

Y'S 港青智選 CHOICES

OCT - DEC 2026



香港基督教青年會
YMCA OF HONG KONG

125th
ANNIVERSARY OF
YMCA OF HONG KONG
愛就是力量 · Power of Love

☎ 2268 7060

☎ 9058 7449

🌐 <https://www.ymcahk.org.hk/ms>

網上報名

Online Registration



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報名日期及時間
ENROLMENT DATE & TIME

港青會員 MEMBER



日期: 2026年9月10日 (四)

時間: 凌晨12時

Date: 10 September 2026 (Thu)

Time: 00:00am

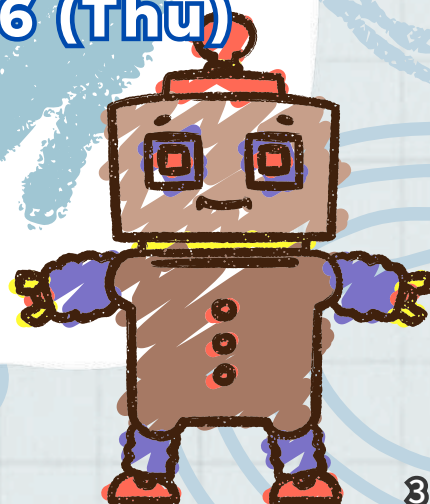
非港青會員
NON MEMBER

日期: 2026年9月17日 (四)

時間: 凌晨12時

Date: 17 September 2026 (Thu)

Time: 00:00am



先進課程報名時間表

MASTER PROGRAMME ENROLMENT SCHEDULES

只適用於附有先進會員標誌的課程
Open for the programme
with master member icon only



9月3 - 9日

**先進課程會員投遞收集
3 - 9 SEPTEMBER
MASTER PROGRAMME
DROP BOX COLLECTION
FOR MEMBER**



9月10日

**處理先進會員投遞申請
10 SEPTEMBER
PROCESS MASTER MEMBER
DROP BOX APPLICATION**



9月11日

**接受先進會員課程網上/
現場報名**

**11 SEPTEMBER
MASTER MEMBER PROGRAMME
ONLINE/IN PERSON
ENROLMENT**



9月17日

**先進非會員投遞箱
處理及網上/現場報名**

**17 SEPTEMBER
MASTER NON-MEMBER DROP BOX
APPLICATION PROCESS DATE &
ONLINE/IN PERSON
ENROLMENT**



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.

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.

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.

報名小技巧 TIPS FOR ONLINE ENROLMENT

付款程序需在
20分鐘內完成

THE ENTIRE
PAYMENT
PROCESS
MUST BE
COMPLETED
WITHIN
20 MINUTES.

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
To review personal information, past record, E-point and coupon
- 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
Replenish document in "WAITING LIST/DOCUMENT UPLOAD"
- 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 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] 參與二零二六年第三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 2026 3rd 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

嬰兒游泳班 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
學前兒童班 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

兒童及青少年游泳班 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

持續課程 On-going Programmes

精英訓練 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
成人精英訓練 Ages 18+ Adult Elite Training
先進精英游泳隊 Masters Elite Swim Team
青少年訓練 Ages 9-17 Youth Training
鯊魚班 Mako Shark
雙髻鯊班 Hammerhead Shark
大白鯊班 Great White Shark

成人班 Adult Programmes

青年及成人班 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
先進游泳 / 水健班 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

泳術評核 Swimming 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 2026 年 9 月 2 日至 9 月 16 日 Schedule for Swimming Assessment: from 2 September to 16 September, 2026

備註 Remarks : 所有新參加者必須預約時間，方可進行泳術評核 Appointment for the Swimming Assessment MUST be made in advance



參加者需要成功完成前一班課程

Completion of previous level required



參加者需通過泳術評核

Swimming Assessment required



適合先進人士

Suitable for Master



參加者無需熟習游泳

Swimming ability not required

學員注意事項 Reminders for Participants :

- 語言 Language : 粵語輔以英語 Cantonese Supplemented With English
- 報名程序現於網上進行，報名詳情請參考 P.3-5。
An online enrolment platform is available, please refer to P.3-5 for more details.
- 若課程因惡劣天氣或其他特殊情況而取消，本會有權安排指定日子及時間補課 (補課日期一般會在課程結束後順延一堂)。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 (usually the make-up class is arranged upon the completion of the course chronologically). 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)

感受浮力及平衡力、
活動腿部肌肉
Introduction to buoyancy and
balance, exercise on leg muscles



編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
26SATOTA 100101	Sat (3/10-12/12)	09:00-09:30	11	\$2,145	\$2,585
26SATOTA 100102		15:00-15:30	11	\$2,145	\$2,585
26SATOTA 100103	Sun (4/10-13/12)	12:00-12:30	11	\$2,145	\$2,585
26SATOTA 100104		15:45-16:15	11	\$2,145	\$2,585

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 swim diaper

親子游泳班 Aqua-tots (Ages 19-35 months)

背浮、踢腳、跳水
Floating, kicking and diving

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
26SATOCB 100201	Sat (3/10-12/12)	09:30-10:00	11	\$2,145	\$2,585
26SATOCB 100202		14:30-15:00	11	\$2,145	\$2,585
26SATOCB 100203	Sun (4/10-13/12)	12:30-13:00	11	\$2,145	\$2,585
26SATOCB 100204		15:15-15:45	11	\$2,145	\$2,585

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 swim diaper

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!

- 放鬆全身肌肉 Muscle relaxation
- 改善抽筋問題 Relieve pregnancy cramps
- 增進睡眠質素 Improve sleep quality

學前兒童游泳班第一級泳術提升班【小班教學 (1:4)】 Aqua-nauts 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
26SANAAT 100101	Thu (8/10-17/12)	10:30-11:15	11	\$2,915	\$3,355
26SANAAT 100102		16:15-17:00	11	\$2,915	\$3,355
26SANAAT 100103	Fri (2/10-11/12)	17:30-18:15	11	\$2,915	\$3,355
26SANAAT 100104		10:00-10:45	11	\$2,915	\$3,355
26SANAAT 100105	Sat (3/10-12/12)	10:45-11:30	11	\$2,915	\$3,355
26SANAAT 100106		11:30-12:15	11	\$2,915	\$3,355
26SANAAT 100107		12:15-13:00	11	\$2,915	\$3,355
26SANAAT 100108		13:00-13:45	11	\$2,915	\$3,355
26SANAAT 100109		15:30-16:15	11	\$2,915	\$3,355
26SANAAT 100110		16:15-17:00	11	\$2,915	\$3,355
26SANAAT 100111		09:00-09:45	11	\$2,915	\$3,355
26SANAAT 100112		10:30-11:15	11	\$2,915	\$3,355
26SANAAT 100113	Sun (4/10-13/12)	13:00-13:45	11	\$2,915	\$3,355
26SANAAT 100114		13:45-14:30	11	\$2,915	\$3,355

