

# 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@ymcahk.org.hk

網頁 Website : www.ymcahk.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] 參與二零二四年第二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 2024 2<sup>nd</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	泳術評核 Swimming Assessment	
<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 鱈鯊班 Mako Shark 雙髻鯊班 Hammerhead Shark 大白鯊班 Great White Shark	<b>青年及成人班</b> Ages 16+ Teen & Adult Fitness 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	凡報讀有 🏊 標誌的課程之新參加者或沒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 2024年5月13日至5月24日 Schedule for Swimming Assessment: from 13 to 24 May, 2024  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.3-5。  
An online enrolment platform is available, please refer to P.3-5 for more details.
- 若課程因惡劣天氣或其他特殊情況而取消，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 070101	Wed (10/7-25/9) No class 18/9	11:15-11:45	11	\$2,035	\$2,365
24SATOTA 070102	Sat (6/7-21/9)	09:30-10:00	12	\$2,220	\$2,580
24SATOTA 070103		15:00-15:30	12	\$2,220	\$2,580
24SATOTA 070104	Sun (7/7-22/9)	12:00-12:30	12	\$2,220	\$2,580
24SATOTA 070105		15:15-15:45	12	\$2,220	\$2,580

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 070201	Wed (10/7-25/9) No class 18/9	11:45-12:15	11	\$2,035	\$2,365
24SATOCB 070202	Sat (6/7-21/9)	08:30-09:00	12	\$2,220	\$2,580
24SATOCB 070203		09:00-09:30	12	\$2,220	\$2,580
24SATOCB 070204		14:30-15:00	12	\$2,220	\$2,580
24SATOCB 070205	Sun (7/7-22/9)	12:30-13:00	12	\$2,220	\$2,580
24SATOCB 070206		15:45-16:15	12	\$2,220	\$2,580
24SATOCB 070207		16:15-16:45	12	\$2,220	\$2,580

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

## 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 070101	Tue, Thu (16/7-22/8)	14:45-15:30	12	\$3,000	\$3,480	
24SANAAT 070102		15:30-16:15	12	\$3,000	\$3,480	
24SANAAT 070103	Wed, Fri (17/7-23/8)	09:45-10:30	12	\$3,000	\$3,480	
24SANAAT 070104		10:30-11:15	12	\$3,000	\$3,480	
24SANAAT 070105	Mon (8/7-23/9)	17:00-17:45	12	\$3,000	\$3,480	
24SANAAT 070106	Thu (4/7-19/9)	17:45-18:30	12	\$3,000	\$3,480	
24SANAAT 070107	Sat (6/7-21/9)	10:00-10:45	12	\$3,000	\$3,480	
24SANAAT 070108		10:45-11:30	12	\$3,000	\$3,480	
24SANAAT 070109		11:30-12:15	12	\$3,000	\$3,480	
24SANAAT 070110		12:15-13:00	12	\$3,000	\$3,480	
24SANAAT 070111		12:15-13:00	12	\$3,000	\$3,480	
24SANAAT 070112		13:00-13:45	12	\$3,000	\$3,480	
24SANAAT 070113		13:45-14:30	12	\$3,000	\$3,480	
24SANAAT 070114		15:30-16:15	12	\$3,000	\$3,480	
24SANAAT 070115		16:15-17:00	12	\$3,000	\$3,480	
24SANAAT 070116		Sun (7/7-22/9)	09:00-09:45	12	\$3,000	\$3,480
24SANAAT 070117			09:45-10:30	12	\$3,000	\$3,480
24SANAAT 070118			10:30-11:15	12	\$3,000	\$3,480
24SANAAT 070119	13:45-14:30		12	\$3,000	\$3,480	
24SANAAT 070120	14:30-15:15		12	\$3,000	\$3,480	

## 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 070201	Tue, Thu (16/7-22/8)	14:00-14:45	12	\$3,000	\$3,480
24SANABT 070202	Mon (8/7-23/9)	17:45-18:30	12	\$3,000	\$3,480
24SANABT 070203	Thu (4/7-19/9)	17:00-17:45	12	\$3,000	\$3,480

