



PRE-SCHOOL AND PRIMARY LEISURE EDUCATION



DOMESTIC WORKERS OVERSEAS PROGRAMME



CONTINUING EDUCATION PROGRAMMES



SPORTS & PHYSICAL EDUCATION

# Y'S CHOICES

港青智選

JUL-SEP 2024



SWIMMING ACADEMY



HING'S PARK CENTENARY CENTRE



INDOOR CLIMBING WALL ACTIVITIES



FITNESS AND WELLNESS



網上報名



ONLINE REGISTRATION

[HTTPS://MCS.YMCAHK.ORG.HK](https://mcs.ymcahk.org.hk)

2268 7060

5918 2733

# 目錄

## Content Page

- 1 港青游泳學院  
YMCA Swimming Academy p.6-14
- 2 運動及體育課程  
Sports & Physical Education Programme p.15-22
- 3 攀登及南丫島活動中心課程  
Climbing and Lamma Centre Programme p.23-27
- 4 適能及健康課程  
Fitness & Wellness p.28-33
- 5 京士柏周年紀念中心  
King's Park Centenary Centre p.34-41
- 6 學前教育及小學文娛課程  
Pre-school and Primary Leisure Education Services p.42-70
- 7 港青專業進修課程  
YMCA Continuing Education Programme p.71-72
- 8 海外家務助理進修課程  
Overseas Domestic Workers Programme p.73
- 9 悠閒空間文娛課程  
YMCA Leisure Programme p.74-79
- 10 港青咖啡培訓學院  
YMCA Barista Training Academy p.80-83

# 重要日子 Important Dates

## 第一階段報名日期 **First Stage**

港青會員報名  
Member Enrolment 2024年5月16日 (四) 08:00am  
16 May 2024 (Thu) 08:00am

非港青會員報名  
Non-member Enrolment 2024年5月23日 (四) 00:00am  
23 May 2024 (Thu) 00:00am

### 第一階段適用課程

#### First Stage - applicable to the courses:

除卻在第二階段適用的課程外，其他課程均在第一階段報名  
Except those courses applicable to the Second Stage enrolment,  
the remaining courses are to be enrolled in the First Stage.

## 第二階段報名日期 **Second Stage**

港青會員報名  
Member Enrolment 2024年6月6日 (四) 00:00am  
6 June 2024 (Thu) 00:00am

非港青會員報名  
Non-member Enrolment 2024年6月13日 (四) 00:00am  
13 June 2024 (Thu) 00:00am

### 第二階段適用課程

#### Second Stage - applicable to the courses:

- 學前兒童游泳課程 (第一級除外)  
Progressive Swimming Programmes for Pre-Schoolers (except Level 1)
- 兒童及青少年習泳課程 (水獺班除外)  
Children & Youth Progressive Swimming Programmes (except Otter)
- 持續精英游泳課程  
On-Going Elite Swimming Training Programmes
- 彈網班  
Trampoline
- 競技體操課程\*  
Artistic Gymnastics Programmes\*
- 兒童及少年羽毛球課程\*  
Children and Youth Badminton Programmes\*
- 港青X ASG 籃球訓練計劃\*  
YMCA X ASG Basketball Training Scheme\*
- 幼兒跆拳道  
Taekwondo Tots
- 兒童及少年運動攀登訓練課程 - 兒童進階班、兒童高階班、第二級及第三級  
Children & Youth Sport Climbing Programme  
- Spider Kids, Super Kids, Level 2 and Level 3
- 兒童及少年運動攀登培訓小組  
Children & Youth Sport Climbing Training Group
- 青年運動攀登培訓班  
Teenager Sport Climbing Training Group

\* 暑期課程除外  
Summer  
Programme  
Excluded

★只適用於附有先進會員標誌的課程

Open for the programme  
with master member icon only

# 先進會員課程報名時間表

## Master Member Programme Enrolment Schedule

### 第一階段 Phase One

**5月9-15日**

只限先進會員課程郵遞或投遞箱收集

**9 - 15 MAY**

**Postal/Drop box collection for  
master member programme**

### 第二階段 Phase Two

**5月16日**

處理先進會員郵遞或投遞

**16 MAY**

**Process master member  
programme  
postal/drop box application**

### 第三階段 Phase Three

**5月17日**

接受先進會員課程網上/現場報名

**17 MAY**

**Master member programme  
online/in person enrolment**

### 第四階段 Phase Four

**5月23日**

非會員郵遞或投遞箱處理

**23 MAY**

**Non-Member postal/drop  
box application process date**

# 報名小技巧

## Tips for online enrolment

### 準備文件上載 <少於5MB>

#### Get ready with your document <less than 5MB>

請上載有效證明文件, 如過去季度的成績單/推薦書或身分證明文件報讀漸進課程。

\*上載文件必需少於5MB

Please prepare your report slip or identity proof for enrolling progressive course.

\*The file size should not exceed 5MB.

UPLOAD DOCUMENT

上載文件

### 付款程序需在20分鐘內完成

The entire payment process must be completed within 20 minutes.



### 留意電郵通知

Pay attention to email notification

上載文件、進入後補名單、活動留位和成功報名後, 系統會自動向參加者發出電郵通知。

You will be informed by email when the enrolment status is updated.

### 留意預留位置限期

Beware of reserve time

收到留位電郵通知後請留意預留位置限期, 並盡快登入平台處理付款手續, 否則系統會自動取消留位。

After receiving the reservation email, please login to your account to settle the payment before the reserved time.

### 善用我的戶口

My account

- 戶口中可以查閱個人資料, 課程記錄及查看電子優惠券或E-point
- 可在「文件上載或後補名單」中補交文件和查閱後補名單狀態
- 收到留位電郵後請到「待付款或已確認課程及活動」進行付款
- To review personal information, past record, E-point and coupon
- Replenish document in "WAITING LIST/DOCUMENT UPLOAD"
- To settle the payment for reserved class in "UNPAID OR CONFIRMED PROGRAMME/ACTIVITIES"



# 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 雙鬚鯊班 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持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况而取消，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		09:00-09:45	12	\$3,000	\$3,480
24SANAAT 070117		09:45-10:30	12	\$3,000	\$3,480
24SANAAT 070118		Sun (7/7-22/9)	10:30-11:15	12	\$3,000
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
24SANAFT 070601	Sat (6/7-21/9)	12:30-13:30	12	\$2,676	\$3,156
24SANAFT 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
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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
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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
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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

## 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

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

## 特別活動 Special Events

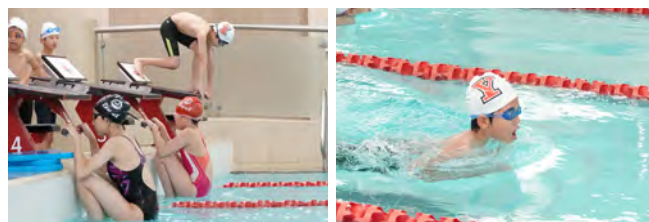
### 游泳競賽工作坊

#### 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



### 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

### 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

## 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!

辦公時間 Office Hours :  
 星期一至五 上午十時下午六時  
 Mon-Fri 10:00-18:00  
 查詢 Enquiry : 2268 7087  
 電郵 Email : spe@ymcahk.org.hk  
 網頁 Website : www.ymcahk.org.hk/snr

## 學員注意事項 Reminders for participants :

- 語言 Language : 粵語輔以英語  
Cantonese supplemented with English
- 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.
- 適合先進會員 Suitable for Master Member
- 暑期課程 Summer Programme

## 地點 Venue Location

1. 港青 (尖沙咀) 二樓室內運動場 - (Gym) Gymnasium,2/F,YMCA(TST)
2. 港青 (尖沙咀) 二樓舞蹈室 - (Dance Studio) Dance Studio,2/F,YMCA(TST)
3. 港青 (尖沙咀) 二樓壁球室 - (Sq. Court) Squash Court,2/F,YMCA(TST)

報名程序現於網上進行，報名詳情請參考 P.2-4。  
 An online enrolment platform is available, please refer to P.2-4 for more details.

## 技術評核 Skills Assessment

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技術評核，請於辦公時間內致電運動及體育組 2268 7087 預約。  
 費用 : \$40 (請往大堂會員服務部櫃檯付款)  
 New applicants or those who do not have a valid report slips are required to join our Skills Assessment to enrol for our programmes bearing the symbol.  
 Please contact the Sports and Physical Education Unit at 2268 7087 during office hours for an appointment.  
 Fee : \$40 (Please settle payment at G/F Member Services counter)

## 彈網班 Trampoline

本課程教授彈網的基本技巧，包括直彈、坐彈、分腿跳等，訓練參加者的敏捷度和身體協調。  
 This programme aims at teaching the basic skills of trampoline, including straight jump, seat drop and pike straddle jump; to enhance participants' agility and body coordination.

### 兒童彈網班

#### Children Trampoline (Ages 3-5)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGCP 070001	Thu (4/7-19/9)	15:00-16:00	12	Gym	\$2,160	\$2,640

### 少年彈網班

#### Youth Trampoline (Ages 6-17)

完成兒童彈網班後如得本會教練特別推薦亦可參加。  
 Participants can join with our instructor's recommendation upon the completion of Children Trampoline.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGCPY 070001	Thu (4/7-19/9)	16:00-17:30	12	Gym	\$3,000	\$3,480

### 彈網精英訓練

#### Trampoline Elite Training (Ages 6-17)

通過技術評核或完成彈網班後並由本會教練推薦方可參加，教授比賽級別彈網動作，更為學員提供參加公開比賽之機會。  
 Participants can only join with our instructor's recommendation upon passing a skill assessment or completion of trampoline programme. Competitive level trampoline skills will be taught and participants will have the opportunity to participate in open competitions.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGCPE 070101	Thu (4/7-19/9)	17:30-19:00	12	Gym	\$3,000	\$3,480



香港基督教青年會獲二零二二至二三年度戴麟趾爵士康樂基金 (主要基金) 撥款資助非建設工程計劃下購買的體育/康樂用品。

YMCA of Hong Kong has been granted funding from the Sir David Trench Fund for Recreation (Main Fund) for 2022-23 to support its purchase of sports / recreational equipment under Non-Capital Works Projects. coordination.

## 普及體操課程 General Gymnastics Programme

本課程教授體操的各種技巧，本會教練會以學員水平及興趣個別編排課程內容，學員可以學習包括翻滾，騰空跳躍及平衡等動作，適合不同運動水平、性別的人士參加，放鬆日常生活造成的肌肉繃緊。  
 This programme will be designed by our instructors according to the participants' levels and interests. Participants can expect to learn various gymnastics skills, including rolling, jumping and balancing. The programme is suitable for all people regardless of gender and sports background to help them relax muscle tension caused by daily routines.

### 少年普及體操課程

#### Youth General Gymnastics (Ages 6-17)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGCXY 070001	Thu (4/7-8/8)	19:00-20:30	6	Gym	\$1,320	\$1,560
24SSGCXY 080001	Thu (15/8-19/9)	19:00-20:30	6	Gym	\$1,320	\$1,560

### 成人普及體操課程

#### Adult General Gymnastics (Ages 18 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGCXA 070001	Wed (10/7-14/8)	19:15-21:15	6	Gym	\$1,710	\$1,950
24SSGCXA 080001	Wed (21/8-25/9) No Class 18/9	19:15-21:15	5	Gym	\$1,425	\$1,625

## 競技體操課程 Artistic Gymnastics Programme

本會體操課程為滿 13 個月之實寶而設，循序漸進地逐級學習至比賽級別水平。  
 Our gymnastics programme is designed for children 13 months of age and older, with gradual progression through the levels to the competition level.

競技體操 / 彈網課程報名處理優先次序簡介 (2024 年第 3 季) :  
 Procedure of Priority Application Processing of Artistic Gymnastics/Trampoline Programme (2024 Quarter 3):

會員舊生 (2024Q2) > 會員新生 > 非會員舊生 (2024Q2) > 非會員新生  
 Current Students of 2024Q2 (Mem) > New Applicants (Mem) >  
 Current Students of 2024Q2 (Non-Mem) > New Applicants (Non-Mem)

## 親子體操班

### Gym Tots (Ages 13-35 Months)

家長與小孩可於此課程一起學習及享受體操活動的樂趣，從而增進嬰兒四肢發展。一位家長 / 監護人須陪同小孩上堂。

This programme aims to provide an opportunity for parents to share the joy of learning gymnastics with their kids and enhance the development of the baby's body through basic movements. One parent/guardian is required to accompany the child during the lesson.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGCTT 070001	Wed (10/7-14/8)	15:15-16:15	6	Gym	\$990	\$1,230
24SSGCTT 080001	Wed (21/8-25/9) No Class 18/9	15:15-16:15	5	Gym	\$825	\$1,025

## 恆常競技體操課程

### Regular Artistic Gymnastics Programme (Ages 3-15)

#### 第一級 入門課程 Level 1 Beginners Level (Ages 3-5)

入門體操動作，例如：在平衡木上行走、前滾翻等等，訓練學員平衡力。Beginner gymnastics skills, such as walking on a balance beam and forward roll, etc., will be introduced to train the participants' balance.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGCAG 070101	Tue (9/7-24/9) No Class 17/9	16:15-17:15	11	Gym	\$1,925	\$2,365
24SSGCAG 070102	Thu (4/7-19/9)	16:30-17:30	12	Gym	\$2,100	\$2,580
24SSGCAG 070103	Sat (6/7-21/9)	09:00-10:00	12	Gym	\$2,100	\$2,580
24SSGCAG 070104	Mon, Fri (15/7-23/8)	13:15-14:15	12	Gym	\$2,100	\$2,580

#### 第二至四級 Level 2 to 4

基礎體操動作，例如拱橋、側手翻等，為學員持續學習打好根基。Elementary gymnastics skills, such as bridge and cartwheel, etc., will be introduced to build the fundamentals for the participants' future learning.

#### 第二級 Level 2 (Ages 3-5)

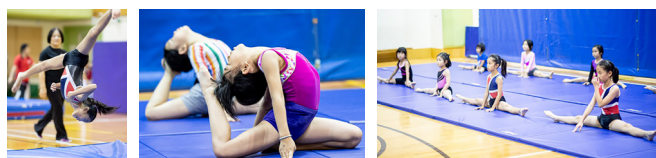
編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGCAG 070201	Tue (9/7-24/9) No Class 17/9	16:15-17:15	11	Gym	\$1,925	\$2,365
24SSGCAG 070202	Sat (6/7-21/9)	09:00-10:00	12	Gym	\$2,100	\$2,580

#### 第三級 Level 3 (Ages 3-5)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGCAG 070301	Tue (9/7-24/9)	15:00-16:15	12	Gym	\$2,460	\$2,940
24SSGCAG 070302	Sat (6/7-21/9)	10:00-11:15	12	Gym	\$2,460	\$2,940

#### 第四級 Level 4 (Ages 3-6)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGCAG 070401	Tue (9/7-24/9)	15:00-16:15	12	Gym	\$2,460	\$2,940
24SSGCAG 070402	Sat (6/7-21/9)	10:00-11:15	12	Gym	\$2,460	\$2,940



#### 第五級 入門課程 Level 5 Beginners Level (Ages 6-15)

改良體操動作，例如：後滾翻、原地跳轉三百六十度等等，強化學員的身體控制。

Intermediate gymnastics skills, such as backward roll, jumping with full turn, etc., will be introduced to train the participants' body control.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGCGG 070501	Wed (10/7-25/9) No Class 18/9	16:15-17:45	11	Gym	\$2,420	\$2,860
24SSGCGG 070502	Sat (6/7-21/9)	11:15-12:45	12	Gym	\$2,640	\$3,120
24SSGCGG 070503	Sat (6/7-21/9)	12:45-14:15	12	Gym	\$2,640	\$3,120
24SSGCGG 070504	Mon, Fri (15/7-23/8)	14:15-15:45	12	Gym	\$2,640	\$3,120

#### 第六至十級 Level 6 to 10

進階體操動作，例如倒立接前滾翻、分腿跳箱等，為學員提供更高水平訓練。

Advanced gymnastics skills, such as handstand forward roll, straddle jump over vault, etc. will be introduced to provide high-level training for the participants.

#### 第六級 Level 6 (Ages 6-15)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGCGG 070601	Wed (10/7-25/9) No Class 18/9	16:15-17:45	11	Gym	\$2,420	\$2,860
24SSGCGG 070602	Sat (6/7-21/9)	11:15-12:45	12	Gym	\$2,640	\$3,120
24SSGCGG 070603	Sat (6/7-21/9)	14:15-15:45	12	Gym	\$2,640	\$3,120

#### 第七級 Level 7 (Ages 6-15)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGCGG 070701	Wed (10/7-25/9) No Class 18/9	16:15-17:45	11	Gym	\$2,420	\$2,860
24SSGCGG 070702	Sat (6/7-21/9)	11:15-12:45	12	Gym	\$2,640	\$3,120
24SSGCGG 070703	Sat (6/7-21/9)	14:15-15:45	12	Gym	\$2,640	\$3,120

#### 第八級 Level 8 (Ages 6-15)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGCGG 070801	Wed (10/7-25/9) No Class 18/9	17:45-19:15	11	Gym	\$2,420	\$2,860
24SSGCGG 070802	Sat (6/7-21/9)	12:45-14:15	12	Gym	\$2,640	\$3,120

#### 第九級 Level 9 (Ages 6-15)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGCGG 070901	Wed (10/7-25/9) No Class 18/9	17:45-19:15	11	Gym	\$2,420	\$2,860
24SSGCGG 070902	Sat (6/7-21/9)	12:45-14:15	12	Gym	\$2,640	\$3,120

#### 第十級 Level 10 (Ages 6-15)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGCGG 071001	Wed (10/7-25/9) No Class 18/9	17:45-19:15	11	Gym	\$2,420	\$2,860
24SSGCGG 071002	Sat (6/7-21/9)	12:45-14:15	12	Gym	\$2,640	\$3,120

## 持續競技體操課程

### On-going Artistic Gymnastics Programme (Ages 6-15)

為完成競技體操課程而又有興趣作持續訓練的學員而設

On-going Artistic Gymnastics Programme is for participants who have successfully completed our Artistic Gymnastics Programme, and are interested in continuing training.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGCGG 070001	Sat (6/7-21/9)	14:15-16:15	12	Gym	\$3,360	\$3,780



## 體操隊及體操預備隊

### Gymnastics Team & Junior Team

完成第十級課程後並由本會教練推薦方可參加，教授比賽級別體操動作，更為學員提供參加公開比賽之機會。

Participants can only join with our instructor's recommendation upon the completion of level 10. Competitive level gymnastics skills will be taught and participants will have the opportunity to participate in open competitions.

#### 體操預備隊 Gymnastics Junior Team (Ages 6-17)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGYTJ 070001	Tue (2/7-24/9)	17:15-19:15	13	Gym	\$3,100	
24SSGYTJ 070002	Fri (5/7-27/9)	15:45-17:15	13	Gym	\$2,700	
24SSGYTJ 070003	Tue (2/7-24/9)	17:15-19:15	13	Gym	\$3,100	

#### 體操隊 Gymnastics Team (Ages 6-17)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSGYTS 070001	Mon (8/7-30/9)	16:15-19:15	13	Gym	\$3,470	
24SSGYTS 070002	Fri (5/7-27/9)	17:15-19:15	13	Gym	\$3,190	

## 羽毛球課程 Badminton Programme

備註：學員須自備球拍

Remarks: Participants are required to bring their own racket

### 兒童及少年基礎班

#### Children and Youth Elementary

教授基礎技術，包括球感、正手握拍、基本步法、上手擲球、正手發球、上手擊球及前後場步法。

Introduction of basic badminton skills, including ball sense, forehand gripping, basic footwork, overhead throwing, forehand serving, overhead volley as well as forecourt and backcourt footwork, etc.

#### 基礎班 U9 Elementary (Ages 6-9)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSDCCE 070101	Sat (6/7-21/9)	15:00-16:30	12	Gym	\$2,100	\$2,580
24SSDCCE 070102	Sun (7/7-22/9)	13:30-15:00	12	Gym	\$2,100	\$2,580
24SSDCCE 070103	Tue, Thu (16/7-22/8)	11:30-13:00	12	Gym	\$2,100	\$2,580
24SSDCCE 070104	Wed, Fri (17/7-23/8)	13:00-14:30	12	Gym	\$2,100	\$2,580

#### 基礎班 U17 Elementary (Ages 10-17)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSDCYE 070101	Sat (6/7-21/9)	13:30-15:00	12	Gym	\$2,100	\$2,580
24SSDCYE 070102	Sun (7/7-22/9)	13:30-15:00	12	Gym	\$2,100	\$2,580
24SSDCYE 070103	Tue, Thu (16/7-22/8)	13:00-14:30	12	Gym	\$2,100	\$2,580
24SSDCYE 070104	Wed, Fri (17/7-23/8)	14:30-16:00	12	Gym	\$2,100	\$2,580

### 兒童及少年改良班

#### Children and Youth Improvement

改善學員的技術及教授進階技術，包括正反手握拍、前後場步法、正手發高遠球、前後場擊球及正反手網前球。

To refine the basic skills and introduce intermediate skills including forehand and backhand gripping, forecourt and backcourt footwork, forehand high clear serving, forecourt and backcourt hitting as well as forehand and backhand net shot, etc.

#### 改良班 U9 Improvement (Ages 6-9)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSDCCI 070201	Sun (7/7-22/9)	15:00-16:30	12	Gym	\$2,100	\$2,580

### 改良班 U17 Improvement (Ages 10-17)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSDCYI 070201	Sun (7/7-22/9)	15:00-16:30	12	Gym	\$2,100	\$2,580

### 兒童及少年高級班

#### Children and Youth Advanced (Ages 10-17)

簡鞏固學員的技術及教授進階技巧，如對打高遠球、正反手挑球等，進一步強化對打能力。

To consolidate the participants' skills and teach higher-level skills, such as high clear, forehand and backhand underarm clear and so forth, so as to further strengthen the competitiveness and ability to rally.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSDCYA 070301	Sun (7/7-22/9)	16:30-18:30	12	Gym	\$2,700	\$3,180

### 兒童及少年深造班

#### Children and Youth Clinic (Ages 10-17)

教授學員在比賽應用已學習的技術，同時強化技術的質量，增強學員的體能和介紹相關的戰術運用。

Participants will be taught to apply the techniques they have learnt in competition while strengthening the quality of the techniques, enhancing their physical fitness and introducing relevant tactical applications.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSDCYC 070401	Sun (7/7-22/9)	16:30-18:30	12	Gym	\$2,700	\$3,180

### 成人初級班

#### Adult Elementary (Ages 18 or above)

介紹正確的握拍及基本擊球技術

Basic techniques, stroke and proper grip will be introduced.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSDCAE 070101	Thu (4/7-19/9)	18:30-20:00	12	Gym	\$2,100	\$2,580
24SSDCAE 070102	Sun (7/7-22/9)	12:00-13:30	12	Gym	\$2,100	\$2,580

### 成人改良班

#### Adult Improvement (Ages 18 or above)

改良學員的基本技術，改善擊球姿勢、步法及比賽規則。

Improve participants' basic skills with emphasis on stroke stance, footwork and competition rules.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSDCAI 070201	Thu (4/7-19/9)	20:00-21:30	12	Gym	\$2,100	\$2,580
24SSDCAI 070202	Sun (7/7-22/9)	18:30-20:30	12	Gym	\$2,700	\$3,180

### 港青 x adidas 羽毛球隊

#### YMCA x adidas Badminton Team

由前羽毛球隊隊成員任教，為隊員提供高強度體能及技術訓練，以應付各全港性比賽。隊員必需為 YMCA 會員，並需參加甄選及通過技術測試。

The team is trained by former representative of the Hong Kong National Badminton Team. Through high-intensity physical and badminton skills training, the team members will be able to compete in territory-wide competitions. To become a team member, participant is required to be a member of YMCA, and passed the assessment arranged by our coaches.

#### 羽毛球預備隊 Junior Team (Ages 10-17)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSDYTJ 070001	Sat (6/7-28/9)	20:30-22:30	13	Gym	\$2,800	

#### 羽毛球隊 Team (Ages 18 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSDYTA 070001	Fri (5/7-27/9)	20:30-22:30	13	Gym	\$2,800	

## 羽毛球組

### Badminton Group

為各學員提供認識其他羽毛球愛好者的機會，教練亦會根據學員的擊球姿勢、步法作出相應的指導。

Provide more opportunities to meet other badminton lovers and learn from each other. Stroke stance and footwork will be instructed by coach accordingly.

#### 成人羽毛球組 Adult Badminton Group (Ages 18 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSDCGA 070501	Wed (10/7-25/9) No Class 18/9	14:00-15:30	11	Gym	\$1,540	\$1,980

#### 成人羽毛球技術研習組

#### Adult Badminton Skills Study Group (Ages 18 or above)

為學員提供一個競賽的平台，學員將透過指導下對打增進技術，同時和其他羽毛球愛好者交流。

The study group provides a competitive platform for participants to improve their skills under instructions, and interacting with other badminton lovers.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSDCGA 070502	Mon (8/7-23/9)	20:30-22:30	12	Gym	\$2,400	\$2,880



## 足球課程 Soccer Programme

此課程會將基本的足球技巧融入課程之中。同時以玩樂的方式上課，讓小朋友更容易適應課堂，培養對足球的興趣。

Basic soccer skills are integrated into the programme through a fun and enjoyable curriculum, making it easy for children to adapt to the lessons and cultivate their interest in soccer.

#### 幼兒啟蒙班

#### Soccer Tots (Ages 3-5)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSXTT 072001	Fri (5/7-20/9)	16:00-17:00	12	Gym	\$2,520	\$3,000
24SSXTT 072002	Sat (6/7-21/9)	11:30-12:30	12	Gym	\$2,520	\$3,000
24SSXTT 072003	Tue, Thu (16/7-22/8)	09:30-10:30	12	Gym	\$2,520	\$3,000

#### U8 足球班

#### U8 Soccer (Ages 6-8)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSXEC 072101	Fri (5/7-20/9)	17:00-18:00	12	Gym	\$2,520	\$3,000
24SSXEC 072102	Sat (6/7-21/9)	12:30-13:30	12	Gym	\$2,520	\$3,000
24SSXEC 072103	Tue, Thu (16/7-22/8)	10:30-11:30	12	Gym	\$2,520	\$3,000



## 壁球課程 Squash Programme

此課程教授壁球的基礎技術，包括控球，直線球及發球，循序漸進地改良學員技術，改善擊球姿勢、步法及比賽規則。

備註：本會只提供課程使用之壁球，學員須自備球拍及建議配戴護目罩。The programme teaches basic squash skills, including ball control, straight shot and serving. Participants can improve their skills progressively with emphasis on stroke stance, footwork and competition rules.

Remarks: Squash balls will be provided. Participants are required to bring their own racket and are recommended to wear sports goggles.

#### 小型壁球

#### Mini-Squash (Ages 6-12)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSQCEC 070101	Thu (4/7-19/9)	17:00-18:00	12	Sq. Court	\$1,080	\$1,440

#### 成人壁球

#### Adult Squash (Ages 16 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSQCEA 070101	Sat (6/7-21/9)	16:45-18:15	12	Sq. Court	\$1,740	\$2,100

## 乒乓球課程 Table Tennis Programme

本課程根據香港乒乓球總會章別計劃編排，教授銅章內容，如正手發球、正反手推擋、正手對攻球等等。

備註：本會只提供課程使用之乒乓球，學員須自備球拍。The programme aligns with the Badge Scheme of Hong Kong Table Tennis Association and teaches Bronze Badge skills such as forehand serving, forehand and backhand half volley with push, as well as forehand and backhand attack and counter, etc.

Remarks: Table-tennis balls will be provided. Participants are required to bring their own racket.

#### 兒童乒乓球基礎班

#### Children Table Tennis Elementary (Ages 7-12)

教授乒乓球基礎技術。

Introduction of basic table tennis skills.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSTCEC 070101	Sun (7/7-22/9)	09:30-10:30	12	Sq. Court	\$1,380	\$1,740

#### 兒童乒乓球改良班

#### Children Table Tennis Improvement (Ages 7-12)

透過有系統的訓練，改善學員的基本技術及教授更多進階技術，包括反手推擋、攻防步法等，令學員基礎技術得以鞏固。

To improve and consolidate the participants' skills and teach higher-level skills, such as backhand block, footwork, etc. through systematic training.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSTCIC 070201	Sun (7/7-22/9)	10:30-12:00	12	Sq. Court	\$2,040	\$2,400

## 港青 X ASG 籃球訓練計劃 YMCA X ASG Basketball Training Scheme

亞洲體育集團團隊對體育充滿熱誠，專注於籃球的專業訓練。我們期望在安全及良好管控的環境下提供全面而有系統的教學課程。我們的團隊追求共同價值：團隊精神、尊重、自主性、勤奮及謙卑，並期望將這些價值灌概到孩子的成長，達至美滿的生活態度。

語言：粵語



### 幼兒組 (3-4 歲)

培育幼苗期對於一個年輕球員的未來來說是很重要的階段，當你的孩子完成我們的課程後，他/她會能夠：準確地以雙手傳送及接應彈地及胸前傳球、運球時保持球在腰部以下，頭部抬高及眼睛注視前方及理解 "BEEF" 的投籃姿勢概念。

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSBXPW 072101	Sat (6/7-21/9)	09:30-10:30	12	Sq. Court	\$2,280	\$2,760
24SSBXPW 072102	Sat (6/7-21/9)	11:30-12:30	12	Sq. Court	\$2,280	\$2,760
24SSBXPW 072103	Mon, Wed (15/7-21/8)	14:30-15:30	12	Sq. Court	\$2,280	\$2,760

### 種子組 (5-7 歲)

在相同的課程結構上，我們會為進階球員提供進階訓練。

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSBXSL 072101	Sat (6/7-21/9)	09:00-10:00	12	Gym	\$2,280	\$2,760
24SSBXSL 072102	Sat (6/7-21/9)	10:30-11:30	12	Sq. Court	\$2,280	\$2,760
24SSBXSL 072103	Mon, Wed (15/7-21/8)	09:30-10:30	12	Gym	\$2,280	\$2,760

### 幼苗組 (8-10 歲)

此課程集中建立及鞏固良好的基本功。

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSBXYS 072101	Wed (10/7-25/9) No Class 18/9	17:30-19:00	11	Gym	\$2,420	\$2,860
24SSBXYS 072102	Sat (6/7-21/9)	10:00-11:30	12	Gym	\$2,640	\$3,120
24SSBXYS 072103	Mon, Wed (15/7-21/8)	10:30-12:00	12	Gym	\$2,640	\$3,120

### 少年組 (11-13 歲)

此課程會繼續加強球員本身已理解的技術，亦會不斷加入新的技巧及元素，幫助他們增強能力。

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSBXJR 072101	Sat (6/7-21/9)	16:30-18:00	12	Gym	\$2,640	\$3,120
24SSBXJR 072102	Mon, Wed (15/7-21/8)	12:00-13:30	12	Gym	\$2,640	\$3,120

### 女子組 (8-13 歲) NEW

此課程集中培訓女子球員，建立及鞏固良好的基本功，並加強球員本身已理解的技術，亦會不斷加入新的技巧及元素，幫助她們增強能力。

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSBXYG 072101	Mon (8/7-23/9)	16:30-18:00	12	Gym	\$2,640	\$3,120

### YMCA x ASG BASKETBALL TEAM (Ages 8-16)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem
24SSBYTJ 070001	Sun (7/7-22/9)	08:30-10:30	12	Gym	\$2,700

ASG has designed a systemic training protocol according to players' ages and skill levels with English instructions. The programme introduces skills development, knowledge, use of techniques and personal values, such as teamwork, respect, autonomy, hard work and humility. ASG's director and coaching team will closely monitor every player's learning progress throughout the programme.

Language : English

### Pee Wee (Ages 3-4)

Nurturing the children from the roots is critical for a young basketball player's career and road to stardom. Therefore, we find it crucial to lay down a good foundation for the children to build on.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSBXPW 071101	Thu (4/7-19/9)	17:30-18:30	12	Sq. Court	\$2,640	\$3,120
24SSBXPW 071102	Sun (7/7-22/9)	12:30-13:30	12	Sq. Court	\$2,640	\$3,120
24SSBXPW 071103	Sun (7/7-22/9)	13:30-14:30	12	Sq. Court	\$2,640	\$3,120

### SEEDLING (Ages 5-7)

We offer the same structured programme with additional skills to work on for the more advanced player.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSBXSL 071101	Thu (4/7-19/9)	18:30-20:00	12	Sq. Court	\$3,120	\$3,600
24SSBXSL 071102	Fri (5/7-20/9)	16:30-18:00	12	Sq. Court	\$3,120	\$3,600
24SSBXSL 071103	Sun (7/7-22/9)	14:30-16:00	12	Sq. Court	\$3,120	\$3,600
24SSBXSL 071104	Sun (7/7-22/9)	16:00-17:30	12	Sq. Court	\$3,120	\$3,600

### YOUNG SEED (Ages 8-10)

This programme concentrates on getting the fundamentals right and building on the foundations until they can consolidate the basic and advanced skills.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSBXYS 071101	Tue (9/7-24/9) No Class 17/9	16:00-17:30	11	Gym	\$2,915	\$3,300
24SSBXYS 071102	Fri (5/7-20/9)	18:00-19:30	12	Gym	\$3,120	\$3,600
24SSBXYS 071103	Sun (7/7-22/9)	10:30-12:00	12	Gym	\$3,120	\$3,600

### YOUNG SEED ADVANCED (Ages 8-10)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSBXYS 071201	Thu (4/7-19/9)	16:00-17:30	12	Gym	\$3,120	\$3,600
24SSBXYS 071202	Sun (7/7-22/9)	12:00-13:30	12	Gym	\$3,120	\$3,600

### JUNIOR (Ages 11-13)

This programme will build on everything that the player already knows and introduce new skills and that will help add to their repertoire of moves.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSBXJR 071101	Tue (9/7-24/9) No Class 17/9	17:30-19:00	11	Gym	\$2,915	\$3,300
24SSBXJR 071102	Sun (7/7-22/9)	10:30-12:00	12	Gym	\$3,120	\$3,600

### YOUNG SEED + JUNIOR SUMMER CLINIC (Ages 8-13)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSBYJ 071101	Tue, Thu (16/7-22/8)	14:30-16:00	12	Gym	\$3,240	\$3,720

## 空手道課程 Karate Programme

空手道技術著重訓練上肢和手部功夫，課程內容包括有套拳，手、肘打擊、腿擊、自由搏擊、肌肉力量訓練等，通過武術訓練可增強學員自信，律已修德，並能學習禮待他人及尊師重道之精神。

備註：新學員須於第一堂向本會導師購買 \$300 指定制服

Karate techniques focus on the training of upper limbs and hands. This training programme includes patterns, hand and elbow strikes, kicking, self-defence techniques and fitness training. Through the training, participants not only enhance their self-confidence and self-discipline but also the spirit of being courteous to others, honouring teachers and holding onto the truth.

Remarks : New participants are required to pay \$300 for the uniform in the first lesson of the programme

### 幼兒空手道 Karate Tots (Ages 3-5)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSKXTT 070001	Sun (7/7-22/9)	10:00-11:00	12	Dance Studio	\$1,260	\$1,740

### 兒童空手道 - 初級班 Children's Karate - Beginners Class (Ages 5-12)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSKXEC 070101	Sun (7/7-22/9)	11:00-12:00	12	Dance Studio	\$1,260	\$1,740

### 兒童空手道 - 延續班 Children's Karate Training Clinic (Ages 5-15)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSKXCC 070201	Sun (7/7-22/9)	12:00-13:00	12	Dance Studio	\$1,500	\$1,980
24SSKXCC 070202	Sun (7/7-22/9)	13:00-14:00	12	Dance Studio	\$1,500	\$1,980
24SSKXCC 070203	Sun (7/7-22/9)	14:00-15:00	12	Dance Studio	\$1,500	\$1,980

### 少年及成人空手道 Youth & Adult Karate (Ages 13 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSKXYA 070301	Sun (7/7-22/9)	15:00-16:30	12	Dance Studio	\$1,920	\$2,400



## 跆拳道課程 Taekwondo Programme

跆拳道乃韓國的傳統國技，著重訓練下肢腿部功夫，是一項集強身、健體、自衛的武藝運動。課程內容包括有套拳、踢腿、拳擊及擋隔技巧、自衛術及搏擊術。同時亦重視培育學員的品德及自律精神。

備註：除親子班和幼兒一級外，其他新學員須於第一堂向本會導師購買 \$430 指定制服及靶

Taekwondo is a traditional form of Korean Martial Arts that emphasizes on lower limbs training. It combines physical fitness, workout, and self-defence. The programme consists of patterns, kicking, punching, blocking, self-defence and sparring techniques. It also stresses the importance of fostering the moral character and self-discipline of the participants.

Remarks : Except Playgroup and Taekwondo Tots Level 1, each new participant will be required to pay \$430 for uniform and mitt on the first lesson



### 幼兒跆拳道 - 第一級 Taekwondo Tots – Level 1 (Ages 3-5)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSWCCT 070101	Sat (6/7-28/9)	13:30-14:30	13	Sq. Court	\$1,560	\$2,080
24SSWCCT 070102	Sat (6/7-28/9)	15:30-16:30	13	Sq. Court	\$1,560	\$2,080

### 幼兒跆拳道 - 第二級 Taekwondo Tots – Level 2 (Ages 3-5)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSWCCT 070201	Sat (6/7-28/9)	13:30-14:30	13	Sq. Court	\$1,560	\$2,080
24SSWCCT 070202	Sat (6/7-28/9)	14:30-15:30	13	Sq. Court	\$1,560	\$2,080

### 幼兒跆拳道 - 第三級 Taekwondo Tots – Level 3 (Ages 3-5)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSWCCT 070301	Sat (6/7-28/9)	14:30-15:30	13	Sq. Court	\$1,560	\$2,080
24SSWCCT 070302	Sat (6/7-28/9)	15:30-16:30	13	Sq. Court	\$1,560	\$2,080

### 青少年跆拳道 Junior Taekwondo (Ages 6-14)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSWCJR 070401	Sat (6/7-28/9)	09:30-11:30	13	Dance Studio	\$3,120	\$3,640
24SSWCJR 070402	Sat (6/7-28/9)	11:30-13:30	13	Dance Studio	\$3,120	\$3,640
24SSWCJR 070403	Sat (6/7-28/9)	16:30-18:30	13	Gym	\$3,120	\$3,640

## 成人跆拳道

### Senior Taekwondo (Ages 15 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSWCSP 070501	Sat (6/7-28/9)	18:00-20:00	13	Gym	\$2,730	\$3,250



## 劍擊課程

### Fencing Programme

劍擊能鍛煉反應及提升身體協調能力，對戰過程中亦需要在有限時間內觀察對手並迅速作出反應，是一項極為刺激的運動。部分劍擊課程由香港劍擊代表成員任教。透過有趣的遊戲讓小朋友能夠在輕鬆的環境認識劍擊的基礎技巧。學員間亦會互相切磋以累積經驗，培養對劍擊的興趣。



Fencing is an exciting, fast-paced sport that develops reflexes and coordination. Some of our introductory fencing courses are taught and led by representatives of the Hong Kong Fencing Team with the aim to equip children with a basic understanding of fencing and skills, including both physical and technical, in a relaxed environment. Fencing can bring you an interesting experience with a myriad of engaging and fun mini sports games!