學前兒童游泳班第二級泳術提升班【小班教學 (1:4)】 Aqua-nauts 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
26SANABT 100201	Thu (8/10-17/12)	09:45-10:30	11	\$2,915	\$3,355
26SANABT 100202		17:00-17:45	11	\$2,915	\$3,355
26SANABT 100203	Fri (2/10-11/12)	16:45-17:30	11	\$2,915	\$3,355
26SANABT 100204		10:00-10:45	11	\$2,915	\$3,355
26SANABT 100205	Sat (3/10-12/12)	10:45-11:30	11	\$2,915	\$3,355
26SANABT 100206		11:30-12:15	11	\$2,915	\$3,355
26SANABT 100207		12:15-13:00	11	\$2,915	\$3,355
26SANABT 100208		13:00-13:45	11	\$2,915	\$3,355
26SANABT 100209		15:30-16:15	11	\$2,915	\$3,355
26SANABT 100210		16:15-17:00	11	\$2,915	\$3,355

26SANABT 100211	Sun (4/10-13/12)	09:00-09:45	11	\$2,915	\$3,355
26SANABT 100212		09:45-10:30	11	\$2,915	\$3,355
26SANABT 100213		10:30-11:15	11	\$2,915	\$3,355
26SANABT 100214		11:15-12:00	11	\$2,915	\$3,355
26SANABT 100215		13:00-13:45	11	\$2,915	\$3,355
26SANABT 100216		13:45-14:30	11	\$2,915	\$3,355
26SANABT 100217		14:30-15:15	11	\$2,915	\$3,355

學前兒童游泳班第四級 Aqua-nauts 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
26SANADT 100401	Wed (7/10-16/12)	16:15-17:15	11	\$2,607	\$3,047
26SANADT 100402	Sat (3/10-12/12)	14:30-15:30	11	\$2,607	\$3,047
26SANADT 100403	Sun (4/10-13/12)	12:30-13:30	11	\$2,607	\$3,047

學前兒童游泳班第五級 Aqua-nauts 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
26SANAET 100501	Sat (3/10-12/12)	11:30-12:30	11	\$2,607	\$3,047
26SANAET 100502	Sun (4/10-13/12)	11:30-12:30	11	\$2,607	\$3,047

學前兒童游泳班第三級泳術提升班【小班教學 (1:4)】

Aqua-nauts 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
26SANACT 100301	Thu (8/10-17/12)	17:45-18:30	11	\$2,915	\$3,355
26SANACT 100302	Fri (2/10-11/12)	16:00-16:45	11	\$2,915	\$3,355
26SANACT 100303	Sat (3/10-12/12)	10:00-10:45	11	\$2,915	\$3,355
26SANACT 100304		10:45-11:30	11	\$2,915	\$3,355
26SANACT 100305		11:30-12:15	11	\$2,915	\$3,355
26SANACT 100306		12:15-13:00	11	\$2,915	\$3,355
26SANACT 100307		13:45-14:30	11	\$2,915	\$3,355
26SANACT 100308	Sun (4/10-13/12)	09:45-10:30	11	\$2,915	\$3,355
26SANACT 100309		11:15-12:00	11	\$2,915	\$3,355
26SANACT 100310		14:30-15:15	11	\$2,915	\$3,355

學前兒童游泳班第六級 Aqua-nauts 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
26SANAF 100601	Sat (3/10-12/12)	10:30-11:30	11	\$2,607	\$3,047
26SANAF 100602	Sun (4/10-13/12)	14:30-15:30	11	\$2,607	\$3,047

水中冒險 AQUA ADVENTURE

Ages 5-14歲

透過充滿樂趣的水中遊戲來學習團隊合作，一起創造難忘的回憶吧！
Come together for an enjoyable time with water games, where we can learn about teamwork and make unforgettable memories!

報讀者建議能俯伏後自行站立
Applicants are suggested to be able to return to vertical from floating

對象
Target: 6-35 months babies

Let's join with us!

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

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
26SACHOT 100001	Tue (6/10-15/12)	16:30-17:30	11	\$2,607	\$3,047
26SACHOT 100002	Wed (7/10-16/12)	17:15-18:15	11	\$2,607	\$3,047
26SACHOT 100003	Sat (3/10-12/12)	10:30-11:30	11	\$2,607	\$3,047
26SACHOT 100004		14:30-15:30	11	\$2,607	\$3,047
26SACHOT 100005	Sun (4/10-13/12)	08:30-09:30	11	\$2,607	\$3,047
26SACHOT 100006		11:30-12:30	11	\$2,607	\$3,047
26SACHOT 100007		13:30-14:30	11	\$2,607	\$3,047
26SACHOT 100008		15:30-16:30	11	\$2,607	\$3,047

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
26SACHSE 100001	Wed (7/10-16/12)	16:15-17:15	11	\$2,607	\$3,047
26SACHSE 100002	Fri (2/10-11/12)	17:00-18:00	11	\$2,607	\$3,047
26SACHSE 100003	Sat (3/10-12/12)	09:30-10:30	11	\$2,607	\$3,047
26SACHSE 100004		12:30-13:30	11	\$2,607	\$3,047
26SACHSE 100005	Sun (4/10-13/12)	10:30-11:30	11	\$2,607	\$3,047
26SACHSE 100006		12:30-13:30	11	\$2,607	\$3,047
26SACHSE 100007		14:30-15:30	11	\$2,607	\$3,047

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
26SACHDO 100001	Thu (8/10-17/12)	17:30-18:30	11	\$2,607	\$3,047
26SACHDO 100002	Sat (3/10-12/12)	11:30-12:30	11	\$2,607	\$3,047
26SACHDO 100003		13:30-14:30	11	\$2,607	\$3,047
26SACHDO 100004	Sun (4/10-13/12)	11:30-12:30	11	\$2,607	\$3,047
26SACHDO 100005		13:30-14:30	11	\$2,607	\$3,047