24SANABT 070204	Sat (6/7-21/9)	10:00-10:45	12	\$3,000	\$3,480
24SANABT 070205		10:45-11:30	12	\$3,000	\$3,480
24SANABT 070206		11:30-12:15	12	\$3,000	\$3,480
24SANABT 070207		12:15-13:00	12	\$3,000	\$3,480
24SANABT 070208		13:00-13:45	12	\$3,000	\$3,480
24SANABT 070209		15:30-16:15	12	\$3,000	\$3,480
24SANABT 070210	Sun (7/7-22/9)	09:00-09:45	12	\$3,000	\$3,480
24SANABT 070211		10:30-11:15	12	\$3,000	\$3,480
24SANABT 070212		11:15-12:00	12	\$3,000	\$3,480
24SANABT 070213		13:00-13:45	12	\$3,000	\$3,480
24SANABT 070214		13:45-14:30	12	\$3,000	\$3,480
24SANABT 070215		14:30-15:15	12	\$3,000	\$3,480

### 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 070401	Sat (6/7-21/9)	13:30-14:30	12	\$2,676	\$3,156
24SANADT 070402		14:30-15:30	12	\$2,676	\$3,156
24SANADT 070403	Sun (7/7-22/9)	14:30-15:30	12	\$2,676	\$3,156

### 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 070501	Mon (8/7-23/9)	16:15-17:15	12	\$2,676	\$3,156
24SANAET 070502	Sat (6/7-21/9)	12:30-13:30	12	\$2,676	\$3,156
24SANAET 070503	Sun (7/7-22/9)	13:30-14:30	12	\$2,676	\$3,156

### 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 070301	Wed, Fri (17/7-23/8)	09:00-09:45	12	\$3,000	\$3,480
24SANACT 070302	Mon (8/7-23/9)	16:15-17:00	12	\$3,000	\$3,480
24SANACT 070303	Thu (4/7-19/9)	16:15-17:00	12	\$3,000	\$3,480
24SANACT 070304	Sat (6/7-21/9)	10:00-10:45	12	\$3,000	\$3,480
24SANACT 070305		10:45-11:30	12	\$3,000	\$3,480
24SANACT 070306		11:30-12:15	12	\$3,000	\$3,480
24SANACT 070307		13:00-13:45	12	\$3,000	\$3,480
24SANACT 070308		13:45-14:30	12	\$3,000	\$3,480
24SANACT 070309		16:15-17:00	12	\$3,000	\$3,480
24SANACT 070310	Sun (7/7-22/9)	09:45-10:30	12	\$3,000	\$3,480
24SANACT 070311		11:15-12:00	12	\$3,000	\$3,480
24SANACT 070312		13:00-13:45	12	\$3,000	\$3,480

### 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
24SANAFI 070601	Sat (6/7-21/9)	12:30-13:30	12	\$2,676	\$3,156
24SANAFI 070602	Sun (7/7-22/9)	13:30-14:30	12	\$2,676	\$3,156

## 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 070001	Tue, Thu (16/7-22/8)	Tue: 15:00-16:00 Thu: 14:00-15:00	12	\$2,676	\$3,156
24SACHOT 070002	Wed, Fri (17/7-23/8)	15:00-16:00	12	\$2,676	\$3,156
24SACHOT 070003	Wed (10/7-25/9) No class 18/9	17:15-18:15	11	\$2,453	\$2,893
24SACHOT 070004	Sat (6/7-21/9)	10:30-11:30	12	\$2,676	\$3,156
24SACHOT 070005		11:30-12:30	12	\$2,676	\$3,156
24SACHOT 070006		14:30-15:30	12	\$2,676	\$3,156
24SACHOT 070007	Sun (7/7-22/9)	10:30-11:30	12	\$2,676	\$3,156
24SACHOT 070008		12:30-13:30	12	\$2,676	\$3,156
24SACHOT 070009		13:30-14:30	12	\$2,676	\$3,156
24SACHOT 070010		15:30-16:30	12	\$2,676	\$3,156

## 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 070001	Wed, Fri (17/7-23/8)	15:00-16:00	12	\$2,676	\$3,156
24SACHDO 070002	Fri (5/7-20/9)	16:00-17:00	12	\$2,676	\$3,156
24SACHDO 070003	Sat (6/7-21/9)	14:30-15:30	12	\$2,676	\$3,156
24SACHDO 070004		15:30-16:30	12	\$2,676	\$3,156
24SACHDO 070005		16:30-17:30	12	\$2,676	\$3,156
24SACHDO 070006	Sun (7/7-22/9)	10:30-11:30	12	\$2,676	\$3,156
24SACHDO 070007		11:30-12:30	12	\$2,676	\$3,156

