

攀登及南丫島活動中心課程 Climbing and Lamma Centre Programme

辦公時間 Office Hours :

星期一至五 Mon-Fri 10:00-18:00

星期六 Sat 10:00-13:00

查詢 Enquiry : 2268 7062

電郵 Email : climbing@ymcahk.org.hk (Climbing) /

lamma@ymcahk.org.hk (Lamma)

臉書 Facebook : climbingwithymca (Climbing) /
YMCALamma (Lamma)

地點 Venue Location

1. 港青 (尖沙咀) 二樓室內攀石場 - (Indoor Wall)
Indoor Climbing Wall, 2/F, YMCA (TST)
2. 港青南丫島戶外活動中心 - (Lamma Centre)
YMCA Lamma Island Outdoor Centre

學員注意事項

Reminders for Participants

- 攀石器材由本會提供
Climbing equipment will be provided
- 衣著：請穿著輕便運動衫褲及薄底運動鞋
Dress code : Sportswear and thin sole sneakers

學員技術評核

Technical Assessment

凡持有逾期成績單之舊學員必須通過技術評核，才能報讀有標記的課程，請於辦公時間內致電 2268 7062 或電郵至 climbing@ymcahk.org.hk 預約。

Those without valid report slips are required to join our technical assessment to enrol for our programmes bearing the symbol. Please contact us at 2268 7062 during office hours or email to climbing@ymcahk.org.hk for appointment.

費用 Fee : \$100

頂繩攀登技術評核 (13 歲或以上)

Top Roping Climbing Assessment (Ages 13 or above)

凡有經驗之攀石人士使用，須通過頂繩攀登評核測試，方可購買入場券使用本會之室內攀石場，請於辦公時間內致電 2268 7062 或電郵至 climbing@ymcahk.org.hk 預約。

All experienced climbers need to pass the top roping assessment before using our Indoor Climbing Wall with day pass tickets. The fee is \$100. Please contact us at 2268 7062 during office hours or email to climbing@ymcahk.org.hk for appointment.

費用 Fee : \$100

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

兒童初階班 Smart Kids (Ages 6-8)

並無入學條件 No pre-requisite

兒童進階班 Spider Kids (Ages 6-8)

參加者必需完成兒童初階班 Participants must complete Smart Kids

兒童高階班

Super Kids (Ages 6-8)

參加者必需完成兒童進階班
Participants must complete Spider Kids

少年第一級

Level 1 - Junior (Ages 9-12)

並無入學條件 No pre-requisite

第二級 Level 2 (Ages 8-12)

參加者必需完成兒童高階班/少年第一級 Participants must complete Super Kids / Level 1-Junior

第三級 Level 3 (Ages 8-12)

參加者必需完成第二級 Participants must complete Level 2

兒童及少年運動攀登培訓小組 Children & Youth Sport Climbing Training Group (Ages 8-13)

參加者必需完成第三級
Participants must complete Level 3

青年運動攀登基礎訓練班 Teenager Sport Climbing Foundation Course (Ages 13-17)

並無入學條件
No pre-requisite

青年運動攀登培訓班 Teenager Sport Climbing Training Group (Ages 13-17)

參加者必需完成兒童及少年運動攀登培訓小組 / 青年運動攀登基礎訓練課程
Participants must complete Children & Youth Sport Climbing Training Group / Teenager Sport Climbing Foundation Course



運動攀登訓練課程系列 Sport Climbing Programme Series

兒童及少年運動攀登課程 Children and Youth Sport Climbing Course (Ages 6-12)

兒童及少年透過課程可學習基本攀石技巧，訓練身體協調性，同時透過攀石活動，提升學員之信心及合作精神。

Children and youth can learn the basic climbing skills and train their physical coordination through the programme. At the same time, they can enhance their confidence and team spirit through climbing activities.

兒童及少年運動攀登培訓小組 Children and Youth Sport Climbing Training Group (Ages 8-13)

此運動攀登培訓小組專為延續完成三級訓練班之學員而設，學員除透過課程提升其體能狀況外，更可代表本會參加攀石比賽。

The Sport Climbing Training Group is specially designed for participants who have completed Level 3 training programme. Apart from improving their physical condition through the training, participants can also take part in climbing competitions representing YMCA of Hong Kong.

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

課程旨在教導參加者正確的攀石概念，培養其攀石興趣，並有助建立其獨立及自信的性格。

The Training Scheme aims to teach participants the correct climbing concept, develop their climbing interests, and helps build independence and confidence.