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
26SACHAS 100101	Fri (2/10-11/12)	16:00-17:00	11	\$2,607	\$3,047
26SACHAS 100102	Sat (3/10-12/12)	09:30-10:30	11	\$2,607	\$3,047
26SACHAS 100103		11:30-12:30	11	\$2,607	\$3,047
26SACHAS 100104		15:30-16:30	11	\$2,607	\$3,047
26SACHAS 100105	Sun (4/10-13/12)	09:30-10:30	11	\$2,607	\$3,047

兒童潛水體驗班 Scuba Diving Experience Class

Ages 8-12歲

- 01 認識並使用水肺潛水裝備
Recognizing and using scuba diving equipment
- 02 學習潛水的主要技能
Learning diving skills
- 03 了解基本的潛水安全知識
Understanding basic diving theory

參加資格: 報讀者需能以捷泳/仰泳/蛙泳/蝶泳游畢二十五米
Eligibility: Applicants must be able to swim front crawl/ back crawl/ breaststroke/ butterfly 25 meters



水上安全自救班 Water Safety Class

Ages 6-9歲

即使會游泳，也有可能在慌張的時候面臨溺水的風險。透過防溺水自救，學習：
Even skilled swimmers may encounter drowning risks in moments of panic. Comprehensive drowning prevention and self-rescue training can:

- ✓ 學習如何應對各種情況
Learning how to respond with various situations
- ✓ 培養水感和水性
Enhancing water awareness
- ✓ 在玩樂中掌握預防溺水的技巧
Equipping individuals with effective response techniques
- ✓ 提高水上安全意識
Cultivating water safety awareness
- ✓ 識別危機並採取適當的安全措施以避免溺水事件的發生
Recognizing potential crises are essential to mitigating drowning incidents

參加資格: 報讀者需能俯伏浮身打腿
Eligibility: Applicants must be able to face-down kick



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
26SACHBS 100201	Fri (2/10-11/12)	16:00-17:00	11	\$2,607	\$3,047
26SACHBS 100202	Sat (3/10-12/12)	08:30-09:30	11	\$2,607	\$3,047
26SACHBS 100203		12:30-13:30	11	\$2,607	\$3,047
26SACHBS 100204		16:30-17:30	11	\$2,607	\$3,047
26SACHBS 100205	Sun (4/10-13/12)	11:30-12:30	11	\$2,607	\$3,047
26SACHBS 100206		17:30-18:30	11	\$2,607	\$3,047

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
26SACHES 100501	Fri (2/10-11/12)	17:00-18:00	11	\$2,607	\$3,047
26SACHES 100502	Sat (3/10-12/12)	15:30-16:30	11	\$2,607	\$3,047
26SACHES 100503	Sun (4/10-13/12)	09:30-10:30	11	\$2,607	\$3,047
26SACHES 100504		14:30-15:30	11	\$2,607	\$3,047

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
26SACHCS 100301	Thu (8/10-17/12)	16:30-17:30	11	\$2,607	\$3,047
26SACHCS 100302	Sat (3/10-12/12)	13:30-14:30	11	\$2,607	\$3,047
26SACHCS 100303		16:30-17:30	11	\$2,607	\$3,047
26SACHCS 100304	Sun (4/10-13/12)	10:30-11:30	11	\$2,607	\$3,047
26SACHCS 100305		16:30-17:30	11	\$2,607	\$3,047

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
26SACHFS 100601	Tue (6/10-15/12)	17:30-18:30	11	\$2,607	\$3,047
26SACHFS 100602	Fri (2/10-11/12)	16:00-17:00	11	\$2,607	\$3,047
26SACHFS 100603	Sat (3/10-12/12)	10:30-11:30	11	\$2,607	\$3,047
26SACHFS 100604		13:30-14:30	11	\$2,607	\$3,047
26SACHFS 100605	Sun (4/10-13/12)	10:30-11:30	11	\$2,607	\$3,047
26SACHFS 100606		13:30-14:30	11	\$2,607	\$3,047

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
26SACHGS 100401	Wed (7/10-16/12)	17:15-18:15	11	\$2,607	\$3,047
26SACHGS 100402	Sat (3/10-12/12)	12:30-13:30	11	\$2,607	\$3,047
26SACHGS 100403		14:30-15:30	11	\$2,607	\$3,047
26SACHGS 100404	Sun (4/10-13/12)	09:30-10:30	11	\$2,607	\$3,047
26SACHGS 100405		15:30-16:30	11	\$2,607	\$3,047



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

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

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)

鯊魚泳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
26SAOGMK 100101	Fri (2/10-11/12)	19:00-20:00	11	\$2,607	\$3,047
26SAOGMK 100102	Sat (3/10-12/12)	09:30-10:30	11	\$2,607	\$3,047
26SAOGMK 100103		11:30-12:30	11	\$2,607	\$3,047
26SAOGMK 100104	Sun (4/10-13/12)	15:30-16:30	11	\$2,607	\$3,047
26SAOGMK 100105		16:30-17:30	11	\$2,607	\$3,047

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
26SAOGHH 100201	Fri (2/10-11/12)	19:00-20:00	11	\$2,607	\$3,047
26SAOGHH 100202	Sat (3/10-12/12)	11:30-12:30	11	\$2,607	\$3,047
26SAOGHH 100203	Sun (4/10-13/12)	16:30-17:30	11	\$2,607	\$3,047

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
26SAOGGW 100301	Fri (2/10-11/12)	19:00-20:00	11	\$2,607	\$3,047
26SAOGGW 100302	Sat (3/10-12/12)	10:30-11:30	11	\$2,607	\$3,047
26SAOGGW 100303		19:00-20:00	11	\$2,607	\$3,047
26SAOGGW 100304	Sun (4/10-13/12)	17:30-18:30	11	\$2,607	\$3,047



特別游泳課程 Special Swimming Programme

游泳競賽工作坊

Competition Workshop (Ages 9-13)

教授游泳四式競賽規則及技巧，並針對起跳、轉身、觸池等動作進行訓練。Focuses on competitive swimming skills and regulations. Emphasis will be on starting, turning and finishing.