## 兒童劍擊

### Children Fencing (Ages 6-8)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSFXTT 070001	Wed (10/7-25/9) No Class 18/9	16:15-17:15	11	Dance Studio	\$2,750	\$3,135
24SSFXTT 070002	Sat (6/7-21/9)	09:30-10:30	12	Sq. Court	\$3,000	\$3,420
24SSFXTT 070003	Sun (7/7-22/9)	09:00-10:00	12	Dance Studio	\$3,000	\$3,420

## 少年劍擊

### Youth Fencing (Ages 9-12)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSFEC 070101	Wed (10/7-25/9) No Class 18/9	17:15-18:15	11	Dance Studio	\$2,750	\$3,135
24SSFEC 070102	Sat (6/7-21/9)	10:30-11:30	12	Sq. Court	\$3,000	\$3,420
24SSFEC 070103	Sun (7/7-22/9)	10:00-11:00	12	Sq. Court	\$3,000	\$3,420



## 箭藝課程

### Archery Programme

本課程教授基本射箭技巧及提升學員射箭的準確及穩定程度，從而改善專注力及個人耐力。

備註：課程使用之器材由本會提供

This programme teaches fundamental archery skills and enhances the accuracy and stability of participants, thereby improving concentration and personal endurance.

Remarks: All training equipment will be provided

## 兒童箭藝

### Children Archery (Ages 6-10)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSAXAC 070101	Tue, Fri (16/7-23/8)	12:30-13:30	12	Sq. Court	\$2,040	\$2,400

## 少年箭藝

### Youth Archery (Ages 11-17)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSAXAY 070101	Tue, Fri (16/7-23/8)	13:30-14:30	12	Sq. Court	\$2,040	\$2,400

## 攻防箭課程

### Archery Tag Programme

攻防箭課程讓學員於安全的環境下體驗有趣及特別的射箭活動，從而提升手眼協調性、大小肌肉發展及反應力。與一般射箭活動相比，攻防箭課程更加入對戰元素，為課堂帶來更多樂趣。

備註：課程使用之器材由本會提供

Archery Tag Programme offers a safe, fun, and unique archery experience to participants and also improves their hand-eye coordination, muscle development and reflexes. Compared with general archery activities, Archery Tag adds elements of competition to bring more fun to the class.

Remarks: All training equipment will be provided

## 兒童及少年攻防箭

### Children and Youth Archery Tag (Ages 8-15)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSAXAT 070101	Sun (7/7-22/9)	12:30-13:30	12	Sq. Court	\$2,040	\$2,400
24SSAXAT 070103	Tue, Fri (16/7-23/8)	11:30-12:30	12	Sq. Court	\$2,040	\$2,400

## 兒童體適能課程

### Children Fitness Programme

語言 Language: 粵語輔以英語 Cantonese supplemented with English

此課程透過特別設計的練習和動作刺激兒童的運動技能發展。課程有助他們身體、社交和情緒上的發展，為他們未來學習其他運動打下堅實的基礎。The programme stimulates development of the kids' motor skills through specially designed exercises and movements. The programme supports physical, social and emotional development of the kids and laid a solid foundation for them to progress to other sports in the future.

## 兒童體適能訓練班 (3-5 歲)

### Children Fitness Class (Ages 3-5)



編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SFFCFC 072101	Tue (2/7-24/9) No Class 17/9	16:00-17:00	12	Well. Ctr.	\$1,680	\$1,980

## 兒童體適能訓練班 (6-8 歲)

### Children Fitness Class (Ages 6-8)



編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SFFCFC 072102	Fri (5/7-27/9)	16:00-17:00	13	Well. Ctr.	\$1,820	\$2,145

## 太極課程 Tai Chi Programme

### 太極拳健身班 Tai Chi Chuen Fitness Course

本課程教授太極拳運動的各種技巧，教練會以學員水平及興趣個別編排課程內容，學員主要學習太極拳架二十四式及四十八式，亦會涉獵其他內容，包括太極健身功、太極基本功及八段錦等等，適合不同運動水平和性別的人士參加，以達致健身之效。初學者須先修讀太極拳健身班（二十四式）。This programme is designed according to the participants' levels and interests, which is suitable for all people regardless of gender and sports background. Participants will mainly learn Tai Chi Chuen 24 and 48 forms, as well as other contents such as basic skills of Tai Chi, Baduanjin to strengthen their abilities. **Beginner are required to learn Tai Chi Chuen Fitness Course (24 Forms) first.**

#### 二十四式 24 Forms (Ages 18 or above) ❤️

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSMCTF 072401	Tue (9/7-24/9) No Class 17/9	18:00-19:00	11	Sq. Court	\$990	\$1,320

#### 四十八式 48 Forms (Ages 18 or above) ❤️ 🗡️

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSMCTF 074801	Tue (9/7-24/9) No Class 17/9	19:00-20:00	11	Sq. Court	\$990	\$1,320

### 太極劍 (三十二式) Tai Chi Sword (32 Forms) (Ages 18 or above)

本課程教授的太極劍節奏平和，清澈平穩，剛柔並濟，具有健身價值。The Tai Chi Sword taught in this programme is clear and steady, calm and smooth with a coexistence of softness and hardness, which is undoubtedly good for improving health fitness.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSMCTS 073201	Fri (5/7-20/9)	09:00-10:00	12	Dance Studio	\$1,320	\$1,740

### 簡化太極拳 Simplified Tai Chi Chuen Course

太極拳乃其中一項用以強身健體的中國武術。它的特點是動作柔和，緩慢均勻，圓活連貫及松靜輕靈，故適合男女老少學習。Tai Chi Chuen is a kind of the Chinese martial arts for physical fitness, which is characterized by soft, slow and uniform stances, lively and coherent movements as well as light and quiet temperament. It is suitable for everyone regardless of age and gender.

#### 先修課程 Beginners Course (Ages 18 or above) ❤️

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSMCST 070001	Wed (10/7-25/9) No Class 18/9	19:00-20:00	11	Sq. Court	\$990	\$1,320

#### 二十四式 24 Forms (Ages 18 or above) ❤️

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSMCST 072401	Wed (10/7-25/9) No Class 18/9	18:00-19:00	11	Sq. Court	\$990	\$1,320

### 武術 Martial Arts (Ages 6-15)

武術起源於古老的中華傳統文化，內涵非常豐富，他首先從道家思想而來，是與修煉有關的，構成了道德修養、藝術技法、養生強身、防衛和制止暴力，所以武字又有止戈之說。Martial arts originated from ancient Chinese traditional culture and encompass a rich content. It primarily stems from Daoist philosophy and is closely associated with cultivation.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSMCMA 070001	Sat (6/7-21/9)	12:00-13:00	12	Sq. Court	\$1,680	\$1,980

### 綜合太極拳 (四十八式) Integrated Tai Chi Chuen (48 Forms) (Ages 18 or above) 🗡️

報讀要求 Entry Requirement: 必須曾修讀簡化太極拳 (二十四式) Completed Simplified Tai Chi Chuen (24 Forms) 凡學習過二十四式簡化太極拳的人，都希望對太極拳有進一步的了解，提高自己的技術水平。四十八式包含了多種掌法、步法和腳法，齊集了五家 (陳、楊、孫、武、吳) 特有的招式。活動起來輕鬆柔和，圓活自然，實在是學習完二十四式簡化太極拳後另一套必學的拳套。Integrated Tai Chi Chuen (48 Forms) is based on the "main structure" exercise of the simplified 24-form Tai Chi Chuen. It integrates the elements of other martial arts styles (Chan, Yang, Suen, Woo and Wu) to form its own characteristics. Its arrangement is relaxing and natural, while the movements are coordinated and smooth. It is for those who have learnt the simplified 24-form Tai Chi Chuen.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSMCIT 074801	Mon (8/7-23/9)	19:00-20:00	12	Sq. Court	\$1,080	\$1,440

### 八段錦 Baduanjin (Ages 18 or above)

八段錦是一種優秀的中國傳統保健氣功。八段錦健身氣功形成於十二世紀，後在歷代流傳中形成許多練法和風格各具特色的流派，它動作簡單易行，功效顯著。古人把這套動作比喻為「錦」，意為動作舒展優美，如錦緞般優美、柔順，又因為功法共為八段，每段一個動作，故名為「八段錦」。Baduanjin is an excellent traditional Chinese health care qigong exercise. It was created in the twelfth century and was later expanded into a number of schools with different methods and styles which were simple and effective. The ancients compared this set of movements to "Jin (brocade)", which means that the movements are beautiful and supple like brocade. As this qigong exercise has eight sections and each contains one movement, hence it is named "Baduanjin (Eight Pieces of Brocade)".

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSMCBJ 070001	Mon (8/7-23/9)	18:00-19:00	12	Sq. Court	\$1,080	\$1,440

## 足毬課程 Shuttlecock Programme

### 兒童足毬基礎班 Children Shuttlecock Elementary (Ages 6-10)

足毬，一項富有傳統中國文化的體育運動，起源於中國。當時，它是從古代軍中遊戲「蹴鞠」(黃帝時所發明的足球遊戲)中演變而來，已有幾千年歷史。Shuttlecock, also known as jianzi or featherball, is a traditional Chinese game and sport. It involves keeping a shuttlecock in the air using various parts of the body except for the hands. It requires agility, coordination, and skillful footwork.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SSTXEC 070001	Sun (7/7-22/9)	12:30-13:30	12	Sq. Court	\$1,680	\$1,980

# 室內攀登課程 Indoor Climbing 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) /  
YMCA Lamma (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况而取消，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，才能報讀有標記的課程，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)

凡有經驗之攀石人士使用，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石技巧，訓練身體協調性，同時透過攀石活動，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石入場券。

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.



暑期課程 Summer Programme

編號 Code	日期 Date	(一) Mon & (四) Thu	(二) Tue & (五) Fri	(一) Mon	(二) Tue	(四) Thu	(六) Sat	(日) Sun	堂數 Sessions	會員 Mem	非會員 NMem
兒童運動攀登 訓練課程 Youth Sport Climbing Programme 兒童初階班 Smart Kids (Ages 6-8)	24SPSMAR 070101	15/7-15/8	10:15-11:15								
	24SPSMAR 070102	15/7-15/8	14:00-15:00								
	24SPSMAR 070103	16/7-16/8	11:15-12:15								
	24SPSMAR 070104	16/7-16/8	15:00-16:00								
	24SPSMAR 070105	6/7-7/9					10:00-11:00		10		
	24SPSMAR 070106	6/7-7/9					11:00-12:00				
	24SPSMAR 070107	7/7-8/9						10:00-11:00			
	24SPSMAR 070108	7/7-8/9						11:00-12:00			
	24SPSMAR 070109	8/7-9/9			16:30-17:30						
	24SPSMAR 070110	9/7-10/9				16:30-17:30					
	24SPSMAR 070111	11/7-12/9					16:30-17:30				
兒童進階班 Spider Kids (Ages 6-8)	24SPSPID 070201	15/7-15/8	10:15-11:15								
	24SPSPID 070202	15/7-15/8	14:00-15:00								
	24SPSPID 070203	16/7-16/8	11:15-12:15								
	24SPSPID 070204	16/7-16/8	15:00-16:00								
	24SPSPID 070205	6/7-7/9					10:00-11:00				
	24SPSPID 070206	6/7-7/9					11:00-12:00				
	24SPSPID 070207	7/7-8/9						10:00-11:00			
	24SPSPID 070208	7/7-8/9						11:00-12:00			
	24SPSPID 070209	8/7-9/9			16:30-17:30						
	24SPSPID 070210	9/7-10/9				16:30-17:30					
	24SPSPID 070211	11/7-12/9					16:30-17:30				
兒童高階班 Super Kids (Ages 6-8)	24SPSUPE 070301	15/7-15/8	10:15-11:15								
	24SPSUPE 070302	15/7-15/8	14:00-15:00								
	24SPSUPE 070303	16/7-16/8	11:15-12:15								
	24SPSUPE 070304	16/7-16/8	15:00-16:00								
	24SPSUPE 070305	6/7-7/9					10:00-11:00				
	24SPSUPE 070306	6/7-7/9					11:00-12:00				
	24SPSUPE 070307	6/7-7/9						10:00-11:00			
	24SPSUPE 070308	6/7-7/9						11:00-12:00			
	24SPSUPE 070309	8/7-9/9			16:30-17:30						
	24SPSUPE 070310	9/7-10/9				16:30-17:30					
	24SPSUPE 070311	11/7-12/9					16:30-17:30				

\$1,600

\$1,800



室內攀石場系列 Indoor Climbing Wall	編號 Code	日期 Date	(一) Mon & (四) Thu	(二) Tue & (五) Fri	(一) Mon	(二) Tue	(四) Thu	(六) Sat	(日) Sun	堂數 Sessions	會員 Mem	非會員 NMem
少年運動攀登 訓練課程 Youth Sport Climbing Programme	24SPJONE 070101	15/7-15/8	11:15-12:15									
	24SPJONE 070102	15/7-15/8	15:00-16:00									
	24SPJONE 070103	16/7-16/8		10:15-11:15								
	24SPJONE 070104	16/7-16/8		14:00-15:00								
	24SPJONE 070105	6/7-7/9						10:00-11:00		10	\$1,600	\$1,800
	24SPJONE 070106	6/7-7/9						11:00-12:00	10:00-11:00			
	24SPJONE 070107	7/7-8/9							11:00-12:00			
	24SPJONE 070108	7/7-8/9										
	24SPJONE 070109	8/7-9/9			17:30-18:30							
	24SPJTWO 070201	15/7-15/8	16:00-17:15									
24SPJTWO 070202	16/7-16/8			15:00-16:15								
24SPJTWO 070203	6/7-7/9						12:00-13:15		10	\$1,870	\$2,070	
24SPJTWO 070204	6/7-7/9							12:00-13:15				
24SPJTWO 070205	9/7-10/9				17:30-18:45							
24SPJTWO 070206	11/7-12/9					17:30-18:45						
24SPJTRE 070301	15/7-15/8	16:00-17:15										
24SPJTRE 070302	16/7-16/8			15:00-16:15								
24SPJTRE 070303	7/7-8/9						12:00-13:15		10	\$1,870	\$2,070	
24SPJTRE 070304	7/7-8/9							12:00-13:15				
24SPJTRE 070305	9/7-10/9				17:30-18:45							
24SPJTRE 070306	11/7-12/9					17:30-18:45						
兒童及少年運動攀登培訓小組 Children & Youth Sport Climbing Training Group (Ages 7-13)	24SPCYTG 070401	15/7-15/8	16:00-17:15									
	24SPCYTG 070402	16/7-16/8		15:00-16:15								
	24SPCYTG 070403	6/7-7/9						12:00-13:15		10	\$1,760	\$1,960
	24SPCYTG 070404	7/7-8/9							12:00-13:15			
	24SPCYTG 070405	9/7-10/9				17:30-18:45						
24SPCYTG 070406	11/7-12/9					17:30-18:45						
青年運動攀登 課程 Teenager Sport Climbing Scheme (Ages13-17)	24SPCTCFT 070101	7/7-8/9							10:30-12:30	10	\$2,300	\$2,500
	24SPCTCTG 070201	6/7-7/9						10:30-12:30		10	\$2,080	\$2,280

編號 Code	(六) Sat 6/7, 13/7, 20/7, 27/7	(三) Wed 7/8, 14/8, 21/8, 28/8	(六) Sat 7/9, 14/9, 21/9, 28/9	堂數 Sessions	會員 Mem	非會員 NMem
24SPADCC 070101	14:30-17:15			4		
24SPADCC 080101		19:00-21:45		4	\$890	\$1,090
24SPADCC 090101			14:30-17:15	4		

成人運動攀登訓練課程  
(16歲或以上)

一級運動攀登訓練課程  
(中國香港攀山及攀岩總會證書)\*  
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 7/8, 14/8, 21/8, 28/8	(六) Sat 7/9, 14/9, 21/9, 28/9	堂數 Sessions	會員 / 非會員 Mem / NMem
24SPADIC 070101	13/7		14:30-17:30		
24SPADIC 070102	17/7	18:45-21:45			
24SPADIC 070103	20/7		14:30-17:30		
24SPADIC 070104	24/7	18:45-21:45			
24SPADIC 080101	7/8	18:45-21:45			
24SPADIC 080102	10/8		14:30-17:30	1	\$420
24SPADIC 080103	14/8	18:45-21:45			
24SPADIC 080104	17/8	18:45-21:45			
24SPADIC 090101	7/9		14:30-17:30		
24SPADIC 090102	14/9		14:30-17:30		
24SPADIC 090103	21/9		14:30-17:30		

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.

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)

編號 Code	(二) Tue 16/7, 23/7, 30/7, 6/8	(二) Tue 20/8, 27/8, 3/9, 10/9	堂數 Sessions	會員 / 非會員 Mem / NMem
24SPADPC 070201	19:30-21:30		4	
24SPADPC 080201		19:30-21:30	4	\$550

## 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 070001	21/7 (Sat)	14:00-15:30	12
24SPFCFD 070002	28/7 (Sat)	14:00-15:30	
24SPFCFD 080001	18/8 (Sun)	14:00-15:30	
24SPFCFD 080002	25/8 (Sun)	14:00-15:30	
24SPFCFD 090001	7/9 (Sat)	14:00-15:30	
24SPFCFD 090002	14/9 (Sat)	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 enrolled 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 070001	14 & 27/7 (Sun)	14:00-16:00	2	8
24SPCWYK 080001	4 & 24/8 (Sun)			
24SPCWYK 090001	7 & 22/9 (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 enrolled 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.



# 適能及健康課程 Fitness & Wellness

辦公時間 Office Hours : 星期一至五 上午十時至下午六時

Mon-Fri 10:00-18:00

查詢 Enquiry : 健身中心 Fitness Centre 2268 7055

健康中心 Wellness Centre 2268 7065

電郵 Email : fitness@ymcahk.org.hk

網頁 Website : www.ymcahk.org.hk/fnw

## 上課地點 Venue Location :

1. (Fit. Ctr.) - 港青 (尖沙咀) 一樓健身中心 Fitness Centre, 1/F, YMCA(TST)
2. (Dance St.) - 港青 (尖沙咀) 二樓舞蹈室 Dance Studio, 2/F, YMCA(TST)
3. (Well. Ctr.) - 港青 (尖沙咀) 二樓健康中心 Wellness Centre, 2/F, YMCA(TST)  
(請穿過二樓運動場進入 Please pass through Gymnasium on 2/F to Wellness Centre)
4. (Act. Ctr.) - 港青 (尖沙咀) 三樓活動室 Activity Centre, 3/F, YMCA(TST)
5. (6/F, Rm610/Rm625) - 港青 (尖沙咀) 南座六樓 610 室 /625 室 South Tower, 6/F, YMCA(TST)  
(請乘搭南座升降機往六樓 610 / 625 室 Rm 610/625 at 6/F can be accessed by South Tower Lobby elevators)
6. (KP Function Room) - 京士柏百年紀念中心 (香港九龍油麻地加士居道 22 號)  
室內多用途活動室 King's Park Centenary Centre (22 Gascoigne Road, Yau Ma Tei, Kowloon) Multi-purpose Function Room

## 學員注意事項

### Reminder for Participants

#### 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 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。

Recommends participants, especially adults who are over 40 years of age, not having regular exercises, have a history of heart or joint problems to consult their family doctor before participating in a more vigorous fitness exercise.

## 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.

## 備註 Remarks:

1. 報名程序可於網上進行，報名詳情請參考 P.2-4。  
An online enrolment platform is available, please refer to P.2-4 for more details.
2. 若課程遇到特殊情况導致停課，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 pro-rate basis. No make-up class or refund will be arranged.
3. 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.

## 健康舞 Aerobics Dance

### 綜合健康舞

#### Jam Dance (Ages 16 or above)

語言 Language : 粵語輔以英語 Cantonese supplemented with English

課堂會混合不同舞步如爵士、Hip-hop、Funky 等等為基礎，有助燃燒脂肪及改善身形。

The class combines dance steps from Jazz, Hip-hop, Funky Dance, etc. for fat burning and body shaping.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCDW 073101	Mon (8/7-30/9)	18:00-18:45	13	Dance St.	\$1,600	\$1,885
24SFDCDW 073102	Tue (2/7-24/9) No class: 17/9	18:00-19:00	12	Dance St.	\$1,720	\$2,065
24SFDCDW 073103	Fri (5/7-27/9)	13:00-14:00	13	Dance St.	\$1,860	\$2,240

### 帶氧拳擊運動

#### Cardio Kick Boxing (Ages 16 or above)

語言 Language : 粵語輔以英語 Cantonese supplemented with English

在快速的節奏下，參加者可體驗綜合拳擊技巧的健康舞，是一項高帶氧的全身減肥運動。

In this class, participants can experience a combination of Martial Arts techniques with fast-paced aerobics exercises. This high energy workout will help you burn calories.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCCKB 073101	Mon (8/7-30/9)	20:15-21:00	13	Dance St.	\$1,600	\$1,885
24SFDCCKB 073102	Thu (4/7-26/9)	18:00-19:00	13	Well. Ctr.	\$1,860	\$2,240

### 進階踏板

#### Step Challenge (Ages 16 or above)

語言 Language : 粵語輔以英語 Cantonese supplemented with English

本課程以複雜快速的舞步為主，讓學員享受踏板運動的樂趣。(本課程適合有中級程度或以上的參加者)

This programme provides participants with a challenging workout based on complex and fast dance moves and for them to enjoy step aerobics. (This course is suitable for intermediate-level or above participants in step aerobics.)

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCSS 073201	Fri (5/7-27/9)	19:00-20:00	13	Dance St.	\$1,860	\$2,240

### 多元瘦身健康舞

#### Aerobics & Body Conditioning (Ages 16 or above)

語言 Language : 粵語輔以英語 Cantonese supplemented with English

運用健康舞及配合伸展運動，增加身體柔軟度，同時達致瘦身效果。

In this class, aerobics and stretching exercises are combined to reduce body fat and increase body flexibility.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCSC 073501	Wed (3/7-25/9) No class 18/9	20:15-21:00	12	Well. Ctr.	\$1,480	\$1,740

## 消脂塑身訓練

### Fatburn (Ages 16 or above)

語言 Language: 粵語輔以英語 Cantonese supplemented with English

本課程糅合健康舞及徒手訓練項目，部份課堂亦會使用踏板作練習，有助燃燒脂肪及改善肌肉線條。

This class combines aerobics and bodyweight training to help you burn fat and shape your body. Step aerobics will be introduced in some of the lessons.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCSC 073601	Thu (4/7-26/9)	19:00-20:00	13	Dance St.	\$1,860	\$2,240

## 排排健康舞

### Line Dancing Aerobics (Ages 16 or above)

語言 Language: 粵語輔以英語 Cantonese supplemented with English

透過節奏快速的排排舞如拉丁、探戈、森巴、Cha Cha 等舞步來鍛鍊心肺功能。A variety of Line dances including Latin, Tango, Samba and Cha Cha. Fast-paced steps will enhance your cardiovascular system.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCDW 073401	Tue (2/7-24/9)	10:00-11:00	13	Dance St.	\$1,860	\$2,240

## 健康舞班

### Aerobics class (Ages 16 or above)

語言 Language: 粵語輔以英語 Cantonese supplemented with English

健康舞班讓你學懂基本健康舞步和動作，是一項有助強化心肺功能的運動。適合任何人士參與。

Learn all basic movements and enhance your cardiovascular system. Suitable for all levels.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCAA 073101	Mon (8/7-30/9)	18:45-19:30	13	Dance St.	\$1,600	\$1,885

## 伸展健美班

### Stretch, Tone & Abs (Ages 16 or above)

語言 Language: 粵語輔以英語 Cantonese supplemented with English

透過伸展及各種肌力鍛鍊，以及腹部運動來強化腰腹。

A series of strength and toning workouts as well as a total body stretch can help your abs stay slim and trim.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCSC 073201	Thu (4/7-26/9)	11:15-12:00	13	Well. Ctr.	\$1,600	\$1,885
24SFDCSC 073202	Fri (5/7-27/9)	11:00-12:00	13	Dance St.	\$1,860	\$2,240

## 混合健康舞

### Combo Aerobics (Ages 16 or above)

語言 Language: 粵語輔以英語 Cantonese supplemented with English

節拍較快，動作多變及運動量較大。部份課堂同時會運用踏板進行練習。(此課程適合對健康舞及踏板有基礎認識的參加者)

This class is a great combination of high cardio with little impact. Step aerobics will be introduced in some of the lessons. (Suitable for participant with basic level of step aerobics)

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCAA 073201	Fri (5/7-27/9)	10:00-11:00	13	Dance St.	\$1,860	\$2,240

## 拉丁健康舞

### Latino Jam (Ages 16 or above)

語言 Language: 粵語輔以英語 Cantonese supplemented with English

本課程將基本拉丁舞步混合健康舞中，持續舞步練習能改善心肺功能，有助燃燒脂肪。

This class allows your body to move along the rhythm of Latin favorites infused with aerobics. The sustained pace is to improve cardiac performance and give you total body workout.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCDW 073201	Tue (2/7-24/9) No class: 17/9	18:00-19:00	12	Well. Ctr.	\$1,720	\$2,065

## 帶氧動感爵士舞

### Cardio Jazz Funky (Ages 16 or above)

語言 Language: 粵語輔以英語 Cantonese supplemented with English

課程透過富動感的舞步及音樂節拍，可改善身形及體驗跳舞的樂趣。The class allows you to work your mind and body by learning choreographed routine for body shaping and a fun dancing experience.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCDW 073601	Mon (8/7-30/9)	10:00-11:00	13	Well. Ctr.	\$1,860	\$2,240

## 活力動感健體舞

### Funky Groove (Ages 16 or above)

語言 Language: 粵語輔以英語 Cantonese supplemented with English

這是充滿動感及活力的修身健體舞。透過簡單易學的舞步及時下流行音樂，幫助加速排汗及燃燒脂肪，可輕鬆又有效地瘦身。適合任何人士參與。

Funky Dance infused with fun and vitality. Learning simple dance moves from pop music can make you sweat as well as burn fat. Suitable for all levels.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCDW 073701	Tue (2/7-24/9)	12:10-12:55	13	Well. Ctr.	\$1,600	\$1,885

## 消脂踏板

### Fat Burning Step (Ages 16 or above)

語言 Language: 粵語輔以英語 Cantonese supplemented with English

利用踏板配合快速及複雜舞步，讓學員加速燃燒體脂。(本課程適合對踏板有中度以上認識的參加者)

Burn your body fat with fast and complicated step aerobics. (Suitable for participants with a moderate level of step aerobics)

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCSC 073101	Tue (2/7-24/9) No class: 17/9	19:00-19:45	12	Dance St.	\$1,480	\$1,740

## 臀、腰、腹訓練

### Abs, Back & Bum (Ages 16 or above)

語言 Language: 粵語輔以英語 Cantonese supplemented with English

透過不同的動作，助您集中強化及結實臀、腰、腹等部位。

To strengthen the abdomen, back and bum through strengthening and toning workouts.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCSC 073101	Thu (4/7-26/9)	10:00-11:00	13	Dance St.	\$1,860	\$2,240
24SFDCSC 073102	Sat (6/7-28/9)	15:00-16:00	13	Dance St.	\$1,860	\$2,240

## Piloxing 搏擊健體舞 Piloxing (Ages 16 or above)



語言 Language: 粵語輔以英語 Cantonese supplemented with English

Piloxing 結合了拳擊、普拉提及健體舞三大元素，是一項高帶氧及富趣味性的健體舞。拳擊可幫助收緊手、腳、臀部等肌肉線條。同時配合舞步及普拉提動作，幫助提升身體耐力和柔韌度，一舉多得，對身心健康及修身都很有幫助。(Piloxing 手套屬選擇性配件，課堂內並不提供)。

Piloxing combines the elements of Kickboxing, Pilates and aerobics to offer participants a fun yet challenging high cardio workout. Kickboxing helps tone and sculpt the arms, legs, and thigh muscles, while Pilates enhances the body's endurance and flexibility. (Piloxing gloves are optional and are not provided in class).

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCSC 072701	Sat (6/7-28/9)	13:15-14:15	13	Well. Ctr.	\$1,860	\$2,240

## 健康舞特色課程 Feature Class of Aerobics Dance

### 綜合健康舞 (55 歲或以上) Jam Dance (Ages 55 or above)



語言 Language: 粵語輔以英語 Cantonese supplemented with English

專為年長人士而設計的健康舞，配合簡單舞步如爵士、Hip-hop、Funky 等等為基礎作全身運動。(本課程不適用於復康訓練，只適合能獨立進行運動人士參與)

This class is especially designed for seniors to develop their total body fitness through simple dance steps such as Jazz, Hip-hop, Funky Dance, etc. (The course is not applicable to rehabilitation training. It is only suitable for participants who can exercise independently.)

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCDW 072101	Thu (4/7-26/9)	13:15-14:15	13	Well. Ctr.	\$1,860	\$2,240

### 動感瘦身舞 Funky Jam (Ages 16 or above)

語言 Language: 粵語輔以英語 Cantonese supplemented with English

配合流行音樂，在舞蹈中加入富動感及多元化的 Jazz, Hip-hop 及 Freestyle 等元素，可輕鬆又有效地瘦身。

Funky Jam is an energetic dance class that includes various dance disciplines such as Jazz, Hip-hop and Freestyle. It's a fun way to burn calories.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCDW 072701	Sat (6/7-28/9)	16:00-17:00	13	Well. Ctr.	\$1,860	\$2,240

### 高強度間歇訓練班 High Intensity Interval Training(HIIT) (Ages 16 or above)

語言 Language: 粵語輔以英語 Cantonese supplemented with English

高強度間歇訓練是一種運動方式，它使用短暫的高強度活動和休息或較輕的活動相結合。這種鍛煉方式近年來非常受歡迎，因為它效率高，有效且多功能。它可以採用各種運動和器材進行，使各種健身水平和興趣的人都能夠適應。

High-Intensity Interval Training, or HIIT, is a type of exercise that uses short, high-intensity bursts of activity followed by periods of rest or lighter activity. This type of workout has become popular in recent years due to its efficiency, effectiveness, and versatility. It can be performed with a variety of exercises and equipment, making it accessible to people of all fitness levels and interests.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCSC 072601	Fri (5/7-27/9)	19:15-20:00	13	Well. Ctr.	\$1,600	\$1,885

## ZUMBA 動感節拍健體舞 ZUMBA Fitness Dance (Ages 16 or above)

語言 Language: 粵語輔以英語 Cantonese supplemented with English

ZUMBA 是現時在歐美相當流行的健體舞。它糅合了拉丁美洲及國際音樂的一種舞蹈風格，是一套充滿活力及高效消脂的帶氧健體動感舞蹈。每種舞步節拍非常簡單有趣，打破傳統健身舞的枯燥乏味。適合任何人士參與。

ZUMBA is one of the most popular fitness programmes in the world. It combines Latin and International music with a fun and effective workout system. It's exhilarating, effective and easy-to-do. Suitable for all levels.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCDW 072501	Mon (8/7-30/9)	18:15-19:15	13	Well. Ctr.	\$1,860	\$2,240
24SFDCDW 072502	Tue (2/7-24/9)	11:05-12:05	13	Well. Ctr.	\$1,860	\$2,240
24SFDCDW 072503	Thu (4/7-26/9)	12:10-13:10	13	Well. Ctr.	\$1,860	\$2,240
24SFDCDW 072504	Sat (6/7-28/9)	14:15-15:15	13	Well. Ctr.	\$1,860	\$2,240
24SFDCDW 072505	Mon (8/7-30/9)	19:30-20:15	13	Dance St.	\$1,600	\$1,885

請乘搭大堂南座升降機往六樓 610 室 Room 610 at 6/F can be accessed by South Tower Lobby elevators



## 瑜伽課程 Yoga Classes

### 靜態瑜伽 Yin Yoga

語言 Language: 粵語 Cantonese

靜態瑜伽強調整個身體的放鬆，並結合緩慢的呼吸和長時間的動作保持，在肌肉完全放鬆的狀態下鍛煉骨骼及其連接組織(骨盆，髖部，脊椎等結締組織)，達致身心合一的境界。此外，靜態瑜伽能夠幫助人們放鬆身心及治癒創傷。練習姿勢較多為坐姿和躺姿。適合瑜伽初學者及工作壓力大的人士參與。

Yin Yoga emphasizes the relaxation of the whole body, combined with slow breathing and prolonged holding of poses. The bones and their connecting tissues (pelvis, hips, spine and other connective tissues) are exercised in a complete muscle relaxation to achieve a state of physical and mental unity. In addition, Yin Yoga helps people relax the body and recover from injuries. Exercises are primarily in sitting and lying positions. It is suitable for beginners and people under high work pressure.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFYCY 073101	Wed (3/7-25/9) No class 18/9	08:55-09:55	12	Well. Ctr.	\$1,720	\$2,065
24SFYCY 072101	Sat (6/7-28/9)	09:15-10:15	13	Well. Ctr.	\$1,860	\$2,240

## 瑜伽伸展 Stretch Yoga



語言 Language：粵語 Cantonese

瑜伽伸展是以身體伸展和呼吸為主，配合體位法及基礎的練習方式，從而增進肌力及身體柔軟度，舒緩肌肉僵硬和勞損帶來的問題，令身心得到所需的休息。適合瑜伽初學者及工作壓力大的人士參與。

Stretch Yoga focuses on stretching your body and controlling your breathing, combined with posture training and basic exercises to enhance muscular strength and body flexibility. Stretch Yoga also helps relieve muscle stiffness and strain and relax your body and mind. It is suitable for beginners and those under high stress from work.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFYCSY 072201	Fri (5/7-27/9)	12:15-13:15	13	Well. Ctr.	\$1,860	\$2,240

## 基礎瑜伽 Yoga Basics



語言 Language：粵語輔以英語 Cantonese supplemented with English

此課程通過練習瑜伽傳統的基本姿勢和配合適當呼吸法，鍛煉身體、提高柔韌性，同時增進身心健康。適合任何人士參與。

Through practicing the basic postures in traditional Hatha Yoga and practicing the breathing, it helps to strengthen muscles, enhance the flexibility and improve the general health. It is suitable for all.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFYCBY 072501	Wed (3/7-25/9) No class: 18/9	19:15-20:15	12	Well. Ctr.	\$1,720	\$2,065
24SFYCBY 073501	Fri (5/7-27/9)	18:30-19:15	13	Well. Ctr.	\$1,600	\$1,885

## 哈達瑜伽 Hatha Yoga



語言 Language：粵語 Cantonese

哈達瑜伽會利用有系統的瑜伽體位練習，結合呼吸和不同的伸展動作，讓參加者由內到外感受自己的身體，達致身心合一的境界。此外，哈達瑜伽可以鍛煉參加者的關節，肌力、肌耐力和柔韌度，而且動作節奏較慢，適合瑜伽初學者及工作壓力大的人士參與。

Hatha Yoga uses systematic yoga postures, combined with breathing skill and different stretching movements. Participants can strengthen their mind-body linkage from the inside out and achieve the state of physical and mental unity. In addition, hatha yoga can improve joints stability, muscle strength, muscle endurance and flexibility. Beside, the exercise tempo of Hatha Yoga is slow, suitable for yoga beginners and people with pressure from work.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFYCHY 072301	Sun (7/7-29/9)	10:00-11:00	13	Well. Ctr.	\$1,860	\$2,240

## 長者瑜伽班 (55 歲或以上) Yoga For Senior (Ages 55 or above)



語言 Language：粵語輔以英語 Cantonese supplemented with English

透過不同的瑜伽促進長者的心肺健康、增加體力和耐力、提高代謝率，從而改善整體年長人士的身體素質。

Improving fitness level of the elderly through yoga training, increase muscle strength and endurance, thereby improving the overall physical fitness of the elderly.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFYCSY 072601	Mon (8/7-30/9)	09:00-10:00	13	Well. Ctr.	\$1,860	\$2,240

## 健康運動 Wellness

### 健康平衡汽球運動班 (初級班)

#### Stability Ball Exercise (Beginners) (Ages 16 or above)

語言 Language：粵語輔以英語 Cantonese supplemented with English

健康球運動能強化腰背臀肌肉，有效改善姿勢及減低腰背痛症。(本課程設於早晨時段及享有早晨課程優惠)

A stability ball can strengthen your lower back muscles, improve your posture, and alleviate back pain. (The course is scheduled in the morning, and the 'early morning class' special offer is applied).

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCFS 073101	Tue (2/7-24/9)	9:00-9:45	13	Well. Ctr.	\$1,600	\$1,885

### 健康平衡汽球運動班 (中級班)

#### Stability Ball Exercise (Intermediate) (Ages 16 or above)

語言 Language：粵語輔以英語 Cantonese supplemented with English

適合已接受健康平衡汽球初級訓練三個月或以上之人士參加。

Suitable for participants with at least 3 months of Stability Ball training.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCFS 073201	Mon (8/7-30/9)	11:00-11:45	13	Well. Ctr.	\$1,600	\$1,885
24SFWCFS 073202	Tue (2/7-24/9)	13:00-13:45	13	Well. Ctr.	\$1,600	\$1,885

### 平衡汽球及阻力訓練

#### Stability Ball with Resistance Training (Ages 16 or above)

語言 Language：粵語輔以英語 Cantonese supplemented with English

平衡汽球練習可強化腰背、改善姿態及平衡力。課堂會運用輔助工具加強肌肉訓練。(本課程適合對平衡汽球有中度以上認識的參加者)

A high-intensity stability ball training can strengthen abdominal and back muscles, establish good posture and improve balance. (Suitable for participants with a moderate knowledge of a stability ball or above).

