

運動試玩日時間表 Sports Trial Day Timetable

陸上運動 Ground Sports

運動及體育組 Sports and Physical Education Unit

只接受網上報名。Application will be accepted via website only.

網址 Website: <https://goo.gl/forms/4Z4lmqGtgeQ0iP8f2>

5 月 1 日 (星期三)	舞蹈室 Dance Studio	羽毛球場 Badminton 1,2	羽毛球場 Badminton 3,4	壁球室 Squash 1	壁球室 Squash 2
12:00 n.n. – 1:00 p.m.	花式跳繩 Rope Skipping (Ages 4-7)	羽毛球 Badminton (Ages 3-5)	攻防箭 Archery Tag (Ages 8-15)	/	小型網球 Mini-tennis (Ages 3-5)
1:00 p.m. – 2:00 p.m.	花式跳繩 Rope Skipping (Ages 8-12)	輕排球 Light Volleyball (Ages 6-10)	足球 Soccer (Ages 3-5)	/	/
2:00 p.m. – 3:00 p.m.	跆拳道 Taekwondo (Ages 3-5)	親子體操 Gym Tots (Ages 13-35 months) 彈網 Trampoline (Ages 3-15)	足球 Soccer (Ages 6-8)	籃球 Basketball (Ages 3-5)	箭藝 Archery (Ages 6-17)
3:00 p.m. – 4:00 p.m.	跆拳道 Taekwondo (Ages 6-10)	體操 Gymnastics (Ages 3-5) 彈網 Trampoline (Ages 3-15)	籃球 Basketball (Ages 6-8)	籃球 Basketball (Ages 3-5)	乒乓球 Table Tennis (Ages 6-9)
4:00 p.m. – 5:00 p.m.	空手道 Karate (Ages 5-12)	體操 Gymnastics (Ages 6-15) 彈網 Trampoline (Ages 3-15)	籃球 Basketball (Ages 9-11)	小型壁球 Mini-squash (Ages 6-12)	乒乓球 Table Tennis (Ages 10-15)

水運組 Aquatics Unit

5 月 1 日 (星期三)	
12:30 p.m. – 1:00 p.m.	親子游泳班 Aqua Tots (Ages 6-35 months) Leisure Pool 嬉水池
1:00 p.m. – 1:45 p.m.	兒童游泳班 Swimming (Ages 3-5) Leisure Pool 嬉水池
1:45 p.m. – 2:30 p.m.	兒童游泳班 Swimming (Ages 3-5) Leisure Pool 嬉水池
2:30 p.m. – 3:00 p.m.	親子游泳班 Aqua Tots (Ages 6-35 months) Leisure Pool 嬉水池
3:00 p.m. – 3:45 p.m.	兒童游泳班 Swimming (Ages 3-5) Leisure Pool 嬉水池
3:45 p.m. – 4:45 p.m.	兒童游泳班 Swimming (Ages 6-15) Training Pool 訓練池

***確實可供預約的運動請參照網上報名表格。**

***Please refer to the online application form for the availability of each sport.**

備註 Remarks:

1. 每位參加者最多只可預約一項活動，活動當日即場報名則不在此限。成功報名者將收到電郵通知。
Each participant can reserve a maximum of one activity (Except walk-in registration). Successful applicants will be notified by email.
2. 活動當天將會核對參加者姓名，以填寫於欄位之英文姓名為準，名額不可轉讓
Name will be checked before the activity started, participant's name should be same as filled column "Name in English", transfer is not allowed
3. 如天文台於活動當日首輪活動前兩小時發出八號或以上熱帶氣旋預警或警告信號，或黑色暴雨警告信號，該日活動即告取消。
Should tropical cyclone No. 8 or above pre-announcement/warning signal, or black rainstorm warning signal is in force 2 hours before the first round of the event, all activities on that day will be cancelled.
4. 本會有權修改以上內容，並保留最終決策之權利。
YMCA of Hong Kong reserves the right for any amendments and all final decisions made of the prospectus.