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
26SASECS 100001	Mon (5/10-2/11) No class 19/10	17:00-18:00	4	\$940	\$1,100

備註 Remarks: 報讀者需能以三種泳式游畢二十五米

Applicants must be able to swim 25 meters using any three strokes

兒童水中體適能

Aqua Kids Fit (Ages 8-12)



在水的阻力下，透過有節奏的短距離推進與多變動作控制，打造簡單、好玩和動感的訓練流程。不僅能安全鍛鍊肌肉與柔軟度，更能有效發展平衡協調，讓小朋友全方位提升體能表現。

Utilising the properties of water resistance and a variety of coordinated movements, this programme features rhythmic short-distance propulsion and dynamic movement control to create a simple, fun, and energetic training flow for children. It safely builds muscle strength and flexibility while effectively developing balance and coordination, helping children comprehensively boost their physical performance.

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
26SASECS 100002	Sat (3/10-7/11)	18:00-19:00	6	\$1,290	\$1,530
26SASECS 110001	Sat (14/11-12/12)	18:00-19:00	5	\$1,075	\$1,275

備註 Remarks: 報讀者需能俯伏浮身打腿

Applicants must be able to face-down kick

水上安全自救班

Water Safety Class (Ages 6-9)

即使會游泳，也有可能在慌張的時候面臨溺水的風險。透過防溺自救，學習如何應對各種情況，培養水感和水性，讓學員在玩樂中掌握預防溺水的技巧。同時，提高水上安全意識，識別危機並採取適當的安全措施，以避免溺水事件的發生。

Even skilled swimmers may encounter drowning risks in moments of panic. Comprehensive drowning prevention and self-rescue training can enhance water awareness and equip individuals with effective response techniques. Cultivating water safety awareness and recognising potential crises are essential to mitigating drowning incidents.

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
26SASECS 100003	Sun (4/10-25/10)	12:30-13:30	4	\$940	\$1,100
26SASECS 110002	Sun (1/11-22/11)	12:30-13:30	4	\$940	\$1,100

備註 Remarks: 報讀者需能俯伏浮身打腿

Applicants must be able to face-down kick

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
26SAOGCT 100101	Wed (7/10-16/12)	16:30-18:00	11	\$4,350
	Sat (3/10-12/12) No class 19/12	15:00-16:30	11	

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
26SAOGAT 100101	Mon (5/10-14/12) No class 19/10	18:15-20:00	10	\$5,150
	Wed (7/10-16/12)	18:15-20:00	11	
	Fri (2/10-11/12) No class 18/12	17:00-19:00	11	
	Sat (3/10-12/12) No class 19/12	17:00-19:00	11	
Land Training	Sun (4/10-20/12)	16:30-18:30	12	

泳隊 B 組

Swimming Team B (Ages 8 – 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
26SAOGBT 100101	Tue (6/10-15/12)	16:30-18:30	11	\$4,800
	Thu (8/10-17/12) No class 1/10	16:30-18:30	11	
	Sat (3/10-12/12) No class 19/12	16:30-18:30	11	

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
26SAOGTM 100101	Mon (5/10-14/12) No class 19/10	20:00-21:45	10	\$3,100
	Wed (7/10-16/12)	20:00-21:45	11	
	Fri (2/10-11/12) No class 18/12	20:00-21:45	11	

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)

26SAADTB 100101	Tue (6/10-15/12)	20:30-21:30	11	\$2,530	\$2,970
26SAADTB 100102	Wed (7/10-16/12)	10:00-11:00	11	\$2,530	\$2,970
26SAADTB 100103	Sat (3/10-12/12)	08:30-09:30	11	\$2,530	\$2,970
26SAADTB 100104	Sun (4/10-13/12)	18:30-19:30	11	\$2,530	\$2,970

女子班 Ladies (Ages 16-54)

26SAADLB 100101	Tue (6/10-15/12)	18:30-19:30	11	\$2,530	\$2,970
26SAADLB 100102		19:30-20:30	11	\$2,530	\$2,970

先進班 Master (Ages 55 or above)

26SAADMB 100101	Tue (6/10-15/12)	12:15-13:15	11	\$1,628	\$1,980
26SAADMB 100102	Wed (7/10-16/12)	15:00-16:00	11	\$1,628	\$1,980
26SAADMB 100103	Fri (2/10-11/12)	14:20-15:20	11	\$1,628	\$1,980

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)

26SAADTI 100201	Tue (6/10-15/12)	19:30-20:30	11	\$2,530	\$2,970
26SAADTI 100202	Sun (4/10-13/12)	17:30-18:30	11	\$2,530	\$2,970

先進班 Master (Ages 55 or above)

26SAADMI 100201	Wed (7/10-16/12)	09:00-10:00	11	\$1,628	\$1,980
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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)

26SAADTA 100301	Tue (6/10-15/12)	20:30-21:30	11	\$2,530	\$2,970
26SAADTA 100302	Sat (3/10-12/12)	19:00-20:00	11	\$2,530	\$2,970

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

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
26SAAQMA 100001	Tue (6/10-15/12)	10:00-11:00	11	\$1,628	\$1,980
26SAAQMA 100002		11:15-12:15	11	\$1,628	\$1,980
26SAAQMA 100003	Thu (8/10-17/12) No class 1/10	10:00-11:00	11	\$1,628	\$1,980
26SAAQMA 100004		11:00-12:00	11	\$1,628	\$1,980
26SAAQMA 100005	Fri (2/10-11/12) No class 18/12	12:20-13:20	11	\$1,628	\$1,980
26SAAQMA 100006		13:20-14:20	11	\$1,628	\$1,980

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
26SAAAMA 100001	Mon (5/10-14/12) No class 19/10	14:00-15:00	10	\$1,480	\$1,800
26SAAAMA 100002	Wed (7/10-16/12)	11:15-12:15	11	\$1,628	\$1,980
26SAAAMA 100003	Fri (2/10-11/12) No class 18/12	11:15-12:15	11	\$1,628	\$1,980

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
26SAAQUA 100001	Tue (6/10-15/12)	18:30-19:30	11	成人 Adult \$1,892	成人 Adult \$2,310
				先進 Master \$1,628	先進 Master \$1,980
26SAAQUA 100002	Thu (8/10-17/12) No class 1/10	18:30-19:30	11	成人 Adult \$1,892	成人 Adult \$2,310
				先進 Master \$1,628	先進 Master \$1,980

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
26SAAQDA 100001	Thu (8/10-17/12) No class 1/10	19:30-21:00	11	成人 Adult \$2,838	成人 Adult \$3,245
				先進 Master \$2,343	先進 Master \$2,673

備註 Remarks: 報讀者需懂泳術或曾參加水中健康舞班
Applicants must 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.

