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
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 Climbing Walls, 2/F, YMCA (TST)

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
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 forabsences from the make-up class

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. Please contact us at 2268 7062 during office hours or email to climbing@ymcahk.org.hk for appointment.
費用 Fee：$120

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.

室內攀石場系列 Indoor Climbing Wall		編號 Code	日期 Date	(一) Mon	(二) Tue	(四) Thu	(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)	24SPSMAR 040101	8/4-17/6 No class on 10/6	16:30-17:30					10	$1,550	$1,750
		24SPSMAR 040102	9/4-11/6		16:30-17:30						
		24SPSMAR 040103	11/4-13/6			16:30-17:30					
		24SPSMAR 040104	6/4-8/6				10:00-11:00				
		24SPSMAR 040105	6/4-8/6				11:00-12:00				
		24SPSMAR 040106	7/4-9/6					10:00-11:00			
		24SPSMAR 040107	7/4-9/6					11:00-12:00			
	兒童進階班 Spider Kids (Ages 6-8)	24SPSPID 040201	8/4-17/6 No class on 10/6	16:30-17:30					10		
		24SPSPID 040202	9/4-11/6		16:30-17:30						
		24SPSPID 040203	11/4-13/6			16:30-17:30					
		24SPSPID 040204	6/4-8/6				10:00-11:00				
		24SPSPID 040205	6/4-8/6				11:00-12:00				
		24SPSPID 040206	7/4-9/6					10:00-11:00			
		24SPSPID 040207	7/4-9/6					11:00-12:00			
	兒童高階班 Super Kids (Ages 6-8)	24SPSUPE 040301	8/4-17/6 No class on 10/6	16:30-17:30					10		
		24SPSUPE 040302	9/4-11/6		16:30-17:30						
		24SPSUPE 040303	11/4-13/6			16:30-17:30					
		24SPSUPE 040304	6/4-8/6				10:00-11:00				
		24SPSUPE 040305	6/4-8/6				11:00-12:00				
		24SPSUPE 040306	7/4-9/6					10:00-11:00			
		24SPSUPE 040307	7/4-9/6					11:00-12:00			

攀登及運動訓練中心課程 Climbing and Lamma Centre Programme

室內攀石場系列 Indoor Climbing Wall		編號 Code	日期 Date	(一) Mon	(二) Tue	(四) Thu	(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)	24SPJONE 040101	8/4-17/6 No class on 10/6	17:30-18:30					10	$1,550	$1,750
		24SPJONE 040102	6/4-8/6				10:00-11:00				
		24SPJONE 040103	6/4-8/6				11:00-12:00				
		24SPJONE 040104	7/4-9/6					10:00-11:00			
		24SPJONE 040105	7/4-9/6					11:00-12:00			
	第二級 Level 2 (Ages 7-12)	24SPJTWO 040201	9/4-11/6		17:30-18:45				10	$1,770	$1,970
		24SPJTWO 040202	11/4-13/6			17:30-18:45					
		24SPJTWO 040203	6/4-8/6				12:00-13:15				
		24SPJTWO 040204	7/4-9/6					12:00-13:15			
	第三級 Level 3 (Ages 8-12)	24SPJTRE 040301	9/4-11/6		17:30-18:45				10	$1,770	$1,970
		24SPJTRE 040302	11/4-13/6			17:30-18:45					
		24SPJTRE 040303	6/4-8/6				12:00-13:15				
		24SPJTRE 040304	7/4-9/6					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)		24SPCYTG 040401	9/4-11/6		17:30-18:45				10	$1,660	$1,860
		24SPCYTG 040402	11/4-13/6			17:30-18:45					
		24SPCYTG 040403	6/4-8/6				12:00-13:15				
		24SPCYTG 040404	7/4-9/6					12:00-13:15			
青年運動攀登課程 Teenager Sport Climbing Scheme (Ages13-17)	青年運動攀登基礎訓練班 Teenager Sport Climbing Foundation Training Course	24SPTCFT 040101	6/4-8/6				10:30-12:30		10	$2,200	$2,400
	青年運動攀登培訓班 Teenager Sport Climbing Training Group	24SPTCTG 040201	6/4-8/6				10:30-12:30		10	$1,980	$2,180

		編號 Code	(六) Sat 20, 27/4 & 4, 11/5	(日) Sun 21, 28/4	(日) Sun 19, 26/5	(三) Wed 5, 12, 19, 26/6	(日) Sun 16, 23/6	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 (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	24SPADCC 040101	14:30-17:15					4	$890	$1,090
		24SPADCC 040102		10:30-13:00 & 14:00-17:00				2		
		24SPADCC 050101			10:30-13:00 & 14:00-17:00			2		
		24SPADCC 060101				19:00-21:45		4		
		24SPADCC 060102					10:30-13:00 & 14:00-17:00	2		

	編號 Code	日期 Date	(三) Wed	(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。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.	24SPADIC 040101	6/4		14:30-17:30	1	$420
	24SPADIC 040102	10/4	18:45-21:45			
	24SPADIC 040103	13/4		14:30-17:30		
	24SPADIC 040104	17/4	18:45-21:45			
	24SPADIC 050101	8/5	18:45-21:45			
	24SPADIC 050102	18/5		14:30-17:30		
	24SPADIC 050103	22/5	18:45-21:45			
	24SPADIC 050104	29/5	18:45-21:45			
	24SPADIC 060101	1/6		14:30-17:30		
	24SPADIC 060102	8/6		14:30-17:30		
	24SPADIC 060103	15/6		14:30-17:30		
	24SPADIC 060104	22/6		14:30-17:30		

	編號 Code	(二) Tue 9, 16, 23, 30/4	(二) Tue 7, 14, 21, 28/5	(二) Tue 4, 11, 18, 25/6	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)	24SPADPC 040201	19:30-21:30			4	$550
	24SPADPC 050201		19:30-21:30		4	
	24SPADPC 060201			19:30-21:30	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
24SPFCFD 040001	13/4 (Sat)	14:00-15:30	12
24SPFCFD 040002	28/4 (Sun)	14:00-15:30	
24SPFCFD 050001	4/5 (Sat)	14:00-15:30	
24SPFCFD 050002	19/5 (Sun)	14:00-15:30	
24SPFCFD 060001	1/6 (Sat)	14:00-15:30	
24SPFCFD 060002	16/6 (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。小童及家長也需各自報名及付款。
Children ages 6-12 must be enroled with parent. Maximum number of children per adult is 2. Children and parents need to register and make payment separately.

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
24SPCWYK 040001	7 & 14/4 (Sun)	14:00-16:00	2	8
24SPCWYK 050001	5 & 12/5 (Sun)			
24SPCWYK 060001	2 & 9/6 (Sun)			

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。小童及家長也需各自報名及付款。)
(Children ages 6-12 must be enroled with parent. Maximum number of children per adult is 2. Children and parents need to register and make payment separately.)

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.