

# 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@ymcakhk.org.hk  
網頁 Website : www.ymcakhk.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 through a comprehensive swimming programme that caters to the needs of different life stages, from infants to masters. We provide a safe and hygienic environment where participants develop perseverance, self-confidence, positive energy and teamwork through a comprehensive curriculum to improve themselves 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] 參與二零二三年第四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 2023 4<sup>th</sup> 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	持續課程 On-going Programmes	成人班 Adult Programmes
<b>嬰兒游泳班</b> Infants Ages 6-35 months 親子游泳班 Aqua-tots Ages 6-18 months 親子游泳班 Aqua-tots Ages 19-35 months <b>學前兒童班</b> Pre-Schoolers Ages 3-5 學前兒童第一級 Aqua-nauts Level One 學前兒童第二級 Aqua-nauts Level Two 學前兒童第三級 Aqua-nauts Level Three 學前兒童第四級 Aqua-nauts Level Four 學前兒童第五級 Aqua-nauts Level Five 學前兒童第六級 Aqua-nauts Level Six	<b>兒童及少年游泳班</b> Children & Youth Ages 6-15 水獺班 Otter 海豹班 Seal 海豚班 Dolphin 一星班 Star One 二星班 Star Two 三星班 Star Three 四星班 Star Four 五星班 Star Five 六星班 Star Six <b>精英訓練</b> Ages 6-17 Elite Training 泳隊 C 組 Swim Team C 泳隊 B 組 Swim Team B 泳隊 A 組 Swim Team A <b>成人精英訓練</b> Ages 18+ Adult Elite Training 先進精英游泳隊 Masters Elite Swim Team <b>青少年訓練</b> Ages 9-17 Youth Training 鯖鯊班 Mako Shark 雙髻鯊班 Hammerhead Shark 大白鯊班 Great White Shark	<b>青年及成人游泳</b> Ages 16-54 Teen & Adult Swimming 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 <b>先進游泳 / 水健班</b> Ages 55+ Master Swim/Aquacise 先進游泳 Master Swimming 先進水中健體 Master Aquacise 先進水中健康舞 Master Aqua Aerobics

### 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 : \$40 (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 2023年11月20日至12月6日 Schedule for Swimming Assessment: from 20 November to 6 December, 2023

備註 Remarks :  
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

- 🏊 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
- 報名程序現於網上進行，報名詳情請參考 P.4-6。  
An online enrolment platform is available, please refer to P.4-6 for more details.
- 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，學費將按比例退回至學員的電子錢包。學員若缺席補課，將不會安排退款。  
If any lesson is cancelled due to inclement weather or other special circumstances, we reserve the right to arrange a make-up class on a designated date and time. If no make-up class can be arranged, fees paid will be refunded to participant E-Wallet on pro-rate basis after the completion of the programme. No refund will be provided for absences from the make-up class.
- 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.

## 港青游泳學院 Swimming Academy

### 親子游泳班 Aqua-tots (Ages 6-18 months)

感受浮力、鍛練腿部肌肉、學習平衡

Introduction to buoyancy, develop leg strength, balance in water



編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SATOTA 010101	Wed (10/1-20/3)	11:45-12:15	11	\$1,958	\$2,255
24SATOTA 010102	Sat (13/1-23/3) No class 10/2	09:30-10:00	10	\$1,780	\$2,050
24SATOTA 010103	Sun (14/1-24/3)	12:00-12:30	10	\$1,780	\$2,050
24SATOTA 010104	No class 11/2	15:15-15:45	10	\$1,780	\$2,050

備註 Remarks: 一位家長 / 監護人須陪同嬰兒上堂, 嬰兒必須穿著紙泳褲

One parent / guardian is required to accompany the child during the lesson, child must wear swimmer diaper

### 親子游泳班 Aqua-tots (Ages 19-35 months)

背浮、踢腳、吹泡換氣、水底拾物件

Floating, kicking, breath exchange and retrieving objects underwater

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SATOCB 010201	Wed (10/1-20/3)	11:15-11:45	11	\$1,958	\$2,255
24SATOCB 010202	Sat (13/1-23/3) No class 10/2	08:30-09:00	10	\$1,780	\$2,050
24SATOCB 010203		09:00-09:30	10	\$1,780	\$2,050
24SATOCB 010204	Sun (14/1-24/3) No class 11/2	14:30-15:00	10	\$1,780	\$2,050
24SATOCB 010205		12:30-13:00	10	\$1,780	\$2,050
24SATOCB 010206		15:45-16:15	10	\$1,780	\$2,050
24SATOCB 010207		16:15-16:45	10	\$1,780	\$2,050

備註 Remarks: 一位家長 / 監護人須陪同嬰兒上堂, 嬰兒必須穿著紙泳褲

One parent / guardian is required to accompany the child during the lesson, child must wear swimmer diaper



## 孕婦水中健體班 AQUANATAL CLASS

歡迎懷孕12-32週的女士報名參加!  
Ladies who are 12-32 weeks pregnant are welcome!

- 放鬆全身肌肉 **Muscle relaxation**
- 改善抽筋問題 **Relieve pregnancy cramps**
- 增進睡眠質素 **Improve sleep quality**



### 學前兒童游泳班第一級泳術提升班【小班教學 (1:4)】

#### Aqua-naut Level One Enhancement Course (Ages 3-5) 【Small class teaching (1:4)】

水中呼吸、基本打腿、俯伏浮身。

Breathing in water, basic flutter kick, face-down flotation

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SANAAT 010101	Mon (8/1-25/3) No class 12/2	17:45-18:30	11	\$2,640	\$3,080
24SANAAT 010102	Thu (11/1-21/3)	17:00-17:45	11	\$2,640	\$3,080
24SANAAT 010103	Sat (13/1-23/3) No class 10/2	10:00-10:45	10	\$2,400	\$2,800
24SANAAT 010104		10:45-11:30	10	\$2,400	\$2,800
24SANAAT 010105		11:30-12:15	10	\$2,400	\$2,800
24SANAAT 010106		12:15-13:00	10	\$2,400	\$2,800
24SANAAT 010107		13:00-13:45	10	\$2,400	\$2,800
24SANAAT 010108		13:45-14:30	10	\$2,400	\$2,800
24SANAAT 010109		16:30-17:15	10	\$2,400	\$2,800
24SANAAT 010110		Sun (14/1-24/3) No class 11/2	09:00-09:45	10	\$2,400
24SANAAT 010111	09:45-10:30		10	\$2,400	\$2,800
24SANAAT 010112	10:30-11:15		10	\$2,400	\$2,800
24SANAAT 010113	11:15-12:00		10	\$2,400	\$2,800
24SANAAT 010114	13:00-13:45		10	\$2,400	\$2,800
24SANAAT 010115	14:30-15:15		10	\$2,400	\$2,800

### 學前兒童游泳班第二級泳術提升班【小班教學 (1:4)】

#### Aqua-naut Level Two Enhancement Course (Ages 3-5) 【Small class teaching (1:4)】

水中閉氣、自行打腿、俯伏後自行站立、受協助仰臥浮身

Breath holding, flutter kick, return to vertical from floating, assisted face-up flotation

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SANABT 010201	Mon (8/1-25/3) No class 12/2	16:15-17:00	11	\$2,640	\$3,080
24SANABT 010202	Thu (11/1-21/3)	16:15-17:00	11	\$2,640	\$3,080
24SANABT 010203	Sat (13/1-23/3) No class 10/2	10:00-10:45	10	\$2,400	\$2,800
24SANABT 010204		10:45-11:30	10	\$2,400	\$2,800
24SANABT 010205		11:30-12:15	10	\$2,400	\$2,800
24SANABT 010206		11:30-12:15	10	\$2,400	\$2,800
24SANABT 010207		12:15-13:00	10	\$2,400	\$2,800
24SANABT 010208		13:00-13:45	10	\$2,400	\$2,800
24SANABT 010209		13:45-14:30	10	\$2,400	\$2,800
24SANABT 010210		15:00-15:45	10	\$2,400	\$2,800
24SANABT 010211		15:45-16:30	10	\$2,400	\$2,800
24SANABT 010212		16:30-17:15	10	\$2,400	\$2,800

24SANABT 010213	Sun (14/1-24/3) No class 11/2	09:00-09:45	10	\$2,400	\$2,800
24SANABT 010214		10:30-11:15	10	\$2,400	\$2,800
24SANABT 010215		13:00-13:45	10	\$2,400	\$2,800
24SANABT 010216		13:45-14:30	10	\$2,400	\$2,800

### 學前兒童游泳班第三級泳術提升班【小班教學 (1:4)】

#### Aqua-naut Level Three Enhancement Course

(Ages 3-5) 【Small class teaching (1:4)】

俯伏浮身打腿 5 米、仰臥浮身  
Face-down kick 5m, back float

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem	
24SANACT 010301	Mon (8/1-25/3) No class 12/2	17:00-17:45	11	\$2,640	\$3,080	
24SANACT 010302	Thu (11/1-21/3)	17:45-18:30	11	\$2,640	\$3,080	
24SANACT 010303	Sat (13/1-23/3) No class 10/2	10:00-10:45	10	\$2,400	\$2,800	
24SANACT 010304		10:45-11:30	10	\$2,400	\$2,800	
24SANACT 010305		12:15-13:00	10	\$2,400	\$2,800	
24SANACT 010306		13:00-13:45	10	\$2,400	\$2,800	
24SANACT 010307		15:00-15:45	10	\$2,400	\$2,800	
24SANACT 010308		15:45-16:30	10	\$2,400	\$2,800	
24SANACT 010309		Sun (14/1-24/3) No class 11/2	09:45-10:30	10	\$2,400	\$2,800
24SANACT 010310			11:15-12:00	10	\$2,400	\$2,800
24SANACT 010311	13:45-14:30		10	\$2,400	\$2,800	
24SANACT 010312	14:30-15:15		10	\$2,400	\$2,800	

### 學前兒童游泳班第四級

#### Aqua-naut Level Four

(Ages 3-5)

閉氣捷泳 5 米、仰浮踢腳 2-3 米  
5m front crawl hold breath, 2-3m back kick



編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SANADT 010401	Mon (8/1-25/3) No class 12/2	16:15-17:15	11	\$2,332	\$2,750
24SANADT 010402	Sat (13/1-23/3) No class 10/2	10:30-11:30	10	\$2,120	\$2,500
24SANADT 010403		14:30-15:30	10	\$2,120	\$2,500
24SANADT 010404	Sun (14/1-24/3) No class 11/2	13:30-14:30	10	\$2,120	\$2,500

### 學前兒童游泳班第五級

#### Aqua-naut Level Five (Ages 3-5)

捷泳 10 米、仰浮踢腳 5 米  
10m front crawl, 5m back kick

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SANAET 010501	Sat (13/1-23/3) No class 10/2	12:30-13:30	10	\$2,120	\$2,500
24SANAET 010502	Sun (14/1-24/3) No class 11/2	14:30-15:30	10	\$2,120	\$2,500

### 學前兒童游泳班第六級

#### Aqua-naut Level Six (Ages 3-5)

捷泳 15 米、背泳踢腳 10 米  
15m front crawl, 10m back kick

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SANAFT 010601	Sat (13/1-23/3) No class 10/2	12:30-13:30	10	\$2,120	\$2,500
24SANAFT 010602	Sun (14/1-24/3) No class 11/2	11:30-12:30	10	\$2,120	\$2,500

**6 - 35 months BB 玩水樂園**  
**BABY SPLASH WONDERLAND**

- 讓孩子適應水性 **Acclimate children to water**
- 促進親子關係 **Promote parent-child relationship**
- 掌握水中身體的基本活動 **Master basic body movements in water**
- 有助小朋友增進四肢發展 **Help children improve limb development**



### 兒童及少年習泳水獺班

#### Children & Youth Otter (Ages 6-15)

閉氣 10 秒、捷泳閉氣游 8 米、  
仰臥浮身 5 秒  
10 sec hold breath,  
8m front crawl hold breath,  
5 sec back float



編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SACHOT 010001	Wed (10/1-20/3)	16:15-17:15	11	\$2,332	\$2,750
24SACHOT 010002	Fri (12/1-22/3) No class 9/2	16:00-17:00	10	\$2,120	\$2,500
24SACHOT 010003		14:30-15:30	10	\$2,120	\$2,500
24SACHOT 010004	Sat (13/1-23/3) No class 10/2	15:30-16:30	10	\$2,120	\$2,500
24SACHOT 010005		16:30-17:30	10	\$2,120	\$2,500
24SACHOT 010006	Sun (14/1-24/3) No class 11/2	11:30-12:30	10	\$2,120	\$2,500
24SACHOT 010007		13:30-14:30	10	\$2,120	\$2,500

**兒童及少年習泳海豹班**
**Children & Youth Seal (Ages 6-15)**

 捷泳 15 米、背泳踢腳 10 米  
 15m front crawl, 10m back kick

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SACHSE 010001	Tue (9/1-26/3) No class 13/2	17:30-18:30	11	\$2,332	\$2,750
24SACHSE 010002	Fri (12/1-22/3) No class 9/2	16:00-17:00	10	\$2,120	\$2,500
24SACHSE 010003	Sat (13/1-23/3) No class 10/2	10:30-11:30	10	\$2,120	\$2,500
24SACHSE 010004		13:30-14:30	10	\$2,120	\$2,500
24SACHSE 010005		15:30-16:30	10	\$2,120	\$2,500
24SACHSE 010006	Sun (14/1-24/3) No class 11/2	08:30-09:30	10	\$2,120	\$2,500
24SACHSE 010007		10:30-11:30	10	\$2,120	\$2,500
24SACHSE 010008		14:30-15:30	10	\$2,120	\$2,500
24SACHSE 010009		15:30-16:30	10	\$2,120	\$2,500

**兒童及少年習泳海豚班**
**Children & Youth Dolphin (Ages 6-15)**

 捷泳 25 米、背泳 25 米  
 25m front crawl, 25m back crawl

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SACHDO 010001	Wed (10/1-20/3)	17:15-18:15	11	\$2,332	\$2,750
24SACHDO 010002	Thu (11/1-21/3)	17:30-18:30	11	\$2,332	\$2,750
24SACHDO 010003	Sat (13/1-23/3) No class 10/2	09:30-10:30	10	\$2,120	\$2,500
24SACHDO 010004		12:30-13:30	10	\$2,120	\$2,500
24SACHDO 010005		14:30-15:30	10	\$2,120	\$2,500
24SACHDO 010006	Sun (14/1-24/3) No class 11/2	09:30-10:30	10	\$2,120	\$2,500
24SACHDO 010007		10:30-11:30	10	\$2,120	\$2,500
24SACHDO 010008		11:30-12:30	10	\$2,120	\$2,500
24SACHDO 010009		13:30-14:30	10	\$2,120	\$2,500
24SACHDO 010010		17:30-18:30	10	\$2,120	\$2,500

**兒童及少年習泳一星班**
**Children & Youth Star One (Ages 6-15)**

 捷泳 50 米、背泳 50 米、學習基本蛙腳  
 50m front crawl, 50m back crawl, introduction to breaststroke kick

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SACHAS 010101	Thu (11/1-21/3)	16:30-17:30	11	\$2,332	\$2,750
24SACHAS 010102	Sat (13/1-23/3) No class 10/2	11:30-12:30	10	\$2,120	\$2,500
24SACHAS 010103		13:30-14:30	10	\$2,120	\$2,500
24SACHAS 010104		14:30-15:30	10	\$2,120	\$2,500
24SACHAS 010105	Sun (14/1-24/3) No class 11/2	09:30-10:30	10	\$2,120	\$2,500
24SACHAS 010106		15:30-16:30	10	\$2,120	\$2,500

**兒童及少年習泳二星班**
**Children & Youth Star Two (Ages 6-15)**

 捷泳 50 米、背泳 50 米、學習基本蛙式  
 50m front crawl, 50m back crawl, introduction to breaststroke

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SACHBS 010201	Thu (11/1-21/3)	16:30-17:30	11	\$2,332	\$2,750
24SACHBS 010202	Sat (13/1-23/3) No class 10/2	08:30-09:30	10	\$2,120	\$2,500
24SACHBS 010203		12:30-13:30	10	\$2,120	\$2,500
24SACHBS 010204		15:30-16:30	10	\$2,120	\$2,500
24SACHBS 010205	Sun (14/1-24/3) No class 11/2	09:30-10:30	10	\$2,120	\$2,500
24SACHBS 010206		12:30-13:30	10	\$2,120	\$2,500
24SACHBS 010207		16:30-17:30	10	\$2,120	\$2,500