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
26SAAQAS 100001	Tue (6/10-15/12)	19:00-20:00	11	成人 Adult \$2,365	成人 Adult \$2,805
				先進 Master \$1,958	先進 Master \$2,299
26SAAQAS 100002	Thu (8/10-17/12)	12:00-13:00	11	成人 Adult \$2,365	成人 Adult \$2,805
				先進 Master \$1,958	先進 Master \$2,299

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

Utilising 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
26SAAQLB 100001	Wed (7/10-16/12)	10:30-11:30	11	成人 Adult \$2,365	成人 Adult \$2,805
				先進 Master \$1,958	先進 Master \$2,299

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

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

編號 Code	日期 Date	時間 Time	堂數 Sessions	早鳥優惠 Early Bird (23/9 或之前 or before)	正價 Original Price
26SASEKS 100001	Tue (6/10-10/11)	16:30-17:30	6	會員 Mem \$1,110	會員 Mem \$1,290
				非會員 NMem \$1,320	非會員 NMem \$1,530
26SASEKS 100002	Wed (7/10-11/11)	11:30-12:30	6	會員 Mem \$1,110	會員 Mem \$1,290
				非會員 NMem \$1,320	非會員 NMem \$1,530
26SASEKS 100003	Fri (2/10-6/11)	10:30-11:30	6	會員 Mem \$1,110	會員 Mem \$1,290
				非會員 NMem \$1,320	非會員 NMem \$1,530
26SASEKS 110001	Tue (17/11-15/12)	16:30-17:30	5	會員 Mem \$925	會員 Mem \$1,075
				非會員 NMem \$1,100	非會員 NMem \$1,275
26SASEKS 110002	Wed (18/11-16/12)	11:30-12:30	5	會員 Mem \$925	會員 Mem \$1,075
				非會員 NMem \$1,100	非會員 NMem \$1,275
26SASEKS 110003	Fri (13/11-11/12)	10:30-11:30	5	會員 Mem \$925	會員 Mem \$1,075
				非會員 NMem \$1,100	非會員 NMem \$1,275

水中運動班: 坐骨神經痛 • 寒背 • 脊椎側彎



透過水的特性及各式的協調運動, 舒緩坐骨神經痛,

改善腰部活動能力和核心肌耐力, 提高身體的支撐力, 從而舒緩寒背
Utilising the properties of water and a variety of coordinated movements, alleviate sciatic nerve pain, improve waist mobility and core muscle endurance, enhance the body's supportive strength, and thereby relieve back pain

編號 Code	日期 Date	時間 Time	堂數 Sessions	早鳥優惠 Early Bird (23/9 或之前 or before)	正價 Original Price
26SASEHS 100001	Tue (6/10-10/11)	17:30-18:30	6	會員 Mem \$1,110	會員 Mem \$1,290
				非會員 NMem \$1,320	非會員 NMem \$1,530
26SASEHS 110001	Tue (17/11-15/12)	17:30-18:30	5	會員 Mem \$925	會員 Mem \$1,075
				非會員 NMem \$1,100	非會員 NMem \$1,275

水中太極

Aqua Tai Chi



水中太極結合傳統太極與水中運動, 重點在於以緩慢、流暢的動作配合深長呼吸。課程善用水的浮力與阻力, 在減輕關節負擔的同時, 協助提升平衡力與心肺功能, 並有效鍛煉肌肉。透過循序漸進的練習, 讓您獲得更深層的放鬆, 促進身心和諧。

Aqua Tai Chi combines traditional Tai Chi with water-based exercise. It emphasises slow, smooth movements along with deep, steady breathing. By utilising the buoyancy and resistance of water, this course helps reduce stress on the joints while improving balance and cardiovascular fitness, as well as strengthening muscles. Through gradual, progressive practice, it supports deeper relaxation and helps promote harmony between mind and body.

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
26SASESE 100005	Fri (2/10-6/11)	11:30-12:15	6	成人 Adult \$990	成人 Adult \$1,170
				先進 Master \$840	先進 Master \$1,020
26SASESE 110003	Fri (13/11-11/12)	11:30-12:15	5	成人 Adult \$825	成人 Adult \$975
				先進 Master \$700	先進 Master \$850

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.

水中運動班: 肩部健康 (肩周炎和游泳肩)

Aqua Course for Shoulder Health (Frozen Shoulder and Swimmer's Shoulder)



特別適合希望改善肩周炎和游泳肩的人士
Designed for people who want to improve frozen shoulder and swimmer's shoulder.

- ★ 放鬆肌肉
Muscles relax
- ★ 提升關節活動度
Enhance joint mobility
- ★ 減輕重力負擔, 幫助參與者輕鬆進行外展和外旋動作
Reduces gravitational strain, allowing participants to perform movements like abduction and external rotation with ease
- ★ 減少疼痛
Reduce pain



如有興趣, 歡迎WhatsApp與我們聯絡
Welcome to contact us via WhatsApp if you're interested



水中運動班：肩部健康 (肩周炎和游泳肩)

Aqua Course for Shoulder Health

(Frozen Shoulder and Swimmer's Shoulder)

本課程為改善肩周炎和游泳肩設計。溫水有助於放鬆肌肉，提升關節活動度。透過水的浮力減輕重力負擔，幫助參與者輕鬆進行外展和外旋動作，減少疼痛。

This course is designed for people who wants to improve frozen shoulder and swimmer's shoulder. The warm water helps relax muscles and enhance joint mobility. Utilising water's buoyancy reduces gravitational strain, allowing participants to perform movements like abduction and external rotation with ease, reduce pain.

編號 Code	日期 Date	時間 Time	堂數 Sessions	早鳥優惠 Early Bird (23/9 或之前 or before)	正價 Original Price
26SASESE 100003	Mon (5/10-9/11) No class 19/10	15:00-16:00	5	會員 Mem \$925 非會員 NMem \$1,100	會員 Mem \$1,075 非會員 NMem \$1,275
26SASESE 110001	Mon (16/11-14/12)	15:00-16:00	5	會員 Mem \$925 非會員 NMem \$1,100	會員 Mem \$1,075 非會員 NMem \$1,275

水中運動班：平衡與防跌

Aqua Course for Balance and Fall Prevention

透過水中阻力及浮力訓練，減輕關節負荷、強化肌肉、改善耐力，促進增肌、舒緩疼痛及防止跌倒，並增強活動能力。

This course utilises water resistance and buoyancy to reduce joint stress, enhance muscle strength, improve endurance, facilitate muscle growth, alleviate pain, prevent falls, and enhance overall mobility.

