun)	9:30pm-10:00am	東涌(乘車)→伯公坳→鳳凰山→昂坪 Tung Chung(by Bus)→Pak Kung Au→ Lantau Peak→Ngong Ping

備註

1. 費用不包括交通。

2. 集合時間及地點將於活動前由職員通知。

3. 參加者須穿著運動服。

Remarks

1. Transportation will not be included.

2. The assembly time would be informed before the programme date.

3. Participants have to wear sport apparel.

#### 飛躍道訓練課程 Parkour Training Course

飛躍道是源於法國。它是一項沒特定場地及規則的運動。學員將自創方法與路線由一邊越過或跳過障礙到另一邊地方，建立創意與堅持信念的主義。此運動訓練學員身手及創意，更鼓勵自主行為及率性的思考方式。

Parkour is a physical discipline of French origin that participants attempt to get over obstacles in their most efficient way possible. The object of Parkour is to get from one place to another with creativity and agility. Specific Parkour moves and jumping would be used in the progress.

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

此課程教授飛躍道基本概念及移動技巧，學員在充足的保護設施下一同進行肌肉適能訓練，從而提昇學員的體能及發掘個人潛能，在互相支持下一起完成所有訓練。課程會按學員的能力而作出調適，以傳承“Start together, finish together”之不朽精神。

This course introduces Parkour basic concept and movement, it also promotes the initial of creativity and the concept of "to be and to last". With all the safety equipments; participants will train up their muscle and fitness, as well as to explore their own potential, so as to reach the principle of "we start together, finish together".

### 海上活動系列 SEA PROGRAMME SERIES

#### 大自然帆船體驗之旅

如果你想要浪漫柔情，那麼一定要去玩帆船，如果你想要驚險刺激，那也請你去玩帆船。沒有任何其他運動，能夠像帆船一樣，讓你與大自然，與海洋深刻地融入……

此活動讓參加者於週末共渡一個帆船旅程。在導師及本會職員帶領下，一同駕駛一艘 13.15 米長的帆船於海中，藉此增進彼此感情及加深了解。

If you want to have a romantic experience and landmark with your family or friends, sailing must be the choice! Through sailing the 13.15metre long boat together with our professional instructor and staff, participants can improve mutual understand as well as the relationships in the journey.

#### 親子揚帆週末體驗 Sail with Your Kids

活動語言：粵語輔以英語

Instruction：Cantonese supplemented with English

人數 Quota：5 Families

費用 Fee：M\$820 / NMS\$890 (Per Family)

(包括一名家長及一名 6 至 12 歲子女)  
(Include 1 parent/guardian and 1 child at ages 6 to 12)

課程編號 Course Code	日期 Date	時間 Time	活動 Activity	地點 Venue	截止日期 Deadline
11PBS 41402	17/11	7:30pm-8:30pm	Pre-Trip Meeting	YMCA, TST	6/11
	20/11	9:30pm-5:30pm	Sailing Journey	Pak Sha Wan, Sai Kung	

備註：1. 每名未滿十三歲之參加者必須由一名家長陪同參與

2. 請穿著輕便運動衫褲及薄底運動鞋

3. 對帆船有興趣之人士

4. 參加者須自備食物

Remarks：1. Each child/youth under 13 must be accompanied by a parent/guardian.

2. Participants should wear sports wear and non-marking thin sole shoes.

3. Participants must be interested in sailing.

4. Food will not be provided.