

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

辦公時間 Office Hours :  
 星期一至五 Mon-Fri 10:00-18:00  
 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

- 港青 (尖沙咀) 二樓室內攀石場  
Indoor Climbing Walls, 2/F, YMCA (TST)
- 港青南丫島戶外活動中心  
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  
 從 2022 年 12 月起，報名程序可於網上進行，報名詳情請參考  
 P.3- 4。A brand new online enrollment system will be launched  
 in December 2022, please refer to P.3-4 for more details.

### 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🧗標誌的課程，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.

### 頂繩攀登技術評核 (13 歲或以上) Top Roping Climbing Assessment (Ages 13 or above)

凡有經驗之攀爬人士使用，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 \$110. Please contact us at 2268 7062 during office hours or  
 email to climbing@ymcahk.org.hk for appointment.  
 費用 Fee : \$110

## 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 7-12) 🧗  
 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爬技巧，訓練身體協調性，同時透過攀爬活動，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登概念，培養其攀登興趣，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爬入場證。  
 Introducing basic climbing 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.

#### 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.

### 成人運動攀登訓練課程 - 進階訓練課程 Adult Sport Climbing Course - Progressive Course (8 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.

# Climbing and Lamma Centre Programme

室內攀石場系列 Indoor Climbing Wall		編號 Code	Course Date	(一) Mon, (四) Thu	(二) Tue, (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 兒童初階班 訓練課程 Children & Youth Sport Climbing Programme	Smart Kids (Ages 6-8)	23SPSMAR 070101	17/7-17/8	10:15-11:15 14:00-15:00				10	\$1,550	\$1,750
		23SPSMAR 070102	18/7-18/8		11:15-12:15 15:00-16:00					
		23SPSMAR 070103	15/7-16/9			10:00-11:00 11:00-12:00				
		23SPSMAR 070104	16/7-17/9				10:00-11:00 11:00-12:00			
	兒童進階班 Spider Kids (Ages 6-8)	23SPSMAR 070105	17/7-17/8	10:15-11:15 14:00-15:00						
		23SPSMAR 070106	18/7-18/8		11:15-12:15 15:00-16:00					
		23SPSMAR 070107	15/7-16/9			10:00-11:00 11:00-12:00				
		23SPSMAR 070108	16/7-17/9				10:00-11:00 11:00-12:00			
		23SPSPID 070201	17/7-17/8							
		23SPSPID 070202	18/7-18/8		11:15-12:15 15:00-16:00					
兒童高階班 Super Kids (Ages 6-8)	23SPSPID 070203	15/7-16/9			10:00-11:00 11:00-12:00					
	23SPSPID 070204	16/7-17/9				10:00-11:00 11:00-12:00				
	23SPSPID 070205	17/7-17/8	10:15-11:15 14:00-15:00							
	23SPSPID 070206	18/7-18/8		11:15-12:15 15:00-16:00						
	23SPSPID 070207	15/7-16/9			10:00-11:00 11:00-12:00					
	23SPSPID 070208	16/7-17/9				10:00-11:00 11:00-12:00				
	23SPSUPE 070301	17/7-17/8								
	23SPSUPE 070302	18/7-18/8		11:15-12:15 15:00-16:00						
23SPSUPE 070303	15/7-16/9			10:00-11:00 11:00-12:00						
23SPSUPE 070304	16/7-17/9				10:00-11:00 11:00-12:00					
23SPSUPE 070305	17/7-17/8									
23SPSUPE 070306	18/7-18/8		11:15-12:15 15:00-16:00							
23SPSUPE 070307	15/7-16/9			10:00-11:00 11:00-12:00						
23SPSUPE 070308	16/7-17/9				10:00-11:00 11:00-12:00					

室內攀石場系列  
Indoor Climbing Wall

編號 Code	Course Date	(一) Mon, (四) Thu	(二) Tue, (五) Fri	(三) Wed, (六) Sat	(六) Sat	(日) Sun	堂數 Sessions	會員 Mem	非會員 NMem
少年第一級 Level 1 - Junior (Ages 9-12)	23SPJONE 070101	11:15-12:15							
	23SPJONE 070102	15:00-16:00							
	23SPJONE 070103		10:15-11:15						
	23SPJONE 070104		14:00-15:00						
	23SPJONE 070105	15/7-16/9			10:00-11:00		10	\$1,550	\$1,750
	23SPJONE 070106				11:00-12:00				
	23SPJONE 070107	16/7-17/9				10:00-11:00			
	23SPJONE 070108					11:00-12:00			
✂️ 第二級 Level 2 (Ages 7-12)	23SPJTWO 070201	16:00-17:15							
	23SPJTWO 070202	18/7-18/8	15:00-16:15				10	\$1,770	\$1,970
	23SPJTWO 070203	15/7-16/9			12:00-13:15				
	23SPJTWO 070204	16/7-17/9				12:00-13:15			
✂️ 第三級 Level 3 (Ages 8-12)	23SPJTRE 070301	16:00-17:15							
	23SPJTRE 070302	18/7-18/8	15:00-16:15				10	\$1,770	\$1,970
	23SPJTRE 070303	15/7-16/9			12:00-13:15				
	23SPJTRE 070304	16/7-17/9				12:00-13:15			
兒童及少年運動攀岩培訓小組 Children & Youth Sport Climbing Training Group (Ages 8-13)	23SPCYTG 070401	17:30-18:45					10	\$1,660	\$1,860
	23SPCYTG 070402	15/7-16/9			12:00-13:15				
✂️ 青年運動攀岩課程 青年運動攀岩基 礎訓練班 Teenager Sport Climbing Scheme (Ages13-17)	23SPTCFT 070101	19/7-19/8		10:30-12:30			10	\$2,200	\$2,400
	青年運動攀岩課程 Foundation Training Course 青年運動攀岩培 訓班								
	23SPTCTG 070201	15/7-16/9			10:30-12:30		10	\$1,980	\$2,180

編號 Code	(六) Sat 15, 22 & 29/7	(日) Sun 16 & 23/7	(六) Sat 12, 19 & 26/8	(日) Sun 6 & 13/8	(六) Sat 9, 16 & 23/9	(日) Sun 3 & 10/9	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)	23SPADCC 070101	14:15-17:55					3		
	23SPADCC 070102		10:30-16:00				2		
	23SPADCC 080101			14:15-17:55			3		
	23SPADCC 080102			10:30-16:00			2		
	23SPADCC 090101				14:15-17:55		3		
	23SPADCC 090102					10:30-16:00	2	\$890	\$1,090

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 (recongized by CHKMCU)\*  
\* 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

	編號 Code	日期 Date	(三) Wed	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。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. Please contact us during office hours for more details with the schedule arrangement.	23SPADIC 070101	12/7	18:45-21:45	1	\$420
	23SPADIC 070102	19/7	18:45-21:45		
	23SPADIC 070103	26/7	18:45-21:45		
	23SPADIC 080101	2/8	18:45-21:45		
	23SPADIC 080102	9/8	18:45-21:45		
	23SPADIC 080103	16/8	18:45-21:45		
	23SPADIC 080104	23/8	18:45-21:45		
	23SPADIC 080105	30/8	18:45-21:45		
	23SPADIC 090101	6/9	18:45-21:45		
	23SPADIC 090102	13/9	18:45-21:45		
	23SPADIC 090103	20/9	18:45-21:45		
	23SPADIC 090104	27/9	18:45-21:45		

	編號 Code	(三) Wed 5, 12, 19 & 26/7	(三) Wed 9, 16, 23 & 30/8	(三) Wed 6, 13, 20 & 27/9	堂數 Sessions	會員 / 非會員 Mem / NMem
成人運動攀登訓練課程 進階訓練班 (16 歲或以上) Adult Sport Climbing Programme Progressive Course (Ages 16 & above)	23SPADPC 070201	19:00-21:00			4	\$550
	23SPADPC 080201		19:00-21:00		4	
	23SPADPC 090201			19:00-21:00	4	

## 親子活動 FAMILY EVENT

### 親子攀登同樂日

#### Family Climbing Fun Day (Ages 6 or above)

編號 Code	日期 Date	時間 Time	名額 Capacity
23SPFCFD 070001	22/7 (Sat)	14:00-15:30	12
23SPFCFD 070002	30/7 (Sun)	14:00-15:30	
23SPFCFD 080001	5/8 (Sat)	14:00-15:30	
23SPFCFD 080002	13/8 (Sun)	14:00-15:30	
23SPFCFD 090001	2/9 (Sat)	14:00-15:30	
23SPFCFD 090002	17/9 (Sun)	14:00-15:30	

費用 (每位) Fee (per person) :  
Mem \$135 / NMem \$155

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

備註 Remarks :  
12 歲以下參加者必須由家長陪同參與，每名成人最多可攜同兩名 6-12 歲小童上課  
Children ages 6-12 must be enrolled with parent. Maximum number of children per adult is 2.



### 親子攀登訓練班

#### Climb With Your Kids (Ages 6 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	名額 Capacity
23SPCWYK 070001	23 & 30/7 (Sun)	14:00-16:00	2	8
23SPCWYK 080001	5 & 12/8 (Sat)			
23SPCWYK 080002	20 & 27/8 (Sun)			
23SPCWYK 090001	16 & 23/9 (Sat)			

費用 (每位) Fee (per person) :  
Mem \$500 / NMem \$550  
(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 enrolled with parent. Maximum number of children per adult is 2.)

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

備註 Remarks :  
家長於完成課程及通過評核後，可獲發本會室內攀石場之評核證  
After completing the course and passing the assessment, parent / guardian will be issued with an Indoor Climbing Wall Assessment Card.



## 水上挑戰樂繽紛

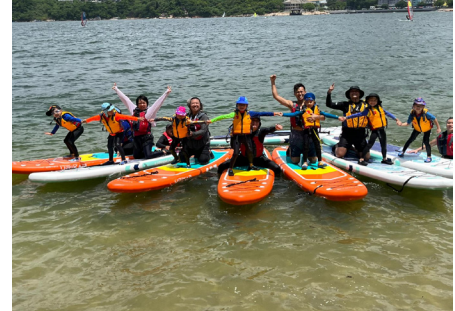
### Water Fun Challenge (Ages 6 or above)

Hot summer is coming! Nothing is better than jumping into the water and enjoying sunbathing together! So come and join our "Water Fun Challenge"! You can experience different kinds of water activities, like kayaking, SUP, snorkeling as well as water splash from an inflatable floating platform. Don't miss out and come with your friends or family!

編號 Code	日期 Date	時間 Time	活動 Activities	地點 Location	集合及解散 Assemble & Dismissa	會員 Mem	非會員 NMem
23SPSEWA 70001	9/7 (Sun)	09:00-16:00	Kayaking/SUP & Water splash	HKFYG, Stanley Outdoor Training Camp	港青大堂 YMCA Lobby	\$950 per person	\$1050 per person
23SPSEWA 80001	6/8 (Sun)	09:00-16:00	Kayaking/SUP & Water splash	HKFYG, Stanley Outdoor Training Camp	港青大堂 YMCA Lobby		
23SPSEWA 70002	23/7 (Sun)	09:00-16:00	Kayaking & Snorkeling	HKFYG, Tai Mei Tuk Outdoor Activities Centre	大學站 B 出口 University Station Exit B	\$1150 per person	\$1350 per person
23SPSEWA 80002	13/8 (Sun)	09:00-16:00	Kayaking & Snorkeling	HKFYG, Tai Mei Tuk Outdoor Activities Centre	大學站 B 出口 University Station Ext B		

備註 Remarks:

- 價錢包括：交通，簡單午餐，水上活動裝備  
Price includes: Transportation, simple lunch and water challenge equipment.
- 12 歲以下參加者必須由家長陪同參與，每名成人最多可攜同兩名 6-12 歲小童上課  
Children ages 6-12 must be enrolled with parent.  
Maximum number of children per adult is 2.



### Camp in Y Land (Ages 6 or above)

Y Land 是指本會位於南丫島的戶外活動中心，今次 Camp in Y Land 可以讓參加者有機會在獨有的人工湖邊和家人朋友渡過一個寧靜的週末假期。活動包括水上活動及燒烤晚會。

Y Land refers to our outdoor activity centre located at Lamma Island. You can camp along the lake with family and friends in Y Land. Activities include water sports and a barbecue party.

編號 Code	日期 Date	時間 Time	活動 Activities	地點 Location	集合及解散 Assemble & Dismissa	會員 Mem	非會員 NMem
23SPCIYL 070001	8/7-9/7 (Sat-Sun)	11:30-15:30	獨木舟及露營 Kayaking and Camping	南丫島戶外活動中心 Lamma Island Outdoor Centre	4 號港外線碼頭 Central Pier No.4	\$1,600 per person	\$1,800 per person
23SPCIYL 070002	29/7-30/7 (Sat-Sun)	11:30-15:30	獨木舟及露營 Kayaking and Camping	南丫島戶外活動中心 Lamma Island Outdoor Centre	4 號港外線碼頭 Central Pier No.4		
23SPCIYL 080001	19/8-20/8 (Sat-Sun)	11:30-15:30	獨木舟及露營 Kayaking and Camping	南丫島戶外活動中心 Lamma Island Outdoor Centre	4 號港外線碼頭 Central Pier No.4		

備註 Remarks:

- 價錢包括：交通、第一日午餐、晚餐及第二日早餐，露營裝備（不包括個人用品，如：睡袋）及野外煮食用具，水上活動裝備  
Price includes: Transportation, 1st day lunch and dinner and 2nd day breakfast, camping equipment(excluding personal items such as sleeping bags) and water sports equipment.
- 露營活動 Overnight Tenting Camp
- 12 歲以下參加者必須由至少一位成人陪同參與，Participant who is under 12 years old must accompanied by an adult.