編號 Code	日期 Date	時間 Time	堂數 Sessions	早鳥優惠 Early Bird (23/9 或之前 or before)	正價 Original Price
26SASESE 100004	Mon (5/10-9/11) No class 19/10	16:00-17:00	5	會員 Mem \$925 非會員 NMem \$1,100	會員 Mem \$1,075 非會員 NMem \$1,275
26SASESE 110002	Mon (16/11-14/12)	16:00-17:00	5	會員 Mem \$925 非會員 NMem \$1,100	會員 Mem \$1,075 非會員 NMem \$1,275

水中帶氧運動訓練班

Aqua OxyFit (Ages 16 or above)

透過水的浮力來減輕關節的負擔，提高心肺功能、增強肌肉力量並改善靈活性。

Using the buoyancy of water to reduce joint strain, this programme aims to enhance cardiovascular function, strengthen muscle power, and improve flexibility.

編號 Code	日期 Date	時間 Time	堂數 Sessions	早鳥優惠 Early Bird (23/9 或之前 or before)	正價 Original Price
26SASESE 100006	Sat (3/10-7/11)	17:00-18:00	6	會員 Mem \$1,110 非會員 NMem \$1,320	會員 Mem \$1,290 非會員 NMem \$1,530
26SASESE 110004	Sat (14/11-12/12)	17:00-18:00	5	會員 Mem \$925 非會員 NMem \$1,100	會員 Mem \$1,075 非會員 NMem \$1,275

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



時期 Period	星期 Days of the Week	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
6/10-15/12	Tue	20:00-21:00	4	\$860	\$1,020
8/10-17/12	Thu	13:00-14:00	4	\$860	\$1,020

備註 Remarks：四堂課堂需於上列時期內完成，如有興趣請與我們聯絡
Four sessions must be completed within the above specified period, please contact us if interested

關節痛症伸展班

AQUA JOINT RELIEF

- ✓ 舒緩不適感
Relieve discomfort
- ✓ 改善關節活動範圍和靈活性
Improve joint range of motion and flexibility
- ✓ 增強肌肉的力量，提供更好的支撐和保護關節
Enhancing muscle strength, and providing better support and protection for the joints

Swimming Beginners for Migrant Workers

Part 1

DATE: 4/10 - 1/11 (SUNDAY) (5 SESSIONS)

TIME: 08:30-09:30 / 09:30-10:30

(TIME SCHEDULE WILL CONFIRM WITHIN 5-7 DAYS BEFORE COURSE COMMENCEMENT)

COURSE CODE: 26SADHSE100101

FEE: \$675

Part 2

DATE: 8/11 - 6/12 (SUNDAY) (5 SESSIONS)

TIME: 08:30-09:30 / 09:30-10:30

(TIME SCHEDULE WILL CONFIRM WITHIN 5-7 DAYS BEFORE COURSE COMMENCEMENT)

COURSE CODE: 26SADHSE110101

FEE: \$675

SWIM

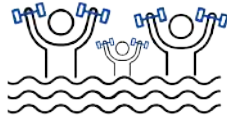


特別活動 Special Events



水中健康舞試玩班

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
6/10-15/12	Every Tue	18:30-19:30	1	\$200/ lesson	\$240/ lesson
8/10-17/12 No class 1/10	Every Thu	18:30-19:30	1	\$200/ lesson	\$240/ 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)

水中腰背試玩班

Aqua Aerobics for Lower Back Trial Class (Ages 16 or above)

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
Utilising 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

時期 Period	星期 Days of the Week	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
7/10-16/12	Every Wed	10:30-11:30	4	\$920	\$1,100

備註 Remarks: 四堂課堂需於上列時期內完成, 如有興趣請與我們聯絡
Four sessions must be completed within the above specified period, please contact us if interested

水中健體深水訓練試玩班

Aqua Aerobics Deep Water Training Trial Class (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

時期 Period	星期 Days of the Week	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
8/10-17/12 No class 1/10	Every Thu	19:30-21:00	1	\$290/ lesson	\$330/ lesson

備註 Remarks: 報讀者需懂泳術或曾參加水中健康舞班
Applicants must able to swim or have previous experience of Aqua Aerobics class.
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)

水中伸展試玩班

Aqua-Stretching Trial Class (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

時期 Period	星期 Days of the Week	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
6/10-15/12	Every Tue	19:00-20:00	1	\$240/ lesson	\$285/ lesson

備註 Remarks: 報名參加一堂, 即可免費參加第二堂!
(兩堂試玩課堂需要連續上課, 此優惠每人只限一次)
Sign up for one session and get the second session for free! (Two trial sessions must be completed consecutively and this offer is limited to one per person)

NEW

水中運動班: 類風濕關節炎

Aqua Aerobics for Rheumatoid Arthritis



改善關節活動範圍和靈活性, 舒緩不適感

Improve joint range of motion and flexibility, relieve discomfort



增強肌肉的力量, 提供更好的支撐和保護關節

Strengthen joints, provide better support and protect joints



Contact us for more details!

SCAN ME



如有興趣試玩班,
請 WhatsApp 與我們聯絡
If you are interested
in the trial class,
please contact us via
WhatsApp

← MORE DETAILS

運動及體育課程 Sports & Physical Education Programme

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 : 2268 7087

電郵 Email : spe@ymcahk.org.hk

網頁 Website : www.ymcahk.org.hk/snr

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.

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-rata 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

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
26SSGCP 100001	Thu (8/10-24/12)	15:00-16:00	12	Gym	\$2,220	\$2,700

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
26SSGCPY 100001	Thu (8/10-24/12)	16:00-17:30	12	Gym	\$3,060	\$3,540

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
26SSGCPE 100101	Thu (9/7-24/9)	17:30-19:00	12	Gym	\$3,060	\$3,540



香港基督教青年會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置的體育 / 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
26SSGCXY 100001	Wed (7/10-11/11)	19:15-21:15	6	Gym	\$1,740	\$1,980
26SSGCXY 110001	Wed (18/11-23/12)	19:15-21:15	6	Gym	\$1,740	\$1,980

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
26SSGCXA 100001	Thu (8/10-12/11)	19:00-21:00	6	Gym	\$1,740	\$1,980
26SSGCXA 110001	Thu (19/11-24/12)	19:00-21:00	6	Gym	\$1,740	\$1,980