## 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 070101	Tue (9/7-24/9) No class 17/9	17:30-18:30	11	\$2,453	\$2,893
24SACHAS 070102	Fri (5/7-20/9)	16:00-17:00	12	\$2,676	\$3,156
24SACHAS 070103	Sat (6/7-21/9)	10:30-11:30	12	\$2,676	\$3,156
24SACHAS 070104		13:30-14:30	12	\$2,676	\$3,156
24SACHAS 070105		15:30-16:30	12	\$2,676	\$3,156
24SACHAS 070106	Sun (7/7-22/9)	08:30-09:30	12	\$2,676	\$3,156
24SACHAS 070107		10:30-11:30	12	\$2,676	\$3,156
24SACHAS 070108		15:30-16:30	12	\$2,676	\$3,156

## 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 070001	Mon, Wed (15/7-21/8)	Mon: 15:15-16:15 Wed: 14:00-15:00	12	\$2,676	\$3,156
24SACHSE 070002	Wed (10/7-25/9) No class 18/9	16:15-17:15	11	\$2,453	\$2,893
24SACHSE 070003	Fri (5/7-20/9)	17:00-18:00	12	\$2,676	\$3,156
24SACHSE 070004	Sat (6/7-21/9)	13:30-14:30	12	\$2,676	\$3,156
24SACHSE 070005		15:30-16:30	12	\$2,676	\$3,156
24SACHSE 070006	Sun (7/7-22/9)	09:30-10:30	12	\$2,676	\$3,156
24SACHSE 070007		11:30-12:30	12	\$2,676	\$3,156
24SACHSE 070008		14:30-15:30	12	\$2,676	\$3,156

## 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 070201	Sat (6/7-21/9)	09:30-10:30	12	\$2,676	\$3,156
24SACHBS 070202		12:30-13:30	12	\$2,676	\$3,156
24SACHBS 070203		14:30-15:30	12	\$2,676	\$3,156
24SACHBS 070204	Sun (7/7-22/9)	11:30-12:30	12	\$2,676	\$3,156
24SACHBS 070205		17:30-18:30	12	\$2,676	\$3,156

## 兒童及少年習泳三星班

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

捷泳 100 米、背泳 100 米、蛙式 50 米  
100m front crawl, 100m back crawl, 50m breaststroke

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SACHCS 070301	Thu (4/7-19/9)	16:30-17:30	12	\$2,676	\$3,156
24SACHCS 070302	Sat (6/7-21/9)	11:30-12:30	12	\$2,676	\$3,156
24SACHCS 070303		13:30-14:30	12	\$2,676	\$3,156
24SACHCS 070304	Sun (7/7-22/9)	09:30-10:30	12	\$2,676	\$3,156

## 兒童及少年習泳四星班

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

捷泳 100 米、背泳 100 米、蛙式 100 米、蝶腳 15 米  
100m front crawl, 100m back crawl, 100m breaststroke, 15m butterfly kick

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SACHGS 070401	Thu (4/7-19/9)	17:30-18:30	12	\$2,676	\$3,156
24SACHGS 070402	Sat (6/7-21/9)	08:30-09:30	12	\$2,676	\$3,156
24SACHGS 070403		12:30-13:30	12	\$2,676	\$3,156
24SACHGS 070404	Sun (7/7-22/9)	09:30-10:30	12	\$2,676	\$3,156
24SACHGS 070405		12:30-13:30	12	\$2,676	\$3,156
24SACHGS 070406		16:30-17:30	12	\$2,676	\$3,156

## 兒童及少年習泳五星班

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

捷泳 100 米、背泳 100 米、蛙式 100 米、蝶式 15 米  
100m front crawl, 100m back crawl, 100m breaststroke, 15m butterfly

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SACHES 070501	Mon (8/7-23/9)	17:15-18:15	12	\$2,676	\$3,156
24SACHES 070502	Fri (5/7-20/9)	16:00-17:00	12	\$2,676	\$3,156
24SACHES 070503	Sat (6/7-21/9)	08:30-09:30	12	\$2,676	\$3,156
24SACHES 070504		16:30-17:30	12	\$2,676	\$3,156
24SACHES 070505	Sun (7/7-22/9)	14:30-15:30	12	\$2,676	\$3,156

## 兒童及少年習泳六星班

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

捷泳 200 米、背泳 100 米、蛙式 100 米、蝶式 25 米  
200m front crawl, 100m back crawl, 100m breaststroke, 25m butterfly

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SACHFS 070601	Tue (9/7-24/9) No class 17/9	16:30-17:30	11	\$2,453	\$2,893
24SACHFS 070602	Fri (5/7-20/9)	17:00-18:00	12	\$2,676	\$3,156
24SACHFS 070603	Sat (6/7-21/9)	09:30-10:30	12	\$2,676	\$3,156
24SACHFS 070604		11:30-12:30	12	\$2,676	\$3,156
24SACHFS 070605	Sun (7/7-22/9)	08:30-09:30	12	\$2,676	\$3,156
24SACHFS 070606		12:30-13:30	12	\$2,676	\$3,156

## 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 070101	Fri (5/7-20/9)	19:00-20:00	12	\$2,676	\$3,156
24SAOGMK 070102	Sat (6/7-21/9)	09:30-10:30	12	\$2,676	\$3,156
24SAOGMK 070103		11:30-12:30	12	\$2,676	\$3,156
24SAOGMK 070104	Sun (7/7-22/9)	15:30-16:30	12	\$2,676	\$3,156
24SAOGMK 070105		16:30-17:30	12	\$2,676	\$3,156

### 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 070201	Fri (5/7-20/9)	19:00-20:00	12	\$2,676	\$3,156
24SAOGHH 070202	Sat (6/7-21/9)	11:30-12:30	12	\$2,676	\$3,156
24SAOGHH 070203	Sun (7/7-22/9)	16:30-17:30	12	\$2,676	\$3,156

### 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 070301	Fri (5/7-20/9)	19:00-20:00	12	\$2,676	\$3,156
24SAOGGW 070302	Sat (6/7-21/9)	10:30-11:30	12	\$2,676	\$3,156
24SAOGGW 070303		19:00-20:00	12	\$2,676	\$3,156

## 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 070101	Wed (3/7-25/9)	16:30-18:00	12	\$4,250
	No class 18/9			
	Sat (6/7-28/9)	16:30-18:00	13	

#### 第二組 Group Two

24SAOGCT 070201	Wed (3/7-25/9)	16:30-18:00	12	\$4,250
	No class 18/9			
	Sun (7/7-29/9)	17:30-19:00	13	

### 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 070101	Tue (9/7-24/9)	16:30-18:30	12	\$4,600
	No class 17/9			
	Thu (4/7-26/9)	16:30-18:30	13	
	Sun (7/7-29/9)	16:30-18:30	13	

### 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
24SAOGAT 070101	Mon (8/7-30/9)	18:15-20:00	13	\$4,900
	Wed (3/7-25/9)	18:15-20:00	12	
	No class 18/9			
	Fri (5/7-27/9)	17:00-19:00	13	
	Sat (6/7-28/9)	17:00-19:00	13	
Land Training	Sun (7/7-29/9)	16:30-18:30	13	

### 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 070101	Mon (8/7-30/9)	20:00-21:45	13	\$3,000
	Wed (3/7-25/9)	20:00-21:45	12	
	No class 18/9			
	Fri (5/7-27/9)	20:00-21:45	13	

## 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 070101	Tue (9/7-24/9) No class 17/9	19:30-20:30	11	\$2,376	\$2,805
24SAADTB 070102	Wed (10/7-25/9) No class 18/9	10:00-11:00	11	\$2,376	\$2,805
24SAADTB 070103	Thu (4/7-19/9)	15:00-16:00	12	\$2,592	\$3,060
24SAADTB 070104	Sun (7/7-22/9)	18:30-19:30	12	\$2,592	\$3,060
24SAADTB 070105		19:30-20:30	12	\$2,592	\$3,060

#### 女子班 Ladies (Ages 16-54)

24SAADLB 070101	Tue (9/7-24/9) No class 17/9	20:30-21:30	11	\$2,376	\$2,805
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#### 先進班 Master (Ages 55 or above)

24SAADMB 070101	Tue (9/7-24/9)	12:15-13:15	12	\$1,656	\$2,040
24SAADMB 070102	Wed (10/7-25/9) No class 18/9	09:00-10:00	11	\$1,518	\$1,870
24SAADMB 070103		10:00-11:00	11	\$1,518	\$1,870

### 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 070201	Tue (9/7-24/9) No class 17/9	18:30-19:30	11	\$2,376	\$2,805
24SAADTI 070202		19:30-20:30	11	\$2,376	\$2,805

#### 先進班 Master (Ages 55 or above)

24SAADMI 070201	Wed (10/7-25/9) No class 18/9	09:00-10:00	11	\$1,518	\$1,870
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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 070301	Tue (9/7-24/9) No class 17/9	20:30-21:30	11	\$2,376	\$2,805
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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 070001	Tue (2/7-24/9) No class 17/9	18:30-19:30	12	成人 Adult \$2,016	成人 Adult \$2,460
				先進 Master \$1,656	先進 Master \$2,040
24SAAQUA 070002	Thu (4/7-26/9)	18:30-19:30	13	成人 Adult \$2,184	成人 Adult \$2,665
				先進 Master \$1,794	先進 Master \$2,210

備註 Remarks: 先進價只適用於 55 歲或以上, 並不適用於網上報名  
Master price is valid for ages 55 or above and cannot be enrolled through online.