**兒童及少年習泳三星班**
**Children & Youth Star Three (Ages 6-15)**

 捷泳 10 米、背泳 10 米、蛙式 50 米  
 10m front crawl, 10m back crawl, 50m breaststroke

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SACHCS 010301	Mon (8/1-25/3) No class 12/2	17:15-18:15	11	\$2,332	\$2,750
24SACHCS 010302	Fri (12/1-22/3) No class 9/2	16:00-17:00	10	\$2,120	\$2,500
24SACHCS 010303	Sat (13/1-23/3) No class 10/2	08:30-09:30	10	\$2,120	\$2,500
24SACHCS 010304		13:30-14:30	10	\$2,120	\$2,500
24SACHCS 010305		16:30-17:30	10	\$2,120	\$2,500
24SACHCS 010306	Sun (14/1-24/3) No class 11/2	14:30-15:30	10	\$2,120	\$2,500

## 兒童及少年習泳四星班

### Children & Youth Star Four (Ages 6-15)

捷泳 10 米、背泳 10 米、蛙式 10 米、蝶腳 15 米  
10m front crawl, 10m back crawl, 10m breaststroke, 15m butterfly kick

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SACHGS 010401	Thu (11/1-21/3)	17:30-18:30	11	\$2,332	\$2,750
24SACHGS 010402	Sat (13/1-23/3) No class 10/2	09:30-10:30	10	\$2,120	\$2,500
24SACHGS 010403		11:30-12:30	10	\$2,120	\$2,500
24SACHGS 010404	Sun (14/1-24/3) No class 11/2	12:30-13:30	10	\$2,120	\$2,500

## 兒童及少年習泳五星班

### Children & Youth Star Five (Ages 6-15)

捷泳 10 米、背泳 10 米、蛙式 10 米、蝶式 15 米  
10m front crawl, 10m back crawl, 10m breaststroke, 15m butterfly

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SACHES 010501	Tue (9/1-26/3) No class 13/2	16:30-17:30	11	\$2,332	\$2,750
24SACHES 010502	Fri (12/1-22/3) No class 9/2	17:00-18:00	10	\$2,120	\$2,500
24SACHES 010503	Sat (13/1-23/3) No class 10/2	10:30-11:30	10	\$2,120	\$2,500
24SACHES 010504	Sun (14/1-24/3) No class 11/2	08:30-09:30	10	\$2,120	\$2,500
24SACHES 010505		12:30-13:30	10	\$2,120	\$2,500

## 兒童及少年習泳六星班

### Children & Youth Star Six (Ages 6-15)

捷泳 200 米、背泳 10 米、蛙式 10 米、蝶式 25 米  
200m front crawl, 10m back crawl, 10m breaststroke, 25m butterfly

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SACHFS 010601	Fri (12/1-22/3) No class 9/2	17:00-18:00	10	\$2,120	\$2,500
24SACHFS 010602	Sat (13/1-23/3) No class 10/2	11:30-12:30	10	\$2,120	\$2,500
24SACHFS 010603	Sun (14/1-24/3) No class 11/2	10:30-11:30	10	\$2,120	\$2,500

## 水中膝健班 及 水中腰背班 NEW!

### AQUA AEROBICS FOR KNEES AND LOWER BACK



- 強化膝關節周邊肌肉  
**Strengthen muscles surrounding knee joint**
- 改善功能性活動障礙  
**Relieve functional mobility disorder**
- 預防膝關節痛 **Prevent arthritis**
- 重點練習核心肌肉穩定力  
**Practice for Core muscle stability**
- 改善姿勢 **Improve posture**
- 預防腰痛 **Prevent Lower Back Pain**



歡迎致電水運部熱線 2268 7010 了解詳情! Call us via 2268 7010 to know more!