競技體操課程 Artistic Gymnastics Programme

本會體操課程為滿 13 個月之寶貴而設，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 (2026 年第 4 季) :
Procedure of Priority Application Processing of Artistic Gymnastics/ Trampoline Programme (2026 Quarter 4):

會員舊生 (2026Q3) > 會員新生 > 非會員舊生 (2026Q3) > 非會員新生
Current Students of 2026Q3 (Mem) > New Applicants (Mem) > Current Students of 2026Q3 (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
26SSGCTT 100001	Wed (7/10-11/11)	15:15-16:15	6	Gym	\$1,020	\$1,260
26SSGCTT 110001	Wed (18/11-23/12)	15:15-16:15	6	Gym	\$1,020	\$1,260

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
26SSGCAG 100101	Tue (6/10-22/12)	16:15-17:15	12	Gym	\$2,160	\$2,640
26SSGCAG 100102	Thu (8/10-24/12)	16:30-17:30	12	Gym	\$2,160	\$2,640
26SSGCAG 100103	Sat (10/10-19/12)	09:00-10:00	11	Gym	\$1,980	\$2,420

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)

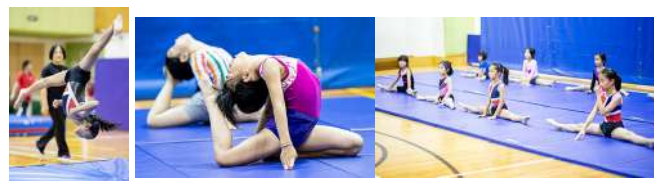
編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSGCAG 100201	Tue (6/10-22/12)	16:15-17:15	12	Gym	\$2,160	\$2,640
26SSGCAG 100202	Sat (10/10-19/12)	09:00-10:00	11	Gym	\$1,980	\$2,420

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
26SSGCAG 100301	Tue (6/10-22/12)	15:00-16:15	12	Gym	\$2,520	\$3,000
26SSGCAG 100302	Sat (10/10-19/12)	10:00-11:15	11	Gym	\$2,310	\$2,750

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
26SSGCAG 100401	Tue (6/10-22/12)	15:00-16:15	12	Gym	\$2,520	\$3,000
26SSGCAG 100402	Sat (10/10-19/12)	10:00-11:15	11	Gym	\$2,310	\$2,750



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
26SSGCGG 100501	Wed (7/10-23/12)	16:15-17:45	12	Gym	\$2,700	\$3,180
26SSGCGG 100502	Sat (10/10-19/12)	11:15-12:45	11	Gym	\$2,475	\$2,915
26SSGCGG 100503	Sat (10/10-19/12)	14:15-15:45	11	Gym	\$2,475	\$2,915

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
26SSGCGG 100601	Wed (7/10-23/12)	16:15-17:45	12	Gym	\$2,700	\$3,180
26SSGCGG 100602	Sat (10/10-19/12)	11:15-12:45	11	Gym	\$2,475	\$2,915
26SSGCGG 100603	Sat (10/10-19/12)	14:15-15:45	11	Gym	\$2,475	\$2,915

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
26SSGCGG 100701	Wed (7/10-23/12)	16:15-17:45	12	Gym	\$2,700	\$3,180
26SSGCGG 100702	Sat (10/10-19/12)	11:15-12:45	11	Gym	\$2,475	\$2,915
26SSGCGG 100703	Sat (10/10-19/12)	14:15-15:45	11	Gym	\$2,475	\$2,915

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
26SSGCGG 100801	Wed (7/10-23/12)	17:45-19:15	12	Gym	\$2,700	\$3,180
26SSGCGG 100802	Sat (10/10-19/12)	12:45-14:15	11	Gym	\$2,475	\$2,915

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
26SSGCGG 100901	Wed (7/10-23/12)	17:45-19:15	12	Gym	\$2,700	\$3,180
26SSGCGG 100902	Sat (10/10-19/12)	12:45-14:15	11	Gym	\$2,475	\$2,915

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
26SSGCGG 101001	Wed (7/10-23/12)	17:45-19:15	12	Gym	\$2,700	\$3,180
26SSGCGG 101002	Sat (10/10-19/12)	12:45-14:15	11	Gym	\$2,475	\$2,915

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
26SSGCGG 100001	Sat (10/10-19/12)	14:15-15:45	11	Gym	\$2,475	\$2,915

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
26SSGYTJ 100001	Tue (6/10-29/12)	17:15-19:15	13	Gym	\$3,100
26SSGYTJ 100002	Fri (2/10-18/12)	15:45-17:15	12	Gym	\$2,700
26SSGYTJ 100003	Tue (6/10-29/12)	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
26SSGYTS 100001	Mon (5/10-28/12) No Class 19/10	16:15-19:15	12	Gym	\$3,470
26SSGYTS 100002	Fri (2/10-18/12)	17:15-19:15	12	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
26SSDCCE 100101	Sat (10/10-19/12)	15:00-16:30	11	Gym	\$1,980	\$2,420
26SSDCCE 100102	Sun (25/10-27/12)	13:30-15:00	10	Gym	\$1,800	\$2,200
26SSDCCE 100103	Thu (8/10-24/12)	17:00-18:30	12	Gym	\$2,160	\$2,640

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
26SSDCYE 100101	Sat (10/10-19/12)	13:30-15:00	11	Gym	\$1,980	\$2,420
26SSDCYE 100102	Sun (11/10-20/12) No Class 18/10	13:30-15:00	10	Gym	\$1,800	\$2,200
26SSDCYE 100103	Wed (7/10-23/12)	18:00-19:30	12	Gym	\$2,160	\$2,640

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
26SSDCCI 100201	Sun (25/10-27/12)	15:00-16:30	10	Gym	\$1,800	\$2,200

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
26SSDCVI 100201	Sun (11/10-20/12) No Class 18/10	15:00-16:30	10	Gym	\$1,800	\$2,200

兒童及少年高級班

Children and Youth Advanced (Ages 10-17)

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
26SSDCYA 100301	Sun (25/10-27/12)	16:30-18:30	10	Gym	\$2,300	\$2,700

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
26SSDCYC 100401	Sun (11/10-20/12) No Class 18/10	16:30-18:30	10	Gym	\$2,300	\$2,700

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
26SSDCAE 100101	Thu (8/10-24/12)	18:30-20:00	12	Gym	\$2,160	\$2,640
26SSDCAE 100102	Sun (25/10-27/12)	12:00-13:30	10	Gym	\$1,800	\$2,200

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
26SSDCAI 100201	Thu (8/10-24/12)	20:00-21:30	12	Gym	\$2,160	\$2,640
26SSDCAI 100202	Sun (11/10-20/12) No Class 18/10	18:30-20:30	10	Gym	\$2,300	\$2,700

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
26SSDCGA 100501	Wed (7/10-23/12)	16:00-17:30	12	Gym	\$1,740	\$2,220

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
26SSDCGA 100502	Mon (5/10-21/12) No Class 19/10	20:30-22:30	11	Gym	\$2,255	\$2,695



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
26SSXTT 102001	Sat (10/10-19/12)	11:30-12:30	11	Gym	\$2,365	\$2,805

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
26SSXEC 102101	Sat (10/10-19/12)	12:30-13:30	11	Gym	\$2,365	\$2,805



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
26SSQCEC 100101	Thu (8/10-24/12)	17:00-18:00	12	Sq. Court	\$1,620	\$1,980

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
26SSQCEA 100101	Sat (10/10-19/12)	18:00-19:30	11	Sq. Court	\$2,200	\$2,695

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 6-12)

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
26SSTCEC 100101	Sun (11/10-20/12) No Class 18/10	09:30-10:30	10	Sq. Court	\$1,200	\$1,500

兒童乒乓球改良班

Children Table Tennis Improvement (Ages 6-12)

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
26SSTCIC 100201	Sun (11/10-20/12) No Class 18/10	10:30-12:00	10	Sq. Court	\$1,750	\$2,050

成人乒乓球班

Adult Table Tennis (Ages 18 or above)

介紹及改良學員的基本技術，改善擊球姿勢、步法等。

Introduce and improve participants' basic skills with emphasis on stroke stance, footwork etc.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSTCAE 100101	Fri (9/10-18/12)	19:00-20:30	11	Sq. Court	\$1,925	\$2,255

港青 X ASG 籃球學院 YMCA X ASG Basketball Academy

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輸到孩子的成長，達至美滿的生活態度。

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.

語言：英語輔以粵語

Language：English supplemented with Cantonese

【幼兒組 Pee Wee (Ages 4-6)

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。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
26SSBPW 101101	Tue (6/10-22/12)	15:00-16:00	12	Sq. Court	\$2,700	\$3,180
26SSBPW 101102	Fri (9/10-18/12)	16:00-17:00	11	Sq. Court	\$2,475	\$2,915
26SSBPW 101103	Sat (10/10-19/12)	09:30-10:30	11	Sq. Court	\$2,475	\$2,915
26SSBPW 101104	Sat (10/10-19/12)	10:30-11:30	11	Sq. Court	\$2,475	\$2,915
26SSBPW 101105	Sun (11/10-20/12) No Class 18/10	12:30-13:30	10	Sq. Court	\$2,250	\$2,650
26SSBPW 101106	Sun (11/10-20/12) No Class 18/10	13:30-14:30	10	Sq. Court	\$2,250	\$2,650

【種子組 Seedling (Ages 7-9)

這個課程專為7至9歲的初學者而設，提供由基礎至初中階的籃球訓練，幫助小球員建立穩固的技術根基，提升自信與球感。This program is designed for young beginners aged 7 to 9, offering foundational to early intermediate basketball training. Through fun and structured sessions, players will build essential skills and confidence on the court.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSBSL 101101	Tue (6/10-22/12)	16:00-17:30	12	Gym	\$3,180	\$3,660
26SSBSL 101102	Sat (10/10-19/12)	09:00-10:00	11	Gym	\$2,475	\$2,915

【少年組 Junior (Ages 10-12)

這個課程會繼續加強球員本身已理解的技術，並不斷加入新的技巧及元素，幫助他們提升個人能力與比賽表現。ASG 團隊致力於讓球員在技術、戰術及場上意識方面全面進步，為更高階的籃球挑戰做好準備。This program builds on the skills players already know and introduces new techniques to expand their basketball abilities. At ASG, we focus on developing well-rounded athletes by enhancing their technical skills, tactical understanding, and court awareness.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSBJR 101101	Fri (9/10-18/12)	18:00-19:30	11	Gym	\$2,915	\$3,355
26SSBJR 101102	Sat (10/10-19/12)	10:00-11:30	11	Gym	\$2,915	\$3,355
26SSBJR 101103	Sun (11/10-20/12) No Class 18/10	10:30-12:00	10	Gym	\$2,650	\$3,050

【青年組 Youth (Ages 13-16)

這個課程是球員由少年成長至青年的重要過渡階段。課程將進一步鞏固球員已掌握的技術，並持續加入進階技巧與戰術元素，幫助他們提升個人能力、修正弱點，邁向更高層次的比賽表現。This program marks a key transition from junior to youth level. It is designed to push players to their limits, refine weaknesses, and expand their skill set with advanced techniques and game strategies.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSBYT 101101	Sun (11/10-20/12) No Class 18/10	10:30-12:00	10	Gym	\$2,650	\$3,050

【YMCA x ASG Basketball Team (Ages 7-16) ✂

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem
26SSBYTJ 100001	Sun (11/10-27/12) No Class 18/10	08:30-10:30	11	Gym	\$2,700

女子籃球課程 Girl Basketball Programme

【女子初級組 Girls Junior (Ages 7-12)

這個課程專為7至12歲的初學者而設，提供由基礎至初中階的籃球訓練，幫助小球員建立穩固的技術根基，提升自信與球感。This program is designed for young beginners aged 7 to 12, offering foundational to early intermediate basketball training. Through fun and structured sessions, players will build essential skills and confidence on the court.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSBGJ 101101	Sat (10/10-19/12)	16:30-18:00	11	Gym	\$2,915	\$3,355

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，律己修德，並能學習禮待他人及尊師重道之精神。

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.

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
26SSKXTT 100001	Sun (11/10-27/12) No Class 18/10	11:00-12:00	11	Dance Studio	\$1,210	\$1,650

兒童空手道

Children's Karate (Ages 5-13)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSKXCC 100201	Sun (11/10-27/12) No Class 18/10	12:00-13:30	11	Dance Studio	\$2,145	\$2,585

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
26SSKXYA 100301	Sun (11/10-27/12) No Class 18/10	13:30-15:00	12	Dance Studio	\$1,925	\$2,365



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
26SSWCTT 100101	Sat (3/10-19/12)	13:30-14:30	12	Sq. Court	\$1,500	\$1,980
26SSWCTT 100102	Sat (3/10-19/12)	15:30-16:30	12	Sq. