

# 學員注意事項 **REMINDER FOR PARTICIPANTS**

## 語言 Language

粵語輔以英語 / Cantonese supplemented with English

## 第一課 First Lesson

請於一樓健身中心領取學員證 (港青會員除外)

Please get the programme participant card at 1/F Fitness Centre (except YMCA Members)

## 儲物櫃使用 Use of locker

本會設有儲物櫃可供學員使用。請於上課前二十分鐘到一樓會員服務部，出示有效之學員證領取儲物櫃鎖匙

Locker service is available for all participants. Please register at Member Services Section (1/F) with the programme participant card for a locker key 20 minutes before the start of the class

## 合適衣服 Clothing

請穿舒適運動衣服，不脫色運動鞋及攜帶抹汗毛巾

Please dress in comfortable sportswear, non-marking sports shoes and bring a towel

## 醫療建議 Medical Advice

本會建議在參與較劇烈的適能運動前，先諮詢你的家庭醫生，特別是平常較少運動、年過 40、曾患有心臟病或關節毛病人士

The YMCA recommends participants who are either aged over 40, not having regular exercises, have a history of heart or joint problems to consult a family doctor before participating in a more vigorous fitness exercise

## 上課地點 Venue for lesson

1. 港青(尖沙咀)一樓健身中心 - (Fit. Ctr.) Fitness Centre, 1/F, YMCA(TST)
2. 港青(尖沙咀)二樓舞蹈室 - (Dance St.) Dance Studio, 2/F, YMCA(TST)
3. 港青(尖沙咀)二樓健康中心 - (Well. Ctr.) Wellness Centre, 2/F, YMCA(TST)  
(請穿過二樓運動場進入) (Please pass through Gymnasium at 2/F to Wellness Centre)
4. 港青(尖沙咀)南座六樓 610 室 / 625 室 - (6/F, Rm610/Rm625) South Tower, 6/F, YMCA(TST)  
(請乘搭南座升降機往六樓 610 室 / 625 室) (Room 610/625 at 6/F can be accessed by South Tower Lobby elevators)
5. 九龍保安道 373 號西九龍耀信學習中心 UG, 多用途禮堂 A  
UG, Multi Function Hall A, YMCA of Hong Kong Beacon Centre Lifelong Learning Institute,  
373 Po On Road, Kowloon

## 課程級別指引及運動量消耗表 Class Levels and Calories Consumption Table

本會建議在參與各項健康舞及健康運動班前，請先評估課程程度及個人體能水平是否合適。有關「課程級別指引及運動量消耗表」之詳情，可查閱下列網址：[www.ymcahk.org.hk/fnw](http://www.ymcahk.org.hk/fnw) 或致電 2268 7065 查詢

The YMCA recommends all participants to assess the intensity of the class level and personal fitness level before participating in various Aerobics and Fitness courses. For details of the "Class Levels and Calories Consumption Table", please visit [www.ymcahk.org.hk/fnw](http://www.ymcahk.org.hk/fnw) or call 2268 7065 for enquiries.

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## 備註 Remarks

1. 公眾假期均不用上課 (特別班除外)  
No class on public holidays (Except feature class)
2. 參加者不論任何理由缺席課堂，將不會安排補課及退款  
**There will be no make-up class or refund for any absences**
3. 退班及轉班申請，必須在開班前十四天辦理手續。每項申請需要繳交行政費用港幣二百元正  
**Course withdrawal / transfer application must be submitted 14 days prior to the course start date. An administration fee of HK\$200 will be applied to each application**
4. 若課程遇到特殊情況導致停課，本會將安排學費按比例退回至學員的電子錢包，恕不另作補課及退款。  
**If any class is suspended due to special incidents, fees paid will be refunded to participant E-Wallet on a pro-rates basis. No make-up class or refund will be arranged.**
5. 未經本部同意，請勿在課堂內進行拍攝及錄影  
No photography or video-recording is allowed in classes unless prior consent from the Unit is obtained.