## 成人習泳班 Adult Swimming (Ages 16 or above)

### 初級班

#### Beginners Class

基本俯浮、背浮、基本捷泳、背泳  
Introduction to buoyancy, front and back floating, kicking, arm strokes

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
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#### 青年及成人班 Teen & Adult (Ages 16-54)

24SAADTB 010101	Tue (9/1-26/3) No class 13/2	19:30-20:30	11	\$2,288	\$2,695
24SAADTB 010102	Wed (10/1-20/3)	10:00-11:00	11	\$2,288	\$2,695
24SAADTB 010103	Thu (11/1-21/3)	15:00-16:00	11	\$2,288	\$2,695
24SAADTB 010104	Sun (14/1-24/3) No class 11/2	18:30-19:30	10	\$2,080	\$2,450
24SAADTB 010105		19:30-20:30	10	\$2,080	\$2,450

#### 女子班 Ladies (Ages 16-54)

24SAADLB 010101	Tue (9/1-26/3) No class 13/2	20:30-21:30	11	\$2,288	\$2,695
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#### 先進班 Master (Ages 55 or above)

24SAADMB 010101	Tue (9/1-26/3) No class 13/2	12:15-13:15	11	\$1,452	\$1,760
24SAADMB 010102	Wed (10/1-20/3)	09:00-10:00	11	\$1,452	\$1,760
24SAADMB 010103		10:00-11:00	11	\$1,452	\$1,760

### 中級班

#### Intermediate Class

適應深水游泳、加強捷泳、背泳及蛙泳技術  
Orientation to deep water, develop techniques of front, back crawl and breaststroke

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
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#### 青年及成人班 Teen & Adult (Ages 16-54)

24SAADTI 010201	Tue (9/1-26/3) No class 13/2	18:30-19:30	11	\$2,288	\$2,695
24SAADTI 010202		19:30-20:30	11	\$2,288	\$2,695

#### 先進班 Master (Ages 55 or above)

24SAADMI 010201	Wed (10/1-20/3)	09:00-10:00	11	\$1,452	\$1,760
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備註 Remarks: 報讀者必須完成初級班, 或能以任何兩種泳式游畢 25 米  
Applicants should have completed Beginners level, or be able to swim 25m of any two strokes

### 高級班

#### Advanced Class

鞏固所有泳式技術 Strengthen and consolidate technique of all strokes

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
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#### 青年及成人班 Teen & Adult (Ages 16-54)

24SAADTA 010301	Tue (9/1-26/3) No class 13/2	20:30-21:30	11	\$2,288	\$2,695
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備註 Remarks: 報讀者必須完成中級班, 或能以任何三種泳式游畢 50 米  
Applicants should have completed Intermediate level, or be able to swim 50m of any three strokes

## 水中健康舞班

### Aqua Aerobics (Ages 16 or above)

加有水阻力的中、高強度帶氧運動  
Medium to high intensity aerobics with water resistance



編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SAAQUA 010001	Tue (9/1-26/3) No class 13/2	18:30-19:30	11	\$1,848	\$2,255
24SAAQUA 010002	Thu (11/1-28/3)	18:30-19:30	12	\$2,016	\$2,460

## 先進水中健康舞班

### Master Aqua Aerobics (Ages 55 or above)

加有水阻力的中、高強度帶氧運動  
Medium to high intensity aerobics with water resistance



編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SAAAMA 010001	Mon (8/1-25/3) No class 12/2	14:00-15:00	11	\$1,452	\$1,760
24SAAAMA 010002	Wed (10/1-27/3)	11:15-12:15	12	\$1,584	\$1,920
24SAAAMA 010003	Fri (12/1-22/3)	11:15-12:15	11	\$1,452	\$1,760

## 水中健體深水訓練班

### Aqua Aerobics Deep Water Training (Ages 16 or above)

本課程是著重高強度帶氧訓練，深水跑步訓練可以改善耐力，減輕關節壓力  
This course focuses on high-intensity aerobic training and deep water running to help improve endurance and reduce joint stress.

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SAAQDA 010001	Thu (11/1-28/3)	19:30-21:00	12	\$2,976	\$3,420

備註 Remarks: 報讀者需懂泳術或曾參加水中健康舞班  
Applicants must be able to swim or have previous experience of Aqua Aerobics class.

## 先進水中健體班

### Master Aquacise (Ages 55 or above)

加有水阻力的低強度帶氧運動，輕鬆地舒展筋骨  
Low intensity stretching and aerobics with water resistance

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SAAQMA 010001	Tue (9/1-26/3) No class 13/2	10:00-11:00	11	\$1,452	\$1,760
24SAAQMA 010002		11:15-12:15	11	\$1,452	\$1,760
24SAAQMA 010003	Thu (11/1-28/3)	10:00-11:00	12	\$1,584	\$1,920
24SAAQMA 010004		11:00-12:00	12	\$1,584	\$1,920
24SAAQMA 010005	Fri (12/1-22/3)	12:15-13:15	11	\$1,452	\$1,760
24SAAQMA 010006		13:15-14:15	11	\$1,452	\$1,760

## 水中伸展班

### Aqua-Stretching (Ages 16 or above)

幫助肌肉放鬆、改善慢性疼痛及纖維肌痛  
Enhance muscle relaxation, improve chronic pain or fibromyalgia

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SAAQAS 010001	Tue (9/1-26/3) No class 13/2	19:00-20:00	11	\$2,288	\$2,695
24SAAQAS 010002	Thu (11/1-28/3)	12:00-13:00	12	\$2,496	\$2,940

## 持續游泳課程

### On-going Swimming Programmes

#### 青少年鯊魚訓練班

### Youth Shark Training Programmes (Ages 9-17)

鯊魚泳班是為完成游泳學院習泳課程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

The Shark Programme is for participants who have completed our Swimming Academy's Progressive Swimming Programme and are interested in continuous training. Participants enrol once a year and attend the class on a fixed schedule with the same instructor throughout the year. Payments will be made on a quarterly basis.

#### 鯖鯊班

### Mako Shark

四式技術改良、耐力訓練

Refinement of all four competitive strokes, endurance training

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SAOGMK 010101	Fri (12/1-22/3) No class 9/2	19:00-20:00	10	\$2,120	\$2,500
24SAOGMK 010102	Sat (13/1-23/3) No class 10/2	09:30-10:30	10	\$2,120	\$2,500
24SAOGMK 010103		11:30-12:30	10	\$2,120	\$2,500
24SAOGMK 010104	Sun (14/1-24/3) No class 11/2	15:30-16:30	10	\$2,120	\$2,500
24SAOGMK 010105		16:30-17:30	10	\$2,120	\$2,500

#### 雙髻鯊班

### Hammerhead Shark

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	會員 Mem	非會員 NMem
24SAOGHH 010201	Fri (12/1-22/3) No class 9/2	19:00-20:00	10	\$2,120	\$2,500
24SAOGHH 010202	Sat (13/1-23/3) No class 10/2	11:30-12:30	10	\$2,120	\$2,500
24SAOGHH 010203		16:30-17:30	10	\$2,120	\$2,500

#### 大白鯊班

### Great White Shark

起跳、轉身、耐力訓練、速度訓練

Competitive starts, turns, endurance training, speed training

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SAOGGW 010301	Fri (12/1-22/3) No class 9/2	19:00-20:00	10	\$2,120	\$2,500
24SAOGGW 010302	Sat (13/1-23/3) No class 10/2	10:30-11:30	10	\$2,120	\$2,500
24SAOGGW 010303		19:00-20:00	10	\$2,120	\$2,500

## 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三星班或以上級別，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 Three" 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
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#### 第一組 Group One

24SAOGCT 010101	Wed (10/1-27/3)	16:30-18:00	12	\$4,100
	Sat (13/1-23/3) No class 10/2	16:30-18:00	10	

#### 第二組 Group Two

24SAOGCT 010201	Wed (10/1-27/3)	16:30-18:00	12	\$4,100
	Sun (14/1-24/3) No class 11/2	17:30-19:00	10	

### 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
24SAOGBT 010101	Tue (9/1-26/3) No class 13/2	16:30-18:30	11	\$4,400
	Thu (11/1-28/3)	16:30-18:30	12	
	Sun (14/1-24/3) No class 11/2	16:30-18:30	10	

### 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
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24SAOGAT 010101	Mon (8/1-25/3) No Class 12/2	18:15-20:00	11	\$4,700
	Wed (10/1-27/3)	18:15-20:00	12	
	Fri (12/1-22/3) No class 9/2	17:00-19:00	10	
	Sat (13/1-23/3) No class 10/2	17:00-19:00	10	
Land Training	Sun (14/1-24/3) No class 11/2	16:30-18:30	10	

### 先進精英游泳隊

#### Masters 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
24SAOGTM 010101	Mon (8/1-25/3) No Class 12/2	20:00-21:45	11	\$2,900
	Wed (10/1-27/3)	20:00-21:45	12	
	Fri (12/1-22/3) No class 9/2	20:00-21:45	10	