成人運動攀登訓練課程 Adult Sport Climbing Course (Ages 16 or above)

入門訓練課程 Introductory Course (3 hours)

介紹運動攀登之概念與基本技術，有助學員通過本會之頂繩攀登評核。學員通過評核後，可購買入場券使用本中心之攀石場。備註：完成課程後更可獲發一星期之攀石入場證。

Introducing basic climbing concepts and belaying techniques for beginners to pass the climbing assessment of our indoor climbing wall. After passing the assessment, climbers can use the wall facilities with day pass tickets during operating hours. Remarks : Participants will receive a complimentary weekly pass.

一級訓練課程 Level 1 Climbing Course (11 hours)

學習運動攀登之概念與基本技術外，並可認識一些基本的頂繩攀登技巧。學員完成課程並通過考核後，可獲發中國香港攀山及攀登總會之一級運動攀登證書。不設任何私人原因的補課安排。

This is a basic "Top Rope" climbing certificate course. After successfully completing the course and passing the test, participants will receive the Sport Climbing Level 1 Certificate from China Hong Kong Mountaineering and Climbing Union. There are no make-up arrangements for personal reasons.

成人攀登興趣小組 Climbers' Study Group (10 hours)

特別為已完成技術評核人士而設，學員在改善攀登技術的同時，亦可與其他愛好者交流。

This course is designed for participants who have completed skill assessment. Participants can also communicate with other enthusiasts while improving their skills.

個別攀登小組教授 Private Coaching

提供個人或小組攀登教授，可根據教練及場地之安排訂定課堂日期及時間。

Private coaching session provides tailor-made personal or group training according to coach and venue availability.

室內攀石場系列 Indoor Climbing Wall		編號 Code	Course Date	(一) Mon	(二) Tue	(三) Wed	(四) Thu	(五) Fri	(六) Sat	(日) Sun	堂數 Sessions	會員 Mem	非會員 NMem	
兒童及少年運動攀 登訓練課程 Children & Youth Sport Climbing Programme	兒童初階班 Smart Kids (Ages 6-8)	21PCC 31101	12/7-12/8	10:15-11:15			10:15-11:15				10	\$1,300	\$1,500	
		21PCC 31102		14:00-15:00			14:00-15:00							
		21PCC 31103	13/7-13/8		11:15-12:15			11:15-12:15						
		21PCC 31104			15:00-16:00			15:00-16:00						
	兒童進階班 Spider Kids (Ages 6-8) 🏹	21PCC 31105	10/7-11/9						10:00-11:00		10			
		21PCC 3106						11:00-12:00						
		21PCC 31107	11/7-12/9							10:00-11:00				
		21PCC 31108								11:00-12:00				
兒童高階班 Super Kids (Ages 6-8) 🏹	兒童初階班 Smart Kids (Ages 6-8)	21PCC 31201	12/7-12/8	10:15-11:15			10:15-11:15				10			
		21PCC 31202		14:00-15:00			14:00-15:00							
		21PCC 31203	13/7-13/8		11:15-12:15			11:15-12:15						
		21PCC 31204			15:00-16:00			15:00-16:00						
	兒童高階班 Super Kids (Ages 6-8)	21PCC 31205	10/7-11/9						10:00-11:00		10			
		21PCC 31206						11:00-12:00						
		21PCC 31207	11/7-12/9							10:00-11:00				
		21PCC 31208								11:00-12:00				
少年第一級 Level 1 - Junior (Ages 9-12)	兒童初階班 Smart Kids (Ages 6-8)	21PCC 31301	12/7-12/8	10:15-11:15			10:15-11:15				10			
		21PCC 31302		14:00-15:00			14:00-15:00							
		21PCC 31303	13/7-13/8		11:15-12:15			11:15-12:15						
		21PCC 31304			15:00-16:00			15:00-16:00						
	少年第一級 Level 1 - Junior (Ages 9-12)	21PCC 31305	10/7-11/9						10:00-11:00		10			
		21PCC 31306						11:00-12:00						
		21PCC 31307	11/7-12/9							10:00-11:00				
		21PCC 31308								11:00-12:00				
少年第一級 Level 1 - Junior (Ages 9-12)	兒童初階班 Smart Kids (Ages 6-8)	21PCC 31401	12/7-12/8	11:15-12:15			11:15-12:15				10			
		21PCC 31402		15:00-16:00			15:00-16:00							
		21PCC 31403	13/7-13/8		10:15-11:15			10:15-11:15						
		21PCC 31404			14:00-15:00			14:00-15:00						
	少年第一級 Level 1 - Junior (Ages 9-12)	21PCC 31405	10/7-11/9						10:00-11:00		10			
		21PCC 31406						11:00-12:00						
		21PCC 31407	11/7-12/9							10:00-11:00				
		21PCC 31408								11:00-12:00				