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCFS 073301	Fri (5/7-27/9)	20:00-21:00	13	Well. Ctr.	\$1,860	\$2,240



## 背部健康班

### Healthy Back (Ages 16 or above)

語言 Language：粵語輔以英語 Cantonese supplemented with English

本課程主要鍛鍊腰背部的核心肌群，強化脊柱，以減低腰背痛的機會。  
This class provides a gentle and balanced workout focusing on training the core muscles of your lower back and strengthening the spine to reduce the chances of lower back pain.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCBS 071101	Wed(3/7-25/9) No class: 18/9	11:00-11:45	12	Well. Ctr.	\$1,480	\$1,740

## 普拉蒂運動 (初級班)

### Pilates Exercise (Beginners) (Ages 16 or above)

語言 Language：粵語輔以英語 Cantonese supplemented with English

普拉蒂運動是專為預防腰背痛及保持正確姿勢人士而設，主要鍛鍊肌力、核心肌肉的穩定性及靈活性。

Pilates is a great exercise to train core stability, strength and spine mobilization. It helps to maintain good posture and prevent lower back pain.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCPP 073101	Mon (8/7-30/9)	20:00-21:00	13	Well. Ctr.	\$1,860	\$2,240
24SFWCPP 073102	Thu (4/7-26/9)	20:10-21:10	13	Well. Ctr.	\$1,860	\$2,240

## 普拉蒂運動 (中級班)

### Pilates Exercise (Intermediate) (Ages 16 or above)

語言 Language：粵語輔以英語 Cantonese supplemented with English

適合已接受普拉蒂運動達三個月或以上之人士參加。

Suitable for participants with at least 3 months of Pilates training.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCPP 073201	Mon (8/7-30/9)	19:15-20:00	13	Well. Ctr.	\$1,600	\$1,885
24SFWCPP 073202	Wed (3/7-25/9) No class: 18/9	10:00-11:00	12	Well. Ctr.	\$1,720	\$2,065
24SFWCPP 073203	Thu (4/7-26/9)	19:10-20:10	13	Well. Ctr.	\$1,860	\$2,240

## 普拉蒂與伸展

### Pilates & Stretch (Ages 16 or above)

語言 Language：粵語輔以英語 Cantonese supplemented with English

這是集合伸展、肌肉力量及平衡的訓練。對舒緩腰、頸、背痛及肌肉勞損十分有效。適合任何人士參與。

This is a combination of stretching, muscle strength and balance training. It effectively relieves back, neck and back pain and muscle strain. It is suitable for all.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCPP 072401	Mon (8/7-30/9)	19:00-20:00	13	3/F, Act.Ctr.	\$1,860	\$2,240
24SFWCPP 072402	Thu (4/7-26/9)	10:05-11:05	13	Well. Ctr.	\$1,860	\$2,240
24SFWCPP 072403	Sat (6/7-28/9)	10:15-11:45	13	Well. Ctr.	\$2,600	\$3,120
24SFWCPP 073401	Wed (3/7-25/9) No Class 18/9	19:00-20:00	12	Dance St.	\$1,720	\$2,065

## 伸展鬆弛班

### Stretching & Relaxation (Ages 16 or above)

語言 Language：粵語輔以英語 Cantonese supplemented with English

伸展運動可幫助改善及維持身體柔軟度，同時可舒緩情緒，減低壓力。  
This class aims at improving and maintaining your overall muscle

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCBS 073301	Thu (4/7-26/9)	18:00-19:00	13	Dance St.	\$1,860	\$2,240

## 健康運動特色課程 Feature Class of Wellness

## 伸展與核心肌肉訓練

### Body Stretch & Core Strength (Ages 16 or above)

語言 Language：粵語輔以英語 Cantonese supplemented with English

通過鍛鍊核心肌群及伸展，舒緩繃緊的關節及筋腱，同時訓練深層肌肉力量及平衡，對保持脊椎健康及減少腰背痛十分有效。適合任何人士參與。  
Exercising the core muscles and stretching helps relieve tight joints and tendons while training deep muscle strength and balance. It is very effective in maintaining spinal health and reducing lower back pain. It is suitable for all.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCBSF 072301	Tue (2/7-24/9) No class: 17/9	20:10-21:10	12	Well. Ctr.	\$1,720	\$2,065
24SFWCBSF 072302	Wed (3/7-25/9) No class: 18/9	19:00-20:00	12	6/F, Rm 610	\$1,720	\$2,065
24SFWCBSF 072303	Fri (5/7-27/9)	19:00-20:00	13	6/F, Rm 610	\$1,860	\$2,240
24SFWCBSF 072304	Sun (7/7-29/9)	11:00-12:00	13	Well. Ctr.	\$1,860	\$2,240

請乘搭大堂南座升降機往六樓 610 室 Room 610 at 6/F can be accessed by South Tower Lobby elevators



## 肩、頸、背舒緩伸展

### Shoulder, Neck and Back Stretch (Ages 16 or above)

語言 Language：粵語輔以英語 Cantonese supplemented with English

利用輔助工具幫助鬆弛肌肉痠痛及勞損，有助舒緩工作壓力。長期練習可增強脊椎的柔韌度及活化僵硬的關節及筋腱，舒緩常見的肩頸痛、腰背痛、關節僵硬等都市病。

The use of equipment helps relax your muscle pain and strain and relieves job stress. Long-term practice can strengthen the spine's flexibility and revitalize stiff joints and tendons. It helps alleviate common problems, such as neck, shoulder and back pain and frozen joints.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCBSF 072601	Tue (2/7-24/9) No class: 17/9	19:00-20:00	12	6/F, Rm 610	\$1,720	\$2,065
24SFWCBSF 072602	Sun (7/7-29/9)	12:10-13:10	13	Well. Ctr.	\$1,860	\$2,240

請乘搭大堂南座升降機往六樓 610 室 Room 610 at 6/F can be accessed by South Tower Lobby elevators



## 治療伸展 (55 歲或以上) Stretch Therapy (Ages 55 or above)



語言 Language：粵語 Cantonese

透過針對性的伸展運動，活化較年長人士的僵硬關節及筋腱，增強脊椎的柔韌度及強化肌肉，從而舒緩常見的都市病如：肌肉痠痛及勞損、肩頸痛、腰背痛、關節僵硬等。(本課程不適用於復康訓練，只適合能獨立進行運動人士參與)

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCSF 072401	Fri (5/7-20/9) No class: 27/9	10:00-11:00	12	Well. Ctr.	\$1,720	\$2,065
24SFWCSF 072402	Fri (5/7-20/9) No class: 27/9	11:00-12:00	12	Well. Ctr.	\$1,720	\$2,065

## 伸展與平衡訓練 (55 歲或以上) Stretch and Balance Training (Ages 55 or above)



語言 Language：粵語輔以英語 Cantonese supplemented with English

關節老化對較年長人士而言十分普遍。本課程教授正確的伸展運動及平衡訓練，增強關節靈活及減低跌倒的機會。(本課程不適用於復康訓練，只適合能獨立進行運動人士參與)

Ageing joints are common among seniors. This course provides a series of stretching and balance training especially designed for seniors to improve their joints and tendon mobility and reduce the risk of falling. (The course is not applicable to rehabilitation training. It is only suitable for participants who can exercise independently.)

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCSF 072501	Mon (8/7-30/9)	10:30-11:30	13	6/F, Rm 610	\$1,860	\$2,240
24SFWCSF 072502	Wed (3/7-25/9) No class: 18/9	10:30-11:30	12	6/F, Rm 610	\$1,720	\$2,065
24SFWCSF 072503	Thu (4/7-26/9)	09:00-10:00	13	Well. Ctr.	\$1,860	\$2,240
24SFWCSF 072504	Fri (5/7-27/9)	10:00-11:00	13	6/F, Rm 610	\$1,860	\$2,240

請乘搭大堂南座升降機往六樓 610 室 Room 610 at 6/F can be accessed by South Tower Lobby elevators

## 減壓伸展班 Stress Relief Stretching (Ages 16 or above)

語言 Language：粵語輔以英語 Cantonese supplemented with English

進行有系統的伸展動作，舒展僵硬的關節及筋腱。適合任何人士參與。Doing stretching exercises regularly will improve joints and tendon mobility and help you stay flexible and healthy. Suitable for all levels.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCSF 072701	Mon (8/7-30/9)	20:00-21:00	13	3/F, Act. Ctr.	\$1,860	\$2,240
24SFWCSF 072702	Sat (6/7-28/9)	11:45-13:15	13	Well. Ctr.	\$2,600	\$3,120

辦公時間 Office Hours : 星期一至五 Mon to Fri 17:30-22:30  
 星期六 Sat 09:30-22:30  
 星期日 Sun 09:30-18:30  
 公眾假期 Public Holiday CLOSE

查詢 Enquiry : 2782 6682  
 電郵 Email : kpcc@ymcahk.org.hk  
 網頁 Website : www.kpcc.ymcahk.org.hk

## 上課地點 Venue Location:

油麻地加士居道 22 號 22 Gascoigne Road, Yau Ma Tei

1. KP Rink : 室外有蓋單線滾軸溜冰曲棍球場 Outdoor Covered Inline Hockey Rink
2. KP Wall : 室外攀石場 Outdoor Climbing Wall
3. KP Crt : 室外網球場 Outdoor Tennis Court
4. KP Function Room : 室內多用途活動室 Indoor Multi-purpose Function Room
5. KP Indoor Wall : 室內攀石場 Indoor Climbing Wall

## 學員注意事項 Reminders for Participants

報名程序現於網上進行，報名詳情請參考 P.2-4.

An online enrolment platform is available, please refer to P.2-4 for more details.

## 授課語言 Language

粵語輔以英語 Cantonese supplemented with English

## 儲物櫃 Use of locker

本會設有儲物櫃可供學員租用，請前往接待處查詢及辦理手續。

Locker rental service is available for all participants. Please proceed to our reception counter for details.

## 衣著 Dress Code

請穿舒適運動衣服，不脫色運動鞋 (運動攀登課程除外\*)。  
 Comfortable sportswear is recommended and non-marking sports shoes are required (except Climbing programme).

\* 運動攀登課程：請穿著薄底鞋

Sport Climbing Programmes: Participants are required to wear thin sole shoes

## 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或年過 40 及曾患有心臟病或關節毛病人士。

The YMCA recommends all participants, especially those aged over 40 or with a history of medical concerns, to consult their medical doctor to obtain physical and medical advice prior to participation in classes.

## 備註 Remarks:

1. 公眾假期不用上課 (星期日所舉辦的特別課程除外)  
 No class on public holiday (except special class held on Sunday)
2. 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 (補課日期一般在課程完後的日期順延)。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 bad weather or other special circumstances, we reserve the right to arrange make-up classes at designated date and time (usually the make-up class is arranged upon the completion of the course chronologically). No refund will be provided for absences from the make-up class. If no make-up class can be arranged, fees paid will be refunded to participant E-Wallet on pro-rata basis after the completion of the programme.



## 京士柏戶外運動攀登 KPCC OUTDOOR SPORT CLIMBING



注意事項 Reminders :

- 1) 攀登器材由本會提供 Climbing equipment will be provided
- 2) 學員需穿著運動衣服及薄底鞋 Participants are required to wear sportswear and thin sole sneakers

## 兒童運動攀登課程

### Children Sport Climbing Training Course (Ages 6-8)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKCCHE 070101	Sat 20/7-21/9	11:00-13:00	10	KP Wall	\$2,550	\$3,000

### Children Sport Climbing Training Course (Ages 9-11)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKCCHE 070201	Sat 20/7-21/9	11:00-13:00	10	KP Wall	\$2,550	\$3,000

## 青少年運動攀登入門班

### Youth Sport Climbing Elementary Course (Ages 12-17)

學員將會學習基本防護及攀爬技巧，經測試合格後，將獲發評核咭並可到本會尖沙咀之室內攀石場使用。

Learn the basic techniques of belaying and climbing in a semi-private class setting. Upon completion of the course and passing a safety test assessment, students will be awarded an assessment card which can be used in our Indoor Climbing Wall at YMCA (TST) to climb on their own.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKCYOE 070101	Fri 19/7-20/9	17:00-19:00	10	KP Wall	\$2,600	\$3,050
24SKCYOE 070102	Sat 20/7-21/9	14:00-16:00	10	KP Wall	\$2,600	\$3,050

備註 Remarks :

1. 不須經驗 No experience is required
2. 請提供 2 張相片 Please provide 2 photos. Assessment is included

## 青少年運動攀登技術改良班

### Youth Sport Climbing Technique Improvement Course (Ages 12-17)

學員除透過課程提升攀爬技巧及體能外，更有機會代表本會參加比賽。  
Besides enhancing their climbing technique and fitness, participant will also have the opportunity to participate in climbing competition on behalf of YMCA of Hong Kong.

入學條件：須持有本中心之攀登評核證  
Pre-requisite: Must be YMCA Climbing Assessment Cardholders

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKCYOI 070201	Fri 19/7-20/9	17:00-19:00	10	KP Wall	\$2,600	\$3,050
24SKCYOI 070202	Sat 20/7-21/9	16:00-18:00	10	KP Wall	\$2,600	\$3,050

備註 Remarks：  
學員必須穿著攀岩鞋  
Participants are required to wear climbing shoes

## 攀登技術評核 – 頂繩 / 引繩

### Climbing Assessment – Top Roping / Lead Climbing (Ages 14 or above)

為安全理由，凡使用本會之攀石場，需通過攀登評核測試方可使用。  
頂繩 – 合格後可使用本會尖沙咀之室內攀石場。  
引繩 – 合格後可使用本會京士柏之室外攀石場。  
For safety reasons, climbers who wish to use our climbing wall, must pass the assessment first.  
Top Roping – Climbers will be allowed to climb at YMCA (TST) Indoor Climbing Wall after passing the assessment.  
Lead Climbing – Climbers will be allowed to climb at YMCA King's Park Centenary Centre Outdoor Climbing Wall after passing the assessment.

	頂繩 Top Rope	引繩 Lead Climb
費用 Fee	會員 Mem / 非會員 Nmem	\$285 / \$315

備註 Remarks：  
1. 請致電 2782 6682 或電郵 kpcc@ymcahk.org.hk 預約  
Advance booking is required by Tel: 2782 6682 or email kpcc@ymcahk.org.hk  
2. 本會提供測試器材 Climbing equipment will be provided during assessment  
3. 請提供 2 張相片 Please provide 2 photos

## 運動攀登一級班 – 頂繩

### Sport Climbing Course Level 1 – Top Roping (Ages 18 & above)

適合想認識更多攀爬技巧之學員，此課程內容包括學習 8 字結、防護器材使用、攀爬技巧及安全意識。  
Participants will learn about the figure 8 knot, belay device (ATC & GriGri) use, fundamental climbing techniques and safety procedures.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKCATR 070101	Mon & Thu 8/7-25/7	19:30-22:00	6	KP Wall	\$1,530	\$1,770
24SKCATR 080101	Mon & Thu 7/8-24/8	19:30-22:00	6	KP Wall	\$1,530	\$1,770
24SKCATR 090101	Mon & Thu 2/9-19/9	19:30-22:00	6	KP Wall	\$1,530	\$1,770

備註 Remarks：  
1. 不須經驗 No experience is required.  
2. 請提供 2 張相片，包括評核試 Please provide 2 photos. Assessment is included

## 領攀預備班

### Lead Climbing Preparation & Technique Course (Ages 18 or above)

本課程是入門班之延續，主要提供場地、線路及駐場教練讓同學自行練習。特別為有興趣改善攀爬技巧及準備為進一步學習領攀之人士而設，教練會因應個別學員所需而提供適當的指導。  
This course is designed for climbers who have finished elementary course and wish to improve their climbing abilities in preparation for lead climbing course. Professional instruction will be given according to the needs of each individual.

入學條件：須持有本中心之攀登評核證  
Pre-requisite: Must be YMCA Climbing Assessment Cardholders

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKCALC 070101	Wed 10/7-14/8	19:30-22:00	6	KP Wall	\$1,530	\$1,770
24SKCALC 080101	Wed 21/8-2/10 No Classon 18/9	19:30-22:00	6	KP Wall	\$1,530	\$1,770

備註 Remarks：  
學員必須自備攀岩鞋  
Participants are required to bring their own climbing shoes

## 運動攀登二級班 – 領攀

### Sport Climbing Course Level 2 - Lead Climbing (Ages 18 or above)

本課程集中教授領攀技巧、領攀防護、如何避免受傷、身體移動及節省力量技巧。  
This class focuses on lead climbing, lead belaying, injury prevention, footwork, body movement, grips and energy saving techniques.

入學條件：須持有本中心之攀登評核證  
Pre-requisite: Must be YMCA Climbing Assessment Cardholders

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKCALC 070201	Tue & Fri 9/7-26/7	19:30-22:00	6	KP Wall	\$2,040	\$2,310
24SKCALC 080201	Tue & Fri 6/8-23/8	19:30-22:00	6	KP Wall	\$2,040	\$2,310
24SKCALC 090201	Tue & Fri 3/9-20/9	19:30-22:00	6	KP Wall	\$2,040	\$2,310

備註 Remarks：  
1. 學員必須自備攀岩鞋  
Participants are required to buy own climbing shoes  
2. 請提供 2 張相片，包括評核試  
Please provide 2 photos. Assessment is included

## 運動攀登私人教授

### Sport Climbing Private Coaching (Ages 6 or above)

本會教練樂意助你解決攀石疑難，針對你的需要給與指導，適合不同程度人士及可自由安排時間。  
Our experienced instructors are always available to help diagnose the problems, give new climbing tricks and cater for individual's climbing needs. Available to all levels of ability and special time arrangements can be made.

# 推廣優惠：單次預購私人教授 4-7 小時可享 8 折或 8-12 小時可享 7 折，需於三個月內完成，否則逾時作廢。  
Special Offer: For a single advanced purchase of private coaching service either of 4-7 hours or 8-12 hours, you can enjoy discounts of 20% and 30% respectively. Booking hours should be used within 3 months, otherwise they will be expired.

人數 Person	會員 Mem 每小時 / Per Hour	非會員 NMem 每小時 / Per Hour
1 人	\$620	\$690
2 人	\$780	\$850

請致電 2782 6682 或 kpcc@ymcahk.org.hk 預約。  
Advance booking is required by Tel: 2782 6682 or email kpcc@ymcahk.org.hk

# 推廣優惠：最高可享 7 折  
Special Offer: Max. 30% off



## 暑期兒童運動攀登課程 Summer Children Sport Climbing Training Course (Ages 6-11)

本課程介紹運動攀登給兒童，學習基本攀爬動作。  
These classes are designed to introduce basic sport climbing skills to children.  
Ages 6-8

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKCCSC 070101	Mon & Thu 22/7-8/8	14:00-16:00	6	KP Wall	\$1,530	\$1,800

Ages 9-11

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKCCSC 070102	Mon & Thu 22/7-8/8	14:00-16:00	6	KP Wall	\$1,530	\$1,800

## 暑期青少年運動攀登入門班 Summer Youth Sport Climbing Elementary Course (Ages 12-17)

學員將會學習基本防護及攀爬技巧，經測試合格後，將獲發評核咭並可到本會尖沙咀之室內攀石場使用。

Learn the basic techniques of belaying and climbing in a semi-private class setting. Upon completion of the course and passing a safety test assessment, students will be awarded an assessment card which can be used in our Indoor Climbing Wall at YMCA (TST) to climb on their own.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKCYSC 070101	Tue & Fri 26/7-11/8	14:00-16:00	6	KP Wall	\$1,560	\$1,830

備註 Remarks:

1. 不須經驗 No experience is required
2. 請提供 2 張相片 Please provide 2 photos. Assessment is included

## 網球 TENNIS



注意事項 Reminders: 請自備網球拍 Please bring your own racquet

一級班 Level 1	介紹正確握拍，基本控球及擊球技術 Introduce the basic techniques, ball control, strokes and correct grip
二級班 Level 2	改良基本技術，強調擊球正確姿勢，步法及比賽規則 Improve basic skills, with emphasis on stroke improvement, footwork and rules of competition
三級班 Level 3	強調比賽戰術及技巧 Emphasize on tactics and formal game practice

## 幼兒網球班 Tennis Tots (Ages 3-5)

介紹正確握拍，基本控球及擊球技術  
Introduce the basic techniques, ball control, strokes and correct grip

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKTTOT 070001	Fri 12/7-13/9	16:30-17:30	10	KP Crt / KP Function Room	\$1,500	\$1,750
24SKTTOT 070002	Sat 13/7-14/9	16:30-17:30	10	KP Crt / KP Function Room	\$1,500	\$1,750

## 兒童網球班 Children Tennis Course (Ages 6-12)

介紹正確握拍，基本控球及擊球技術。  
Introduce the basic techniques, ball control, strokes and correct grip.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKTCHT 070001	Fri 12/7-13/9	17:30-19:00	10	KP Crt	\$1,900	\$2,250
24SKTCHT 070002	Sat 13/7-14/9	11:00-12:30	10	KP Crt	\$1,900	\$2,250

## 成人網球班 Adult Tennis Training Course (Ages 18 or above)

### 一級班 Level 1

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKTATE 070101	Tue 9/7-10/9	19:30-21:30	10	KP Crt	\$2,300	\$2,700
24SKTATE 070102	Sat 13/7-14/9	18:30-20:30	10	KP Crt	\$2,300	\$2,700

## 成人網球班

### Adult Tennis Training Course (Ages 18 or above)

#### 二級班 Level 2

入學條件 Pre-requisite: 完成一級班或同等課程  
Completed Level 1 or equivalent

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKTATI 070201	Mon 8/7-9/9	18:30-20:30	10	KP Crt	\$2,300	\$2,700
24SKTATI 070202	Tue 9/7-10/9	19:30-21:30	10	KP Crt	\$2,300	\$2,700
24SKTATI 070203	Wed 17/7-25/9 No class on 18/9	19:30-21:30	10	KP Crt	\$2,300	\$2,700



## 網球私人訓練

### Tennis Private Coaching

本會也提供初級至高級私人網球訓練以及比賽技巧，可配合個人程度及時間需要上課。

Private coaching is available for those who wish to have intensive training on all aspects of tennis game. It is tailor made to fit for your ability and specific training schedule.

請致電 2782 6682 或 kpcc@ymcahk.org.hk 查詢及預約

For enquiries and booking, please contact KPCC at 2782 6682 or email kpcc@ymcahk.org.hk

## 暑期兒童網球體驗班

### Summer Children Tennis Introductory (Ages 6-12)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKTCSC 070001	Mon & Wed & Fri 15/7-26/7	17:00-18:30	6	KP Crt	\$1,140	\$1,350
24SKTCSC 070002	Mon & Wed & Fri 29/7-9/8	17:00-18:30	6	KP Crt	\$1,140	\$1,350
24SKTCSC 080003	Mon & Wed & Fri 12/8-23/8	17:00-18:30	6	KP Crt	\$1,140	\$1,350

## 暑期兒童網球增潤班

### Summer Children Tennis Enhancement (Ages 6-12)

進一步改良發球技巧

Participants can improve their serving skills

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKTCSE 090001	Sat 7/9-28/9	11:00-12:30	4	KP Crt	\$760	\$900

## 暑期幼兒網球體驗班

### Summer Mini-Tennis Tots Introductory (Ages 3-5)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKTTSC 070001	Mon & Wed & Fri 15/7-26/7	16:00-17:00	6	KP Crt / KP Function Room	\$900	\$1,050
24SKTTSC 070002	Mon & Wed & Fri 29/7-9/8	16:00-17:00	6	KP Crt / KP Function Room	\$900	\$1,050
24SKTTSC 080003	Mon & Wed & Fri 12/8-23/8	16:00-17:00	6	KP Crt / KP Function Room	\$900	\$1,050

## 幼兒網球增潤班

### Mini-Tennis Tots Enhancement (Ages 3-5)

進一步改良發球技巧

Participants can improve their serving skills

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKTTSE 090001	Sat 7/9-28/9	10:00-11:00	4	KP Crt / KP Function Room	\$600	\$700

## 排球 VOLLEYBALL



授課語言：粵語

備註 Remarks：參加者須穿著運動服裝及不脫色運動鞋。

Participants should wear sportswear and non-marking sports shoes.

## 兒童排球基礎班 (5-8 歲)

透過遊戲及大肌肉鍛煉，協助年幼學員在輕鬆的環境下，提升球感及體適能，同時為學員建立排球基礎技巧。

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKVCHE 070101	Sun 21/7-22/9	15:00-16:30	10	KP Rink	\$2,400	\$2,700

## 兒童排球全方位訓練班 (9-12 歲)

提升個人排球基礎技巧，鞏固技術，並培養團隊意識；透過多元化訓練，從而令學員保持新鮮感，以達至更全面發展。

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKVVOE 070101	Sun 21/7-22/9	16:30-18:00	10	KP Rink	\$2,400	\$2,700
24SKVVOE 070102	Fri 12/7-13/9	18:30-20:30	10	KP Rink	\$2,400	\$2,700

## 跆拳道 TAEKWONDO

跆拳道乃韓國的傳統國技，是一項集強身健體的武藝運動之外，也同是重視培育學員的品德及自律精神。此課程會以遊戲方式教授跆拳道的基本技巧，透過互動教學，可有助提升小朋友對跆拳道的興趣及學習尊師重道的精神。

Taekwondo is a form of Korean Martial Arts which not only consists of training body fitness, but also emphasises on self-discipline and determination aspects of training. Toddlers will learn the basic taekwondo skills through fun-filled games in an interactive learning format.



注意事項 Reminders：學員參與級別考核測試必須向本會導師購買 \$430 指定制服及練習靶

Participants who are going to take Grading Examination are required to pay \$430 for the purchase of uniform and mitt

### 幼兒跆拳道 一級班

#### Taekwondo Tots – Level 1 (Ages 3-5)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKWTOT 070101	Sun 14/7-15/9	12:00-13:00	10	KP Function Rm / KP Rink	\$1,200	\$1,500

### 幼兒跆拳道 二級班

#### Taekwondo Tots – Level 2 (Ages 3-5)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKWTOT 070201	Sun 14/7-15/9	11:00-12:00	10	KP Function Rm / KP Rink	\$1,200	\$1,500

### 兒童及青少年跆拳道

#### Junior Taekwondo (Ages 6-12)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKWJUT 070001	Sun 14/7-15/9	09:30-11:00	10	KP Function Rm / KP Rink	\$1,800	\$2,100

## 單線滾軸溜冰 Inline Skating



### 一級班 Level 1



平衡步法、基本前溜、後溜、前轉向、前交叉轉向介紹、前溜轉後溜、減速及制動技巧。  
Skills of balance, forward and backward skating, basic turning, introduction of forward crossover, forward/backward transition and stopping technique.

### 二級班 Level 2



強化平衡訓練、前溜進階轉向、前交叉轉向、後溜轉向、T字滑行前溜停、蛇形滑行、前溜外孤線/內孤線。  
Improve basic skills, advanced turning, forward crossover, backward stroke, T-stop, slalom, R.O.F - L.O.F/R.I.F - L.I.F.

### 三級班 Level 3



後溜交叉轉向、前轉後溜高速制動、基本跳躍技巧、起步、曲棍球及速度滑行介紹。  
Backward crossover, backward powers slide, advanced stopping, jumping, start-up, and introduction hockey and speed skating.

注意事項 Reminders：單線滾軸溜冰學員需自備滾軸溜冰鞋及護具（頭盔，護腕，護膝及護肘）。Skaters are required to bring their own equipment (helmet, elbow pad, wrist guard and knee pad included).

### 兒童單線滾軸溜冰一級班

#### Children Inline Skating - Level 1 (Ages 5-12)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKICST 070101	Sun 14/7-1/9	10:30-11:30	8	KP Rink	\$1,360	\$1,560
24SKICST 070102	Mon 8/7-26/8	17:30-18:30	8	KP Rink	\$1,360	\$1,560
24SKICST 070103	Thu 11/7-29/8	16:30-17:30	8	KP Rink	\$1,360	\$1,560

### 兒童單線滾軸溜冰二級班

#### Children Inline Skating - Level 2 (Ages 5-12)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKICST 070201	Sun 14/7-1/9	11:30-12:30	8	KP Rink	\$1,360	\$1,560
24SKICST 070202	Thu 11/7-29/8	17:30-18:30	8	KP Rink	\$1,360	\$1,560

### 兒童單線滾軸溜冰三級班

#### Children Inline Skating - Level 3 (Ages 5-12)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKICST 070301	Sun 14/7-1/9	12:30-13:30	8	KP Rink	\$1,360	\$1,560



## 青少年及成人單線滾軸溜冰體驗班 (16歲或以上) Youth and Adult Inline Skating - Intensive Class (Ages 16 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKICSI 070101	Tue 9/7-30/7	19:00-20:00	4	KP Rink	\$680	\$780
24SKICSI 080101	Tue 6/8-27/8	19:00-20:00	4	KP Rink	\$680	\$780

## 單線滾軸曲棍球 Inline Hockey



一級班 Level 1	 <p>適合從未接觸單線滾軸溜冰 / 曲棍球的參加者。教授滾軸溜冰基本技巧 (基本平衡, 前溜, 轉向, 制動), 以及介紹單線滾軸曲棍球基本技巧和知識。 It is suitable for participants who have never learnt inline skating/hockey before. Foundation of inline skating skills (basic balance, forward, turns &amp; stop), and Inline Hockey basic skills and knowledge would be introduced.</p>
二級班 Level 2	 <p>預備姿勢, 單線滾軸溜冰技巧, 基本控球, 前向後溜運球, 基本正手傳球和接球, 射球介紹。 Ready position, skating control, basic puck control, basic stance, forward to backward dribble, foundation passing and receiving, introduction of wrist shot.</p>
三級班 Level 3	 <p>控球技巧, 射球手法, 基本快速射球, 射球重心轉移, 球隊團體行動, 進攻概念, 防守位置, 守龍門簡介和基本球例規則介紹。 Puck protection, wrist shot, basic snap shot, shooting with weight transfer, team play, offensive concepts, defensive position, face off techniques, goaltending and basic rules.</p>

### 注意事項 Reminders :

1. 本會只為一級班之學員提供限量滾軸溜冰鞋及護具 ( 頭盔, 護肘, 手套, 護脛 ), 其他級別的學員請自備滾軸溜冰鞋及護具。學員如有需要, 本中心可提供租借服務。

Inline skates and protective gear (helmet, elbow pad, glove, shin guard) will be provided on a limited stock basis for **LEVEL 1 COURSE** only. We strongly recommend participants to bring their own inline skates and protective gear as this will provide a better skating experience. Equipment rental service is available in our centre.

### 兒童單線滾軸曲棍球一級班

#### Children Inline Hockey - Level 1 (Ages 5-12)

本課程適合有興趣但從未接觸滾軸溜冰無須經驗的人士參加。

This course is suitable for anyone who is interested in inline skating without prior experience.

課程前四課部分教授單線滾軸溜冰基本技巧如前溜、左右轉向、制動, 後四課 (無需穿著滾軸曲鞋) 介紹曲棍球裝備及曲棍球基本技巧。完成本課程後可繼續參與單線滾軸曲棍球二級班。

This course focuses on teaching basic inline skating skill in first four sessions, and covers basic hockey skills and knowledge in the last four sessions (Off skates). Upon completion of this course, participants will be eligible to continue into the Inline Hockey Level 2 Course. They will learn basic skills through fun games, drills and practices.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKICHY 070101	Sat 13/7-31/8	11:30-12:30	8	KP Rink	\$1,520	\$1,760

### 兒童單線滾軸曲棍球二級班

#### Children Inline Hockey - Level 2 (Ages 5-12)

入學條件 Pre-requisite : 完成單線滾軸溜冰二級班或以上之同等課程, 或完成單線滾軸曲棍球一級班及需要推薦書或同等課程。

Completed Inline Skating Level 2 or above course or equivalent or completed Inline Hockey Level 1 course and recommendation slip or equivalent are required.

本會教練將教授單線滾軸曲棍球的基本球例及基本技巧, 如曲棍球棒的運用、傳球、接球技巧及基本射球方法。學員可透過各類活動及遊戲學以致用, 增加學員參與度及樂趣。

Experienced coaches will teach the rules and basic fundamental skills of Inline Hockey, including stick handling, passing, shooting and team play. Through activities and games, all players will enhance their participation and enjoyment.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKICHY 070201	Sat 13/7-31/8	13:00-14:30	8	KP Rink	\$2,240	\$2,560

## 京士柏特別活動推介 King's Park Special Programme Series

如你想與摯愛小朋友度過一個不一樣的周末，好好享受不同體育運動的樂趣，並藉此增進親子溝通，請立即報名參加本中心下列的親子運動同樂日啦！

Do you want to have a special weekend with your beloved kids? It is a good idea to have a healthy sports day with your family at King's Park. Through playing sports together, you will enhance your interaction with other family members, and enjoy an unforgettable family fun weekend. Act now to enrol in Family Sport Fun Day Series!

### 攀登同樂日 Climbing Fun Day

編號 Code	日期 Date	時間 Time	地點 Venue	會員 Mem		非會員 NMem	
				兒童 Children	青少年 及成人 Y & A	兒童 Children	青少年 及成人 Y & A
24SKCCFD 070001	Sun 21/7	14:00- 16:30	KP Wall	\$185		\$210	
24SKCCFD 070002	Sun 21/7	14:00- 16:30	KP Wall		\$235		\$260
24SKCCFD 080001	Sun 18/8	14:00- 16:30	KP Wall	\$185		\$210	
24SKCCFD 080002	Sun 18/8	14:00- 16:30	KP Wall		\$235		\$260
24SKCCFD 090001	Sun 15/9	14:00- 16:30	KP Wall	\$185		\$210	
24SKCCFD 090002	Sun 15/9	14:00- 16:30	KP Wall		\$235		\$260



### 親子家庭溜冰樂 (5-11 歲兒童及青少年及 18 歲或以上家長 / 監護人) Family Skating Fun (Children Ages 5-11 & Parents/Guardians Ages 18 and above)

此課程既可讓家長跟子女們一齊學習單線滾軸溜冰。包括平衡步法、基本前溜、制動技巧，更可一同享受家庭樂，建立親子關係。

The course provides an opportunity for parents and children to learn basic skills of balance, basic forward and stopping technique of inline skating, but also allows interaction among family members.

單線滾軸溜冰學員需自備滾軸溜冰鞋及護具 ( 頭盔, 護腕, 護膝及護肘 )

Skater are required to bring their own equipment (helmet, elbow pad, wrist guard and knee pad included)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	1名成人+1名兒童 1 Adult + 1 Child.		額外每個成人/兒童 Extra Per Person	
					Mem	NMem	Mem	NMem
24SK IFSF09 0001	Sun 8/9-22/9	11:00 - 12:30	3	KP Rink	\$750	\$870	Nil	Nil
24SK IFSO9 0001					Nil	Nil	\$375	\$435



### 暑期兒童單線滾軸溜冰體驗班 Summer Children Inline Skating Intensive Workshop (Ages 5-12)

單線滾軸溜冰學員需自備滾軸溜冰鞋及護具 ( 頭盔, 護腕, 護膝及護肘 ). Skaters are required to bring their own equipment (helmet, elbow pad, wrist guard and knee pad included).

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKSECS 070001	Mon, Tue, Thu, Fri 15/7-19/7	11:00-12:30	4	KP Rink	\$1,000	\$1,160
24SKSECS 070002	Mon, Tue, Thu, Fri 22/7-26/7	11:00-12:30	4	KP Rink	\$1,000	\$1,160
24SKSECS 070003	Mon, Tue, Thu, Fri 29/7-2/8	11:00-12:30	4	KP Rink	\$1,000	\$1,160

### 暑期兒童單線滾軸曲棍球體驗班 Summer Children Inline Hockey Intensive Workshop (Ages 5-12)

課程前二課部分教授單線滾軸溜冰基本技巧，後二課 ( 無需穿著滾軸曲鞋 ) 介紹曲棍球裝備及曲棍球基本技巧。學員需自備滾軸溜冰鞋及護具 ( 頭盔, 護腕, 護膝及護肘 ).

Skaters are required to bring their own equipment (helmet, elbow pad, wrist guard and knee pad included).

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKSECS 080004	Mon, Tue, Thu, Fri 5/8-9/8	11:00-12:30	4	KP Rink	\$1,000	\$1,160





## adidas ASG x KPCC 籃球全方位訓練營 adidas ASG x KPCC Total Skills Camp (Ages 8-11)



此訓練營旨在幫助學員學習並深化籃球技巧的提升，包括運球／傳球／投籃／步法移動／1對1攻防，幫助成為技巧全面的 MVP。

This training camp aims to help players learn and improve basketball skills, including dribbling, passing, shooting, footwork, one-on-one offense and defense, to help them become all-rounded MVPs.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKSEBB 070001	Mon-Fri 29/7-2/8	13:30-15:30	5	KP Rink	\$2,000	\$2,500

## adidas ASG x KPCC 籃球領袖訓練營 adidas ASG x KPCC Basketball IQ Camp (Ages 12-16)



此訓練營旨在開拓學院的籃球智商，深化對於籃球運動的理解。除了技巧，訓練營將集中為學院教授籃球運動中的團隊配合，以及隊員之間的默契，走位、傳接球等，培養籃球智商和團隊配合，將會令學員發展更全面。

This training camp aims to develop players' basketball IQ, deepening their understanding of the sport. Beyond skills, the camp will focus on teaching players about teamwork in basketball, including synergy among team members, movement, passing and receiving, etc. Cultivating basketball IQ and teamwork will lead to a more comprehensive development of the players.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKSEBB 070002	Mon-Fri 29/7-2/8	15:30-17:30	5	KP Rink	\$2,000	\$2,500



## ASG x KPCC 基礎奠定 - 超酷幼兒排球基礎訓練營 ASG x KPCC Volleyball Foundation Camp (Ages 5-7)



此訓練營旨在為幼兒提供一個開始學習排球的機會，讓他們從小學習基本的技能和規則，培養對排球的興趣和愛好。訓練內容包括基礎技能訓練、規則培養、趣味比賽等。

This training camp aims to provide small children with an opportunity to start learning volleyball, allowing them to learn basic skills and rules from an early age, and cultivate interest and love for volleyball. The training content includes basic skills training, rule and fun games.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKSEVB 070001	Mon-Fri 15/7-19/7	14:30-16:30	5	KP Rink	\$2,000	\$2,500

## ASG x KPCC 接發必勝 - 超酷幼兒排球接發訓練營 ASG x KPCC Receiving and Serving Victory Camp (Ages 8-12)



此訓練營旨在訓練學員的接球和發球技巧，以提高球隊的接發能力和比賽勝率。訓練內容包括：接球技巧訓練、發球技巧訓練、模擬接發比賽等。

This training camp aims to train students receiving and serving skills to improve the team's relevant ability and performance in game situation.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKSEVB 070002	Mon-Fri 15/7-19/7	12:30-14:30	5	KP Rink	\$2,000	\$2,500

## Amazing Summer Intensive Course 星級暑期訓練班



編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKSETP 070001	Mon-Fri 29/7-2/8	12:30-13:30	5	KP Rink/ KP Crt/ KP Wall	\$1,000	\$1,200

# 學前教育及小學文娛課程

## Pre-school and Primary Leisure Education Services

辦公時間 Office Hours : 星期一至五 Mon-Fri 09:00-18:00

查詢 Enquiry : 2268 7755 / 2268 7756 / 2268 7757

電郵 Email : pes@ymcahk.org.hk

網頁 Website : <http://www.ymcahk.org.hk/pples>

地點 Venue : 港青 (尖沙咀) YMCA (TST)

### 學員注意事項

#### Reminder for Participants

1. An online enrolment platform is available, please refer to P.2-4 for more details.
2. Please enrol in courses according to the age requirement. Please note that the grace period is 1 month.
3. Please present your child's birth certificate upon request.
4. NO classes on public holidays except Sunday classes/ special notification.
5. We reserve the right to refuse anyone who does not meet the requirement.



## 暑期特別課程 Summer Special Programmes

Remarks:

1. Enrolment before 25 May will enjoy 12% off Early Bird Discount (For Summer Express, Children's Summer Playgroup, Step Up Summer School Amazing Summer School and Full-day Summer School only)
2. There will be no make-up class for any class cancellation due to bad weather or typhoon. Our Programme will follow the Education Bureau announcements for Kindergartens
3. School bus service is available (Additional payment required and restricted on location). For more details, please call us at 2268 7756 / 7757 before enrolment

### 暑期列車

#### Summer Express (Ages 3-6)



Language: English

Let's go on our Summer Express and get started for the Summer time! This is especially designed for children to learn in a fun-filled English environment. Through various activities such as storytelling, theme-based games, creative hands-on crafts and group interaction, children will enjoy the time to learn while having fun at the same time!

\*Will divide into groups by age.

#### Ages 3-6

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPPPE 070001	8/7-12/7 (Mon-Fri)	09:30-12:00	5	2/F	\$2,875	\$2,875

### 兒童暑期樂園

#### Children's Summer Playgroup (Ages 3-6)

Language: English

Summer is coming! Our summer playgroups are specially designed for children aged 3-6 years old to learn in a creative and English environment. Storytelling, games, music and movement, arts and crafts, physical activities and other fun activities will be included. Children will enjoy various fun learning experiences, making new friends, building social skills, developing independence and learning positive values. Come and join us!

#### Ages 2-3

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPPC 070101	4 weeks: 15/7-9/8 (Mon-Fri)	09:30-12:00	20	2/F	\$7,200	\$8,000
24EESPPC 070102	4 weeks: 15/7-9/8 (Mon-Fri)	14:00-16:30	20	2/F	\$7,200	\$8,000

#### Ages 3-4

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPPC 070201	4 weeks: 15/7-9/8 (Mon-Fri)	09:30-12:00	20	2/F	\$7,200	\$8,000
24EESPPC 070202	4 weeks: 15/7-9/8 (Mon-Fri)	14:00-16:30	20	2/F	\$7,200	\$8,000

#### Ages 4-6

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPPC 070301	4 weeks: 15/7-9/8 (Mon-Fri)	09:30-12:00	20	2/F	\$7,650	\$8,450
24EPCPM 070302	4 weeks: 15/7-9/8 (Mon-Fri)	14:00-16:30	20	2/F	\$7,650	\$8,450



### Step Up 暑期學堂

#### Step Up Summer School (Ages 6-10)

Language: English

Summer is FUN! Through science, creative arts, language and literacy, we provide hands-on activities and project based learning. Our programme will empower children to enhance their thinking, create group discussions, develop their organizational and learning skills, and be a creative and confident learner. With interesting themes, children will be able to experience their new learning journey by participating in different activities with inspirations.

#### Ages 6-8

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPPS 070101	15/7-9/8 (Mon-Fri)	09:30-12:00	20	2/F	\$8,000	\$8,850

#### Ages 8-10

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPPS 070201	15/7-9/8 (Mon-Fri)	09:30-12:00	20	2/F	\$8,000	\$8,850



## Amazing 暑期學院

### Amazing Summer School (Ages 3-10)

New

Language: English

The Amazing Summer School programme offers so much more than just English enhancement. Our immersive experiences are designed to provide all-round development, fostering creativity, critical thinking, and a love for our world and environment. Through a wide range of interactive games and activities, children will embark on exciting outings, explore the wonders of nature, and engage in hands-on projects that promote sustainability. From team-building challenges to artistic expressions, our programmes encourage holistic growth while instilling a sense of empathy and care for the planet. On the final day, parents will have the opportunity to witness the incredible progress their children have made and join in the celebration of their achievements. Join us for an unforgettable summer of fun, learning, and making a positive impact together!

#### Ages 3-5

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPPA 070001	15/7-9/8 (Mon-Fri)	14:00-16:30	20	2/F	\$7,880	\$8,450

#### Ages 6-8

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPPA 070101	15/7-9/8 (Mon-Fri)	14:00-16:30	20	2/F	\$7,880	\$8,450

#### Ages 8-10

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPPA 070201	15/7-9/8 (Mon-Fri)	14:00-16:30	20	2/F	\$7,880	\$8,450

## 全日課程組合

### Full Day Summer School Package (Ages 3-5)

New

Language: English

Our full-day Summer school package offers an exciting and enriching experience for children during their summer break. Children will join Children's Summer Playgroup in the AM sessions and Amazing Summer School in PM sessions. Packed with fun activities, interactive learning, and engaging adventures.

#### Remarks:

- 1) The fee has included 20 days of lunch fee(\$800). No extra discount on Lunch order service.
- 2) Lunch time is arranged between 12:15-13:45. Leisure activities will be included during the lunch period.
- 3) For younger age group participants, nap time can be arranged. Please bring your needy items for the nap time.
- 4) Please bring your own water bottle, cutlery set and extra masks if necessary.

#### Ages 3-5

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPPF 070001	15/7-9/8 (Mon-Fri)	09:30-16:30	20	2/F	\$15,305	\$16,675



# BACK TO SCHOOL

## Back to School (Ages 3-8)

Language: English

Now that Summer vacation is over, going back to school with full routine can be quite challenging. This is a programme to let children have numerous ways to develop their young minds and explore the world around them through literacy, physical activities, creative arts, maths and science. Going Back to School can be fun and enriching! We are ready for the new school academic year to begin!

#### Ages 3-4

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPBS 080001	12/8-23/8 (Mon-Fri)	10:00-12:30	10	3/F	\$3,600	\$4,000

#### Ages 4-6

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPBS 080101	12/8-23/8 (Mon-Fri)	10:00-12:30	10	3/F	\$3,600	\$4,000

#### Entering P1-P2

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPBS 080201	12/8-23/8 (Mon-Fri)	10:00-12:30	10	3/F	\$3,825	\$4,425

#### Entering P3-P4

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPBS 080301	12/8-23/8 (Mon-Fri)	10:00-12:30	10	3/F	\$3,825	\$4,425





**Ages 2-10**

**Enjoy 12% OFF  
Early-bird  
discount  
on/before  
25/5**



# Summer Programme 2024



**Children's Summer Playgroup (Ages 2-6)**

**STEP UP Summer School (Ages 6-10)**

**Amazing Summer School (Ages 3-10)**

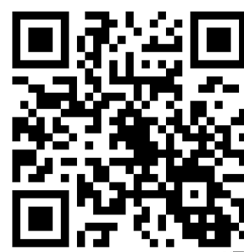
**Full Day Summer School**



**Online Enrolment**

**E-brochure**

**Facebook**



**Venue: 41 Salisbury Road, Tsimshatsui, Hong Kong Tel: 2268 7756**



寶寶世界

**Toddlers' World**  
(Ages 1-3 & one parent)



Language: English

Every child is unique and special, who are truly the blessing of God. We adopt the play-based approach as we believe children are eager and energetic to learn through play in an encouraging environment. Toddlers' World provide a quality learning environment for children to grow socially, physically, intellectually, creatively and emotionally at their own unique pace of development.

**Daily activities:** arts & crafts, music & songs, physical movement, fun games, story reading and free-play time. Special parent-child activities will be held to stimulate children to learn through social interactions.

Remarks:

1. One parent or guardian is required to be in attendance with their child for all classes.
2. Class will be cancelled if any bad weather or typhoon signal is announced. Our programme will follow the Education Bureau's announcements for Kindergartens.
3. There will be no make-up class or refund for any absences.
4. Please note grace period is 14 days. Kindly enrol according to the relevant age group. Priority will be given to the child who is age appropriate.



**Toddlers' World -**  
**Summer Carnival (Ages 1-3 and one parent)**



- Sand & Water Fun**
- Art Jamming**
- Sensory Play**
- Summer PARTY!**

**Summer Carnival**

**Ages 1-1.5**

Code	Date	Time	Sessions	Mem	NMem
24EETCSM 070101	9/7-1/8 (Tue, Thu)	10:00-12:00	8	\$2,960	\$3,440
24EETCSM 080101	6/8-22/8 (Tue, Thu)	10:00-12:00	6	\$2,220	\$2,580
24EETCSM 070102	9/7-22/8 (Tue, Thu)	10:00-12:00	14	\$4,920	\$5,720

**Ages 1.5-2**

Code	Date	Time	Sessions	Mem	NMem
24EETCSM 070201	9/7-1/8 (Tue, Thu)	10:00-12:00	8	\$2,960	\$3,440
24EETCSM 080201	6/8-22/8 (Tue, Thu)	10:00-12:00	6	\$2,220	\$2,580
24EETCSM 070202	9/7-22/8 (Tue, Thu)	10:00-12:00	14	\$4,920	\$5,720

**Ages 2-3**

Code	Date	Time	Sessions	Mem	NMem
24EETCSM 070301	8/7-2/8 (Mon,Wed,Fri)	10:00-12:00	12	\$4,440	\$5,160
24EETCSM 080301	5/8-23/8 (Mon,Wed,Fri)	10:00-12:00	9	\$3,330	\$3,870
24EETCSM 070302	8/7-23/8 (Mon,Wed,Fri)	10:00-12:00	21	\$7,380	\$8,575

## 週間狂想城 Fun-tastic Factory

### Car Lovers (Ages 3-4)

Language: English

Fire engines, buses, police cars, sports cars and taxis...Children have always been fascinated by cars and love to see the different models that are on the roads. Road vehicles come in many shapes, sizes and colours. Which one do you like the most and what mode of transport do you use on a daily basis? Observing traffic lights and signs on the roads is also an important safety measure for every motorist and pedestrian. Through this interesting theme, children will participate in various fun activities like wheels painting, creating fruity cars, car wash and explore alphabet routes. It's time to drive in our favourite car and explore the world!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070001	15/7-19/7 (Mon-Fri)	14:00-16:00	5	Rm 303	\$2,300	\$2,600

### Safari Explorers Club (Ages 3-4) New

Language: English

As an animal lover, have you wonder how different animals adapt to various environments? The Safari Explorers Club offers an exciting content for young adventures to learn about the safari. Through storytelling, games and role-play, children will discover the characteristic of animals. This programme also emphasizes the environmental conservation, teaching kids to protect animals and their habitats. Join us for a fun and educational journey where we foster a love for wildlife and inspire conservation efforts.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070002	29/7-2/8 (Mon-Fri)	14:00-16:00	5	Rm 304	\$2,300	\$2,600

### Wonder Wheels (Ages 3-6) New

Language: English

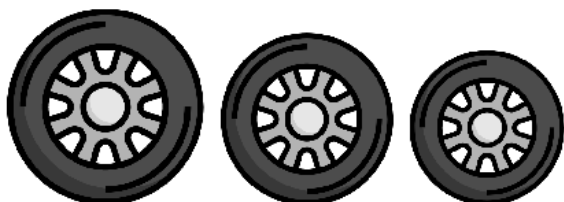
Transportation is one of the fundamental aspects of our lives, enabling us to travel and explore the world around us. It provides us with the means to move from one place to another, connecting people, communities, and cultures. This programme will introduce different modes of transportation. In this programme, children will also have the opportunity to learn about the signs and traffic lights they encounter on the road. Through interactive and engaging activities, we aim to foster their understanding of these important road symbols and their significance.

Ages 3-4

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070003	15/7-19/7 (Mon-Fri)	14:30-16:30	5	Rm 200	\$2,300	\$2,600

Ages 4-6

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070107	15/7-19/7 (Mon-Fri)	14:30-16:30	5	Rm 201	\$2,300	\$2,600



### Summer Fiesta (Ages 3-4)

Language: English

Are you ready to celebrate Summer? Step into a world of imagination and creativity at the Summer Fiesta. This programme is designated for children aged 3-4, offering a range of art, painting and crafting activities that will ignite their creativity. Through hands-on sensory exploration, children will stimulate their senses by engaging with different textures and materials and fostering a love for discovery. Laughter and endless adventures await on this journey filled with storytelling, music and movement!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070004	22/7-26/7 (Mon-Fri)	14:00-16:00	5	Rm 303	\$2,300	\$2,600

### Science Discovery (Ages 3-4)

Language: English

Kids have the instinct power of curiosity. Hands-on science experiments can feed their curiosity by giving them opportunities to discover our amazing world. This course aims to arouse children's interest in exploring the world and to introduce simple scientific concepts through fun and educational experiments and activities.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080001	5/8-9/8 (Mon-Fri)	14:00-16:00	5	Rm 303	\$2,300	\$2,600



### Picnic Pals (Ages 3-4) New

Language: English

It's picnic season, have you prepared your picnic basket yet? Children will learn related words and phrases through story telling and interactive games, expanding their vocabulary. Children will engage in sensory experiences, building up their five senses. Arts and crafts activities will also be included, enhancing creativity and self-expression. Come and experience the fun of picnic!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080002	12/8-16/8 (Mon-Fri)	10:00-12:00	5	Rm 201	\$2,300	\$2,600

### Give me five (Ages 3-4)

Language: English

Our five senses teach us about our world! This is an extraordinary experience of different sensations to let your child explore and utilize creativity. We believe the artwork, music movement and various creative activities would let your child experience a lot of fun and have a quality time.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080003	26/8-30/8 (Mon-Fri)	14:00-16:00	5	Rm 305	\$2,300	\$2,600

**小小營養師 (3-4 歲)** New

語言 Language: 粵語 Cantonese

課程旨在啟發小朋友們對健康飲食的興趣並培養良好的營養飲食習慣。透過互動和有趣的活動，小小營養師們將學習關於各種食物的營養價值、食物組合和均衡飲食的重要性。我們提供有趣的烹飪工作坊，讓孩子們親手製作健康美味的小食品，並學習選擇優質食材的技巧。此外，小小營養師們還將參與遊戲和團隊活動，以促進合作、溝通和解決問題的能力。

編號	日期	時間	堂數	地點	會員	非會員
24EESPWC 080004	12/8-16/8 (Mon-Fri)	14:00-16:00	5	Rm 204	\$2,300	\$2,600

**All-star Athletes (Ages 3-4)** New

Language: English

Join the All-star Athletes to unlock your sporting potential! This programme focuses on developing teamwork, leadership and sportsmanship qualities while enhancing athletic skills in multiple sports. Gain self-confidence and resilience as you push beyond your limits. What are you waiting for? It's time to rise to greatness and become the champion you are meant to be.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080005	26/8-30/8 (Mon-Fri)	14:00-16:00	5	Rm 300	\$2,300	\$2,600

**Little Thinker (Ages 3-5)** New

Language: English

Introducing "Little Thinker", a programme that sparks young minds and cultivates critical thinking, problem-solving skills, and cognitive development. Join us on an adventure of discovery as we explore basic scientific and mathematical concepts through interactive activities and engaging experiences. With a nurturing environment and expert guidance, young learners will unlock their potential, strengthen language skills, and build a solid foundation for lifelong learning. Get ready to inspire curiosity, ignite creativity, and empower young thinkers with "Little Thinker"!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070010	15/7-19/7 (Mon-Fri)	14:30-16:30	5	Rm 205	\$2,300	\$2,600

**Wild Campers (Ages 3-6)** New

Language: English

Enter the thrilling world of Wild Camper! This immersive course invites you to learn about all the essential equipment in wild camping scenarios. From learning and selecting the right gear, you'll acquire the knowledge and skills needed to thrive in different environments. Through in-class discussions, children will develop a sense of wonder and respect for the natural world. Get ready to camp!

Ages 3-4

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080006	5/8-9/8 (Mon-Fri)	14:30-16:30	5	Rm 200	\$2,300	\$2,600

Ages 4-6

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080109	5/8-9/8 (Mon-Fri)	14:30-16:30	5	Rm 201	\$2,300	\$2,600

**Job Canvas (Ages 3-6)**

Language: English

In this programme, young minds can envision their future careers and explore the vast possibilities of the working world. This course provides a platform for children to gain insight into the daily responsibilities of different jobs. Through imaginative role-playing activities, they will step into the shoes of various professionals, fostering creativity and provoking their passion for learning. Job Canvas introduces a wide array of occupations across diverse industries, encouraging children to explore their interests and discover their potential.

Ages 3-4

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070012	29/7-2/8 (Mon-Fri)	14:30-16:30	5	Rm 200	\$2,300	\$2,600

Ages 4-6

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070109	29/7-2/8 (Mon-Fri)	14:30-16:30	5	Rm 201	\$2,300	\$2,600

**Animal Rescue (Ages 3-6)** New

Language: English

Welcome to Animal Rescue, a course that will ignite a love for animals and inspire young hearts to become compassionate advocates for their well-being. Children will learn about the basic needs of animals, including their dietary requirements and the importance of providing a safe and nurturing environment. We will also raise awareness about animal welfare and conservation, inspiring children to become guardians of our precious wildlife and participate in creating a better world for all creatures.

Ages 3-4

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070013	22/7-26/7 (Mon-Fri)	14:30-16:30	5	Rm 200	\$2,300	\$2,600

Ages 4-6

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070108	22/7-26/7 (Mon-Fri)	14:30-16:30	5	Rm 201	\$2,300	\$2,600

**動物探索隊 (4-6 歲)** New

語言 Language: 粵語 Cantonese

我們正召集喜歡動物的小朋友加入動物探索隊！你想試試餵食陸龜及替牠們「刷牙」嗎？你知不知道那種動物的舌頭有後向刺嗎？在五天的探索活動中，隊員將會完成不同的小任務。他們將以近距離接觸不同的小動物，從「衣食住行」方面了解牠們的習性，學習動物冷知識。隊員更會製作動物探索手冊，為牠們衣食住行做記錄。

編號	日期	時間	堂數	地點	會員	非會員
24EESPWC 070101	15/7-19/7 (Mon-Fri)	10:00-12:00	5	Rm 307	\$2,300	\$2,600

**孖寶兄弟·姊妹 (4-6 歲)** New

語言 Language: 粵語 Cantonese

課程旨在培養兄弟姐妹之間的情感連結和互助精神。透過互動遊戲、故事分享和角色扮演等活動，促進兄弟姐妹之間的親密互動。亦會教授解決衝突和溝通技巧，幫助他們處理矛盾和爭執。同時引導孩子們表達情感，理解兄弟姐妹之間的情感複雜性，鼓勵相互支持、尊重和合，培養愛護和關懷的價值觀，加強家庭凝聚力，促進和諧相處。

編號	日期	時間	堂數	地點	會員	非會員
24EESPWC 070102	15/7-19/7 (Mon-Fri)	14:00-16:00	5	Rm 305	\$2,300	\$2,600



## 【醫療小先鋒 (4-6 歲) New

語言 Language: 粵語 Cantonese

救急扶危無分年齡！小朋友將變身成小小醫療人員，擔任醫院中不同的崗位，於不同的模擬場景中學習及體驗醫護人員的工作。

精彩內容包括：

- 個人衛生常識
- 防護裝備知多少
- 顯微鏡下的人體組織
- 認識骨骼 X-Ray Show
- 小小配藥師
- 小小抽血員
- 急救小達人 - 包紮技巧及受傷處理
- 學習使用醫療儀器 - 聽診器、血壓計、血氧儀等
- 小手術大挑戰

編號	日期	時間	堂數	地點	會員	非會員
24EESPWC 070103	22/7-26/7 (Mon-Fri)	14:00-16:00	5	Rm 305	\$2,300	\$2,600

## 【環保戰士 (4-6 歲) New

語言 Language: 粵語 Cantonese

歡迎參加我們的「環保戰士」課程！這個課程旨在培養小朋友們的環保意識，教導他們如何有效實踐環保並應用於日常生活。透過有趣的活動和遊戲，他們將了解環保的重要性，學習不同國家的環保政策，並用創意的方式表達對環保的支持。讓小朋友們成為環保戰士，一起保護地球！

編號	日期	時間	堂數	地點	會員	非會員
24EESPWC 070104	29/7-2/8 (Mon-Fri)	14:00-16:00	5	Rm 303	\$2,300	\$2,600

## 【Space Tour (Ages 4-6)

Language: English

Zoom! Zoom! Zoom! Get ready to lift off on your spaceship and explore a whole new world of space, moon, planets and stars! Learn about the astronaut's challenges as he prepares for his journey to the Moon! Build your own solar system and learn many interesting acts of each planet! Get answers to questions like, "Where does the sun's energy come from? What is a solar eclipse? What happens to the footprints when you step on the moon?" Build your space shuttle of flying saucer and discover the galaxy that awaits you!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070105	29/7-2/8 (Mon-Fri)	10:00-12:00	5	Rm 306	\$2,300	\$2,600

## 【Chocolate Fever (Ages 4-6) New

Language: English

Calling all the chocolate lover, what is your favourite kind of chocolate? Join us on an indulgent journey into the delectable world of chocolate. Discover the secrets behind crafting these irresistible treats and learn about the intricate process of making chocolate from bean to bar.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070106	29/7-2/8 (Mon-Fri)	14:00-16:00	5	Rm 206	\$2,300	\$2,600



## 【Unicorn Fantasy (Ages 4-6)

Language: English

We love unicorns because they live in rainbows and bring glitters and sparkles to people's lives! Unicorns also help us reflect on how unique we are, just like the unicorns! This is a fantastic programme to help children realise their own uniqueness through different activities such as science fun, vocabulary challenge, creative arts and role-play in a mythical world! Spark your little one's imagination by joining this fun-filled programme!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080101	5/8-9/8 (Mon-Fri)	14:00-16:00	5	Rm 305	\$2,300	\$2,600

## 【Desert Gala (Ages 4-6) New

Language: English

Welcome to Desert Gala, an exciting programme designed for curious minds ages 4-6. Join us on an enchanting adventure as we explore the wonders of deserts together. Through fun and interactive activities, we will discover the unique animals, plants, and landscapes found in these arid regions. Get ready to embark on a journey filled with creativity, imagination, and age-appropriate learning experiences. Let's foster a love for nature and inspire young explorers to appreciate the beauty and diversity of our world's deserts.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080102	12/8-16/8 (Mon-Fri)	10:00-12:00	5	Rm 200	\$2,300	\$2,600



## 【Underwater Tour (Ages 4-6)

Language: English

Sea pollution is harming many sea creatures and their habitats. How do sea creatures survive? And what is their living condition like? Join our Underwater Tour to learn more about the ecosystem of the marine life that we rarely experience! Through games, arts, drama and different fun and educational activities, children will learn about the species living in the water and practise reflective thinking, thinking logically and rationally before they act.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080103	12/8-16/8 (Mon-Fri)	14:00-16:00	5	Rm 306	\$2,300	\$2,600

## 【Let's go Shopping (Ages 4-6)

Language: English

This programme will provide children an opportunity to build up good spending habits. Children will make their own shopping list, taking into consideration the practical usage of the listed items, the various choices available and cost effectiveness before making actual purchases. They will get confidence in speaking English and enhance their vocabulary through these daily life experiences. Children will have a first-hand experience in visiting a supermarket and making wise choices in their shopping adventure.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080104	12/8-16/8 (Mon-Fri)	14:00-16:00	5	Rm 201	\$2,300	\$2,600

## Little Engineers (Ages 4-6)

Language : English

Over over! Calling all future engineers!

Look around your landscape and learn about different urban and city settings. Get an insight on how bridges, fences, houses and platforms are constructed. Children will learn to create small construction projects using their creativity and problem solving skills. They will build up their confidence through different creative activities such as building a roller coaster and creating a simple catapult and understand the basic knowledge of construction engineering. What's more is that children will be equipped with new vocabulary commonly used in the construction field. Let's become professional engineers and work together to complete our mission!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080105	19/8-23/8 (Mon-Fri)	14:00-16:00	5	Rm 303	\$2,300	\$2,600

## All about Manners (Ages 4-8)

Language : English

Be a good kid! Kids will get to know different ways to get good manners in their daily life. This programme offers your child the opportunity to be confident in every situation through games, interactive activities and role-playing, children will learn eye contact, a good hand shake, how to be a good friend, rules of etiquette used while eating and much more. Oral skills and new vocabulary will be practiced in class to enhance their learning.

Ages 4-6

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080106	26/8-30/8 (Mon-Fri)	14:00-16:00	5	Rm 307	\$2,300	\$2,600

Ages 6-8

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070201	29/7-2/8 (Mon-Fri)	10:00-12:30	5	Rm 308	\$2,500	\$2,875

## 專注 x 記憶大冒險 (4-6 歲)

New

語言 Language : 粵語 Cantonese

小朋友時常坐不定? 其實他們不是頑皮, 只是有好多想法無處釋放。透過各種小遊戲、趣味工作紙等, 幫助小朋友發揮創意。除了學會專注之外, 還可考驗記憶力!

編號	日期	時間	堂數	地點	會員	非會員
24EESPWC 080107	26/8-30/8 (Mon-Fri)	10:00-12:00	5	Rm 304	\$2,300	\$2,600

## Frost Valley (Ages 4-6)

New

Language : English

At Frost Valley, we believe in the power of imagination and the joy of discovery. Our programme offers a wide range of engaging activities that will ignite the curiosity of our young participants. From winter-themed arts and crafts to storytelling by the cozy fireplace, every moment at Frost Valley is filled with enchantment. Our experienced and caring instructors ensure a safe and inclusive environment where children can make new friends, develop their social skills, and build self-confidence. Join us at Frost Valley and let your child's imagination soar as they embrace the wonders of winter in a fun and educational setting.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080108	26/8-30/8 (Mon-Fri)	10:00-12:00	5	Rm 306	\$2,300	\$2,600

## Adventure with Mario (Ages 7-9)

New

Language : English

Gear up for a test of courage and problem-solving skills like no other! "Adventure with Mario" invites you to embark on a thrilling journey filled with divergent challenges. Join us as we delve into the captivating world of Mario, where participants will face exciting obstacles and conquer daring quests. This immersive programme will push your limits, ignite your creativity, and enhance your problem-solving abilities. Are you ready to step into the shoes of a true adventurer? Don't miss out on this exhilarating opportunity to join Mario on an unforgettable quest. Come, challenge yourself, and let the adventure begin!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080301	12/8-16/8 (Mon-Fri)	10:00-12:30	5	Rm 205	\$2,500	\$2,875

## National Geographic (Ages 6-8)

Language : English

This programme inspires young adventurers to explore the world through thematic approach such as Arctic journey, geocentric adventure. Let them know the most authentic aspects of the world, broaden their horizons and increase their awareness of the climate change dangers and global warming. Come and watch this channel!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070202	15/7-19/7 (Mon-Fri)	14:00-16:30	5	Rm 304	\$2,500	\$2,875

## Sorcerer Academy: Chemistry Class (Ages 6-8)

New

Language : English

Prepare for an enchanting experience as you enter the captivating world of Sorcerer Academy: Chemistry Class. Young wizards and witches are invited to explore the fascinating properties of matter through engaging and accessible experiments. Discover the magic of chemistry as you investigate mixtures, solutions, and their practical applications in everyday life. With the guidance of experienced instructors, participants will unlock the secrets of chemical reactions and connect them to the wizarding realm. Get ready to be spellbound by the wonders of chemistry at Sorcerer Academy: Chemistry Class!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080201	12/8-16/8 (Mon-Fri)	14:00-16:30	5	Rm 205	\$2,500	\$2,875

## Running Dinosaurs (Ages 6-8)

New

Language : English

Step into the thrilling world of "Running Dinosaur," where young adventurers embark on an extraordinary journey blending creativity and STEAM theories. In this programme, participants will have the unique opportunity to design, build, and decorate their very own outnumbering dinosaurs. Through the lens of STEAM education, they will explore concepts such as mechanical power, force, and movement. As their dinosaurs come to life, participants will apply their newfound knowledge to optimize their creations for an exhilarating running competition. Get ready to ignite your imagination, embrace scientific thinking, and unleash your inner engineer as we delve into the fascinating world of "Running Dinosaur"!

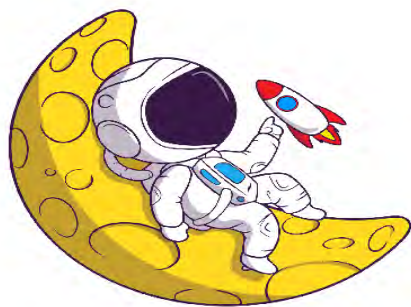
Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080202	19/8-23/8 (Mon-Fri)	14:00-16:30	5	Rm 304	\$2,500	\$2,875

## Money Management (Ages 6-8)

Language : English

Children are used to using their Octopus for travelling and buying snacks, but how about tangible assets like cash? This course will introduce the history and evolution of money and currency in a fun and animated way. Through stories and interactive games, children will learn the basic idea of money, and also differentiating between needs and wants. Moreover, children will have more understanding on revenue, expenditure, debt and savings, developing good consumption habits.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070205	22/7-26/7 (Mon-Fri)	10:00-12:30	5	Rm 307	\$2,500	\$2,875



## Space Explorer (Ages 6-8)

Language : English

Calling all aspiring astronauts! Join us on an epic adventure as a "Space Explorer" and journey into the unknown depths of the universe. Through immersive experiences and interactive simulations, you will learn about the wonders of space, from mesmerizing planets to awe-inspiring galaxies. Strap on your spacesuit and prepare to delve into the fascinating science of space exploration. Develop problem-solving skills as you navigate through celestial puzzles and unravel cosmic mysteries. From virtual expeditions to hands-on experiments, this programme will ignite your curiosity and fuel your passion for the cosmos. So, get ready to reach for the stars and embark on an extraordinary voyage as a "Space Explorer"!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080203	12/8-16/8 (Mon-Fri)	14:00-16:30	5	Rm 303	\$2,500	\$2,875

## 尋味港式 (6-8 歲)

New

語言 Language : 粵語 Cantonese

你喜愛本土文化嗎？就讓我們深入了解香港的生活習慣、歇後語等文化特色。透過尋找過去的香港美食，我們將帶您重溫港式飲食文化，並親自動手製作地道的港式美食，同時還能學習茶餐廳的術語和風格。讓我們一同探索港式文化的情懷與人情，品味香港美食的豐富多樣性，共同創造難忘的回憶。

編號	日期	時間	堂數	地點	會員	非會員
24EESPWC 070211	29/7-2/8 (Mon-Fri)	14:00-16:30	5	Rm 305	\$2,500	\$2,875

## 情緒小管家 (6-8 歲)

New

語言 Language : 粵語 Cantonese

有沒有家長常常會為子女的情緒而苦惱？

小朋友擅長說話但不善於表達情緒？

讓小朋友和我們的資深社工透過不同的藝術去認識情緒，從小培養正向思維，讓身心健康成長！

編號	日期	時間	堂數	地點	會員	非會員
24EESPWC 070208	15/7-19/7 (Mon-Fri)	10:00-12:30	5	Rm 304	\$2,500	\$2,875

## 光與影：形影不離 (6-8 歲)

New

語言 Language : 粵語 Cantonese

歡迎踏入這個充滿趣味的課程！我們將一同探索光的奧秘，揭開顏色的神秘面紗。不僅如此，還會教孩子們瞭解陰影形成的原因，以及顏色譜和混合的奇妙原理。更令人興奮的是，我們會引導大家利用光來創造藝術，鼓勵小朋友用光和影來點亮創作的火花，提升他們的創造力和想像力。通過有趣的活動和精彩的實例，我們將點燃孩子們對科學的熱情，培養他們對科學的無窮好奇。快來加入我們，一起展開這場奇幻的科學之旅吧！

編號	日期	時間	堂數	地點	會員	非會員
24EESPWC 080205	12/8-16/8 (Mon-Fri)	10:00-12:30	5	Rm 204	\$2,500	\$2,875



## 日韓文化祭 (6-8 歲)

New

語言 Language : 粵語 Cantonese

透過參加日韓文化祭課程，小朋友們將有機會學習欣賞其他國家的文化，從而培養對多元文化的尊重和理解。課程中將介紹日韓的民間故事，讓小朋友們深入了解這兩個國家獨特的傳統和價值觀。這將有助於擴闊小朋友們的視野，讓他們更開放、更包容，並培養跨文化交流的能力。通過這次文化之旅，小朋友們將獲得豐富的學習體驗，同時也能夠享受到有趣的互動和活動。

編號	日期	時間	堂數	地點	會員	非會員
24EESPWC 080206	26/8-30/8 (Mon-Fri)	10:00-12:30	5	Rm 303	\$2,500	\$2,875

## 冷知識大發現 (6-8 歲)

New

語言 Language : 粵語 Cantonese

歡迎加入我們的「冷知識大發現」課程！這個課程旨在帶領小朋友們進入一個充滿驚奇和有趣的知識世界。透過互動的方式，他們將學習各種領域的奇特事物和不可思議的事實，並培養他們的好奇心、獨立思考和解決問題的能力。我們將進行問答遊戲、實驗和團隊挑戰，以增加學習的樂趣和互動性。小朋友們將探索科學、歷史、動物、宇宙等各個領域，發現那些鮮為人知的冷知識。他們將學習關於世界上最奇特的事物，最不可思議的事實，以及一些令人驚嘆的真相。希望藉此將激發小朋友們的好奇心，體驗到學習的無限樂趣，讓他們成為真正的冷知識專家，開啟他們無限的學習之旅！

編號	日期	時間	堂數	地點	會員	非會員
24EESPWC 080207	26/8-30/8 (Mon-Fri)	14:00-16:30	5	Rm 304	\$2,500	\$2,875

## World Puzzle (Ages 6-9)

Language: English

We live in a diverse world but how much do we know about the people around us? What do they look like, how do they dress, what are their beliefs and traditions? When we interact with people from different backgrounds and cultures, we begin to view life from a different perspective. We also establish a new way of thinking and new techniques for solving problems. Come and understand the world around us, explore different places and embrace our differences as well as our similarities. Children will also have a fun-filled opportunity to wear different costumes, and have a hands-on experience in making some popular authentic foods from a few countries!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070212	29/7-2/8 (Mon-Fri)	14:00-16:30	5	Rm 306	\$2,500	\$2,875

## Journey to the Future (Ages 6-10)

Language: English

Get ready for an exciting adventure to the future! Together, we'll learn about the important global issues affecting our world. We'll explore the different solutions that have been put in place to address these problems and make improvements. Additionally, we'll discover the concept of a sustainable planet and how we can work towards achieving this goal. Through fun activities and discussions, we'll expand our knowledge and inspire each other to take action for a better future. Join us on this amazing journey as we strive for a sustainable tomorrow!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080208	5/8-9/8 (Mon-Fri)	14:30-16:30	5	Rm 204	\$2,300	\$2,600

## Cultural Odyssey (Ages 6-10)

**New**

Language: English

Embark on a time-traveling journey through old and current Hong Kong, where architectural marvels, vibrant street life, and delectable food culture intertwine. Explore the city's transformation from historical landmarks to modern skyscrapers, while savoring the flavors of traditional street food and gourmet delights. Immerse yourself in the rich tapestry of Hong Kong's past and present, discovering the captivating tales and experiences that shape its dynamic spirit. This extraordinary adventure will foster a deeper connection and sense of belonging to our ever-evolving hometown. Get ready to be captivated by the essence of Hong Kong as it unfolds before your eyes.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070214	29/7-2/8 (Mon-Fri)	14:30-16:30	5	Rm 203	\$2,300	\$2,600



## Great Detective (Ages 6-10)

**New**

Language: English

Get ready to unleash your inner detective with the "Great Detective" programme! Through engaging detective games and activities, you will develop critical thinking and problem-solving skills that will sharpen your detective instincts. Enhance your powers of observation as you carefully dissect crime scenes, analyze clues, and uncover hidden secrets. In this thrilling programme, teamwork will be key as you collaborate with fellow detectives to crack the toughest cases. Prepare to be captivated by intriguing mystery cases from around the world, as you unravel their complexities and bring justice to the truth. Get ready to become a master of deduction and embark on an exciting journey of mystery and intrigue with the "Great Detective" programme!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070215	15/7-19/8 (Mon-Fri)	14:30-16:30	5	Rm 203	\$2,300	\$2,600

## From Seed to Bloom (Ages 6-10)

**New**

Language: English

Let's dive deep into the fascinating world of plants. Join us on this captivating journey as we explore the life cycle of plants and develop essential gardening skills. Through interactive activities and hands-on experiences, you will learn about seed germination, plant growth, and the art of nurturing a garden. As a highlight of our programme, we will visit the Hong Kong Zoological and Botanical Gardens, immersing ourselves in the beauty of nature and gaining a deeper appreciation for the interconnectedness of plants and the environment. Get ready to cultivate your passion for gardening and witness the transformation from seed to blooming beauty in this comprehensive and inspiring programme.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070216	22/7-26/7 (Mon-Fri)	14:30-16:30	5	Rm 203	\$2,300	\$2,600

## News Anchor (Ages 8-12)

Language: English

Have you ever thought of becoming a professional News Anchor? This programme will introduce the skills and the working areas of News Anchor through different professional practice, such as the process of news creation for broadcast, writing news scripts and phonetic transcriptions, to improve students' pronunciation, organization and enhance their communication and presentation skills. Are you ready to record your own first News?

- Interview skill
- Press writing skills
- News reporting tips
- Manners training
- News casting process
- News video experience

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080302	19/8-23/8 (Mon-Fri)	14:00-16:30	5	Rm 307	\$2,500	\$2,875

## Young Presenter (Ages 8-12)

**New**

Language: English

Welcome to our exciting communication programme! Get ready to unlock the secrets of effective communication as we guide you on a journey of self-discovery. Boost your confidence and become a master of public speaking as you learn valuable techniques for presenting your ideas with impact. Discover the art of structuring and organizing your presentations like a pro, and watch as your communication skills soar to new heights. Join us on this transformative programme and unleash your true communication potential!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 080303	12/8-16/8 (Mon-Fri)	14:00-16:30	5	Rm 308	\$2,500	\$2,875

## 【小小考古學家 (8-12 歲) New

語言 Language: 粵語 Cantonese

「小小考古學家」是一個充滿好奇心和冒險精神的課程，旨在啟發同學對古代文明和遺址的熱情。同學們通過挖掘遺址、發現文物和閱讀相關資料，以自己的方式探索和研究過去的文化和歷史。在這個冒險過程中，他們學會了耐心和細心地分析和解讀遺留下來的痕跡，並從中獲得寶貴的知識和洞察力。

小小考古學家不僅在發現和保護文化遺產方面取得了成就，更重要的是他們激發了人們對歷史的興趣和對世界的好奇心。他們的熱情和發現不僅揭示了過去的謎團，還啟發了更多同學對考古學的追求。這個課程為同學們提供了一個寶貴的學習機會，讓他們成為對文化遺產保護和歷史研究有貢獻的未來領袖。

編號	日期	時間	堂數	地點	會員	非會員
24EESPWC 070303	29/7-2/8 (Mon-Fri)	10:00-12:30	5	Rm 307	\$2,500	\$2,875

## 【小小導演 (8-12 歲) New

語言 Language: 粵語 Cantonese

小朋友喜歡創作嗎？由選擇題材、編寫劇本、拍攝、剪輯，都由小朋友一一包辦！本課程旨在讓小朋友發揮所長，運用創意、寫作技巧、組織力等，將他們的創作製作成短片！

編號	日期	時間	堂數	地點	會員	非會員
24EESPWC 080304	5/8-9/8 (Mon-Fri)	14:00-16:30	5	Rm 304	\$2,500	\$2,875

## 【小小服裝設計師 (8-12 歲)

語言 Language: 粵語 Cantonese

有否想過擁有一套親手設計的衣服？透過此課程由淺入深，讓學員學會基本的時裝設計概念及縫紉技巧。不但有助啟發創意思維，更能提升學員的生活技能。想成為設計師的你千萬不要錯過！

內容包括：

1. 了解時裝設計的基本概念
2. 學習基本縫製技巧
3. 簡單時裝繪畫
4. 小型時尚秀

編號	日期	時間	堂數	地點	會員	非會員
24EESPWC 080305	12/8-16/8 (Mon-Fri)	10:00-12:30	5	Rm 203	\$2,500	\$2,875

## 【同理看世界 (8-12 歲) New

語言 Language: 粵語 Cantonese

「同理看世界」是一個關注社會及世界議題、培養同理心和訓練邏輯思維的課程。透過資料搜集、訪問和專題研習，學生不僅思考切身議題，同時也被鼓勵去理解他人的處境，培養同理心。這個課程旨在啟發學生對社會的關注，培養他們的社會責任感，並鼓勵他們以積極的態度解決問題。透過了解不同背景和觀點，學生將發展批判性思維和影響力，成為具有全球視野和同理心的未來領袖。在「同理看世界」的引導下，學生將以關懷和理解的心態，投入到社會問題的解決和建設中。

編號	日期	時間	堂數	地點	會員	非會員
24EESPWC 080306	12/8-16/8 (Mon-Fri)	14:00-16:30	5	Rm 203	\$2,500	\$2,875

## 【Creative Writing (Ages 9-12)

Language: English

Attention, primary school students! Look no further. This course is designed for you. With a strong emphasis on academic writing, our goal is to sharpen your creative and academic writing abilities. Through intensive practice and targeted exercise, you will develop the skills to effectively communicate your ideas, articulate your thoughts clearly and craft well-structured essays. Let's prepare yourself and become a confident and creative writer!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWC 070305	22/7-26/7 (Mon-Fri)	10:00-12:30	5	Rm 305	\$2,500	\$2,875
24EESPWC 070306	22/7-26/7 (Mon-Fri)	14:00-16:30	5	Rm 302	\$2,500	\$2,875

## 短期課程 Short-term Programmes

## 【Walking in the Jungle (Ages 3-4)

Language: English

Embark on a thrilling adventure with "Walking in the Jungle", a captivating programme designed to ignite curiosity and imagination. Step into the enchanting world of the jungle, where roaring lions, swinging monkeys, and slithering snakes await! Through imaginative play, interactive storytelling, and exciting games, children will navigate dense foliage, encounter exotic creatures, and discover hidden treasures. They'll feel the squelch of muddy footprints, hear the rustle of leaves, and mimic the calls of tropical birds. This programme encourages exploration, creativity, and problem-solving skills while fostering a deep appreciation for the wonders of nature. Join us on this extraordinary jungle expedition and unlock endless possibilities for discovery and adventure!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWS 070001	17/7-26/7 (Wed & Fri)	10:00-12:00	4	Rm 301	\$1,840	\$2,080



## 【Story Wonderland (Ages 3-4)

Language: English

A magical programme that enhances children's English oral skills through role-play, songs, and captivating storytelling. Immerse yourself in the world of stories as you bring characters to life using voice, facial expressions, and emotions. Explore a variety of captivating stories and interesting content, expanding your vocabulary and cultural knowledge. Through interactive activities, you'll develop your English speaking skills and ignite your imagination. Join us on this enchanting journey through "Story Wonderland", where learning and storytelling intertwine to create a world of wonder and language exploration.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWS 070002	31/7-9/8 (Wed & Fri)	10:00-12:00	4	Rm 301	\$1,840	\$2,080

**English Chat Room (Ages 3-5)**

Language: English

Welcome to the "English Chat Room", a programme designed to enhance language skills through daily conversations and role play. Participants will engage in interactive activities to practice and improve their English proficiency. Through fun and engaging role play scenarios, they will develop their vocabulary, speaking, and listening skills in a supportive environment. Join us in the "English Chat Room" to build confidence and proficiency in English through enjoyable daily conversations and imaginative role play.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWS 070003	31/7-9/8 (Wed & Fri)	10:00-12:00	4	Rm 305	\$1,840	\$2,080

**The Magic of Bubble (Ages 3-4)** New

Language: English

This programme stimulates sensory receptors through interactive bubble games. Children will engage in playful activities, blowing, popping, and interacting with bubbles to explore textures, shapes, and movements. Crafting with bubbles will evoke joy as children create beautiful artworks, fostering creativity and fine motor skills. Through observation and simple experiments, children will develop early scientific awareness, exploring concepts like surface tension and bubble formation. Join us on this captivating journey where sensory exploration, creativity, and scientific discovery combine to create a magical experience with "The Magic of Bubble".

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWS 080001	27/8-29/8 (Tue & Thu)	10:00-12:00	2	Rm 305	\$920	\$1,040

**Grill & Chill (Ages 4-6)** New

Language: English

"Grill & Chill" is an engaging workshop that introduces young grillers to the basics of grilling in a safe and fun environment. Participants will develop an appreciation for different flavors and ingredients while mastering essential grilling techniques. Through hands-on activities, they will explore marinades, spices, and cooking methods, expanding their culinary knowledge. The workshop also cultivates teamwork and social skills through collaborative activities, fostering effective communication and cooperation. Join us in the "Grill & Chill" workshop to ignite a passion for grilling, discover new flavors, and develop essential teamwork and social skills in an enjoyable setting. Get ready to grill, chill, and create culinary delights!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWS 070101	17/7-26/7 (Wed & Fri)	14:00-16:00	4	Rm 301	\$1,840	\$2,080

**Trinity GESE - Grade 1 (Ages 4.5-5)**

Language: English

Experience the Trinity GESE Grade 1 Programme, a renowned and globally recognized English language examination designed to assess your speaking and listening skills. This programme offers a unique opportunity to engage in a personalized one-to-one conversation with a highly qualified examiner from the UK, who will assess your skills individually. In just ten days, you will be fully prepared to take the exam and showcase your English language proficiency. Join us on this transformative journey and unlock your potential in speaking and listening!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPWS 080101	12/8-23/8 (Mon-Fri)	14:30-16:00	10	Rm 305	\$4,300	\$4,600

**寫意咖啡店 (8-12 歲)** New

語言 Language: 粵語 Cantonese

「寫意咖啡店」是一個特別的工作坊，讓同學們擔任店長的角色，親身體驗經營咖啡店的日常工作。他們將成為這家咖啡店的掌舵者，負責管理店鋪的運作。他們將有機會參與設計專屬於同學們的餐牌，以確保每一道菜都能迎合他們的喜好。他們可以發揮創意，設計獨特的特飲，讓每一款飲品都成為店內的經典之作。而除了烹飪的技巧，作為店長，他們也需要學習接待和容人的技巧。他們將學習如何友好地迎接客人，提供溫暖的服務，並細心聆聽客人的需求和要求。這樣的經驗將有助於他們培養良好的人際交往能力和領導才能，讓我們一起享受這個別開生面的冒險吧！

編號	日期	時間	堂數	地點	會員	非會員
24EESPWS 070301	31/7-9/8 (Wed & Fri)	14:00-16:30	4	Rm 301	\$2,000	\$2,300

**Playwise 桌遊大師 (8-12 歲)** New

語言 Language: 粵語 Cantonese

透過試玩多款桌上遊戲，學生將增加對桌上遊戲的認識，了解各款遊戲的原則和設計理念。從遊戲機制到策略，從遊戲平衡到遊戲案例分析，我們將深入探討桌上遊戲的核心要素。在掌握基礎知識後，學生將有機會進入遊戲設計的領域，由設計遊戲規則到遊玩測試，逐步打磨和完善個人的桌上遊戲作品。最終，學生將帶著自己設計的桌上遊戲回到家中，與家人和朋友一起共享遊戲的樂趣。Playwise 桌遊大師工作坊提供了一個創造性和互動性的學習環境，透過啟發學生對桌上遊戲的熱愛和培養創作能力，讓他們獲得豐富的學習體驗和難忘的回憶。

編號	日期	時間	堂數	地點	會員	非會員
24EESPWS 080301	12/8-23/8 (Mon, Wed, Fri)	10:00-12:30	6	Rm 301	\$3,000	\$3,450

**趣味普通話  
Summer Putonghua Programmes**
**唱唱跳跳普通話 (3-4 歲)**

語言 Language: 普通話 Putonghua

本課程透過音樂、遊戲及活動來培養幼兒對普通話的興趣，並將日常生活體驗作主題。我們把學習普通話融入玩樂遊戲及兒歌中，讓幼兒在輕鬆愉快的環境下學習普通話的簡單的用語及詞彙，並建立幼兒對普通話的信心。

編號	日期	時間	堂數	地點	會員	非會員
24EESPMP 070001	29/7-2/8 (Mon-Fri)	10:00-12:00	5	Rm 304	\$2,300	\$2,600

**樂在普通話 (4-6 歲)**

語言 Language: 普通話 Putonghua

這課程為提升小朋友的普通話語文能力及建立運用普通話溝通的自信心。透過不同的主題活動、遊戲和故事來學習語音、詞彙及簡單語法，並啟發和鼓勵小朋友以普通話表達自己，掌握日常基礎普通話。

編號	日期	時間	堂數	地點	會員	非會員
24EESPMP 080101	5/8-9/8 (Mon-Fri)	10:00-12:00	5	Rm 307	\$2,300	\$2,600

**普通話兵團 (6-8 歲)**

語言 Language: 普通話 Putonghua

普通話兵團來啦！課程將透過故事、角色扮演、遊戲和唱歌等，讓小朋友認清字形，懂得字音配對，強化普通話讀音，並擴展與主題相關的詞彙。

編號	日期	時間	堂數	地點	會員	非會員
24EESPMP 080301	12/8-16/8 (Mon-Fri)	14:00-16:00	5	Rm 307	\$2,500	\$2,875

## STEAM 創想 STEAMagination

### 樂高® 成長教育課程 LEGO® Education (4-9 歲)

語言 Language: 粵語 Cantonese

#### LEGO 探險家暑期工作坊 (4-5 歲)

本課程透過使用 LEGO® Duplo 組件培育孩子的好奇心，工作坊會向他們展示令人興奮又新奇趣怪的日常生活科學概念和想法，讓他們從中學習如何建築複雜的結構，並嘗試通用簡單的機械原理，設計和建造自己的創作。  
學習重點：認識 LEGO® Duplo 機械積木組件；學習如何探索科學及解決問題；加強兒童組織及表達能力。

#### 探索世界之旅

編號	日期	時間	堂數	地點	會員	非會員
24EESPSL 070001	15/7-19/7 (Mon-Fri)	09:00-11:00	5	Rm 305	\$1,860	\$2,160

#### 準備前進吧!

編號	日期	時間	堂數	地點	會員	非會員
24EESPSL 070002	22/7-26/7 (Mon-Fri)	09:00-11:00	5	Rm 304	\$1,860	\$2,160

#### 齊來做個發明家

編號	日期	時間	堂數	地點	會員	非會員
24EESPSL 080001	5/8-9/8 (Mon-Fri)	09:00-11:00	5	Rm 304	\$1,860	\$2,160

### LEGO® 簡單機械科學原理及 Scratch 遊戲創作暑期工作坊 (6-7 歲)

LEGO 機械人編程：讓學員透過使用 LEGO® 機械組件「從遊戲中學習」，用不同角度去認識身邊的日常生活科學概念和想法，讓他們從中學習如何建築機械人的結構，並嘗試通用簡單的機械原理，設計和建造屬於自己的創作。

學習重點：學習簡單機械結構原理 (齒輪 / 槓桿 / 滑輪)；學習研究、搭建和設計解決方案；批判性思維及問題解決能力應用；提升對日常生活科學的學習興趣。

Scratch Junior 遊戲創作：編程是一個新的必備能力，透過 Scratch Jr，幼童能創造自己的互動故事和遊戲，在這個過程裡，他們可以學習如何解決問題、設計專案，並在電腦上發揮他們的創意。

學習重點：簡易編程邏輯；遊戲佈局構思；角色及場景創意設計；加強解決問題能力；訓練邏輯思考的能力。

#### 星際大冒險 及 小鳥飛行歷險

編號	日期	時間	堂數	地點	會員	非會員
24EESPSL 070101	15/7-19/7 (Mon-Fri)	11:00-13:00	5	Rm 305	\$2,150	\$2,450

\* 參加者需自行攜帶 IPAD 或平板電腦

#### 森巴狂歡派對 及 駕駛樂趣無限

編號	日期	時間	堂數	地點	會員	非會員
24EESPSL 070102	22/7-26/7 (Mon-Fri)	11:00-13:00	5	Rm 304	\$2,150	\$2,450

\* 參加者需自行攜帶 IPAD 或平板電腦

#### 智激繽紛遊樂場 及 越野車大冒險

編號	日期	時間	堂數	地點	會員	非會員
24EESPSL 080101	5/8-9/8 (Mon-Fri)	11:00-13:00	5	Rm 304	\$2,150	\$2,450

\* 參加者需自行攜帶 IPAD 或平板電腦

### LEGO® Robotics 機械人編程解難及 Clickteam Fusion 創意遊戲製作編程暑期工作坊 (7-9 歲)

LEGO® Robotics 機械人編程解難：透過使用 LEGO® MINDSTORMS® EV3 機械人組件，讓學員學習機械人編程及基礎搭建技巧，並透過不同的主題任務，培養及啟發他們的邏輯思考、創意思維與解難能力。  
學習重點：學習機械結構原理及應用技巧；學習編程邏輯及應用技巧；學習操控馬達的應用技巧；學習感應器的應用技巧；提升觀察能力、邏輯思維及解難能力。

Clickteam Fusion 創意遊戲製作編程：透過有趣的電腦遊戲教學主題，培養學員對編程設計的興趣，啟發學生邏輯思考，創意思維與解難能力的發展，讓學員利用設計電腦遊戲來實踐自己的創意並塑造獨一無二的作品。  
學習重點：遊戲大綱構思；動態移動效果；角色操控設定；人工智能編程；實例分析及專題習作

#### 大冒險家世界之旅 及 誰吃了我的漢堡包

編號	日期	時間	堂數	地點	會員	非會員
24EESPSL 080201	12/8-16/8 (Mon-Fri)	14:30-16:30	5	Rm 304	\$2,250	\$2,550

### Junior Doctor (Ages 6-9)

Language: English

Have you ever wondered what is inside your body? What is it made of and how does it work? What are some of the different organs and what are each of its functions? Does one particular organ control all the other bodily systems? Our body is in fact a very interesting and complex piece of machinery. We will use demonstrations and dissections to learn about the functions of different organs and parts. Experiments include: making poop, heart dissections. Let's get our tools ready and learn more about the amazing body we live in.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPSJ 080101	5/8-9/8 (Mon - Fri)	14:30-16:30	5	Rm 307	\$2,300	\$2,600

### Junior Robotics (Ages 6-9)

Language: English

This course is perfect for young inventors interested in robotics and automation. Children will get hands-on experience building and programming their own robots, including a hydraulic digger and walker bot. Working in teams, they will develop problem-solving, critical thinking, and collaboration skills, while exploring the latest trends in robotics and automation.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPSJ 070101	15/7-19/7 (Mon - Fri)	14:30-16:30	5	Rm 307	\$2,300	\$2,600

### Junior Engineering (Ages 6-9)

Language: English

Welcome to our Senior Engineering workshop! Are you curious about how things work? Do you love to tinker and build? Well, you've come to the right place! For 5 days, we'll explore different engineering challenges and come up with creative solutions. Projects include building bridges, designing and launching rockets, and much more. Get ready to unleash your inner engineer and create something amazing!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPSJ 070102	29/7-2/8 (Wed - Fri)	14:30-16:30	5	Rm 307	\$2,300	\$2,600

## Junior Scientist (Ages 6-9)

Language: English

Have you ever wondered what happens when you mix this with that? Will it make an explosion? Will it change colour? Have you ever made a lava lamp and wondered how bubbles are formed? Watch how some chemical reactions cause liquids to become solids. Using fun and safe scientific experiments, we will explore different chemical reactions to discover some amazing results. Experiments include: Slime making, Elephant Toothpaste and many more hands-on creations.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPSJ 070103	22/7-26/7 (Mon - Fri)	14:30-16:30	5	Rm 307	\$2,300	\$2,600

## STEAM Discovery Zone (4-6 歲) New

語言 Language : 粵語 Cantonese

STEAM Discovery Zone 是一個讓小朋友 THINK BIG DREAM BIG 的科趣藝術樂園。我們鼓勵小朋友「動手做，玩中學」，融合 S (Science) 科學、T (Technology) 科技、E (Engineering) 工程、M (Mathematics) 及藝術 A (Art)，透過不同主題及有趣的科學實驗及動手製作來激發創意，並把學習到的知識運用到日常生活上！

### 分子料理小廚師

編號	日期	時間	堂數	地點	會員	非會員
24EESPSD 070101	15/7 (Mon)	14:00-16:00	1	Rm 301	\$420	\$500

### 守宮 Gathering

編號	日期	時間	堂數	地點	會員	非會員
24EESPSD 070102	22/7 (Mon)	14:00-16:00	1	Rm 301	\$420	\$500

### 蜘蛛英雄 Be the Spider Man

編號	日期	時間	堂數	地點	會員	非會員
24EESPSD 070103	29/7 (Mon)	14:00-16:00	1	Rm 301	\$420	\$500

### 三合一組合

編號	日期	時間	堂數	地點	會員	非會員
24EESPWC 070101	15/7, 22/7, 29/7 (Mon)	14:00-16:00	5	Rm 301	\$1,120	\$1,430

## STEAM - Urban Planner (Ages 8-12) New

Language : English

Welcome to "STEAM: Urban Planner", an innovative programme where children get to unleash their creativity and problem-solving skills by building a city using secondhand toys. This hands-on experience combines science, technology, engineering, arts, and mathematics to inspire young minds. Through repurposing and redesigning secondhand toys, children will learn about sustainable practices while constructing their own unique cityscape. They will explore concepts such as urban design, transportation, and community development, fostering critical thinking and teamwork along the way. Join us on this exciting journey as we empower young urban planners to envision and create vibrant, eco-friendly cities using the power of imagination and recycled treasures.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPSU 070301	22/7-26/7 (Mon-Fri)	14:30-17:00	5	Rm 304	\$3,150	\$3,600

## 戲劇盒子 Spotlight Theatre

## Helen O'Grady English Drama (Ages 3-9)

The Academy was founded by Helen O' Grady in 1979, in Peth, Australia. The Drama Programmes are conducted in Hong Kong by a passionate team of Drama Specialists and instructors trained by the Helen O'Grady Drama Academy.

Activities include: Ad-Libbing, speech drills, music & movement, snippets, props/costume making, and a special performance on the last day for parents.

### The Dragon in the Library

Kay loves going to the library every week with Mummy and Daddy. Books are amazing - they're full of new places to visit and new new friends to meet! However, books aren't the only things among the shelves this summer. Join us to discover just what else is in the library - and what's going to happen next!

### Ages 3-6

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPDH 070001	22/7-26/7 (Mon-Fri)	10:00-12:30	5	Rm 306	\$2,550	\$2,850
24EESPDH 080001	19/8-23/8 (Mon-Fri)	14:00-16:30	5	Rm 306	\$2,550	\$2,850

### Ages 6-9

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPDH 070101	15/7-19/7 (Mon-Fri)	10:00-12:30	5	Rm 306	\$2,550	\$2,850
24EESPDH 080101	5/8-9/8 (Mon-Fri)	14:00-16:30	5	Rm 306	\$2,550	\$2,850

### How the Tiger got its stripes?

Join our workshop to act in a folktale adapted from the "How the Tiger Got its Stripes" by author Rob Cleveland. This story is about the prize possession of wisdom, an asset that many want but find it hard to obtain. The tiger learns that the farmer possesses wisdom and wants it badly. Will he get the farmer's wisdom? How do you think the tiger got its stripes? Come and find out how you can obtain wisdom from the farmer!

### Ages 3-6

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPDH 070002	15/7-19/7 (Mon-Fri)	14:00-16:30	5	Rm 306	\$2,550	\$2,850
24EESPDH 080002	5/8-9/8 (Mon-Fri)	10:00-12:30	5	Rm 306	\$2,550	\$2,850

### Lao Lao of Dragon Mountain

Adapted from the story of "Lao Lao of Dragon Mountain" by Margaret Beteson-Hill. An old Chinese woman named Lao Lao is noted for her artful paper cuttings - a butterfly, a flower, even a rooster. When the greedy emperor hears that Lao Lao can cut "anything", he demands that she makes jewels from paper and fill his tower with treasure. Join us during this workshop to find out the endings of these beautiful stories!

### Ages 6-9

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPDH 070102	22/7-26/7 (Mon-Fri)	14:00-16:30	5	Rm 306	\$2,550	\$2,850
24EESPDH 080102	19/8-23/8 (Mon-Fri)	10:00-12:30	5	Rm 306	\$2,550	\$2,850



## 美味盛宴 Foodie Feast



### Quick Bites Express (Ages 3-4)

**New**

Language : English

Join Quick Bite Express and explore the exciting world of fast food! Discover a variety of delicious burger recipes while learning about the art of food presentation and packaging. From the origins and global impact of fast food to step-by-step cooking instructions, our programmes will take you on a flavorful journey. Expert chefs will share their secrets for creating mouthwatering burgers using the best ingredients and grilling techniques. Additionally, you'll discover how to make your dishes visually appealing and explore sustainable packaging options. Don't miss out on this opportunity to elevate your fast food experience with Quick Bite Express!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPFF 080001	26/8-30/8 (Mon-Fri)	14:00-16:00	5	Rm 303	\$2,300	\$2,500

### Sweetie Sweetie (Ages 4-6)

Language : English

Who took the cookie from the cookie jar? Children like to eat cookies and different kinds of sweets, what better way to learn than through creating a candy house, making cupcake, singing Jelly song, role-playing in a cookie shop and exploring in lollipop lab? Come and join us and you will find more interesting activities that children would love to learn!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPFF 080101	12/8-16/8 (Mon-Fri)	14:00-16:00	5	Rm 200	\$2,300	\$2,500

### Rainbow Desserts (Ages 4-6)

**New**

Language : English

Welcome to Rainbow Desserts, where every day presents an opportunity to create easy and delicious treats in a variety of vibrant colors. Join us as children learn about color theory, enhance their motor skills, and unleash their creativity in the kitchen. Our expert instructors will guide them through the process of mixing, pouring, and assembling, resulting in delightful desserts that bring joy and happiness. With each dessert created, children not only acquire valuable culinary skills but also experience the pure delight of indulging in their own colorful creations. Let their imaginations soar and taste buds dance with Rainbow Desserts, where learning, creativity, and the blissful enjoyment of eating desserts come together in a delightful experience!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPFF 080102	20/8 & 22/8 (Tue & Thu)	14:00-16:00	2	Rm 301	\$920	\$1,000

### Master Chefs (Ages 6-10)

Language : English

Cooking is always an exciting experience for children. Our programme will introduce them creative food that they may find surprisingly delicious! Children will have fun cooking and will love eating what they've created. At the same time, this is an excellent way to introduce English language, Math and Science concepts, reinforcing academic skills and expanding your child's palate.

Remarks: Please bring an apron, a lunchbox and a towel

#### Ages 6-8

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPFF 070201	16/7-25/7 (Tue & Thu)	14:00-16:30	4	Rm 206	\$2,000	\$2,300

#### Ages 8-10

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPFF 070301	17/7-26/7 (Wed & Fri)	14:00-16:30	4	Rm 206	\$2,000	\$2,300

### Green Chefs (Ages 6-8)

Language : English

Pumpkin brownie, mushroom Bolognese, have you ever think of these special food combination? Reverse the image of cooked vegetable in your child's mind through being a Green Chef! In this course children can learn to make different varieties of food using plant-based ingredients, children will understand more about the green style eating and learn how to create their own green recipe, green recipe can be creative and delicious! Healthy Eating Healthy ME!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPFF 070202	30/7-8/8 (Tue & Thu)	10:00-12:30	4	Rm 305	\$2,000	\$2,300

### 民間小食攤 (Ages 6-8)

**New**

語言 Language : 粵語 Cantonese

在這個課程中，小朋友將有機會探索和體驗各種傳統的民間小食，並學習有關它們的歷史、文化和製作方法。這個課程旨在通過互動和實踐的方式，豐富小朋友們的文化知識和創造力。他們將能夠體驗到傳統小食的魅力，同時培養他們的合作能力和手眼協調能力。

編號	日期	時間	堂數	地點	會員	非會員
24EESPFF 080201	26/8-30/8 (Mon, Wed, Fri)	14:00-16:30	3	Rm 306	\$1,500	\$1,725

### "Dark" Cuisine (Ages 6-10)

**New**

Language : English

Join "Dark Cuisine", a unique cooking class focused on the art of creating visually striking dishes inspired by the color black. Explore the cultural significance and symbolism associated with black-colored cuisine from around the world. Learn to use ingredients that showcase different shades of black, unlocking a realm of intriguing flavors and aesthetics. From black pasta infused with squid ink to charcoal-grilled delicacies, "Dark Cuisine" offers a culinary journey that will awaken your senses and expand your culinary repertoire. Unleash your creativity and discover the allure of black-inspired dishes in this captivating programme.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPFF 070203	30/7-8/8 (Tue & Thu)	14:00-16:30	4	Rm 301	\$2,000	\$2,300

**「煮」家菜 (6-10 歲) New**

語言 Language: 粵語 Cantonese  
 「今晚食咩嘅？」一餐家常便飯，除了要夠鑊氣、有色香味，還要做到既簡單又營養均衡，其實並不容易！最平凡的食物卻滿載對家人嘅關愛，學懂煮中式住家菜，希望將最好的味道送給最愛的家人！

編號	日期	時間	堂數	地點	會員	非會員
24EESPFF 080202	13/8 & 15/8 (Tue & Thu)	14:00-16:30	2	Rm 301	\$920	\$1,000

**Pasta Lovers (Ages 8-12) New**

Language: English  
 Experience the wonders of "Pasta Lover", a captivating programme that introduces children to a variety of pasta types and encourages them to explore new flavors. By following recipes, children can enhance their reading, language, and math skills while developing their ability to follow instructions and improve their cooking dexterity. Dive into the world of pasta and cultivate essential life skills through this engaging and interactive journey with "Pasta Lover".

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPFF 080301	6/8-15/8 (Tue & Thu)	14:00-16:30	4	Rm 206	\$2,000	\$2,300



**藝樂無窮  
Artistic Visions**

**Junior Arts Splash (Ages 3-4)**

Language: English  
 Immerse your children in a world of creativity with Junior Art Splash, a dynamic course designed to cultivate their artistic interests. Through engaging activities such as painting, coloring, and crafts, children will learn the fundamentals of art in a fun and interactive way. Each class features a unique theme, stimulating the development of fine motor skills, creativity, social interaction, and language proficiency in young learners. Spark their imagination and watch their artistic abilities flourish in Junior Art Splash, where learning and creativity blend seamlessly to create a vibrant and enriching experience.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPVA 080001	12/8-23/8 (Mon, Wed, Fri)	14:30-16:30	6	Rm 301	\$2,760	\$3,120

**心靈藝術小組 (Ages 4-6) New**

語言 Language: 粵語 Cantonese  
 小朋友久不久便會鬧情緒？父母除了想辦法讓小朋友當下冷靜外，往往亦需要花上一段時間才能問出因由，甚至最終只能不了了之。要幫助小朋友突破心理關口，讓他們認識「情緒」很重要。透過不同的心靈藝術作媒介，包括和諧粉彩、馬賽克、毛球畫等，讓小朋友透過接觸藝術，享受當中的專注、平靜、創造，同時認識不同的情緒，學習以正面的方法表達及舒緩情緒的變化，讓你的小孩子身心健康地成長！

編號	日期	時間	堂數	地點	會員	非會員
24EESPVA 080101	12/8-16/8 (Mon-Fri)	10:00-12:00	5	Rm 206	\$2,300	\$2,600

**馬賽克 + 拼豆 (4-6 歲)**

語言 Language: 粵語 Cantonese  
 探索創意世界！馬賽克 / 拼豆班能啟發小朋友們的無限的想像力！透過選擇、剪貼、組合，小朋友們將創作出獨一無二的藝術品。培養手眼協調、細膩觸感。透過合作與分享，結交新朋友，展現自信！一齊探索彩色世界，開啟驚喜之旅！

編號	日期	時間	堂數	地點	會員	非會員
24EESPVA 080102	26/8-30/8 (Mon, Wed, Fri)	14:30-16:30	3	Rm 301	\$1,180	\$1,360

**創意工坊 (4-6 歲)**

語言 Language: 粵語 Cantonese  
 發揮創造力，體驗創意工坊！小朋友將親手製作奶油膠、毛球畫、石膏公仔等手工藝品。透過調配色彩、細緻繪畫、雕塑創作，啟發無限想像力和豐富創意。培養手眼協調，與新朋友一同分享成果。適合喜愛手工藝和藝術的小朋友。一同探索手工藝的魅力世界，讓小朋友的創意之旅開始啟航！

編號	日期	時間	堂數	地點	會員	非會員
24EESPVA 080103	19/8-23/8 (Mon-Fri)	14:30-16:30	5	Rm 302	\$1,950	\$2,200

**花之藝術 (6-8 歲)**

語言 Language: 粵語 Cantonese  
 「花之藝術」將啟發學生對花卉的創造力和表達能力。透過製作乾花書籤、創意花藝和押花手作等手工藝品，學生將能夠表達對花的喜愛和想法。他們將學習選擇、處理乾花，並將其巧妙地融入到書籤和其他作品中。透過創意花藝的探索，學生將運用不同種類的花卉和植物創作出獨特而美麗的作品。這個課程培養學生對大自然的敬愛之情，同時發展他們的手工技能和藝術才華。讓我們一起用花朵綻放出美麗的藝術創作吧！

編號	日期	時間	堂數	地點	會員	非會員
24EESPVA 080201	26/8-30/8 (Mon-Fri)	10:30-12:30	5	Rm 301	\$2,300	\$2,600

**奶油膠：個人護理篇 - 梳及鏡 (4-6 歲)**

語言 Language: 粵語 Cantonese  
 奶油膠是一門近年嶄露頭角的新興手工藝課程。透過奶油膠的使用，同學們可以選擇不同的顏色和紋理，在梳子和鏡子上創造獨特的圖案和裝飾。奶油膠具有柔軟且可塑性強的特點，讓學生輕鬆地打造出各種有趣而獨特的效果。

在過程中能激發學生的創意和想像力，同時培養他們的手部協調能力和細膩觸感。每個人都可以根據自己的喜好和風格，裝飾出獨一無二的梳子和鏡子，展現個人品味和個性。

編號	日期	時間	堂數	地點	會員	非會員
24EESPVA 080104	27/8-29/8 (Tue & Thu)	14:30-16:30	2	Rm 301	\$400	\$500

**和諧粉彩 (6-10 歲)**

語言 Language: 粵語 Cantonese  
 讓小朋友用手指繪畫出和諧的作品，透過藝術獲得放鬆的效果。選擇自己喜愛的顏色和節奏，輕鬆創作，讓藝術成為心靈放鬆和療癒的方式。這個課程鼓勵小朋友直接觸摸顏料，提升感官刺激，同時在創作過程將體驗到心靈的平靜，享受藝術帶來的快樂。

編號	日期	時間	堂數	地點	會員	非會員
24EESPVA 070201	16/7-18/7 (Tue & Thu)	14:30-16:30	2	Rm 302	\$400	\$500

## 【水晶滴膠工作坊 (8-12 歲)

語言 Language : 粵語 Cantonese

此工作坊會教授一些基本的製作技巧，用色搭配，讓學童運用不同的顏色、圖形和物質，配合滴膠工藝，親手製作獨一無二的飾品。一同來體驗藝術帶來的樂趣吧！

編號	日期	時間	堂數	地點	會員	非會員
24EESPPVA 070301	15/7-19/7 (Mon, Wed, Fri)	14:30-16:30	3	Rm 302	\$1,200	\$1,380

## 主題派對 Themed Parties

### 【 Pirates Ahoy Party (Ages 3-5)

Language : English

In this adventurous and fun-filled party, children will embark on a thrilling journey into the world of pirates. Exciting activities include treasure hunt, story-telling and race game! Gather your little pirates and get ready for an unforgettable adventure on the high seas.

\*Welcome to dress up and join the party in style!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPTP 070001	20/7 (Sat)	11:00-13:00	1	Rm 305	\$280	\$330

### 【 Pajamas Party (Ages 3-5)

Language : English

Get ready for a cozy and exciting experience where children can embrace their creativity and have a blast in their comfiest pajamas. Throughout the Pajamas Party, children will have the opportunity to foster their creativity, and enjoy quality time with friends. Activities include calming herbal sachet, bedtime story and daily routine. It's a fantastic way to encourage imaginative play, social interaction, and relaxation in a fun and cozy environment!

\*Welcome to dress up and join the party in style!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPTP 070002	27/7 (Sat)	11:00-13:00	1	Rm 305	\$280	\$330

### 【 Ocean Empire Party (Ages 3-5) New

Language : English

Dive into an underwater adventure where children can explore the wonders of the ocean. Get ready for an immersive and educational experience filled with marine-themed activities, including art and crafts, music and movement, and fun games! Children will have a chance to explore, learn, and have fun in an ocean-themed environment. It's an excellent way to foster their curiosity and ignite their love for the marine world.

\*Welcome to dress up and join the party in style!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPTP 080001	17/8 (Sat)	11:00-13:00	1	Rm 305	\$280	\$330

### 【 Construction Zone Party (Ages 4-6) New

Language : English

Put on your hard hats and grab your tools as we embark on a creative and exciting construction-themed adventure. Throughout the Construction Zone Party, children will have the opportunity to engage in imaginative play, develop fine motor skills, and learn about building safety rules!

\*Welcome to dress up and join the party in style!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPTP 070101	6/7 (Sat)	11:00-13:00	1	Rm 305	\$280	\$330

### 【 Overcooked Party (Ages 4-6) New

Language : English

Yes Chef! Get ready for a fun and imaginative cooking experience, where children will plate up delicious dishes! Children will experience the thrill of working in a fast-paced, cooperative kitchen environment! Join us for a fun and competitive round of plate and serve battle!

\*Welcome to dress up and join the party in style!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPTP 080101	3/8 (Sat)	11:00-13:00	1	Rm 305	\$280	\$330

### 【 Vintage Party (Ages 4-6) New

Language : English

This party will be a delightful journey back in time where children can experience the charm and nostalgia of bygone eras. Get ready for a party filled with vintage-inspired activities including traditional games and grooving with old school music, with a touch of old-fashioned elegance. Children will have the opportunity to immerse themselves in the elegance and charm of the past.

\*Welcome to dress up and join the party in style!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPTP 080102	24/8 (Sat)	11:00-13:00	1	Rm 305	\$280	\$330

## 親子時光 Love & Laughter

### 【 親子酒精墨水水晶球工作坊 (6-12 歲及一位家長)】

語言 Language : 粵語 Cantonese

想同小朋友找一些新穎的活動？試試近年興起的酒精墨水藝術啦！運用墨水、酒精和不吸水畫紙的特性，創作出屬於你和子女獨有的作品！過程中可以發揮創意，亦可促進親子溝通，幫助大家舒緩一下壓力，來過一個輕鬆又有趣的下午吧！



編號	日期	時間	堂數	會員	非會員
24EESPET 070101	28/7 (Sun)	12:00-13:30	1	\$450	\$495

### 【 親子樹脂流體工作坊 (6-12 歲及一位家長)】

語言 Language : 粵語 Cantonese

樹脂工藝和流體畫一同結合，讓不同色的樹脂自由流動在碟盤上。參加者只需要將樹脂混合，澆淋或傾倒在碟盤上，再用雙手控制樹脂流動的方向，形成獨特的紋理，成為獨一無二的藝術擺設。和您的孩子一起建立優質的親子時間，一齊探索啦！



編號	日期	時間	堂數	會員	非會員
24EESPET 070102	28/7 (Sun)	14:30-16:00	1	\$420	\$465

### 【 親子沐浴球工作坊 (4-10 歲及一位家長)】

語言 Language : 粵語 Cantonese

您和您的小朋友都愛沐浴，玩玩泡泡嗎？在愉快的氣氛下與子女一起談談情，動動手，享受快樂時光！



編號	日期	時間	堂數	會員	非會員
24EESPET 080101	25/8 (Sun)	12:00-13:30	1	\$390	\$420

## 親子咖啡拉花工作坊 (6-18 歲及一位家長) Parent-child Latte Art Workshop

語言 Language: 粵語 Cantonese

本課程旨在推廣咖啡拉花藝術 (Latte Art)，透過朱古力 / 綠茶作引入，讓小朋友與家長一起使用不同工具製作獨一無二的拉花圖案。課程亦會教授傳統意式咖啡拉花技術，讓親子一同探索拉花魔法，合力為咖啡點綴一番。

編號	日期	時間	堂數	地點	會員	非會員
24ECBCWL 070001	20/7 (Sat)	11:00-12:30	1	6/F	\$200	\$220
24ECBCWL 070002	20/7 (Sat)	13:30-15:00				
24ECBCWL 070003	21/7 (Sun)	11:00-12:30				
24ECBCWL 080001	10/8 (Sat)	11:00-12:30				
24ECBCWL 080002	10/8 (Sat)	13:30-15:00				
24ECBCWL 080003	11/8 (Sun)	11:00-12:30				
24ECBCWL 080004	18/8 (Sun)	13:30-15:00				
24ECBCWL 090001	21/9 (Sat)	13:30-15:00				
24ECBCWL 090002	22/9 (Sun)	11:00-12:30				

備註：參加者可自行帶備圍裙



## 音樂郁一郁 Sonic Symphony

### 兒童音樂啟蒙樂 - 小小天才音樂家 (3-4 歲)

語言 Language: 粵語 Cantonese

本課程以高大宜及奧福的音樂教學概念，融入有趣及有創意的活動，讓孩子透過學習童謠、律動和即興創作等不同的音樂遊戲及活動，學習基本的音樂知識，並加強他們對音樂的節奏、音高和其他音樂上之表現方法的了解，讓孩子從遊戲中享受音樂的樂趣，為他們學習不同樂器奠下基礎。

編號	日期	時間	堂數	地點	會員	非會員
24EESPM 070001	16/7-25/7 (Tue & Thu)	14:00-16:00	4	Rm 301	\$1,600	\$1,800



### Summer Creative Dance Fun (Ages 3-4.5)

語言 Language: 粵語輔以英語

This is a wonderful way for little dancers to be inspired and experience! The class will include a variety of dances e.g. Ballet, Folk Dance, Contemporary Dance, etc. rough storytelling and use of attractive props, this course will develop your child's co-ordination, imagination and expression in a fun and joyful environment.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EESPM 070002	12/7-23/8 (Fri)	16:30-17:15	7	Rm 300	\$1,085	\$1,165
24EESPM 070003	7/7-25/8 (Sun)	10:00-10:45	8	Rm 300	\$1,240	\$1,332

### Pop Dance 小明星鼓舞飛揚 (Ages 5-8)

語言 Language: 粵語輔以英語

POP Dance 小明星現正招生！導師會以流行曲編排舞步，讓學員從練習課中增強音樂感、肢體協調及自信心，如果你的小朋友喜歡跟隨音樂節拍起舞，就快來加入 POP DANCE 小明星，一起 ENJOY THE STAGE! POP DANCE 小明星將於 7 月 18 日首度登場，歡迎家長到場觀賞。

編號	日期	時間	堂數	地點	會員	非會員
24EESPM 070101	18/7-19/7 (Thu & Fri)	14:00-16:30	2	Rm 300	\$1,035	\$1,200

## 兒童爵士舞

### Jazz Dance for Children (4-10 歲)

語言 Language: 粵語 Cantonese

歡迎來到爵士舞班！我們的課程旨在透過有趣和互動的方式，教授小朋友基本的爵士舞技巧，同時培養他們的音樂感和創造力。此班注重培養小朋友的舞蹈技巧和表演能力，給予機會展現自己的舞蹈才能、建立友誼和享受舞蹈！

備註：

1. 請穿著輕便運動服裝上課。
2. 上課時必須穿著爵士舞鞋，如需代購請致電 22687755 / 22687756 查詢。
3. 學費已包一套表演服。

#### 4-6 歲

編號	日期	時間	堂數	地點	會員	非會員
24EESPMDD070102	18/7-22/8 (Thu)	12:30-13:30	6	Rm 300	\$1,020	\$1,080

#### 6-10 歲

編號	日期	時間	堂數	地點	會員	非會員
24EESPMDD070201	18/7-22/8 (Thu)	10:00-11:00	6	Rm 300	\$1,020	\$1,080

## 兒童中國舞

### Chinese Dance for Children (6-10 歲)

語言 Language: 粵語 Cantonese

中國舞以舞蹈展示中華文化特色及各地民族的傳統習俗。本課程透過輕鬆有趣活潑形式，讓小朋友投入舞蹈，培養音樂節奏感及身體協調，訓練柔韌度，提升個人體態享受當中的樂趣。每期最後一節課為表演課，有助提升學員自信心及技巧，歡迎家長到場欣賞。

備註：

1. 請穿著輕便運動服裝上課。
2. 上課時必須穿著中國舞鞋，如需代購請致電 22687755 / 22687756 查詢。
3. 學費已包一套表演服。

編號	日期	時間	堂數	地點	會員	非會員
24EESPMDD070202	18/7-22/8 (Thu)	11:15-12:15	6	Rm 300	\$1,020	\$1,080



## 外出參觀活動 Outing

### Sports Expo 運動體驗 (6-12 歲)

語言 Language: 粵語 Cantonese

Sports Expo 運動體驗是一個令人振奮和充滿活力的體驗！您可以欣賞到各種運動項目的精彩表演和示範，試玩不同的運動活動，並了解最新的運動裝備和科技創新。這是一個互動的機會，讓您沉浸在運動文化和熱情中，並與其他運動愛好者交流和互動。無論您是運動愛好者還是對運動感興趣的人，運動博覽會將為您帶來一個充滿樂趣和啟發的日子。不要錯過這個令人難忘的運動盛會，準備好一同享受運動的魅力吧！

編號	日期	時間	堂數	會員	非會員
24EESPT070001	23/7 (Tue)	14:00-17:00	1	\$250	\$250



### 尖東消防局 (6-12 歲)

語言 Language: 粵語 Cantonese

小朋友可以參觀消防車、穿上消防員的裝備，甚至學習如何使用滅火器。你還可以觀察消防員如何應對火災，並學到一些關於火災安全的知識。這是一個既有趣又教育性的參觀體驗，讓你更了解消防員的工作，同時也提高你的安全意識。和家人一起去參觀尖東消防局，準備好迎接一個令人興奮的冒險吧！

編號	日期	時間	堂數	會員	非會員
24EESPT070002	31/7 (Wed)	14:00-16:30	1	\$250	\$250

### 醫療輔助隊 (6-12 歲)

語言 Language: 粵語 Cantonese

參觀醫療輔助隊是一個令人興奮和啟發的體驗！您將有機會參觀他們的設施，了解醫療輔助隊在緊急情況下的工作和援助。您可能還可以參加醫療演練活動，學習基本的急救技巧，並觀察醫療人員在行動時的專業表現。這是一個難得的機會，讓您深入瞭解醫療急救的重要性，並對醫療人員的貢獻心存敬意。踏上這個旅程，您將獲得難以忘懷的體驗和寶貴的知識。

編號	日期	時間	堂數	會員	非會員
24EESPT080001	6/8 (Tue)	14:00-16:00	1	\$250	\$250

## 親子遊戲小組 Parent-child Playgroups

### Wonderful Play! 小寶寶唱遊天地 (Ages 1-3 & one parent)

Language : English

Learning through play is a vital part in every child's early development. This course is designed to provide your child opportunities to enhance social, intellectual, spiritual and physical development by using the thematic approach.

#### Activities:

- Free-play Time
- Circle Time
- Books & Stories
- Music & Movement
- Arts and Crafts
- Sensory Play



#### Ages 1-1.5 and one parent

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEACWP 070101	20/7-28/9 (Sat) *No Class on 3/8	11:00-12:00	10	Rm 204	\$2,250	\$2,550
24EEACWP 070102	20/7-28/9 (Sat) *No Class on 3/8	15:15-16:15	10	Rm 204	\$2,250	\$2,550

#### Ages 1.5-2 and one parent

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEACWP 070201	20/7-28/9 (Sat) *No Class on 3/8	09:45-10:45	10	Rm 204	\$2,250	\$2,550
24EEACWP 070202	20/7-28/9 (Sat) *No Class on 3/8	14:00-15:00	10	Rm 204	\$2,250	\$2,550

#### Ages 2-3 and one parent

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEACWP 070301	20/7-28/9 (Sat) *No Class on 3/8	11:00-12:00	10	Rm 205	\$2,250	\$2,550
24EEACWP 070302	20/7-28/9 (Sat) *No Class on 3/8	15:15-16:15	10	Rm 205	\$2,250	\$2,550

### 親子普通話唱遊 Parent-Child Putonghua Playgroup (2-3 歲幼兒及家長)

語言 Language : 普通話 Putonghua

透過兒歌、簡單對答、故事、認字卡及各種遊戲等，讓幼兒自然地掌握簡單普通話語音、語調，從而培養學習普通話的興趣。

編號	日期	時間	堂數	地點	會員	非會員
24EEACMP 070001	20/7-28/9 (Sat) *No Class on 3/8	12:15-13:15	10	Rm 204	\$2,200	\$2,500

備註：須一位家長或監護人陪同上課



## 文娛課程 Leisure Programmes

### 唱唱跳跳學拼音 Phonics Safari: Exploring Animal Sounds (Ages 3-4)

Language : English

Phonics is a necessary part of any good method of teaching children to read. Teaching phonics at an early age will help them develop phonemic awareness that is the key to mastering words and the first step towards successful reading. Children need to develop knowledge of the letters, the sounds represented by the letters, and the connection by combining the letters where words are formed.

Code	Date	Time	Sessions	Mem	NMem
24EECCPEP 070001	20/7-28/9 (Sat) *No Class on 3/8	09:45-10:45	10	\$2,150	\$2,450

### 英語列車 English Express (Ages 3-6)

Language : English

This programme aims to build children's foundation in English reading and writing abilities. Through systematic and comprehensive exercise, children will be able to handle English comprehension and writing task confidently. Get on the English Express and let's become a confident English learner together!

#### Ages 3-4

Code	Date	Time	Sessions	Venue	Mem	NMem
24EECCPEE 070001	20/7-28/9 (Sat) *No Class on 3/8	11:00-12:00	10	Rm 201	\$2,150	\$2,450

#### Ages 4-6

Code	Date	Time	Sessions	Venue	Mem	NMem
24EECCPEE 070101	20/7-28/9 (Sat) *No Class on 3/8	09:45-10:45	10	Rm 201	\$2,150	\$2,450

### 樂在「英語坊」 English Talktown (Ages 3-6)

Language : English

This programme aims to encourage children's verbal expression in English through a variety of fun and interactive activities such as role playing, storytelling, and singalong songs. A thematic teaching approach will be implemented, with themes related to children's daily lives. Children are encouraged to speak up and express their ideas in a fun-filled and comfortable English environment, building their vocabulary and phrasing ability at the same time.

#### Ages 3-4

Code	Date	Time	Sessions	Venue	Mem	NMem
24EECCPET 070001	20/7-28/9 (Sat) *No Class on 3/8	09:15-10:45	10	Rm 201	\$2,500	\$2,900

#### Ages 4-6

Code	Date	Time	Sessions	Venue	Mem	NMem
24EECCPET 070101	20/7-28/9 (Sat) *No Class on 3/8	11:00-12:30	10	Rm 201	\$2,500	\$2,900

### 普通話小字典 (3-4 歲)

語言 Language : 普通話 Putonghua

本課程是以互動形式，透過唱遊、故事、遊戲等不同形式的主题教學活動，讓幼兒認識聲母、韻母和聲調。每星期導師都會以有趣的主題讓幼兒掌握主题相關的詞彙，引發幼兒學習普通話的興趣，同時幫助兒童掌握普通話的表達及理解能力。

編號	日期	時間	堂數	地點	會員	非會員
24EECCMD 070001	20/7-28/9 (Sat) *No Class on 3/8	15:45-16:45	10	Rm 201	\$1,860	\$2,160

## 【普通話說故事 (4-6 歲)

語言 Language: 普通話 Putonghua

本課程以一系列的故事為題，讓小朋友以普通話學習當中的語音、詞彙、簡單之語法及認讀字詞。

編號	日期	時間	堂數	地點	會員	非會員
24EECCMS 070001	20/7-28/9 (Sat) *No Class on 3/8	14:30-15:30	10	Rm 201	\$1,860	\$2,160

## 【Enchanting School (Ages 3-6)

Language: English

This class aims at enhancing children's language awareness and building up their confidence in communication. Children will learn in a creative environment. Introducing vocabulary, sentence-making and creative activities, through story-telling and playing games, we will enhance children's ability and interest to express themselves.

Ages 3-4

Code	Date	Time	Sessions	Venue	Mem	NMem
24EECCEN 070001	20/7-28/9 (Sat) *No Class on 3/8	10:00-12:30	10	Rm 301	\$2,800	\$3,260

Ages 4-6

Code	Date	Time	Sessions	Venue	Mem	NMem
24EECCEN 070101	20/7-28/9 (Sat) *No Class on 3/8	10:00-12:30	10	Rm 203	\$2,800	\$3,260

## 【Trinity-Graded Exams in Spoken English(GESE) 聖三一等級口語考試預備班 (Ages 4 or above) New

Language: English

GESE is internationally recognised as one of the most trusted series of English language examinations for testing speaking and listening skills. Students will be assessed individually in an one-to-one conversation with a highly qualified Trinity examiner from the UK. The assessment will be conducted online.



Remarks:

- Students must reach lower age limit on or before assessment day
- Examination fee is included in the programme fee

**Grade 1 (Ages 4 or above)**

Code	Date	Time	Sessions	Mem	NMem
24EECCER 070001	20/7-28/9 (Sat) *No Class on 3/8	15:45-16:45	10	\$2,765	\$3,065

**Grade 2 (Ages 5 or above)**

Code	Date	Time	Sessions	Mem	NMem
24EECCER 070101	20/7-28/9 (Sat) *No Class on 3/8	14:15-15:30	10	\$3,420	\$3,785

## 【Intelligent Learner (Ages 6-8)

Language: English

This is a comprehensive programme to let children have different ways to develop their young minds and explore the world around them through literacy, physical activities, creative arts, maths and science. With interesting themes, children will be able to enhance their thinking, create group discussion and develop their organizational skills by participating in different activities.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EECCER 070001	20/7-28/9 (Sat) *No Class on 3/8	10:00-12:30	10	Rm 307	\$2,800	\$3,260

## 【Cambridge: Pre-Starters (Ages 4-5)

Language: English

This is a comprehensive programme to introduce children to basic English reading, writing, listening and speaking. Through systematic and consistent exercise, children will be able to build a good foundation for English reading and writing abilities, and prepare for the Cambridge curriculum. Other than that, children also will learn to enjoy the process of English learning through fun and interactive activities.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EECCCEC 070001	20/7-28/9 (Sat) *No Class on 3/8	12:45-13:45	10	Rm 307	\$2,150	\$2,450

Remarks: Course is separated into 2 instalments (10 sessions each)

## 口才訓練 Oratory Training

### 【小小演說家口才訓練班 (3-6 歲)

語言 Language: 粵語 Cantonese

導師將於課堂分享不同類型的故事及繪本，透過角色扮演、朗讀、情景遊戲等，讓兒童發揮想像力及創意，鍛煉孩子的說話技巧，提升表達能力，建立自信心。

備註：最後一課 28/9 (六) 為成果分享會，歡迎家長到場觀賞。

3-4 歲

編號	日期	時間	堂數	地點	會員	非會員
24EECCCO 070001	20/7-28/9 (Sat) *No Class on 3/8	12:45-13:45	10	Rm 200	\$1,980	\$2,280

4-6 歲

編號	日期	時間	堂數	地點	會員	非會員
24EECCCO 070101	20/7-28/9 (Sat) *No Class on 3/8	14:00-15:00	10	Rm 200	\$1,980	\$2,280

### 說話技巧學會 Oratory Club (6-8 歲)

語言 Language: 粵語 Cantonese

「細心閱讀題目，然後依圖畫的內容說出故事。」

「你對這題目有什麼看法？」

你的孩子經常會於學習的過程中遇到這些題目，要他們有條理地敘述故事、排序、適當地運用詞語、重點地對題目作出理解和分析，多閱讀、多思考，多練習自然是不二門法。課程將讓孩子有機會透過多元化的活動，學習和實踐不同的說話技巧，除了眼神、語調、節奏、肢體動作外，也會增強說話內容的組織性和啟發創意想像，提升孩子的表達能力。

備註：最後一課 28/9 (六) 為成果分享會，歡迎家長到場觀賞。

編號	日期	時間	堂數	地點	會員	非會員
24EECCCO 070201	20/7-28/9 (Sat) *No Class on 3/8	11:30-12:30	10	Rm 303	\$1,980	\$2,280



## 話劇 Drama

### 英語戲劇課程 Helen O'Grady English Drama Class in YMCA (Ages 3.5-12)

Language : English  
Come join our Helen O'Grady English Drama Class from Australia! It is an international developmental drama class which also runs in the United Kingdom, U.S.A, Ireland, Singapore, South Africa, Canada and many more! We take great pride in our international drama programme and see great results in our students. Each week we do a different play in class; challenging your child with new roles and new situations. We create a safe, supportive environment in which even soft-spoken children have the opportunity to speak. For outgoing children, it gives them an outlet for their natural creative ability.

We build

- Creative thinking
- Speaking skills
- Self-esteem & Confidence
- Leadership abilities



#### Ages 3.5-6

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEMXDE 070001	13/7-21/9 (Sat) *No Class on 3/8	11:00-12:00	10	Rm 306	\$2,200	\$2,500
24EEMXDE 070002	13/7-21/9 (Sat) *No Class on 3/8	12:15-13:15	10	Rm 306	\$2,200	\$2,500

#### Ages 6-9

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEMXDE 070101	13/7-21/9 (Sat) *No Class on 3/8	09:45-10:45	10	Rm 306	\$2,200	\$2,500

#### Ages 8-12

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEMXDE 070201	13/7-21/9 (Sat) *No Class on 3/8	13:30-14:30	10	Rm 306	\$2,200	\$2,500



## 科學 Science Discovery

### 小小科學家 Little Scientists (Ages 3-4)

Language: English  
"Little Scientists" provides a great opportunity for young children to explore the world through simple experiments. It aims to stimulate children's interest in science and to enhance their learning in science.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEQCSL 070001	20/7-28/9 (Sat) *No Class on 3/8	09:45-10:45	10	Rm 205	\$2,150	\$2,450

### STEM 樂園 STEM Fun (Ages 4-6)

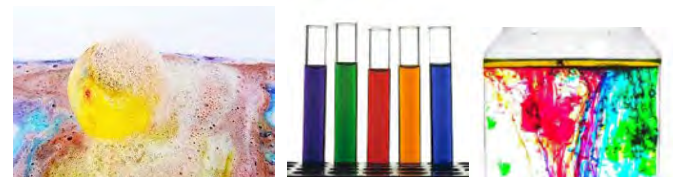
Language: English  
STEM learning is crucial in the foundation of developing critical thinking and problem solving skills. This STEM programme is designed to inspire your children's curiosity, and also allow them to have fun while learning, giving them the opportunity to explore the world of STEM through hands-on activities, games and experiments!

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEQCMM 070001	20/7-28/9 (Sat) *No Class on 3/8	15:15-16:15	10	Rm 203	\$2,100	\$2,400

### 科學學院 - 未來先鋒 STEAM University- Future Leaders (Ages 6-9)

Language: English  
It is important for students in this modern age to be equipped with knowledge of STEM. Students can expand their horizon and explore different discipline of science from chemistry, biology, physics and engineering. Students can explore these concepts through hands-on experiments to make a memorable learning experience.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEQXSS 070001	20/7-28/9 (Sat) *No Class on 3/8	10:30-12:00	10	Rm 304	\$2,450	\$2,850





## 藝術 Art Studio

### 小小天才藝術家 Junior ArtKidz (3-5 歲)

語言 Language: 粵語 Cantonese

這是一個讓小朋友發揮創意的地方！課程以不同的主題，讓各位小小藝術家學習基本的美術技巧，透過藝術欣賞、感官探索、畫畫及運用不同物料等的創作，啟發小朋友的創意和對藝術的興趣。

編號	日期	時間	堂數	地點	會員	非會員
24EEMCAK 070001	20/7-28/9 (Sat) *No Class on 3/8	12:15-13:15	10	Rm 206	\$1,550	\$1,850

### 童趣中國水墨畫 Children Chinese Ink Painting (4-6 歲) New

語言 Language: 粵語 Cantonese

本水墨畫課程融入了中華文化元素。同學們將學習水墨畫技巧，如筆墨運用和中國傳統元素的表達。透過這個課程，他們能夠培養創造力、觀察力和細膩的情感表達能力。同時，他們也會通過認識中國藝術和文化的背景知識，深入了解中華文化的博大精深。這個課程旨在啟發孩子們對藝術和中華文化的興趣，並促進他們的綜合發展。

編號	日期	時間	堂數	地點	會員	非會員
24EEMCAP 070101	20/7-28/9 (Sat) *No Class on 3/8	13:45-14:45	10	Rm 206	\$1,550	\$1,850

### 兒童中國書法班 Children Chinese Calligraphy (6-10 歲) New

語言 Language: 粵語 Cantonese

本課程旨在啟蒙兒童對中國書法藝術的認識。透過教授基礎的書法技巧和書寫筆順，提升同學們的書法字型的表現和書寫技巧。這個課程強調培養同學們的專注力、觸覺和美感培養。同學們將通過書法的練習提升書寫能力，同時理解和欣賞中國書法的美學價值。課程中還介紹相關的中國文化知識，豐富同學們對中華文化的認識和理解。

編號	日期	時間	堂數	地點	會員	非會員
24EEMCAA 070101	20/7-28/9 (Sat) *No Class on 3/8	15:00-16:00	10	Rm 206	\$1,550	\$1,850

### 創意綜合藝術課程 Arts and Crafts Space (6-10 歲)

語言 Language: 粵語 Cantonese

透過體驗不同藝術製作，發揮創意動手製作不同的手作仔及輕黏土創作等，訓練學童手眼協調，提高他們對形狀及顏色的敏感度及創作力。大家齊齊動手，揮動畫筆，成為小藝術家吧！

編號	日期	時間	堂數	地點	會員	非會員
24EEMCAC 070001	20/7-28/9 (Sat) *No Class on 3/8	09:30-10:45	10	Rm 307	\$1,650	\$1,950



## 烹飪課程 Cooking Programme



### 字母廚房 Alphabet Kitchen (Ages 2-3 & one parent)

Language: English

Using the alphabet is a fun way to build up a child's vocabulary. With an extensive list of words, and by repetitively hearing and seeing visual material related to a particular word, children tend to build up the bank of their own vocabulary in their daily usage. Later in school, they become confident readers and writers. This programme has been enhanced with a fun-filled activity where children will have a great time with parents creating some yummy treats related to the particular food vocabulary of the day. Come and build up your vocabulary and have fun in the kitchen at the same time! Remarks: Please bring an apron, a lunchbox and a towel.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EECKKA 070001	20/7-28/9 (Sat) *No Class on 3/8	09:45-10:45	10	Rm 206	\$2,200	\$2,500

### 故事廚房 Story Kitchen (Ages 3-4)

Language: English

This course is designed to encourage children to develop the art of simple, creative food making through the introduction of the stories. Having children involved in this course will give them an interest also in storytelling and can help to encourage them to display their creativity while preparing the simple food ideas. This will inspire children an opportunity to build confidence in their work when they make and get to taste their healthy creations in a fun and joyful way while building their English skills. Because cooking is their story! Remarks: Please bring an apron, a lunchbox and a towel.

Code	Date	Time	Sessions	Venue	Mem	NMem
24EECKKS 070001	20/7-28/9 (Sat) *No Class on 3/8	11:00-12:00	10	Rm 206	\$2,200	\$2,500

### 小廚師·大世界 Master Chefs (Ages 4-8)

Language: English

Cooking is always an exciting experience for children. Our programme will introduce them creative food that they may find surprisingly delicious! Children will have fun cooking and will love eating what they've created. At the same time, this is an excellent way to introduce English language, Math and Science concepts, reinforcing academic skills and expanding your child's palate. Remarks: Please bring an apron, a lunchbox and a towel.

#### Ages 4-6

Code	Date	Time	Sessions	Venue	Mem	NMem
24EECKKM 070001	20/7-28/9 (Sat) *No Class on 3/8	12:45-14:15	10	Rm 206	\$2,500	\$2,800

#### Ages 6-8

Code	Date	Time	Sessions	Venue	Mem	NMem
24EECKKM 070101	20/7-28/9 (Sat) *No Class on 3/8	14:30-16:00	10	Rm 206	\$2,500	\$2,800



## 舞蹈 Dance

### 芭蕾舞

#### Ballet (Ages 3-14)

Language: English supplemented with Cantonese 英語輔以粵語  
Ballet is physically and psychologically demanding and requires time and discipline. But it is also very exciting, rewarding and creative. Ballet can enhance students' ability to concentrate and develop self-discipline, which is important for dancing and also for life skills and academic success. Our ballet training is based upon the syllabus of the Royal Academy of Dance (RAD).

#### Progressive Path :

Level	Ballet Tots- Level 1	Ballet Tots- Level 2	Pre-primary	Primary	Grade 1-5	Grade 6 or above
Syllabus	CSTD- <i>*Come Dance with Me, Level 1</i>	CSTD- <i>*Come Dance with Me, Level 2</i>	RAD	RAD	RAD	RAD
Duration	3-4 Quarters, 1 session per week	3-4 Quarters, 1 session per week	4 Quarters, 1-2 sessions per week	4 Quarters, 1-2 sessions per week	2 sessions per week	3 sessions per week

#### Remarks:

- Participants with satisfactory performance will be recommended to enter the CSTD/ RAD Examination, and the students enter Pre-primary or above level must attend 2 sessions per week (Grade 6 or above must attend 3 sessions per week).
- Participants are advised to wear tight fitting clothes & flat soft-shoes for the first class.
- Emmanuel Dance Education Principle Teacher : Ms. Rita CHEUNG  
-Royal Academy of Dance (Teaching Certificate), (Registered Teacher)  
-Associate of the Imperial Society of Teachers of Dancing (National Character- Distinction)  
-Advanced of the Imperial Society of Teachers of Dancing (National Character- Honours)  
-Professional Diploma of the HK Academy of Ballet
- Assessment is required for new participants who would like to join the Ballet Tots Level 1 or above. For assessment and trial class arrangement, please call 22687757 for details.

#### Ballet Tots

The Ballet Tots programme is a wonderful introduction into the world of classical ballet for children ages 3-6. The programme compasses the "Come Dance with Me" CSTD curriculum in which children are encouraged to explore their world through movement and imagination. Children will also be able to develop their co-ordination, creativity and musicality through fun games, imaginative mime and short dance sequences under an encouraging learning environment.



#### Ballet Tots- Beginners (Ages 3-4.5)

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEDXBT 070001	5/7-27/9 (Fri)	15:30-16:15	13	Rm 300	\$2,015	\$2,275
24EEDXBT 070002	6/7-28/9 (Sat)	12:45-13:30	13	Rm 610	\$2,015	\$2,275
24EEDXBT 070003	7/7-29/9 (Sun)	10:15-11:00	13	Rm 300	\$2,015	\$2,275
24EEDXBT 070004	4/7-26/9 (Thu)	16:15-17:00	13	Rm 300	\$2,015	\$2,275

#### Ballet Tots- Level 1 (Ages 4-6)

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEDXBT 070101	6/7-28/9 (Sat)	11:30-12:15	13	Rm 610	\$2,015	\$2,275

#### Ballet Tots- Level 2 (Ages 4-6)

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEDXBT 070201	6/7-28/9 (Sat)	10:45-11:30	13	Rm 610	\$2,015	\$2,275

#### Children Ballet (Ages 6-14)

Language: English supplemented with Cantonese 英語輔以粵語

#### Ballet Pre-Primary (Ages 5 or above)

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEDXBP 070101	6/7-28/9 (Sat)	13:30-14:30	13	Rm 610	\$2,665	\$3,055

#### Ballet Primary (Ages 6 or above)

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEDXBP 070201	6/7-28/9 (Sat)	11:30-12:45	13	Rm 300	\$3,315	\$3,770

#### Ballet Grade 1 (Ages 7 or above)

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEDXBG 070101	6/7-28/9 (Sat)	10:00-11:30	13	Rm 300	\$3,510	\$4,030

#### Ballet Grade 3 (Ages 7 or above)

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEDXBG 070301	6/7-28/9 (Sat)	13:00-14:30	13	Rm 300	\$3,510	\$4,030

#### Ballet Grade 6 (Ages 11 or above)

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEDXBG 070601	5/7-27/9 (Fri)	17:30-18:45	13	Rm 300	\$2,990	\$3,445
24EEDXBG 070602	7/7-29/9 (Sun)	11:00-13:30	13	Rm 300	\$5,980	\$6,890

#### Ballet Grade 7 (Ages 11 or above)

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEDXBG 070701	7/7-29/9 (Sun)	13:30-16:00	13	Rm 300	\$6,760	\$7,800

### 兒童綜合舞班

#### Integrated Dance For Children (3-6 歲)

Language: Cantonese supplemented with English 粵語輔以英語  
課程以古典芭蕾舞為基礎，透過舞蹈、音樂、遊戲和故事，在輕鬆的氣氛下，訓練和培育小朋友在多元智能各方面的均衡發展，包括啟發小朋友對事物認知、社交能力、語言表達、肢體運用、情感抒發、記憶力、判斷能力、注意力、創作力及環境處理。

課程設計：

- 藉著簡單舞步，音樂節拍，唱歌及簡單樂器等元素，從而訓練小朋友感官與身體的協調和音樂感。
- 透過遊戲活動，故事創作和角色演繹，帶領同學們進入幻想與自我提昇的世界。
- 教授簡單西方民族舞基本技巧，透過群體合作和練習，創造出千變萬化的舞蹈組合

備註：請穿著輕便運動服裝及自備舞鞋或技巧鞋上課。

#### 3-4.5 歲

編號	日期	時間	堂數	地點	會員	非會員
24EEDXIT 070001	5/7-27/9 (Fri)	16:15-17:00	13	Rm 300	\$2,015	\$2,275
24EEDXIT 070002	6/7-28/9 (Sat)	10:00-10:45	13	Rm 610	\$2,015	\$2,275

#### 4.5-6 歲

編號	日期	時間	堂數	地點	會員	非會員
24EEDXIT 070101	4/7-26/9 (Thu)	17:00-17:45	13	Rm 300	\$2,015	\$2,275

## 兒童拉丁舞

### Latin Dance for Children (4-10 歲)

New

語言 Language: 粵語 Cantonese

拉丁音樂節拍強勁，小朋友將一起跟著熱情的音樂起舞，隨節奏拍子配合人體律動，演繹出拉丁舞的熱情奔放的美妙舞姿。各班學員於每期修業完畢，而成績良好的學員可獲保送參加國際認可考試和公開表演。

備註：

1. 請穿著輕便運動服裝上課。
2. 上課時必須穿著拉丁舞鞋，如需代購請致電 22687755 / 22687756 查詢。

#### 4-6 歲

編號	日期	時間	堂數	地點	會員	非會員
24EEDXLD 070101	6/7-28/9 (Sat)	17:00-18:00	13	Rm 610	\$2,210	\$2,340

#### 6-10 歲

編號	日期	時間	堂數	地點	會員	非會員
24EEDXLD 070201	7/7-29/9 (Sun)	15:00-16:00	13	Rm 625	\$2,210	\$2,340

## 兒童爵士舞

### Jazz Dance for Children (6-10 歲)

New

語言 Language: 粵語 Cantonese

歡迎來到爵士舞班！我們的課程旨在透過有趣和互動的方式，教授小朋友基本的爵士舞技巧，同時培養他們的音樂感和創造力。此班注重培養小朋友的舞蹈技巧和表演能力，給予機會展現自己的舞蹈才能、建立友誼和享受舞蹈！

備註：

1. 請穿著輕便運動服裝上課。
2. 上課時必須穿著爵士舞鞋，如需代購請致電 22687755 / 22687756 查詢。
3. 學費已包一套表演服。

編號	日期	時間	堂數	地點	會員	非會員
24EEDXJD 070101	6/7-28/9 (Sat)	15:00-16:00	13	Rm 610	\$2,210	\$2,340

## 兒童中國舞

### Chinese Dance for Children (6-10 歲)

New

語言 Language: 粵語 Cantonese

中國舞以舞蹈展示中華文化特色及各地民族的傳統習俗。本課程透過輕鬆有趣活潑形式，讓小朋友投入舞蹈，培養音樂節奏感及身體協調，訓練柔韌度，提升個人體態享受當中的樂趣。每期最後一節課為表演課，有助提升學員自信心及技巧，歡迎家長到場欣賞。

備註：

1. 請穿著輕便運動服裝上課。
2. 上課時必須穿著中國舞鞋，如需代購請致電 22687755 / 22687756 查詢。
3. 學費已包一套表演服。

編號	日期	時間	堂數	地點	會員	非會員
24EEDXCD 070101	6/7-28/9 (Sat)	16:00-17:00	13	Rm 610	\$2,210	\$2,340
24EEDXCD 070102	7/7-29/9 (Sun)	14:00-15:00	13	Rm 625	\$2,210	\$2,340

## 音樂 Music

### 兒童音樂啟蒙樂 — 小小天才音樂家

#### Children's Music Appreciation Fun (Ages 2-6)

語言 Language: 粵語 Cantonese

本課程以高大宜及奧福的音樂教學概念，融入有趣及有創意的活動，讓孩子透過學習童謠、律動和即興創作等不同的音樂遊戲及活動，學習基本的音樂知識，並加強他們對音樂的節奏、音高和其他音樂上之表現方法的了解，讓孩子從遊戲中享受音樂的樂趣，為他們學習不同樂器奠下基礎。

課堂活動	Ages 2-3	Ages 3-4	Ages 4-6
親子音樂遊戲	✓		
歌唱訓練	✓	✓	✓
節奏律動	✓	✓	✓
聆聽訓練	✓	✓	✓
樂器合奏	✓	✓	✓
讀譜訓練	✓	✓	✓
即興創作		✓	✓

本課程由蘇紫珊老師任教。蘇老師有多年豐富教學經驗，她並先後獲取英國皇家音樂學院鋼琴教師證書，高大宜音樂教育證書，奧福音樂教師證書，美國 Kindermusik 幼兒音樂教學執照及修畢澳洲音樂教師文憑。

#### 2-3 歲 (需由一位家長陪同上課)

編號	日期	時間	堂數	地點	會員	非會員
24EEMCMM 070001	20/7-28/9 (Sat) *No Class on 3/8	14:00-14:50	10	Rm 202	\$2,000	\$2,250

#### 3-4 歲

編號	日期	時間	堂數	地點	會員	非會員
24EEMCMM 070101	20/7-28/9 (Sat) *No Class on 3/8	15:00-15:50	10	Rm 202	\$1,750	\$2,050

備註：第一課 20/7 (六) 為「家長會」，敬請家長預留 15 分鐘陪同幼兒出席。最後一課 28/9 (六) 為幼童的音樂表演節目，歡迎家長參加。

#### 4-6 歲

編號	日期	時間	堂數	地點	會員	非會員
24EEMCMM 070201	20/7-28/9 (Sat) *No Class on 3/8	16:00-16:50	10	Rm 202	\$1,750	\$2,050

備註：第一課 20/7 (六) 為「家長會」，敬請家長預留 15 分鐘陪同幼兒出席。最後一課 28/9 (六) 為幼童的音樂表演節目，歡迎家長參加。

## 多元智能 Multiple Intelligence

### 樂高® 成長教育課程

#### LEGO® Education (4-9 歲)

語言 Language: 粵語 Cantonese

樂高® 教育課程讓孩子在一個完全開放和自由的學習空間裡充分發揮想像力、發掘自己的潛能、享受學習帶來的無窮樂趣，並逐步提升解決問題的能力，促進創造思維的發展，提高溝通與合作能力，增強獲取新知識和科學技術等領域的各種綜合技能。

#### LEGO® DUPLO 趣味機械科學 (4-6 歲)

本課程透過使用 LEGO® Duplo 機械組件 (如齒輪、十字軸等)，配以不同的主題任務，讓學員從中了解簡單的機械結構，加深學員對物理結構的認識，增強對四周事物的觀察力。

學習重點：認識 LEGO® Duplo 機械積木組件；探索「槓桿、滑輪、車軸」的運作原理；學習如何探索科學及解決問題。

編號	日期	時間	堂數	地點	會員	非會員
24EEWXLE 070001	20/7-28/9 (Sat) *No Class on 3/8	09:30-10:30	10	Rm 309	\$1,760	\$2,060

**LEGO® WeDo 簡單編程入門 (6-7 歲)**

本課程讓學員透過使用 LEGO® 機械組件「從遊戲中學習」，用不同角度去認識身邊的日常生活科學概念和想法，讓他們從中學習如何建築機械人的結構，並嘗試應用簡單的機械原理，設計和建造屬於自己的創作。  
學習重點：學習簡單機械結構原理(齒輪/槓桿/滑輪)；學習研究、搭建和設計解決方案；批判性思維及問題解決能力應用；提升對日常生活科學的學習興趣。

編號	日期	時間	堂數	地點	會員	非會員
24EEWXLE 070101	20/7-28/9 (Sat) *No Class on 3/8	10:45-11:45	10	Rm 303	\$1,760	\$2,060

**LEGO® Robotics 機械人編程解難 (7-9 歲)**

本課程讓學員透過使用 LEGO® MINDSTORMS® EV3 機械人組件，學習機械人編程及基礎搭建技巧，並透過不同的主題任務，培養及啟發他們的邏輯思考、創意思維與解難能力。  
學習重點：學習機械結構原理及應用技巧；學習編程邏輯及應用技巧；學習操控馬達的應用技巧；學習感應器的應用技巧；提升觀察能力、邏輯思維及解難能力。

編號	日期	時間	堂數	地點	會員	非會員
24EEWXLE 070201	20/7-28/9 (Sat) *No Class on 3/8	12:00-13:00	10	Rm 303	\$1,760	\$2,060

**兒童圍棋訓練****Children Go Course (4-12 歲)**

語言 Language: 粵語 Cantonese

自古中國文人學習琴、棋、書、畫，「棋」指的就是圍棋。圍棋雖然只有黑白兩子，規則簡單但變化無窮，並蘊含兵法、策略、治國與天象的內涵，是古代君主必修的課程，亦是一項源遠流長的國粹。發展至今，世界上已有超過八十個國家的人熱愛這種運動。亞洲國家和地區如中國、日本、韓國及台灣，習圍棋的人口更是超過百萬。學習圍棋能培養孩子們清晰的判斷力、敏銳的思考力、沉著的專注力、勝負心的調適和提高品德修養，終生受用。多年的實證，習棋的孩子在學校的學習表現都有顯著進步，尤其在數學科最為突出。快來讓你們的小朋友親身感受圍棋的無窮樂趣！

(本課程與香港兒童棋院合辦)

圍棋進級階梯 (參考資料):

4-6 歲 幼兒預備班 --> 6-12 歲初級班 --> 6-12 歲中級班 --> 6-12 歲深造班

幼兒預備班 (適合 4-6 歲小朋友)

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEWXGC 070001	20/7-28/9 (Sat) *No Class on 3/8	13:15-14:15	10	Rm 305	\$1,595	\$1,895

初級班 (適合 6-12 歲初學或棋力達 29-23 同學)

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEWXGC 070101	20/7-28/9 (Sat) *No Class on 3/8	16:00-17:00	10	Rm 305	\$1,595	\$1,895

中級班 (適合 6-12 歲棋力達 22-14 同學)

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEWXGC 070201	20/7-28/9 (Sat) *No Class on 3/8	14:45-15:45	10	Rm 305	\$1,595	\$1,895

深造班 (適合 6-12 歲棋力達 13 或以上同學)

Code	Date	Time	Sessions	Venue	Mem	NMem
24EEWXGC 070301	20/7-28/9 (Sat) *No Class on 3/8	11:45-13:00	10	Rm 305	\$1,595	\$1,895

## 語言學堂 Languages Programmes

**港青專業進修書院****YMCA College of Continuing Education**

辦公時間 Office Hours: 星期一至五 Mon-Fri 09:00-18:00

查詢 Enquiry: 2268 7755

電郵 Email: pes@ymcahk.org.hk

網頁 Website: www.ymcahk.org.hk/pples

學校註冊編號 School Registration No.: 519472

**備註:**

- 1) 所有語言學堂課程共有 10 堂，學費分兩期繳交 (Cambridge 課程除外，詳情請參閱 Cambridge 課程備註)
- 2) 參加者報讀時只需要繳交第一期學費，第二期學費單將於開課後派發
- 3) 出席率達百分之八十或以上的參加者，將獲頒發出席證書一張

**Remarks:**

- 1) There are 10 sessions in total for all language programmes which are separated into 2 instalments (For Cambridge, please refer to Cambridge remarks)
- 2) The first instalment is payable upon registration and the second instalment pay slip will be distributed after the course commenced.
- 3) Free certificates will be issued for participants whose attendance 80% or above of the whole courses.

**劍橋英語****Cambridge English (Ages 5-10)**

Language: English

Cambridge English: Young Learners

(YLE) is a reliable and consistent

measure of how well your child

is doing in the skills of listening,

speaking, reading and writing.

Examinations are designed to make

learning fun and children are encouraged

by working towards certificates and earning the

'shields' that record their progress. There

are three levels for children to work through

Starters, Movers and Flyers, with Starters

being the first, aimed at children with very

basic skills who are aged 5 or above.

As children develop and work their way up to

the Flyers certificate, they reach a level that

will enable them to aim for the Cambridge

English: Key (KET) in our General English

range of certificates - qualifications which will be of value for further

study.

**Remarks:**

1. There are 24 classes in total which separate in 6 monthly installments.
2. Assessment is required before joining class. Assessment fee is \$90 (non-refundable). Please call 2268 7755 to make an appointment.
3. Reference books for children, Examination Past Papers and all examination fees are not included in the programme fee.

**Starters (Ages 5-8)**

Code	Date	Time	Sessions	Fee
24EELCCE 070101	20/7/24-4/1/25 (Sat)	14:45-16:15	24	\$5,280

\*Course fee is separated into 6 instalments. First instalment: \$880

\*\*No class on 3/8

## Jolly Phonics (Ages 4-6)

Language : English

Jolly Phonics is an early systematic phonics programme designed to teach children to read and write. It is a structured approach to teach 5 basic skills which are: learning the letter sounds, letter formation, blending, identifying the sounds in words and tricky words (irregular words). The key advantages of this system are that it teaches children all the main letter sounds early on and it needs relating the sounds to the symbols, to enhance the understanding of the alphabetic code used for reading and writing.

Remarks:

1. An evaluation report will be distributed to participants on the last class for promotion use. If your child stops for 2 consecutive quarters, an assessment (\$90 non-refundable fee) needs to be arranged before re-enrolment.

2. Phonics assessment fee is \$90 (non-refundable). It is for children who have learned Phonics outside of the YMCA who wish to enrol Phonics 2 to 4 programmes. Please call 2268 7755 to make an appointment.

## Jolly Phonics Level 1

The course aims at introducing the child to the relationship between sounds and letters. Sounds will be taught following the Jolly Phonics sequence. Children will also learn some tricky words and how to blend CVC words (consonant-vowel-consonant).

Code	Date	Time	Sessions	Fee
24EELCJP 070101	22/7-23/9 (Mon)	14:15-15:15	10	\$2,000
24EELCJP 070102	20/7-28/9 (Sat) *No Class on 3/8	09:45-10:45	10	\$2,000
24EELCJP 070103	20/7-28/9 (Sat) *No Class on 3/8	11:00-12:00	10	\$2,000

\*Course fee is separated into 2 instalments. First instalment: \$1,000

## Parent-Child Jolly Phonics Level 1 (one parent or guardian is required to be in attendance)

Code	Date	Time	Sessions	Fee
24EELCJP 070104	20/7-28/9 (Sat) *No Class on 3/8	12:15-13:15	10	\$2,200
24EELCJP 070105	20/7-28/9 (Sat) *No Class on 3/8	13:30-14:30	10	\$2,200

\*Course fee is separated into 2 instalments. First instalment: \$1,100

## Jolly Phonics Level 2 (Evaluation Report of Jolly Phonics Level 1 is required)

The course aims at enhancing the child's phonemic awareness by stressing on blending exercises. Emphasis will be on long and short vowel sounds as well as their alternative spellings. Children will learn additional tricky words.

Code	Date	Time	Sessions	Fee
24EELCJP 070201	26/7-27/9 (Fri)	14:15-15:15	10	\$2,000
24EELCJP 070202	20/7-28/9 (Sat) *No Class on 3/8	09:45-10:45	10	\$2,000

\*Course fee is separated into 2 instalments. First instalment: \$1,000

## Parent-Child Jolly Phonics Level 2 (one parent or guardian is required to be in attendance)

Code	Date	Time	Sessions	Fee
24EELCJP 070203	20/7-28/9 (Sat) *No Class on 3/8	13:30-14:30	10	\$2,200

\*Course fee is separated into 2 instalments. First instalment: \$1,100

## Jolly Phonics Level 3 (Evaluation Report of Jolly Phonics Level 2 is required)

The course aims at reinforcing the child's phonemic awareness by stressing on blending exercises. Emphasis will be on digraphs and introduction to magic writing. Children will also learn additional tricky words.

Code	Date	Time	Sessions	Fee
24EELCJP 070301	20/7-28/9 (Sat) *No Class on 3/8	11:00-12:00	10	\$2,000
24EELCJP 070302	20/7-28/9 (Sat) *No Class on 3/8	13:30-14:30	10	\$2,000

\*Course fee is separated into 2 instalments. First instalment: \$1,000

## Jolly Phonics Level 4 (Evaluation Report of Jolly Phonics Level 3 is required)

Children will learn more vowel sounds and their alternative spellings. They will be able to put their knowledge on Phonics into practice by writing words according to the sounds that they hear (magic writing). More blending exercises will be done and additional tricky words will be introduced.



Code	Date	Time	Sessions	Fee
24EELCJP 070401	20/7-28/9 (Sat) *No Class on 3/8	09:45-10:45	10	\$2,000
24EELCJP 070402	20/7-28/9 (Sat) *No Class on 3/8	13:30-14:30	10	\$2,000

\*Course fee is separated into 2 instalments. First instalment: \$1,000

## Jolly Grammar (Ages 5-8)

Language : English

This programme is especially designed for young children who have a strong foundation of Jolly Phonics. Jolly Grammar is the next stage after Jolly Phonics. It is meant to introduce the basics of grammar, teach spelling systematically, improve vocabulary and comprehension and extend children's phonics knowledge, and improve their spelling in a structured way.



Remarks:

1. An evaluation report will be distributed to participants for promotion use. If your child stops for 2 consecutive quarters, assessment (\$90 fee non-refundable) needs to be arranged before re-enrolment.
2. 50% overall average dictation score and assessment score must be achieved in order to be promoted to next level.
3. For students who have phonics foundation outside YMCA, assessment can be arranged to bridge our Grammar 1 (Non-refundable assessment fee \$90)
4. To make an appointment for assessment, please contact our staff at 2268 7755.
5. All Jolly Grammar classes will follow the Bad Weather Policy of COURSES FOR AGED 0-6.
6. For enquiry, please feel free to contact us at 2268 7755 or via email (pes@ymcahk.org.hk)

## Jolly Grammar Level 1 (Evaluation Report of Jolly Phonics Level 4 is required)

Code	Date	Time	Sessions	Fee
24EELCJG 070101	22/7-23/9 (Mon)	16:00-17:30	10	\$2,550
24EELCJG 070102	20/7-28/9 (Sat) *No Class on 3/8	11:00-12:30	10	\$2,550
24EELCJG 070103	20/7-28/9 (Sat) *No Class on 3/8	14:45-16:15	10	\$2,550

\*Course fee is separated into 2 instalments. First instalment: \$1,275

### Jolly Grammar Level 2 (Evaluation Report of Jolly Grammar Level 1 is required)

Code	Date	Time	Sessions	Fee
24EELCJG 070201	20/7-28/9 (Sat) *No Class on 3/8	11:00-12:30	10	\$2,550

\*Course fee is separated into 2 instalments. First instalment: \$1,275

### Jolly Grammar Level 3 (Evaluation Report of Jolly Grammar Level 2 is required)

Code	Date	Time	Sessions	Fee
24EELCJG 070301	20/7-28/9 (Sat) *No Class on 3/8	09:15-10:45	10	\$2,550

\*Course fee is separated into 2 instalments. First instalment: \$1,275

### Jolly Grammar Level 4 (Evaluation Report of Jolly Grammar Level 3 is required)

Code	Date	Time	Sessions	Fee
24EELCJG 070401	20/7-28/9 (Sat) *No Class on 3/8	11:00-12:30	10	\$2,550

\*Course fee is separated into 2 instalments. First instalment: \$1,275

## Comprehensive Phonics (Ages 6-7)

Language : English

This course aims to help children map the relations between letters and sounds, effective phonics and word-recognition. It will provide them with opportunities to become more confident with alphabetic knowledge, phonemic awareness, sound-symbol relations, word identification, spelling and writing connections, related reading practice and fluency. After completion of these 2 levels, children should be able to join our Jolly Grammar 1 class.

Remarks:

- 1) YMCA Jolly Phonics Level 4 graduates can enrol Jolly Grammar Level 1 directly.
- 2) There are 2 levels in total for this course.
- 3) Students will be distributed an evaluation report for promotion use. If your child stops for 2 consecutive quarters, assessment (\$90 non-refundable) needs to be arranged before re-enrolment.
- 4) For enquiry, please contact us at 2268 7755

### Comprehensive Phonics Elementary Level

This level is designed to reinforce the child's phonemic awareness. This will include a variety of alphabetic knowledge activities, games, songs and other activities that help children learn letters quickly. Children will be provided with different reading materials to enable them to read in a phonetic way.

Code	Date	Time	Sessions	Fee
24EELCHP 070001	25/7-26/9 (Thu)	16:00-17:30	10	\$2,550

\*Course fee is separated in 2 instalments. First instalment: \$1,275

## Primary English A.B.C

**Active Learner. Bright Explorer. Creative Thinker (Ages 6-12)**

Language : English

### Active Learner (P.1-P.2)

Learning English can be FUN!

This is a programme targeted for students who would like to enhance their English learning with different themes and related activities. Student will be able to strengthen their grammar, knowledge and expand their vocabulary list and enhance their reading and writing skills. Be an Active Learner and enjoy learning English with us!

Code	Date	Time	Sessions	Fee
24EELCPE 070101	20/7-28/9 (Sat) *No Class on 3/8	09:45-10:45	10	\$2,200
24EELCPE 070102	26/7-27/9 (Fri)	16:30-17:30	10	\$2,200

\*Course fee is separated into 2 instalments. First instalment: \$1,100

### Bright Explorer (P.3-P.4)

This programme aims to let student to explore different key areas of learning English. Advanced level of grammar knowledge and different genre of writing will be introduced. Students will learn and apply the grammatical skills through reading, creative writing and other related activities such as appreciating different kinds of stories, discussion and proof reading. It will give students the best opportunity to enhance their learning by integrating theory and practical applications.

Code	Date	Time	Sessions	Fee
24EELCPE 070201	20/7-28/9 (Sat) *No Class on 3/8	11:00-12:00	10	\$2,200

\*Course fee is separated into 2 instalments. First instalment: \$1,100

### Creative Thinker (P.5-P.6)

Reading and creative writing will be the main focus of this programme. Different reading resources will be introduced such as articles, stories and newspaper clips to stimulate their language development and critical thinking. With the exposure of different topics, students will be encouraged to elaborate their writing with creativity and imagination. Starting with the basics of brainstorming ideas, they will structure their writing with an introductory paragraph the main body and a conclusion and finally proof reading their working. It will be a good journey for students to learn and promote their reading and writing skills while having fun at the same time.

Code	Date	Time	Sessions	Fee
24EELCPE 070301	20/7-28/9 (Sat) *No Class on 3/8	12:15-13:15	10	\$2,200

\*Course fee is separated into 2 instalments. First instalment: \$1,100

## 普通話 Putonghua

### 活用普通話

#### Lively Putonghua (6-8 歲)

語言 Language : 普通話 Putonghua

本課程以主題教學為主並兼容「聽講讀寫」的練習，以故事、圖片、角色扮演、唐詩朗誦等富趣味性的活動，讓他們在輕鬆自然的氛圍下認識不同的字詞，進而擴展他們的詞彙運用及句子建構，活用普通話。

編號	日期	時間	堂數	費用
24EELCML 070001	20/7-28/9 (Sat) *No Class on 3/8	15:45-16:45	10	\$1,500

備註：學費分兩期繳交，第一期學費：\$750

### 普通話中文寫作班

#### Putonghua Writing Class (7-11 歲)

語言 Language : 普通話 Putonghua

現今在強調學習兩文三語的環境下，不少學校已採用普通話教授中文（簡稱：普教中）。以普通話教授中文不但可以減少轉換白話文的時間，亦可加深對書面語的認識，令小朋友在寫作時減少粵語化。

### 看圖寫作 (7-8 歲)

本課程提供趣味圖畫及互動練習，讓小朋友掌握基礎字詞及基本文法。透過不同的練習，逐步提升小朋友的詞語運用、語句、段落以至短篇文章的整合；以循序漸進的方式，配合小朋友的想像力，為他們建立良好的寫作基礎。

編號	日期	時間	堂數	費用
24EELCMW 070101	20/7-28/9 (Sat) *No Class on 3/8	13:30-14:30	10	\$1,500

備註：學費分兩期繳交，第一期學費：\$750

### 文章寫作 (8-11 歲)

本課程讓小朋友認識不同的文體的寫作技巧如：記敘文、描寫文、抒情文等，每堂以不同的主題，認識各種修辭技巧、文法，文章結構和組織等，讓小朋友發揮他們的創意及寫作空間，經導師的指導寫成文章。

編號	日期	時間	堂數	費用
24EELCMW 070201	20/7-28/9 (Sat) *No Class on 3/8	14:30-15:30	10	\$1,500

備註：學費分兩期繳交，第一期學費：\$750

# 港青專業進修課程 YMCA Continuing Education Programmes

港青專業進修書院

YMCA College of Continuing Education

辦公時間 Office Hours : 星期一至五 Mon-Fri 10:00-13:00 & 14:00-19:00  
星期六 Sat 10:00-13:00 & 14:00-16:00  
(公眾假期除外 Except Public Holiday)

查詢 Enquiry : 2268 7733

電郵 Email : ce\_info@ymcahk.org.hk

網頁 Website : www.ymcahkcollege.edu.hk/parttime\_tst.htm

地址 Address : 港青 (尖沙咀) 六樓 6/F, YMCA (TST)

學校註冊編號 School Registration No. : 519480

## 學員注意事項 Reminders for Participants

對象 Target : 16 歲或以上人士 Ages 16 or above

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.2-4.

An online enrolment platform is available, please refer to P.2-4 for more details.



查詢 : 2268 7733



港青專業進修書院 (夜校)  
YMCA College of Continuing Education (Evening)

## Language Courses for English Speakers

### ..... Cantonese Programme .....

#### Cantonese for English Speakers Programme (Level 1)

This programme is designed for English Speakers who would like to build up communication skills in Cantonese speaking and interact with local people in daily life contexts. There are 4 levels in this programme. Participants can apply Level 2 after complete Level 1.

Course Content:

Useful daily expressions

Greetings and introductions Numbers and time

Food and drinks...

The instructor will make appropriate adjustments to the course content according to the students' abilities and needs.

Code	Date	Time	Session	Venue	Fee
24ECPMLC 070001	16/7 -17/9 (Tue)	19:00-21:00	10	6/F	\$1,550

#### Cantonese for English Speakers Programme (Level 2)

This course is designed for those who know the basics and seek further practices in a more extensive way.

Course Contents:

Talking about food...

Shopping

Asking questions

#### Cantonese for English Speakers Programme (Level 3)

This course is designed for advanced Cantonese learners who desire to further develop their Cantonese ability after Level 2.

Contents:

Food ordering in the Chinese restaurant; Rent a house;

Making haircut; Buying a movie ticket; Comparison;

Constructions denoting 'Time', Use of 'Dak', Aspects of Result

#### Cantonese for English Speakers Programme (Level 4)

Level 4 is suitable for students who have completed Level 3 or who have had a minimum of 64 hours of Cantonese study in the past.

Contents:

Revision on Cantonese sounds and tones;

Use of measure words, nouns and adjectives;

Talking on the phone; In the restaurant;

Shopping; Sports and activities; Locations and places;

Occupations; in the office; Seeing a doctor

### ..... Putonghua Programme .....

#### Putonghua for English Speakers (Level 1)

The basic knowledge of phonetics (Pinyin) will be introduced and you will be guided to develop conversations in this beautiful dialect. Through well designed tasks and familiarization with Pinyin, you will improve your Putonghua pronunciation and communicative skills.

Contents:

Greetings, introductions;

Asking questions

#### Putonghua for English Speakers (Level 2)

This course is designed for those who know the basics and seek further practices in a more extensive way.

Contents:

Making telephone calls;

Asking whom it belongs to, shopping,

Consulting a doctor; saying goodbye and the weather

#### Putonghua for English Speakers (Level 3)

This course is designed for advanced Putonghua learners who desire to further develop their Putonghua ability

Contents:

Meeting;

Invitation to dinner;

Asking the way and how to write Chinese letters

#### Putonghua for English Speakers (Level 4)

Level 4 is suitable for students who have completed Level 3 or who have had a minimum of 60 hours of Putonghua study in the past.

Contents:

A tailor-made programme will be designed for the class.

## 專業課程系列 Professional Programmes

**【專業調解訓練課程】**

# 調解

## Mediate (v.)

註 幹旋於雙方之間  
釋 以便使雙方和解

**現正招生！  
二人同行可享優惠價！  
節省超過\$1,000!**

☎ 2268 7733   ㊚ ce\_info@ymcahk.org.hk   ㊚ 港青專業進修書院

### 專業調解訓練課程 Professional Mediation Training Programme

本課程是香港調解仲裁中心及港青專業進修書院合辦課程，適合任何對調解或另類爭議解決方法具有興趣，並希望成為認可調解員之人士而設。本課程以密集方式教授，上課模式包括互動講座、案例研究以及小組討論等。

課程內容包括：

- 調解的基本概念
- 調解、仲裁和訴訟的定義
- 其他另類爭議解決方法
- 調解的優點、應用範圍、核心功用、調解程序及有關之案例研究及分析
- 調解員的角色、談判技巧、調解策略以及相關之小組調解練習
- 合同法概論、調解協議書以及其他有關法律文件之草擬技巧
- 調解條例、香港調解守則以及調解員執業指引
- 專業調解訓練課程理論部分考核 (3 小時筆試)

編號	日期	時間	堂數	地點
24ECPMMC 070001	3/7 - 2/10 (Wed) *18/9 不用上課	19:00-22:00	13	6/F

- 備註：1. 申請人一般應持有大專或以上之學歷；非大專學歷者，將根據香港調解仲裁中心之酌情處理。
2. 一人報名，費用為港幣 12,000 元；二人或以上同行報名，或經香港調解仲裁中心會員介紹可享報讀優惠，每位費用為港幣 10,900 元。
3. 課程安排 (包括入學要求及課程費用等) 以香港調解仲裁中心最新調整為準。
4. 本課程完畢後，符合課程要求畢業之學員，如欲申請成為調解員，必須自費參加兩次調解員評核試 (兩個個案) 並取得合格成績。評核試模擬個案收費為每個港幣 6,000 元，合共港幣 12,000 元。

### 「急救證書」課程 (面授教學模式) "Certificate in First Aid" Course (Face-to-face mode)



St John

本課程是香港聖約翰救護機構及港青專業進修書院合辦課程，希望透過三十小時的訓練課程中向學員介紹急救的原則，認識並練習急救處理方法，以及在特殊的情況下應用急救處理方法。

課程內容：

- 什麼是急救
- 心肺復甦法
- 血液循環失調
- 燒傷及燙傷
- 體溫失調
- 異物
- 骨折
- 搬運傷者
- 急救的基本原則
- 呼吸系統及缺氧
- 創傷與出血
- 人事不省
- 中毒
- 軟組織受傷
- 急救物料及包紮法



編號	日期	時間	堂數	地點	費用
24ECPMFA 070001	5/7 - 26/7 (Fri) 考試日期：9/8 (Fri) 1900-2200	09:00-17:30	4	6/F	\$460
24ECPMFA 080001	7/8 - 6/9 (Wed, Fri) 考試日期：20/9 (Fri) 1900-2200	19:00-22:00	10	6/F	
24ECPMFA 080002	9/8 - 30/8 (Fri) 考試日期：13/9 (Fri) 1900-2200	09:00-17:30	4	6/F	

- 備註：1. 學員需到香港聖約翰救護機構 九龍總區總部進行考試
2. 學員的出席率必須達課程百分之八十或以上，方可參加考試。急救學評核包括三部份：急救理論；繃帶應用；心肺復甦法上述三部份如果有一部份不合格，則可於成績公佈三個月內申請補考。如兩部份或三部份不合格，則需重讀整個課程。
3. 考試合格之學員均可獲香港特別行政區政府認可之「急救證書」。
- 證書有效期為三年，學員可於證書有效期滿前申請重考。
4. 急救課程手冊、人工呼吸口面防護膜及繃帶包可按需要代訂，證書 (\$50) 待成績公佈後才需繳交。

### 壹日急救重溫課程 (ODRC) One Day First Aid Refresher Course (ODRC)

本課程是香港聖約翰救護機構及港青專業進修書院合辦課程，為方便申請人辦理證書續期事宜，提供以中文授課之壹日急救重溫課程給有關人士申請。課程內容集中於實習課之練習，申請者需自行溫習理論課。

編號	日期	時間	堂數	地點	費用
24ECPMFR 080001	2/8 (Fri) 考試日期：16/8 (Fri) 1900-2200	09:00-17:00	1	6/F	\$230

- 備註：1. 學員需到香港聖約翰救護機構 九龍總區總部進行考試
2. 若申請者所持的急救證書已失效半年或以上，則需重讀整個「急救證書」課程才可申請考試
3. 護士及相關醫護人員完成壹日急救重溫課程可獲發 2 CNE 學分
4. 學員需到香港聖約翰救護機構總部進行考試
5. 急救課程手冊、人工呼吸口面防護膜及繃帶包可按需要代訂，證書 (\$50) 待成績公佈後才需繳交。

## 精神健康課程 Mental Health Programmes

### 基督教輔導學證書課程 Certificate in Christian Counseling

NEW

本課程是香港基督教輔學院及港青專業進修書院合辦課程，目的以基督教信仰及聖經真理為本，結合心理學及輔導理論，透過個人成長、積極的人生觀及有效的自助助人技巧，訓練基督徒朋輩及專業輔導員，為社會及教會帶來積極及正面的影響力，以能轉化社區、城市及國家。

報名詳情請致電 2268 7733 與職員聯絡。



# 海外家務助理進修課程 Overseas Domestic Workers Programme

## 海外家務助理部 Domestic Helper Unit

辦公時間 Office Hours : 星期一至五、日 Mon-Fri, Sun (10:00-18:00)  
查詢 Enquiry : 2268 7736 / 2268 7096  
電郵 Email : dh@ymcahk.org.hk  
臉書 Facebook : www.facebook.com/ymcakursus

對象 Target : 18 歲或以上之海外家務助理

## 活家居外傭護老訓練課程 Caring for the Elderly

語言 Language : 英語 English  
合辦機構 : 香港老年學會 Hong Kong Institute of Gerontology  
老化過程、個人基本護理技巧, 包括沐浴、手足護理、協助穿衣、如廁、扶抱轉移、使用助行器具、餵食、皮膚護理及預防壓瘡。

編號	日期	時間	堂數	地點	費用
24DHHCEC080001	11/8 - 18/8 (Sun)	14:00-18:00	3	YMCA TST, Rm 605	\$850
	25/8 (Sun)	14:00-18:00		香港老年學會	

截止報名 : 4/8 (Sun)  
備註 : 課程出席率達 100% 將獲發出證明乙張及香港老年學會所發出之證書 (證書須收取行政費用 \$20)



## 緊急應對及急救課程 Paediatric First Aid for Caregivers

語言 Language : 英語 English  
合辦機構 : First Aid Plus  
課程包括理論及實踐, 主要探討照顧者在涉及小童的緊急事故中如何應對。急救的原理、如何對緊急事故作出應變、現場觀察、預防感染措施、暢通氣道、復原臥式、心肺復甦法 (嬰兒、小童、成人)、使用自動體外心臟去顫器 (AED)、哽塞 (嬰兒、小童、成人)、休克處理、一般受傷處理。學員須於課堂完畢後 (即時) 接受考試, 以評估心肺復甦的技巧及簡單急救知識。  
備註 : 課程出席率達 100% 及考核合格之學員, 將獲本會頒發出席證明乙張及英國 First Aid International 所頒發之認可證書 (有效期為 3 年)。

編號	日期	時間	堂數	地點	費用
24DHHCF070101	21/7 (Sun)	10:00-13:30	2	YMCA TST, Rm 610	\$1,300
24DHHCF070201	28/7 (Sun)				

截止報名 : 14/7 (Sun)

編號	日期	時間	堂數	地點	費用
24DHHCF090102	15/9 (Sun)	10:00-13:30	2	YMCA TST, Rm 610	\$1,300
24DHHCF090202	22/9 (Sun)				

截止報名 : 8/9 (Sun)



## 低鹽低糖烹飪班 (營養師指導) Low-Salt-Low-Sugar Cooking Class by Dietitian

語言 Language : 英語 English  
合辦機構 : 環境及生態局 Environment and Ecology Bureau  
為推廣低鹽低糖的健康煮食方式, 本會與環境及生態局合辦免費烹飪班, 對象為海外家務助理。課程由營養師及專業廚師教授, 包括分享低鹽低糖煮食技巧、如何閱讀營養標籤、餸菜營養成份等等。每一課程為兩節, 每節將教授兩款低鹽低糖菜式。證書費、材料費等均已包括在內。  
備註 : 僅限海外家務助理報讀。

編號	日期	時間	堂數	地點	費用
TBC	TBC	14:00-17:00	2	YMCA CSW, 1/F	\$100

截止報名 : 開班前一週



## 幼兒護理課程 Certificate in Baby Care

語言 Language : 英語 English  
合辦機構 : 明德國際醫院 Matilda International Hospital  
課程旨在提高須照顧初生至一歲幼兒的家庭傭工對幼兒護理的知識。幼兒的發展與耍樂、有效的溝通方法、常見幼兒疾病、家居衛生、處理幼兒哭泣、如廁訓練、沐浴、餵哺、更換尿布、遊戲的重要性、嬰兒營養學及戒奶後飲食秘訣。課程包括選擇題考試及學員評估, 考試合格的學員於課堂後將獲明德國際醫院及本會頒發出席證明各一張。英語筆記附設菲律賓實語。

編號	日期	時間	堂數	地點	費用
24DHHCCB090001	29/9 (Sun)	9:00-18:00	1	明德國際醫院	\$1,800

截止報名 : 22/9 (Sun)

備註 : 1. 上課地點 : 香港山頂加列山道 41 號明德國際醫院 4 樓 Lecture Hall  
2. 學員可自備午餐或於醫院食堂購買食物 (約 \$20-\$30)。食堂不設微波爐服務。

# 港青悠閒空間 文娛課程 YMCA Leisure Programmes

辦公時間 Office Hours :

星期一至五 Mon-Fri 10:00 - 13:00, 14:00 - 19:00

星期六 Sat 10:00 - 13:00, 14:00 - 16:00

( 星期日及公眾假期除外 Except Sunday and Public Holiday)

查詢 Enquiry : 2268 7733

電郵 Email : ce\_info@ymcahk.org.hk

網頁 Website : www.ymcahkcollege.edu.hk/leisure.htm

臉書 Facebook : YMCA Leisure Programmes 悠閒空間

## 藝術與舒壓系列 Art & Relaxation Programmes

對象 Target : 15 歲或以上人士 Ages 15 or above

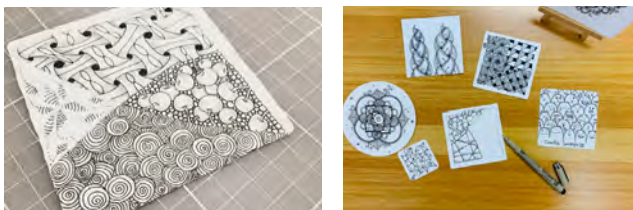
語言 Language : 粵語 Cantonese

地點 Venue : 港青 ( 尖沙咀 ) 6 樓 6/F, YMCA (TST)

### 禪繞畫工作坊 - 初階 ★

#### Zentangle Workshop - Beginners

禪繞 ( Zentangle ) 畫，是一種跨越宗教的心靈活動，在導師指導下，重複繪畫不同的禪繞圖案 ( Pattern )，在隨心、放鬆的環境下創作。課堂特意加入靜心練習，練習會以簡單及生活化為重點，讓參加者可將靜心練習帶回家，融入生活當中並持續練習。



課堂內容：

- 認識禪繞故事及理念
- 學習禪繞及靜心方法
- 三課分別以圓、線及空間為主題，介紹不同的禪繞圖案
- 每堂創作兩至三幅禪繞畫，會因應參加者的進度而有所調整。

編號	日期	時間	堂數	會員	非會員
24ECACZT 090101	10/9 - 24/9 (Tue)	19:00-21:00	3	\$1,240	\$1,420

- 備註：1. 參加者無需任何繪畫或靜心經驗  
2. 課程費用已包括材料費 ( 材料為美國官方紙碟 )  
3. 參加者完成初階班後，可參加中、高階班持續學習禪繞及靜心

### 毛筆書法 ( 初階 ) ★

#### Chinese Calligraphy (Beginners)

本課程教授漢字筆劃及書寫技巧，認識「文房四寶」，及教授毛筆書法的歷史傳統、文化等，以加深學員對此藝術的理解。適合任何對毛筆書法有興趣的人士報讀。查詢及報名歡迎致電 2268 7733 與職員聯絡。

編號	日期	時間	堂數	會員	非會員
24ECACCC 070001	10/7 - 14/8 (Wed)	19:00-20:30	6	\$820	\$1,090

- 備註：1. 參加者需自備毛筆、小碟、墨汁及九宮格宣紙。  
2. 參加者完成初階班後，可參加進階班



### 學員注意事項 Reminders for Participants :

1. 報名程序現於網上進行，報名詳情請參考 P.2-4.  
An online enrolment platform is available, please refer to P.2-4 for more details.
2. 於開課 14 天前報名，可享 ★ 9 折早鳥優惠！  
( 先進會員收費 或 其他列明不設早鳥優惠課程 除外 )  
Enrolment 14 days before commencement of each programme will enjoy ★ 10% **Early Bird Discount!**  
(Except Master Member prices or other mentioned no Early Bird Discount Course.)
3. ♥ 適合先進會員。Suitable for Master Member.
4. 如果課程提供先進會員 (55 歲或以上) 報名優惠，先進會員需要親臨會員部報名才可以享有優惠，否則網站上無法以優惠價錢報名。  
Master member discount is not available for online enrolment, please come to enrol in person to enjoy the discount offer.
5. 公眾假期不用上課。No class on public holidays.
6. 所有圖片只供參考。All images are for reference only.

### 成人專業彩繪課程

#### Face Painting Professional Course

本課程適合對彩繪有興趣的人士，無論有沒有藝術底子的人士都能從中感受彩繪的樂趣。導師會教授各種彩繪技巧，以及教授最受歡迎的手繪及面繪圖案。課堂內設有練習環節，讓參加者可以增加實踐技巧，為成為專業彩繪師有更進一步的發展。



#### 成人專業彩繪課程 - 初階

##### Face Painting Professional Course - Beginners

課堂內容：

- 認識顏料及用具
- 教導如何運用各種畫筆
- 分享畫線、彩虹、點花等技巧
- 下閃粉的最佳位置
- 教授手繪技巧為主

編號	日期	時間	堂數	會員	非會員
24ECAXFP 070001	12/7 - 26/7 (Fri)	19:00 - 21:30	3	\$1,930	\$2,120
24ECAXFP 080001	23/8 - 6/9 (Fri)	19:00 - 21:30	3	\$1,930	\$2,120

#### 成人專業彩繪課程 - 進階

##### Face Painting Professional Course - Advanced

課堂內容：

- 分享印 Stencil 技巧
- 教授面繪技巧為主

編號	日期	時間	堂數	會員	非會員
24ECAXFP 080101	2/8 - 16/8 (Fri)	19:00 - 21:30	3	\$1,930	\$2,120
24ECAXFP 090101	13/9 - 27/9 (Fri)	19:00 - 21:30	3	\$1,930	\$2,120

備註：1. 此課程不設早鳥優惠

2. 參加者必需完成初階課程後，才可參加進階課程
3. 初階課程可以優惠價 \$680 ( 價值 : \$865 ) 購買專業彩繪顏料及用具一套
4. 盛水用的器具請自行購買
5. 進階課程主要為面繪課堂，歡迎於最後一課邀請一位親朋好友作為堂上練習對象；或使用導師提供的人面練習版練習

## 導師認證課程 Professional Qualification Programmes

### 日本和諧粉彩 Pastel Nagomi Art

日文 Nagomi 解作「和諧」的意思。是一門療癒系的粉彩指繪藝術，由日本的細谷典克先生 (Mr. Hosoya Norikatsu) 創立。意思是給予希望的藝術，無論是哪年年紀、有沒有繪畫經驗、用簡單工具也能做出漂亮的圖畫。繪畫過程中能帶來平靜心靈、抒減壓力，更可啟發創作力，給予滿足喜樂。

#### 日本和諧粉彩 JPHAA 準指導師認證課程

#### JPHAA Certified Associate Instructor Course

本課程將學習 20 張準指畫，以掌握繪畫日本和諧粉彩的獨有基本技巧，除了學習繪畫技巧外，導師為資深註冊社工及日本和諧粉彩 Pastel Nagomi Art® JPHAA 正指導師，會帶領大家進行心靈的探索，分享如何運用和諧粉彩，配合不同的輔導卡、以帶領不同對象之體驗班或小組 / 輔導工作，導師更會透過個案及實務經驗分享，讓參加者更易掌握實踐教授工作坊的技巧。課程特別適合社工、教師、輔導工作者、教會同工、希望自我心靈探索舒壓、想了解子女內心世界的家長或成為和諧粉彩導師的參加者。



備註：1. 此課程不設早鳥優惠

2. 參加者完成課程後，需繳交 3 張創作畫作及簡短作業，由本會認證導師代理申請，合格者可獲發由「日本粉彩希望藝術協會」創辦人細谷典克先生簽發之「日本和諧粉彩準指導師認可證書」，並可自行舉辦各項日本和諧粉彩工作坊 / 體驗班 / 興趣小組等等
3. 學費已包括超過 \$2,000 的顏料及導師證書申請費用
4. 導師證書申請需時約兩個月
5. 參加者無需任何繪畫經驗

會員	非會員
<del>\$6,500</del> \$5,850	<del>\$7,130</del> \$6,480

### 日本和諧粉彩 JPHAA 正指導師認證課程 JPHAA Certified Advanced Instructor Course

\* 本課程只限持有「日本和諧粉彩準指導師認可導師」人士報讀

本課程畢業生將可成為開辦「日本和諧粉彩準指導師認證課程」及各項日本和諧粉彩工作坊的導師。參加者會從了解作品的背景故事、意義及技巧，以至自行設計教案，以掌握日本和諧粉彩獨有的高難度技巧。



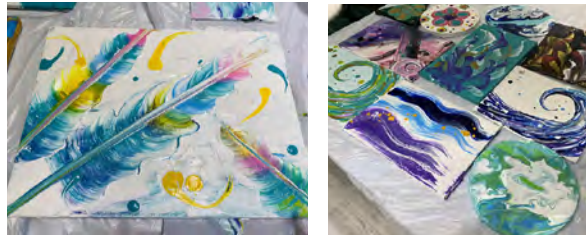
備註：1. 此課程不設早鳥優惠

2. 本課程只限持有「日本和諧粉彩準指導師認可導師」人士報讀
3. 參加者完成課程後，需繳交 5 件作品，由本會認證導師代理申請，合格者可獲發由「日本粉彩希望藝術協會」創辦人細谷典克先生簽發之「日本和諧粉彩正指導師認可證書」，以自行開班舉辦「日本和諧粉彩準指導師認證課程」及各項日本和諧粉彩工作坊
4. 學費已包括超過 \$2,000 的顏料及導師證書申請費用
5. 導師證書申請需時約兩個月

會員	非會員
<del>\$4,000</del> \$3,600	<del>\$4,210</del> \$3,810

### 台灣認證流體畫師資課程： Felix & Rena Art 流體藝術壓克力師資認證

本課程為流體藝術師資課程，導師為資深註冊社工及台灣流體藝術認證導師，教授流體藝術基礎至進階技巧，及伸延藝術創作。有別於一般課程，參加者除了學習流體基礎及進階技巧，完成 20 多件作品外，導師更會帶領大家進行心靈的探索，分享如何運用流體畫帶領不同對象之體驗班或小組。



備註：1. 此課程不設早鳥優惠

2. 參加者完成課程後，需繳交 5 件作品，由本會認證導師代理申請，合格者可獲發由台灣發出「Felix & Rena Art 流體藝術壓克力師資認證」證書，並可自行開辦認證課程及工作坊
3. 學費已包括全套基本工具材料一套及導師證書申請費用
4. 導師證書申請需時約兩個月
5. 參加者無需任何繪畫經驗

會員	非會員
<del>\$7,500</del> \$6,750	<del>\$7,920</del> \$7,170

### 日本 Atelier TUA： Art Plus One 酒精墨水導師認證課程

本課程將教授初階至進階以及其他伸延技巧及裝飾，內容包括酒精、墨水及風向的基礎理論、紙張及顏料的特性及應用、基礎圓形、波點技巧、年輪、玫瑰、花朵技法和應用延伸藝術創作。導師為資深註冊社工及日本 Atelier TUA 酒精墨水認證導師，課程特色之處是參加者除了可學習酒精墨水有關技巧外，導師更會帶領大家進行心靈的探索，融入心靈輔導的元素，透過實務經驗，分享成為導師的心得，糅合成一個促進身心靈發展的課程。



備註：1. 此課程不設早鳥優惠

2. 參加者完成課程後，需繳交 3 件作品，由本會認證導師代理申請，合格者可獲發由日本 Atelier TUA 發出「Art Plus One 酒精墨水師資認證」證書，開辦認證課程及工作坊
3. 學費已包括全套基本工具材料一套、日本老師原片教學及導師證書申請費用
4. 導師證書申請需時約兩個月
5. 參加者無需任何繪畫經驗

會員	非會員
<del>\$4,200</del> \$3,780	<del>\$4,425</del> \$4,005

三人成班，可自行組班  
有興趣報讀歡迎查詢：  
2268 7733

## 花藝設計系列 Floral Design Programmes

對象 Target：15 歲或以上人士 Ages 15 or above  
語言 Language：粵語 Cantonese  
地點 Venue：港青 (尖沙咀) 6 樓 6/F, YMCA (TST)

..... 導師：游玉嬋老師 .....

游老師擁有美國 AFS 亞太區花藝導師專業資格，有 25 年以上的豐富教學經驗。游老師每年均與花藝設計班學員參與港青花藝設計展覽，過去亦曾獲圓方商場及尖沙咀街坊福利會邀請參與花藝展覽。游老師更曾接受《東方日報》專題訪問，介紹港青花藝設計課程。



## 西式花藝設計 – 第 1 級 Western Floral Design Class – Level 1

第一級課程乃為初學者而設，導師將教授西式花藝設計的基本設計要素和原理，如線條、花形、空間、質感、顏色，平衡、比例和一致性等。透過不同花形的學習，讓學員對花藝設計有更多的認識。西式花藝設計課程共有四級。



備註：1. 課程費用已包括首堂材料費。導師將於堂上收取餘下每堂 \$180 的材料費，請以現金付款  
2. 請於上課時自備剪刀及環保袋

編號	日期	時間	堂數	先進會員	會員	非會員
24ECFCWT 070101	9/7 - 10/9 (Tue)	18:30-20:00	10	\$1,300	\$1,450	\$1,920

## 下午花藝設計 - 實習班 Afternoon Floral Design Course - Practical

本課程內容會以實習形式教授，透過學習不同的設計，學員可認識設計的結構原理，技巧運用和花材的特性和處理方法，適合對花藝有興趣及初學的學員報讀。

本課程每月都會學習不同款式的花藝設計，由淺入深，有助增加學員對花藝創作的核心理念和審美觀。另外，導師亦會安插一些特別節日的設計如農曆新年、情人節、復活節、聖誕節等應節主題作品，為節日平添氣氛和喜樂。

備註：1. 課程費用已包括首堂材料費（材料費並不包括花器）。導師將於堂上收取餘下每堂 \$210 的材料費，請以現金付款。  
2. 三合一優惠：於同一季度中連續報讀三個月同一花藝課程，第三個月可享 4 折優惠價報讀課程。  
3. 請於上課時自備剪刀及環保袋 / 花袋。

7 月

編號	日期	時間	堂數	先進會員	會員	非會員
24ECFCAM 070101	3/7 - 31/7 (Wed)	15:00-16:30	5	\$870	\$950	\$1,100

8 月

編號	日期	時間	堂數	先進會員	會員	非會員
24ECFCAM 080101	7/8 - 28/8 (Wed)	15:00-16:30	4	\$780	\$840	\$960

9 月

編號	日期	時間	堂數	先進會員	會員	非會員
24ECFCAM 090101	4/9 - 25/9 (Wed) *18/9 不用上課	15:00-16:30	3	\$700	\$750	\$840

有興趣報讀歡迎  
查詢: 2268 7733

悠閒空間

文娛課程

YMCA Leisure Programmes

悠閒空間 文娛課程

### 花藝設計課程


下午花藝設計課程  
花藝設計工作坊  
西式花藝設計課程

#### 專業花藝製作及花店運作基礎



查詢及報名：  
☎ 2268 7733 / 2268 7745  
✉ ce\_info@ymcahk.org.hk  
📍 YMCA Leisure Programmes 悠閒空間  
📷 ymcahk\_ce

網上報名平台



## 下午花藝設計

### Afternoon Floral Design Course

本課程內容會以示範形式教授並配合講解設計的結構原理，技巧運用及風格概論等花藝知識，適合對花藝有基礎認識的學員報讀。

本課程每月均教授不同款式和風格的設計，學員透過認識不同設計、材料和技巧運用，豐富了對花藝設計的構思和創作知識，更藉著實習可以大大提升花藝的品味，有助塑造個人獨特風格。同時，在課程裡導師亦會安插一些特別節日如農曆新年、情人節、復活節、聖誕節等應節主題作品的學習，為節日平添氣氛和喜樂。

- 備註：1. 本課程內容著重示範及講解，不設堂上實習。  
 2. 課程費用已包括首堂材料費（材料費並不包括花器）。導師將於堂上收取餘下每堂 \$210 的材料費，請以現金付款。  
 3. 三合一優惠：於同一季度中連續報讀三個月同一花藝課程，第三個月可享 4 折優惠價報讀課程。  
 4. 請於上課時自備剪刀及環保袋 / 花袋。



#### 星期一班

編號	日期	時間	堂數	先進會員	會員	非會員
24ECFCAM 070001	8/7-29/7 (Mon)	14:30-15:30	4	\$580	\$640	\$760
24ECFCAM 080001	5/8-26/8 (Mon)		4	\$580	\$640	\$760
24ECFCAM 090001	2/9-23/9 (Mon)		4	\$580	\$640	\$760

#### 星期二班

編號	日期	時間	堂數	先進會員	會員	非會員
24ECFCAM 070002	2/7-30/7 (Tue)	15:30-16:30	5	\$670	\$750	\$900
24ECFCAM 080002	6/8-27/8 (Tue)		4	\$580	\$640	\$760
24ECFCAM 090002	3/9-24/9 (Tue)		4	\$580	\$640	\$760

#### 星期四班

編號	日期	時間	堂數	先進會員	會員	非會員
24ECFCAM 070003	4/7-25/7 (Thu)	14:00-15:00	4	\$580	\$640	\$760
24ECFCAM 080003	1/8-29/8 (Thu)		5	\$670	\$750	\$900
24ECFCAM 090003	5/9-26/9 (Thu)		4	\$580	\$640	\$760

課程歡迎包班  
查詢詳情：  
2268 7733

## 導師：馮偉康老師

馮老師是荷蘭 DFA 專業花藝導師及美國 AIFD 花藝設計師，擁有 18 年花藝設計經驗。馮老師曾帶領香港某花會奪得多屆香港花卉展覽獎項，亦為本港多間酒店提供專業的花藝設計服務，及任教於多間僱員再培訓中心機構的花藝培訓課程。



## 專業花藝製作及花店運作基礎

### Professional Floral Design and Foundation of Flower Shop Start-Up

本課程由花店經營者擔任導師，專為對花藝設計及花店運作有興趣，或希望初步了解花店經營模式的人士而設。此課程學習與實踐並重，一方面教授花店業內知識和營運技巧，另一方面讓學員掌握花藝設計及製作常見的花店產品。

課程內容：

- 第一堂：日常花店運作及銷售技巧 (理論課)
- 第二堂：花藝設計技巧 — 製作花束
- 第三堂：花藝設計技巧 — 製作花籃
- 第四堂：花藝設計技巧 — 製作新娘花球
- 第五堂：花藝設計技巧 — 製作婚禮襟花
- 第六堂：鮮花保養及花材存貨、訂貨、成本控制管理 (理論課)

編號	日期	時間	堂數	會員	非會員
24ECFCFS 070001	5/7-9/8 (Fri)	19:00-21:00	6	\$1,530	\$1,890

- 備註：1. 第二至五堂為花藝製作實習堂，導師將於首堂收取共 \$1,200 材料費，請以現金付款  
 2. 請於實習堂時常備剪刀及環保袋

## 音樂系列 Music Programmes

對象 Target : 12 歲或以上人士 Ages 12 or above  
語言 Language : 粵語 Cantonese  
地點 Venue : 港青 (尖沙咀) 6 樓 6/F, YMCA (TST)

### 音樂理論課程 Music Theory Class

本課程旨在讓參加者以英國皇家音樂學院 (ABRSM) 之標準學習音樂理論，並為報考英國皇家音樂學院 5 級樂理考試作好準備。

報名詳情請致電 2268 7733 與職員聯絡。

	日期	時間	堂數	會員	非會員
基礎班	6/7 - 10/8 (Sat)	15:00 - 16:30	6	\$1,020	\$1,120
精讀班	17/8 - 5/10 (Sat)	15:00 - 16:30	8	\$3,380	\$3,610
試題操練班 (音樂理論五級)	10/7 - 31/7 (Wed)	18:00 - 19:30	4	\$900	\$990

備註：

1. 此課程不設早鳥優惠。
2. 課程每節人數上限為三至五人。
3. 精讀班已包括英國皇家音樂學院 (ABRSM) 音樂理論五級考試費。
4. 英國皇家音樂學院 (ABRSM) 院五級音樂理論考試現以網上形式進行。
5. 如參加者直接報讀精讀班 / 試題操練班，必須先通過課前考核測驗；考核內容為一小時之筆試，收費為港幣三百元正。
6. 參加者需自備鉛筆擦膠。

### 導師：趙嘉欣老師

趙老師—英國皇家音樂學院鋼琴演奏高級文憑 (LRSM)，以及英國倫敦聖三一學院音樂理論文憑 (AMusTCL)

### 私人鋼琴班 Private Piano

一對一鋼琴課程，由經驗導師個別授教，可因應學員程度安排課程內容。  
報名方式：請致電 2268 7733 聯絡職員，課程需由職員安排作實。

日期	時間	堂數	會員	非會員
每星期 1 堂 (自選日期)	每星期 1 堂 (自選 1 小時)	10	\$2,600	\$2,900

備註：

1. 私人鋼琴班不設早鳥優惠
2. 學員不可與他人轉讓或交換任何課堂 / 課程，並且嚴禁他人替代出席
3. 如課堂因行政理由 (如導師生病等) 或惡劣天氣原因，導致未能如期上課，中心將安排補課或順延課堂，惟所繳款項恕不退還。

## 舞蹈系列 Dance Programmes

對象 Target : 15 歲或以上人士 Ages 15 or above  
語言 Language : 粵語輔以英語 Cantonese supplemented with English  
地點 Venue : 港青 (尖沙咀) YMCA TST

### 導師：張錦成老師

張老師有 40 多年教授標準舞經驗，現為世界舞蹈總會國際裁判，並持有三間著名舞蹈協會專業資格：英國國家舞蹈教師協會院士 — 標準舞及拉丁舞 (最優等級)；澳洲國家舞蹈協會院士 — 標準舞及拉丁舞 (最優等級)；以及香港標準舞總會 — 標準舞及拉丁舞 (最優等級)。

Mr. Cheung is a Qualified Teacher of Dancing and has the experiences of teaching Ballroom Dancing for over 40 years. He is also an International Adjudicator of the World Dance Council and a Fellow of: The National Association of Teachers of Dancing (NATD) - Ballroom & Latin Branches (Highly Commended); The Australian National Dance Association (ANDA) - Ballroom & Latin Branches (Highly Commended); and The Hong Kong Ballroom Dancing Council (HKBDC) - Ballroom & Latin Branches (Highly Commended).

本課程按照英國皇家舞蹈教師協會要求，讓學員在寬敞的環境下，學習各種正規標準舞蹈。導師將示範及教授現代標準舞，包括：拉丁舞、華爾滋、快步舞、恰恰舞、倫巴舞、牛仔舞以及探戈。本課程亦適合希望改善舞蹈技巧的人士。

This course is designed for participants to learn ballroom dancing in strict accordance with Imperial Society of Teachers of Dancing (ISTD) in a spacious environment. Modern Ballroom Dances are selected for teaching, including Latin, Waltz, Quickstep, Cha-Cha-Cha, Rumba, Jive and Tango. It is also for those who want to sharpen their dancing techniques.



### 免費試堂 Free Trial : Cha-Cha-Cha

FREE

日期 Date	時間 Time	堂數 Sessions	留位截止日期及時間 Reservation Deadline
4/7 (Thu)	19:30-20:30	1	4/7 (Thu) 12:00

備註 Remarks :

1. 免費試堂只接受預先電話留位，留位及查詢請電 2268 7733  
Free Trial session accepts reservation in advance only.  
For reservation and enquiries, please call 2268 7733
2. 主要以先到先得方式分配名額；首次參加者將獲優先考慮  
Available mainly on a first-come-first-served basis; priority will be given to applicants enroll for the first time

### 標準舞蹈 — 基礎班 Ballroom Dancing — Beginners

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem (每位)	非會員 NM Mem (每位)
24ECD CBD 070101	8/7 - 12/9 (Mon & Thu)	19:30 - 20:30	20	\$1,580	\$1,980

### 標準舞蹈 — 進階班 Ballroom Dancing — Advanced

編號	日期	時間	堂數	會員 (每位)	非會員 (每位)
24ECD CBD 070201	8/7 - 12/9 (Mon & Thu)	18:30-19:30	20	\$1,580	\$1,980

備註 Remarks : 不設先進會員收費優惠  
No special prices for Master Member

## 燦柔®運動 GYROKINESIS®

語言 Language：粵語 Cantonese

地點 Venue：港青 (尖沙咀) 6/F, YMCA (TST)

是一種全身脊椎多面向的運動，被翻譯為「禪柔運動」或「脊椎螺旋運動」，透過一連串流暢且節奏性的動作並搭配不同呼吸方式在椅子上與墊子上進行的運動。活動全身，強化心肺功能，連結神經系統，助於創造身體關節的空間與可活動度，強化鍛鍊肌力並同時伸展肌筋膜，鍛鍊核心同時平衡身心，有助提身生活品質。

編號	日期	時間	堂數	會員 (每位)	非會員 (每位)
24ECDGK 07001	8/7 - 9/9 (Mon)	20:30-21:45	10	\$1,350	\$1,725
24ECDGK 07002	11/7 - 12/9 (Thu)	18:30-19:45	10	\$1,350	\$1,725

備註：1. 參加者需穿著合適的運動服及運動鞋  
2. 不設先進會員收費優惠



## 勁歌跳韓舞 K-POP Dance

語言 Language：粵語 Cantonese

地點 Venue：港青 (尖沙咀)  
6/F, YMCA (TST)

韓語 K-POP 音樂流行大熱，導師於課堂上教授時下最流行的韓國歌曲舞蹈，學習人氣歌手們的動作，排練舞步與走位。

星期一班

編號	日期	時間	堂數	會員 (每位)	非會員 (每位)
24ECDCKP 07001	8/7 - 9/9 (Mon)	19:15-20:30	10	\$1,350	\$1,725

備註：1. 參加者需穿著合適的運動服及運動鞋  
2. 不設先進會員收費優惠

## 熟齡芭蕾舞坊 Silver Swans 2-Days Workshop

語言 Language：粵語 Cantonese

地點 Venue：港青 (尖沙咀) 6/F, YMCA (TST)

..... 導師：張昭儀老師 .....

張老師擁有多項教學資格及豐富教學經驗，並持有英國皇家芭蕾舞學院註冊教師；英國皇家芭蕾舞學院教師證書；英國皇家舞蹈教師協會院士 (西方民族舞 優等)；英國皇家舞蹈教師協會高級舞蹈員證書 (西方民族舞 優等)，以及香港芭蕾舞學院專業教師文憑。

課程內容與優點：

讓學員維持身體柔軟度，改善平衡與姿態，緩和慢性的痛症；  
掌握連串舞步與旋律，改善認知功能；  
展現優美的舉止和舞動，感受芭蕾舞美態，達至自我實現；  
保持活躍的社交，享受芭蕾舞的樂趣。

編號	日期	時間	堂數	會員 (每位)	非會員 (每位)
24ECDCSW 060001	9/6 - 10/6	10:30-12:00	2	\$550	\$640

備註：1. 參加者需穿著合適的芭蕾舞軟鞋或技巧鞋  
2. 不設先進會員收費優惠  
3. 此課程不設早鳥優惠



悠閒空間 文娛課程

# 熟齡芭蕾舞坊

SILVER SWANS 2-DAY WORKSHOP

歡迎50歲以上，無須舞蹈經驗

日期：6月9日 - 10日 (公眾假期)

時間：10:30 - 12:00

地點：尖沙咀總部 3樓活動室

費用：會員 \$550 / 非會員 \$640

課程內容與優點：

- 讓學員維持身體柔軟度，改善平衡與姿態，緩和慢性的痛症；
- 掌握連串舞步與旋律，改善認知功能；
- 展現優美的舉止和舞動，感受芭蕾舞美態，達至自我實現；
- 保持活躍的社交，享受芭蕾舞的樂趣。

導師簡介：

Ms Rita Cheung 張昭儀女士

- 英國皇家芭蕾舞學院註冊教師
- 英國皇家芭蕾舞學院教師證書
- 英國皇家舞蹈教師協會院士 (西方民族舞 優等)
- 英國皇家舞蹈教師協會高級舞蹈員證書 (西方民族舞 優等)
- 香港芭蕾舞學院專業教師文憑

查詢及報名：

☎ 2268 7733

✉ ce\_info@ymcahk.org.hk

📍 YMCA Leisure Programmes 悠閒空間

📱 ymcahk\_ce



網上報名平台





查詢: 2268 7733

email: ce\_info@ymcahk.org.hk

Facebook: YMCA Leisure Programmes 悠閒空間



YMCA Leisure Programmes 悠閒空間



港青專業進修書院  
網上報名平台



悠閒空間

文娛課程

YMCA Leisure Programmes

# 港青咖啡培訓學院 YMCA Barista Training Academy

辦公時間 Office Hours : 星期一至五 Mon-Fri 10:00-13:00 & 14:00-19:00  
 星期六 Sat 09:00-13:00 & 14:00-16:00  
 (公眾假期除外 Except public holiday)

電郵 Email : ce\_info@ymcahk.org.hk  
 臉書 Facebook : YMCA 咖啡同學會 (咖啡課程 Barista Programmes)  
 Wine Club at Y (酒類課程 Wines Programmes)  
 地址 Address : 港青 (尖沙咀) 六樓 6/F, YMCA (TST)  
 查詢 Enquiry: 2268 7733

## 學員注意事項

### Reminders for Participants :

- 對象 Target : 16 歲或以上人士 Ages 16 or above  
 語言 Language : 粵語輔以英語 Cantonese supplemented with English  
 備註 Remarks : 1. 公眾假期均不用上課 No classes on public holidays  
 2. 所有圖片僅供參考 All images are for reference only  
 3. 網上程序現於網上進行, 報名詳情請參考 P.2-4.  
 An online enrollment platform is available, please refer to P.2-4 for more details.

## 咖啡課程 Barista Programmes

### 咖啡師證書課程

#### City & Guilds 咖啡調配師資格證書課程 City & Guilds International Award in Barista Skills

本課程為對咖啡調配有興趣或有志成為咖啡調配師人士而設, 透過理論及實習讓學員了解咖啡調配工作的知識和技能, 協助學員考取國際認可的英國城市專業學會 City & Guilds (C&G) 「咖啡調配師」資格。

- 咖啡的品種及其種植基礎知識
- 各款器材操作 (Semi-automatic coffee machine, etc.)
- 調配各式咖啡 (Espresso, Cappuccino, etc.)
- 調配特色飲品 (Tea, Smoothies, Chocolate Milk)
- 咖啡調配師專業形象及與顧客良好溝通的技巧



編號	日期	時間	堂數	地點	會員	非會員
24ECBCCG 070001	5/7 - 9/8 (Fri)	19:00-22:00	6	6/F	\$3,650	\$4,100
24ECBCCG 070002	7/7 - 11/8 (Sun)	14:00-17:00	6	6/F		
24ECBCCG 070003	8/7 - 12/8 (Mon)	19:00-22:00	6	6/F		
24ECBCCG 070004	20/7 - 3/8 (Sat)	10:00-13:00 & 14:00-17:00	3	6/F		
24ECBCCG 070005	23/7 - 27/8 (Tue)	19:00-22:00	6	6/F		
24ECBCCG 070006	17/7 - 19/7 (Wed, Thu, Fri)	10:00-13:00 & 14:00-17:00	3	6/F		
24ECBCCG 080001	7/8 - 11/9 (Wed)	19:00-22:00	6	6/F		
24ECBCCG 080002	14/8 - 16/8 (Wed, Thu, Fri)	10:00-13:00 & 14:00-17:00	3	6/F		
24ECBCCG 080003	18/8 - 22/9 (Sun)	14:00-17:00	6	6/F		
24ECBCCG 080004	19/8 - 23/9 (Mon)	19:00-22:00	6	6/F		
24ECBCCG 090001	3/9 - 15/10 (Tue) *1/10 不用上課	19:00-22:00	6	6/F		
24ECBCCG 090002	7/9 - 21/9 (Sat)	10:00-13:00 & 14:00-17:00	3	6/F		
24ECBCCG 090003	11/9 - 13/9 (Wed, Thu, Fri)	10:00-13:00 & 14:00-17:00	3	6/F		

Y-Alumni  
 學員專享  
 二人同行  
 9折優惠

- 備註 : 1. 學費已包括超過 \$1,000 材料及公開考試及證書費用  
 2. 咖啡師證書課程均以粵語輔以英語授課; 筆試則以英文作答  
 3. 課堂總時數 15 小時, 最後一堂為實習試, 課程日期及堂數已包含考試時段  
 4. 二人同行優惠不接受退班及退款, 已交之費用將不獲退還

## SCA 咖啡課程

### SCA Barista Courses

近年, 精品咖啡的風氣吹遍香港, 大街小巷出現了各式各樣的精品咖啡店。精品咖啡協會 (Specialty Coffee Association, 簡稱 SCA) 為國際精品咖啡界的權威組織。我們為大家引入當中兩個重點單元的課程: 咖啡師 (Barista), 萃取 (Brewing)。



### SCA 咖啡師中級班

#### SCA Barista Intermediate

本課程針對已對咖啡有基本認識並希望提高咖啡調配技能的人士。課程由咖啡的本質開始, 繼而深入探討它的品種、來源和加工方法以及它們對咖啡口味的影響。

1. 基本品嚐: 基本感官技能
2. 牛奶: 如何選擇奶壺; 在無需溫度計的情況下, 控制蒸汽量和維持穩定溫度
3. 拉花藝術
4. 介紹不同大小的杯子以及它們對咖啡口味的影響

編號	日期	時間	堂數	地點	會員	非會員
24ECBCAB 080101	17/8 - 31/8 (Sat)	10:00-13:00 & 14:00-18:00	3	6/F	\$6,500	\$7,040
24ECBCAB 080102	28/8 - 30/8 (Wed, Thu, Fri)	10:00-13:00 & 14:00-18:00	3	6/F		

- 備註 : 1. 學費已包括超過 \$2,500 材料及公開考試及證書費用  
 2. 咖啡師證書課程均以粵語輔以英語授課; 筆試則以英文作答  
 3. 課堂總時數 15 小時, 額外附送 3 小時練習時間, 最後一堂為實習試, 課程日期及堂數已包含考試時段  
 4. 入學要求: 持有 City & Guilds 咖啡調配師資格證書或 SCA 咖啡師基礎班證書人士

二合一優惠班 (同時報讀 City & Guilds 咖啡調配師資格證書課程 及 SCA 咖啡師中級班)	會員	非會員
	\$9,570	\$10,560

### 咖啡手沖證書課程

#### SCA 萃取基礎班

#### SCA Brewing Foundation

初級課程讓初學者學習以不同的方式來沖煮及享受咖啡。在掌握萃取咖啡的基礎理論之後, 您將運用各種不同的工具沖煮並品嚐優質咖啡。



編號	日期	時間	堂數	地點	會員	非會員
24ECBCDW 070001	23/7 (Tue)	10:30-13:00 & 14:00-17:30	1	6/F	\$1,530	\$1,710
24ECBCDW 080001	20/8 (Tue)	10:30-13:00 & 14:00-17:30	1	6/F		
24ECBCDW 080002	30/8 - 6/9 (Fri)	19:00-22:00	2	6/F		
24ECBCDW 090001	24/9 (Tue)	10:30-13:00 & 14:00-17:30	1	6/F		

- 備註 : 1. 學費已包括超過 \$700 材料及公開考試及證書費用  
 2. 咖啡手沖證書課程均以粵語輔以英語授課; 考試則以英文為主  
 3. 課堂總時數為 6 小時, 課程日期及堂數已包含考試時段



# 國際認可咖啡證書課程

- City & Guilds 咖啡調配師資格證書
- SCA 咖啡師課程
- SCA 萃取課程

查詢：2268 7733 / ce\_info@ymcahk.org.hk

Facebook 專頁：YMCA 咖啡同學會



## SCA 萃取中級班 SCA Brewing Intermediate

完成基礎課程學員應掌握以不同的方式來沖煮及享受咖啡，中級課程會通過各種萃取方法進一步提升學員的技巧，以釀造出優質咖啡。學員將了解磨豆機對咖啡質量的影響，並使用不同的磨豆機研磨咖啡豆，以調配出優質的咖啡。此外，課程讓學員認識咖啡萃取的基本要素，並配合不同器材沖煮咖啡。



編號	日期	時間	堂數	地點	會員	非會員
24ECBCDW 070101	24/7 - 26/7 (Wed, Thu, Fri)	10:00-13:00 & 14:00-17:00	3	6/F	\$5,150	\$5,600
24ECBCDW 080101	21/8 - 23/8 (Wed, Thu, Fri)	10:00-13:00 & 14:00-17:00	3	6/F		
24ECBCDW 090101	13/9 - 25/10 (Fri) *11/10不用上課	19:00-22:00	6	6/F		
24ECBCDW 090102	25/9 - 27/9 (Wed, Thu, Fri)	10:00-13:00 & 14:00-17:00	3	6/F		

- 備註：1. 學費已包括超過 \$2500 材料及公開考試及證書費用  
2. 咖啡手沖證書課程均以粵語輔以英語授課；考試則以英文為主  
3. 入學要求：持有 SCA 萃取基礎班證書人士  
4. 課堂總時數為 15 小時，最後一節為實習試

二合一優惠班 (同時報讀 SCA 萃取基礎班及中級班)	會員	非會員
	\$6,500	\$7,130

## 咖啡興趣班

### 咖啡杯測入門 Cupping for Beginners

杯測是精品咖啡中不可忽略的範疇，如品酒般以專業技巧判斷咖啡所擁有的獨特味道及香氣，以及其品質的優劣。本課程為您蒐集各式各樣的咖啡豆，帶您以專業的角度探索全新的感官之旅。



編號	日期	時間	堂數	地點	會員	非會員
24ECBCSC 070001	10/7 & 17/7 (Wed)	19:00-22:00	2	6/F	\$750	\$840
24ECBCSC 080001	30/8 & 6/9 (Fri)	19:00-22:00	2	6/F		

### 咖啡烘焙入門 Roasting for Beginners

咖啡豆的香氣和風味，主要依靠烘焙來喚醒。本課程讓學員了解咖啡烘焙的基礎知識，以及品嚐各種烘焙度對咖啡豆風味的影響。學員可以親手烘焙獨一無二的手沖咖啡豆，再帶回家沖調屬於自己的咖啡！



編號	日期	時間	堂數	地點	會員	非會員
24ECBCSR 070001	24/7 & 31/7 (Wed)	19:00-22:00	2	6/F	\$750	\$840
24ECBCSR 080001	16/8 & 23/8 (Fri)	19:00-22:00	2	6/F		

### 咖啡拉花 Latte Art

鮮奶咖啡 (Latte) 深受大眾喜愛，除了口感豐富外，拉花藝術往往為一杯咖啡錦上添花。本興趣班讓學員運用基本的拉花技術 (Etching, Free pouring) 製作不同圖形，在休閒的氣氛下探索拉花的魔法。



入門班 (心型, 鬱金香, 葉子等):

編號	日期	時間	堂數	地點	會員	非會員
24ECBCSL 070001	5/7 & 12/7 (Fri)	19:30-22:30	2	6/F	\$750	\$840
24ECBCSL 070002	21/7 & 28/7 (Sun)	14:00-17:00	2	6/F		
24ECBCSL 080001	2/8 & 9/8 (Fri)	19:30-22:30	2	6/F		
24ECBCSL 080002	30/8 & 6/9 (Fri)	19:00-22:00	2	6/F		
24ECBCSL 090001	1/9 & 8/9 (Sun)	14:00-17:00	2	6/F		
24ECBCSL 090002	13/9 & 20/9 (Fri)	19:30-22:30	2	6/F		

\* Y-Alumni 學員特別優惠 (入門班): \$800

進階班 (Heart in Heart, 天鵝等):

編號	日期	時間	堂數	地點	會員	非會員
24ECBCSL 070101	19/7 & 26/7 (Fri)	19:30-22:30	2	6/F	\$750	\$840
24ECBCSL 080101	4/8 & 11/8 (Sun)	14:00-17:00	2	6/F		
24ECBCSL 080102	16/8 & 23/8 (Fri)	19:30-22:30	2	6/F		
24ECBCSL 090101	15/9 & 22/9 (Sun)	14:00-17:00	2	6/F		
24ECBCSL 090102	27/9 & 4/10 (Fri)	19:30-22:30	2	6/F		

二合一優惠班 (同時報讀 咖啡拉花入門班及進階班)	Y-Alumni 學員
	\$1,550

\* 報讀進階班之參加者必須先完成入門班 / 考獲任何認可咖啡拉花證書

# Y-ALUMNI 學員計劃

- Y-Alumni 限定活動
- 港青咖啡培訓學院課程優惠 (包括酒類課程)
- Y-Alumni 定期專屬優惠

初次登記成為 Y-Alumni, 即送你 \$100 課程現金券!

Register Now



查詢: 2268 7733 / ce\_info@ymcahk.org.hk



## ..... 親子咖啡工作坊 .....

### 親子咖啡拉花工作坊 Parent-child Latte Art Workshop

本課程旨在推廣咖啡拉花藝術 (Latte Art)。透過朱古力 / 綠茶作引入, 讓小朋友與家長一起使用不同工具製作獨一無二的拉花圖案。課程亦會教授傳統意式咖啡拉花技術, 讓親子一同探索拉花魔法, 合力為咖啡點綴一番。



編號	日期	時間	堂數	地點	會員	非會員
24ECBCWL 070001	20/7 (Sat)	11:00-12:30	1	6/F		
24ECBCWL 070002	20/7 (Sat)	13:30-15:00	1	6/F		
24ECBCWL 070003	21/7 (Sun)	11:00-12:30	1	6/F		
24ECBCWL 080001	10/8 (Sat)	11:00-12:30	1	6/F	\$200/ 每對親子	\$240/ 每對親子
24ECBCWL 080002	10/8 (Sat)	13:30-15:00	1	6/F		
24ECBCWL 080003	11/8 (Sun)	11:00-12:30	1	6/F		
24ECBCWL 080004	18/8 (Sun)	13:30-15:00	1	6/F		
24ECBCWL 090001	21/9 (Sat)	13:30-15:00	1	6/F		
24ECBCWL 090002	22/9 (Sun)	11:00-12:30	1	6/F		

備註: 1. 參加者 (6 至 18 歲) 須由一位家長陪同上課  
2. 參加者可自行帶備圍裙

### 親子 / 成人 / 團體咖啡拉花包班 Private Latte Art Workshop

讓參加者於課堂中一同創作拉花圖案, 亦可按興趣及時間度身訂製專屬主題的咖啡拉花課程, 包括: 生日會, 企業團隊訓練, 節日聚會等等。

歡迎學校, 機構及其他單位合作。  
查詢詳情及預約請致電 2268 7733。



## ..... Y-Alumni .....

### Y-Alumni 學員計劃

<Y-Alumni> 學員計劃志在為港青咖啡培訓學院之學員提供一個交流咖啡心得及學術分享的平台。

港青咖啡培訓學院會定期為 <Y-Alumni> 舉辦限定活動, 包括港青「品味」日、<?? 咖啡師之旅>、港青葡萄酒晚宴等, 並為 <Y-Alumni> 學員提供專屬課程優惠。



### 港青「品味」日 5.0 - 棕色果香盛宴 YMCA Coffee Tasting Day 5.0 - Fruity Scent in Brown

港青「品味」日 5.0 將於 24 年 6 月 15 日舉行。一如以往, 活動將為 <Y-Alumni> 提供多種不同產地, 風格各異的咖啡試飲。今次活動以果香為題, 誠邀大家一同參與充滿果香與咖啡香氣溶合而成的味覺盛宴!



### ?? 咖啡師之旅 Barista in ??

都市人工作過後可能會選擇到咖啡店享受咖啡鬆一鬆, 但職業「咖啡師」在工作過後又如何用咖啡享受放鬆一刻呢? 而咖啡除了是工作的產物外, 又如何成為「咖啡師」的日常呢?

<?? 咖啡師之旅> 已於 24 年第一季首次啟程, 由幾位職業「咖啡師」帶領 <Y-Alumni> 四處遊歷, 穿梭於山野、城市之間。一連六節, 讓參加者以不同主題、角度、重新探討咖啡與身·心·靈密不可分的關係。

1. <山野> 咖啡師之旅 Barista in <Wild> (預定 6 月下旬)
2. <工廠> 咖啡師之旅 Barista in <Factory> (預定 8 月下旬)
3. <藝術> 咖啡師之旅 Barista in <Urban> (預定 9 月下旬)



待續... To be Continued...

想知道更多 <?? 咖啡師之旅>, 請留意港青網上平台及港青咖啡培訓學院 Facebook 專頁: 「YMCA 咖啡同學會」

# 國際認可酒類課程

• WSET® 葡萄酒第一 / 二級認證

查詢: 2268 7733 / ce\_info@ymcahk.org.hk  
Facebook專頁: Wine Club at Y



## 酒類課程 Wines & Bartending Programmes

英國葡萄酒與烈酒教育基金會 WSET®  
葡萄酒第一級認證及葡萄酒第二級認證  
WSET® Level 1 Award in Wines  
& Level 2 Award in Wines



葡萄酒與烈酒教育基金會 (WSET) 成立於 1969 年，所頒授的學歷資格是在行內最具認受性的專業資格之一。本課程為對葡萄酒有興趣之人士而設；透過理論及實習讓學員了解葡萄酒的知識和品嚐技能。內容包括：認識葡萄酒出產地、各種酒標籤和術語、品酒技巧等等。



Level 1:

| 編號                 | 日期                                    | 時間                               | 堂數 | 地點  | 會員      | 非會員     |
|--------------------|---------------------------------------|----------------------------------|----|-----|---------|---------|
| 24ECWCWC<br>070001 | 16/7 & 23/7 (Tue)<br>考試日期: 30/7 (Tue) | 19:30 - 22:30                    | 2  | 6/F | \$1,600 | \$1,700 |
| 24ECWCWC<br>080001 | 11/8 (Sun)<br>考試日期: 18/8 (Sun)        | 11:00 - 13:00 &<br>14:00 - 18:00 | 1  | 6/F |         |         |
| 24ECWCWC<br>080002 | 13/8 - 20/8 (Tue)<br>考試日期: 27/8 (Tue) | 19:30 - 22:30                    | 2  | 6/F |         |         |
| 24ECWCWC<br>090001 | 13/9 & 20/9 (Tue)<br>考試日期: 27/9 (Tue) | 19:30 - 22:30                    | 2  | 6/F |         |         |

Level 2:

| 編號                 | 日期                                  | 時間            | 堂數 | 地點  | 會員      | 非會員     |
|--------------------|-------------------------------------|---------------|----|-----|---------|---------|
| 24ECWCWC<br>080101 | 1/8 - 5/9 (Thu)<br>考試日期: 12/9 (Thu) | 19:30 - 22:30 | 6  | 6/F | \$6,250 | \$6,400 |

| 二合一優惠班<br>(WSET® Awards in Wines Level 1 + Level 2) | 會員      | 非會員     |
|---|---------|---------|
|   | \$7,450 | \$7,800 |

備註: 1. 學費已包括超過 \$3000 材料、教材及公開考試證書費用  
2. Level 1 考試時間為 45 分鐘, Level 2 考試時間為 1 小時

注意: 所有酒類課程參加者須年滿 18 歲。  
Reminder: Wines & Bartending Programmes are for participants aged 18 or above ONLY.  
根據香港法律, 不得在業務過程中, 向未成人售賣或供應令人醺醉的酒類。  
Under the law of Hong Kong, intoxicating liquor must not be sold or supplied to a minor in the course of business.

## 葡萄酒與食物配搭趣味工作坊 Private Wine & Food Pairing Workshop

葡萄酒與食物配搭得宜, 可以令兩者相得益彰。但就只是紅酒配紅肉, 白酒配白肉這麼單調? 當然不止如此!

本課程適合已年滿 18 歲品酒初學者 / 飲食業工作者 / 對酒菜配搭有興趣人士, 透過不同類型食材配以不同葡萄酒, 讓學員細味品嚐箇中分別, 從而掌握葡萄酒與食物的絕佳配搭。  
歡迎學校, 機構及其他單位合作。  
查詢詳情及預約請致電 2268 7733。



## 雞尾酒之夜 Bartending Night

本課程旨在讓參加者了解調酒師的日常工作及學習不同調酒知識, 包括 Shaking, Stirring, Layering 等常見技巧。

導師將於課堂上教授調製共 6 杯不同風格的雞尾酒, 讓參加者學有所成後在朋友聚會中大顯身手!



| 編號                 | 日期         | 時間            | 堂數 | 地點  | 會員    | 非會員   |
|--------------------|------------|---------------|----|-----|-------|-------|
| 24ECWCSB<br>080001 | 23/8 (Fri) | 19:30 - 22:30 | 1  | 6/F | \$485 | \$575 |

\* Y-Alumni 學員特別優惠: \$520

# MONTESSORI TEACHING DIPLOMA PROGRAM



## 免費講座 Free Orientation

8  
SEP

- 日期 Date** | 8. 9. 2024  
(星期日 Sunday)
- 地點 Venue** | 尖沙咀總部605室  
Room 605, YMCA TST
- 時間 Time** | 14:30
- 語言 Language** | 英語 English

歡迎預約學位  
Seat reservation is available

## 報名及查詢 Enrolment & Enquiry

- ☎ 熱線 Hotline : 2268 7096
- ✉ 電郵 Email : samleung@ymcahk.org.hk
- 🌐 欲知詳情，請瀏覽  
For details, please visit [www.montessoritraining.net](http://www.montessoritraining.net)

如欲到訪查詢，敬請預約

Walk-in enquiry : contact us in advance

- 由香港基督教青年會代理之North American Montessori Center (NAMC) 國際認可遙距自學蒙特梭利教學文憑課程。  
YMCA of Hong Kong is representing the North American Montessori Center (NAMC), Canada, in offering this internationally recognised self-study, distance learning Montessori Teaching Diploma Program.
- North American Montessori Center (NAMC) 已為蒙特梭利國際協會(International Montessori Council)註冊機構。  
North American Montessori Center (NAMC) is registered with the International Montessori Council.
- 學員成功修畢課程及繳付相關費用，將可獲取由NAMC所頒發國際認可的蒙特梭利教學文憑。  
Upon completion of assignments & payments, a diploma from NAMC will be issued. NAMC programmes are recognised internationally.
- 如有任何爭議，North American Montessori Center將保留最終決定權。  
Should any dispute arise, the decision of North American Montessori Center shall be final.
- 中文譯本與英文本意如有不合或爭議之處，應以英文之解釋為據。  
In case of inconsistency between the English and Chinese versions of these Terms, the English version shall prevail.

## 甚麼是蒙特梭利教學？

蒙特梭利教學 (Montessori Teaching) 為廣受認可、以觀察孩子為重的教育方式，著重瞭解孩子的需要與培養學習能力。家長和老師擔當啟蒙者，配以教學工具的輔助，培養孩子發展自理能力、待人接物、關懷社會等要素。孩子於學習過程中獲得體驗和探索機會，將潛能盡發揮。

## What is Montessori?

The Montessori method of teaching aims for the fullest possible development of the whole child for life's rich experiences. Montessori teachers are trained facilitators in the classroom to assist and direct. They stimulate the child's enthusiasm for learning and to guide it, without interfering with the child's natural desire to teach himself and become independent.

Our distance education programme offers a comprehensive curriculum, gives a better chance to acquire employment in Montessori environments. If you love children and want to teach, we recommend this course to you.

## 本會協辦之文憑課程及課程費用

### Diploma Programmes We Offer and Payment

|                 | 一次性付款<br>FULL fee | 分期付款 (共三期)<br>FULL fee by<br>3 instalments | 信用卡<br>Credit Card<br>Visa / Master |
|-----------------|-------------------|--|-------------------------------------|
| Infant/Toddler  | \$15,264          | \$15,764                                   | \$16,025                            |
| Early Childhood | \$17,079          | \$17,694                                   | \$17,933                            |

如修讀Preschool / Kindergarten Programme，學員需親臨本會出席4小時實習課（費用：\$200）

Preschool / Kindergarten Programme – please come to YMCA for 4 hours familiarization session (Fee : \$200)

### 評核方式 Assessment Method

- 無需上課 No lecture
- 無需考試 No examination
- 只需於6個月內完成3組習作  
3 sets of assignments to be completed within 6 months
- NAMC導師會在你的學習過程中提供支援  
NAMC tutors provide support throughout your study



# English-medium Sunday Programmes

For Overseas Domestic Helpers in Hong Kong / English Speakers

## Most Popular Courses

YMCA of Hong Kong offers a wide range of English-medium courses for Overseas Domestic Helpers working in H.K. / English Speakers on Sundays.

**NOW!**  
JUL - SEP  
Intake Enrol

|  |  |   |   |
|--|--|---|---|
| <b>Language</b> <ul style="list-style-type: none"> <li>• English Grammar (Basic / Intermediate / Advanced &amp; DL)</li> <li>• Japanese (Basic) <b>NEW</b></li> <li>• Cantonese (Basic)</li> <li>• Learn English Level 1 &amp; 2</li> <li>• IELTS Introductory Course</li> </ul> | <b>Computer</b> <ul style="list-style-type: none"> <li>• Basic &amp; Advanced Computer courses (e.g. MS Word, MS Excel etc)</li> <li>• English and Bahasa Indonesia teaching</li> </ul>                          | <b>Beauty</b> <ul style="list-style-type: none"> <li>• Professional Hair Design</li> <li>• Bridal Make Up / Hair Setting</li> <li>• Beauty Therapist</li> <li>• Body Treatments</li> <li>• DIY Skin Care Products <b>NEW</b></li> </ul> | <b>Healthcare</b> <ul style="list-style-type: none"> <li>• Paediatric First Aid</li> <li>• Everyday First Aid <b>NEW</b></li> <li>• Caring for the Elderly</li> <li>• Certificate in Baby Care</li> </ul> |
| <b>Business</b> <ul style="list-style-type: none"> <li>• Understanding Numbers in Business</li> <li>• Bookkeeping Level 1 &amp; 2</li> </ul>   | <b>Music &amp; Dance</b> <ul style="list-style-type: none"> <li>• Piano (Any / Advanced Level)</li> <li>• Guitar (Beginners &amp; Intermediate)</li> <li>• Voice Lesson</li> <li>• Ukulele <b>NEW</b></li> </ul> | <b>Creative Crafts</b> <ul style="list-style-type: none"> <li>• Fruit &amp; Vegetable Carving</li> <li>• Soap Carving</li> <li>• Accessories Making</li> <li>• Wedding Accessories <b>NEW</b></li> </ul>                                | <b>LiveLihood</b> <ul style="list-style-type: none"> <li>• Baking <b>NEW</b></li> <li>• Dress Making <b>NEW</b><br/>(Beginners &amp; Intermediate)</li> <li>• Dessert Making <b>NEW</b></li> </ul>        |

Enquiry : Call 2268 7736 or email [dh@ymcahk.org.hk](mailto:dh@ymcahk.org.hk)