### 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 070001	Mon (8/7-30/9)	14:00-15:00	13	\$1,794	\$2,210
24SAAAMA 070002	Wed (3/7-25/9) No class 18/9	11:15-12:15	12	\$1,656	\$2,040
24SAAAMA 070003	Fri (5/7-27/9)	11:15-12:15	13	\$1,794	\$2,210

### 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 070001	Thu (4/7-26/9)	19:30-21:00	13	成人 Adult \$3,224	成人 Adult \$3,705
				先進 Master \$2,691	先進 Master \$3,068

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.  
先進價只適用於 55 歲或以上, 並不適用於網上報名  
Master price is valid for ages 55 or above and cannot be enrolled through online.

### 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 070001	Tue (2/7-24/9)	10:00-11:00	13	\$1,794	\$2,210
24SAAQMA 070002		11:15-12:15	13	\$1,794	\$2,210
24SAAQMA 070003	Thu (4/7-26/9)	10:00-11:00	13	\$1,794	\$2,210
24SAAQMA 070004		11:00-12:00	13	\$1,794	\$2,210
24SAAQMA 070005	Fri (5/7-27/9)	12:20-13:20	13	\$1,794	\$2,210
24SAAQMA 070006		13:20-14:20	13	\$1,794	\$2,210

## 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 070001	Tue (2/7-24/9) No class 17/9	19:00-20:00	12	成人 Adult \$2,496	成人 Adult \$2,940
				先進 Master \$2,064	先進 Master \$2,436
24SAAQAS 070002	Thu (4/7-26/9)	12:00-13:00	13	成人 Adult \$2,704	成人 Adult \$3,185
				先進 Master \$2,236	先進 Master \$2,639

備註 Remarks: 先進價只適用於 55 歲或以上，並不適用於網上報名  
Master price is valid for ages 55 or above and cannot be enrolled through online.

## 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

幫助肌肉放鬆、改善抽筋問題、增進睡眠質素

Enhance muscle relaxation, Relieve pregnancy cramps, Improve sleep quality

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SASEAS 070001	Wed (10/7-31/7)	14:00-15:00	4	\$840	\$1,000
24SASEAS 080001	Wed (7/8-28/8)	14:00-15:00	4	\$840	\$1,000

## 水中腰背班

### Aqua Aerobics for Lower Back

透過水的特性及各式的協調運動，重點練習核心肌肉的穩定力和姿勢改善，從而預防腰痛

Utilizing properties of water and a variety of coordinated movements, this programme aims to strengthen the stability of your core muscles while also enhancing posture and effectively preventing lower back pain

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SAAQLB 070001	Tue (2/7-24/9) No class 17/9	16:30-17:30	12	成人 Adult \$2,496	成人 Adult \$2,940
				先進 Master \$2,064	先進 Master \$2,436
24SAAQLB 070002	Tue (2/7-24/9) No class 17/9	17:30-18:30	12	成人 Adult \$2,496	成人 Adult \$2,940
				先進 Master \$2,064	先進 Master \$2,436

備註 Remarks: 先進價只適用於 55 歲或以上，並不適用於網上報名  
Master price is valid for ages 55 or above and cannot be enrolled through online.

## 水中膝健班

### Aqua Aerobics for Knee

透過水的特性及各式的協調運動，強化膝關節周邊肌肉和改善功能性活動障礙，從而預防膝關節痛

Utilizing the properties of water and a variety of coordinated movements, this programme aims to strengthen the muscles surrounding knee joint while relieving functional mobility disorder and preventing arthritis

編號 Code	日期 Date	時間 Time	堂數 Sessions	早鳥優惠 Early Bird (30/5 或之前 or before)	正價 Original Price
24SASEKS 070001	Thu (4/7-25/7)	16:30-17:30	4	會員 Mem \$700	會員 Mem \$800
				非會員 NMem \$850	非會員 NMem \$960
24SASEKS 080001	Thu (1/8-22/8)	16:30-17:30	4	會員 Mem \$700	會員 Mem \$800
				非會員 NMem \$850	非會員 NMem \$960
24SASEKS 080002	Thu (29/8-19/9)	16:30-17:30	4	會員 Mem \$700	會員 Mem \$800
				非會員 NMem \$850	非會員 NMem \$960

## 水中膝健班

### AQUA AEROBICS FOR KNEE

- 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



## 水中腰背班

### AQUA AEROBICS FOR LOWER BACK

- 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





## 特別活動 Special Events

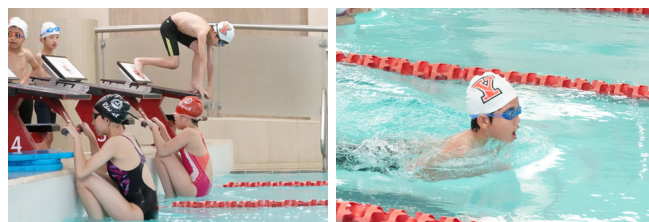
### 游泳競賽工作坊

#### Competition Workshop (Ages 9-13)

此課程教授各比賽泳式的規則及技術，並針對起跳、轉池及觸池等動作進行訓練。學員需懂得利用三種泳式完成 25 米。

This course offers instruction on competition skills and rules, and will emphasise techniques for starts, turns and finishes. Participants need to be able to complete 25m using any three strokes.

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SASESE 070001	Wed (10/7-31/7)	16:00-17:00	4	\$900	\$1,060



### 泳式改良班

#### Skill Refinement Course (Ages 9-13)

此課程提供競賽泳式技術改良，從以提升速度及耐力。學員需懂得利用三種泳式完成 25 米。

This course offers technical refinement for the competitive swimming strokes in order to improve speed and endurance. Participants need to be able to complete 25m using any three strokes.

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SASESE 080001	Wed (7/8-28/8)	16:00-17:00	4	\$900	\$1,060



### 游泳競賽工作坊 COMPETITION WORKSHOP

**AGES 9 - 13**

- ✔ 教授各比賽泳式的規則及技術  
Offer instruction on competition skills and rules
- ✔ 針對起跳、轉池及觸池等動作進行訓練  
Emphasise techniques for starts, turns and finishes

學員需懂得利用三種泳式完成25米  
Participants need to be able to complete 25m using any three strokes

### 泳式改良班 SWIMMING SKILL REFINEMENT COURSE

**AGES 9 - 13**

- ✔ 提供競賽泳式技術改良，從以提升速度及耐力  
Offer technical refinement for the competitive swimming strokes
- ✔ 提升速度及耐力  
Improve speed and endurance

## 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**

### BB 玩水樂園

#### Baby Splash Wonderland (Ages 6-35 months)

「BB 玩水樂園」透過歡樂的歌聲及有趣的遊戲，讓孩子適應水性，掌握水中身體的基本活動及相關的習泳技巧。此親子泳班將於室內恆溫副池進行，除了可促進親子關係，同享天倫之樂，亦有助小朋友增進四肢發展。Let's get into the water and relax with your baby. "Baby Splash Wonderland" introduces swimming related basic movements through games and songs at the YMCA Indoor-heated Secondary Pool. Lets share the joy of swimming and build parent-child bonding at YMCA!

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SASEBS 090001	Wed (18/9) Public Holiday	10:00-10:45	1	\$170	\$210
24SASEBX 090001			1	每組親子可額外加一位成人 One extra adult per pair +\$50	
24SASEBS 090002		10:45-11:30	1	\$170	\$210
24SASEBX 090002			1	每組親子可額外加一位成人 One extra adult per pair +\$50	

### 水中健康舞班

#### Aqua Aerobics Trial Class (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

時期 Period	星期 Days of the Week	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
2/7-24/9 No class 17/9	Every Tue	18:30-19:30	1	\$190/ lesson	\$230/ lesson

備註 Remarks: 報名參加一堂，即可免費參加第二堂！  
(此優惠每人只限一次)

Sign up for one session and get the second session for free! (This offer is limited to one per person.)

## 水中健康舞班 AQUA AEROBICS TRIAL CLASS

**NEW!**

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

**2/7-24/9 (No class 17/9)  
Every TUESDAY 每星期二  
18:30-19:30**

**報名參加一堂，即可免費參加第二堂！  
Enrol in the first lesson and join another lesson for free!**