室內攀石場系列 Indoor Climbing Wall		編號 Code	Course Date	(一) Mon	(二) Tue	(三) Wed	(四) Thu	(五) Fri	(六) Sat	(日) Sun10	堂數 Sessions	會員 Mem	非會員 NMem
第二級 Level 2 (Ages 8-12) 🏹		21PCC 31501	12/7-12/8	16:00-17:15			16:00-17:15				10	\$1,500	\$1,700
		21PCC 31502	13/7-13/8	15:00-16:15				15:00-16:15					
		21PCC 31503	10/7-11/9						12:00-13:15				
		21PCC 31504	11/7-12/9							12:00-13:15			
第三級 Level 3 (Ages 8-12) 🏹		21PCC 31601	12/7-12/8	16:00-17:15			16:00-17:15				10		
		21PCC 31602	13/7-13/8		15:00-16:15			15:00-16:15					
		21PCC 31603	10/7-11/9						12:00-13:15				
		21PCC 31604	11/7-12/9							12:00-13:15			
兒童及少年運動攀登培訓小組 Children & Youth Sport Climbing Training Group (Ages 8-13) 🏹 青年運動攀登課程 青年運動攀登基礎 訓練班 Teenager Sport Climbing Scheme (Ages 13-17)		21PCC 31701	12/7-12/8	17:15-18:30			17:15-18:30				10	\$1,400	\$1,600
		21PCC 31702	10/7-11/9						12:00-13:15				
		21PCT 31110	14/7-14/8			10:30-12:30			10:30-12:30				
Teenager Sport Climbing Foundation Training Course 青年運動攀登培訓班 Teenager Sport Climbing Training Group 🏹											10	\$1,850	\$2,050
		21PCT 31210	10/7-11/9						10:30-12:30				

		編號 Code	(一及四) Mon & Thu 19/7-29/7	(日) Sun 11 & 18/7	(二及五) Tue & Fri 17/8-27/8	(日) Sun 22 & 29/8	堂數 Sessions	會員 Mem	非會員 NMem
成人運動攀登訓練課程 (16歲或以上) Adult Sport Climbing Programme (Ages 16 or above)	一級運動攀登訓練課程 (中國香港攀山及攀登總會證書)* Level 1 Sport Climbing Certificate Course (recognized by CHKMVCU)* * 本課程之出席率必須為 100% 才可獲准考試或總會證書 Participants must have full attendance to be eligible for the examination or certification	21PCA 31220	19:15-22:00				4	\$770	\$890
		21PCA 31221		10:30-16:00					
		21PCA 32223			19:15-22:00		2		
		21PCA 32224				10:30-16:00			

	編號 Code	日期 Date	(三) Wed	(五) Fri	(六) Sat	堂數 Sessions	會員 / 非會員 Mem / NMem
成人運動攀登訓練課程 入門訓練班 (16歲或以上) Adult Sport Climbing Programme Introductory Course (Ages 16 & above) 本訓練課程歡迎自選時段包班，人數最少四位起，並提供百分之五的課程收費優惠。有關時段安排及詳情可在辦公時間內與我們聯絡。 This programme offers tailor-made schedule for group application with at least 4 participants. A 5% of course fee deduction will be offered. Please contact us during office hours for more details with the schedule arrangement.	21PCA 31121	3/7			14:30-17:30	1	\$320
	21PCA 31122	7/7	18:45-21:45				
	21PCA 31123	10/7			14:30-17:30		
	21PCA 31124	14/7	18:45-21:45				
	21PCA 31125	16/7		18:45-21:45			
	21PCA 31126	17/7			14:30-17:30		
	21PCA 31127	21/7	18:45-21:45				
	21PCA 31128	23/7		18:45-21:45			
	21PCA 31129	24/7			14:30-17:30		
	21PCA 31130	28/7	18:45-21:45				
	21PCA 31131	30/7		18:45-21:45			
	21PCA 31132	31/7			14:30-17:30		
	21PCA 32133	4/8	18:45-21:45				
	21PCA 32134	6/8		18:45-21:45			
	21PCA 32135	7/8			14:30-17:30		
	21PCA 32136	11/8	18:45-21:45				
	21PCA 32137	13/8		18:45-21:45			
	21PCA 32138	14/8			14:30-17:30		
	21PCA 32139	18/8	18:45-21:45				
	21PCA 32140	20/8		18:45-21:45			
	21PCA 32141	21/8			14:30-17:30		
	21PCA 32142	25/8	18:45-21:45				
	21PCA 32143	27/8		18:45-21:45			
	21PCA 32144	28/8			14:30-17:30		
	21PCA 33145	1/9	18:45-21:45				
	21PCA 33146	3/9		18:45-21:45			
	21PCA 33147	4/9			14:30-17:30		
	21PCA 33148	8/9	18:45-21:45				
	21PCA 33149	10/9		18:45-21:45			
	21PCA 33150	11/9			14:30-17:30		
	21PCA 33151	15/9	18:45-21:45				
	21PCA 33152	17/9		18:45-21:45			
	21PCA 33153	18/9			14:30-17:30		
	21PCA 33154	24/9		18:45-21:45			
	21PCA 33155	25/9			14:30-17:30		
	21PCA 33156	29/9	18:45-21:45				

親子活動 FAMILY EVENT

親子攀登同樂日 Family Climbing Fun Day

編號 Code	日期 Date	時間 Time	截止日期 Deadline
21PCF 31101	10/7 (Sat)	14:00-15:30	3/7
21PCF 31102	11/7 (Sun)	14:00-15:30	4/7
21PCF 32101	7/8 (Sat)	14:00-15:30	31/7
21PCF 32102	8/8 (Sun)	14:00-15:30	1/8

費用 (每位) Fee (per person) :
 Mem \$95 / NMem \$105 (Ages 6-13)
 Mem \$115 / NMem \$125 (Ages 14-17)
 Mem \$115 / NMem \$125 (Parents 家長)

地點 Venue :
 二樓室內攀石場
 2/F Indoor Climbing Wall

備註 Remarks :
 學員須由家長陪同參與
 Children / youth must be accompanied by parent
 最多參加者人數為 12 人。
 The maximum number of participants is 12.



親子攀登訓練班 Climb With Your Kids

編號 Code	日期 Date	時間 Time	堂數 Sessions
21PCF 31201	17 & 24/7 (Sat)	14:00-16:00	2
21PCF 31202	18 & 25/7 (Sun)		2
21PCF 32201	14 & 21/8 (Sat)		2
21PCF 32202	22 & 29/8 (Sun)		2
21PCF 33201	12 & 19/9 (Sun)		2

費用 (每位) Fee (per person) :
 Mem \$440 / NMem \$480
 (小童須由家長陪同參與，每名成人最多可攜同兩名 6-12 歲小童上課)
 Children ages 6-12 must be accompanied by parent. Maximum number of children per adult is 2

地點 Venue :
 二樓室內攀石場
 2/F Indoor Climbing Wall

備註 Remarks :
 家長於完成課程及通過評估後，可獲發本會室內攀石場之評估證及一週通行證
 After completing the course and passing the assessment, parent / guardian will be issued with an Indoor Climbing Wall Assessment Card and Weekly Pass



南丫島戶外活動中心 Lamma Island Outdoor Centre

學員注意事項

Reminders for Participants

- 露營活動：中心提供帳篷及基本露營裝備 (3-4 人 / 營)
Overnight Tenting Camp: Tent and basic camping equipment will be provided (3-4 people/tent)
- 宿營活動：參加者會入住營舍及需要自備睡袋，中心提供床墊
Residential Camp: Dormitory for accommodation and sleeping bag is required (8-people/dormitory)
- 活動會以粵語輔以英語進行
Cantonese and supplemented with English
- 除特別註明外，費用已包括基本器材、活動時間內之所有膳食及交通費
Except with remarks, the registration fee includes all basic equipment, meals and transportation during programme
- 集合地點及時間：利東港鐵站 A1 出口，09:00
Registration & Time: Lei Tung MTR Station Exit A1, 09:00
- 解散地點及時間：利東鴨脷洲，15:00
Registration & Time: Lei Tung Ap Lei Chau, 15:00

Children in Adventure Camp (Ages 6-8)

參加者可體驗各種歷險活動，包括遠足、攀岩、水上活動和戶外煮食等，活動鼓勵小朋友富冒險精神和勇於嘗試。
Let's go for the ADVENTURE! Campers will turn into Adventurer and experience a range of adventure activities including hiking, climbing, water activity and outdoor cooking. We encourage campers to be active and positive throughout the journey.

編號 Code	日期 Date	名額 Capacity	會員 Mem	非會員 NMem
21LPA 30211B	7/7-9/7 (Wed-Fri)	8	\$2,400 per person	\$2,600 per person
21LPA 30211G				
21LPA 30212B	21/7-23/7 (Wed-Fri)			
21LPA 30212G				
21LPA 30213B	16/8-18/8 (Mon-Wed)			
21LPA 30213G				

備註 Remarks: 1. 宿營活動 Residential Camp
2. B= Boy; G=Girl



Children on Survival Island (Ages 6-8) / Junior on Survival Island (Ages 9-12)

“流落在荒島”!!! 參加者會經歷一些預設情境，學習利用大自然資源去解決不同難題如：搭建帳篷和生火煮食，最後發揮團隊合作精神完成任務，以逃離 Survival Island。除了生存技巧外，活動亦會透過富趣味性的遊戲去提升團隊合作，鼓勵參加者以創意和積極的態度去克服各種挑戰。
"Lost on an island"!!! Campers will experience a variety of survival island scenarios and learn how to use their surroundings as resources to build a shelter, make fire for cooking. Campers will be encouraged to overcome challenges in a creative and positive way. With a survival focus, campers will also participate in games and teambuilding activities.

編號 Code	日期 Date	年齡 Age	名額 Capacity	會員 Mem	非會員 NMem
21LPA 30111	14/7-16/7 (Wed-Fri)	6-8	4	\$2,350 per person	\$2,550 per person
21LPA 30121		9-12			
21LPA 30112	26/7-28/7 (Wed-Fri)	6-8			
21LPA 30122		9-12			
21LPA 30113	9/8-11/8 (Mon-Wed)	6-8			
21LPA 30123		9-12			

備註 Remarks: 1. 露營活動 Overnight Tenting Camp



Junior in Adventure Camp (Ages 9-12)

營會設有不同主題，參加者可以挑戰不同技能。於主題活動以外的時間設有自選活動，讓他們發掘自己的興趣，展現竹戶外潛力並建立長久的友誼。
Focusing on a weekly theme, our campers will participate in the theme activity with a balance of personal choice activities which allow them to discover their own interests, outdoor potentials and build long lasting friendship.

編號 Code	日期 Date	主題 Theme	名額 Capacity	會員 Mem	非會員 NMem
21LPA 30311	14/7-16/7 (Wed-Fri)	Wood Craft 樹木工藝	16	\$2,400 per person	\$2,600 per person
21LPA 30312	21/7-23/7 (Wed-Fri)	Water Challenge 水上挑戰			
21LPA 30313	3/8-5/8 (Tue-Thu)				
21LPA 30314	16/8-18/8 (Mon-Wed)	# 山地車 Mountain Biking			

備註 Remarks: 1. 露營活動 Overnight Tenting Camp
2. # 參加者必須能操控兩輪車 Participant must be able to control 2 wheels bicycle



Campcation in Lamma (Ages 3 or above)

Campcation (Camp + Vacation) 早於歐美流行，鼓勵大家假期參與露營活動。不論你是露營新手或是經驗營友，這次的 Campcation in Lamma 可以在獨有的人工湖邊和家人朋友及狗狗過一個寧靜的週末假期。活動包括沙灘活動及營火會。

Spending your vacation at Camp ! For experienced campers or newbies, you can camp along the lake with family, friends and doggie in the Campcation in Lamma. Activities include beach activity and campfire snacks for all.

編號 Code	日期 Date	名額 Capacity	會員 Mem	非會員 NMem
21LPE 30141	17/7-18/7 (Sat-Sun)	24	\$1,300 per person	\$1,500 per person
21LPE 30142	7/8-8/8 (Sat-Sun)			
21LPE 30143	21/8-22/8 (Sat-Sun)			

備註 Remarks : 1. 露營活動 Overnight Tenting Camp
2. 18 歲以下參加者必須由至少一位成人陪同
Participant who is under 18 years old must
accompanied by an adult



Kayak Out on Y Island (Ages 8 or above)

獨木舟探索 Y 島！在這獨特體驗中，參加者會使用雙人 sit-on-top 獨木舟。第一天在中心的人工湖中，練習控制獨木舟的基本技巧及水上活動的安全訓練，第二天會 Kayak Out 前往模達灣，在海灘上享受藍天白雲的輕鬆週日。活動適合沒有獨木舟經驗者。

Explore the Y Island on a kayak ! This is a unique experience. Participants will use sit-on-top double kayaks to practise basic kayaking and water safety skills in the lake on the first day and Kayak out to Mo Tat Wan to spend a relaxing day in open water and blue sky on the second day. No experience is required.

編號 Code	日期 Date	名額 Capacity	會員 Mem	非會員 NMem
21LPA 30441	24/7-25/7 (Sat-Sun)	14	\$1,290 per person	\$1,490 per person
21LPA 30442	14/8-15/8 (Sat-Sun)			

備註 Remarks : 1. 露營活動 Overnight Tenting Camp
2. 18 歲以下參加者必須由至少一位成人陪同
Participant who is under 18 years old must
accompanied by an adult

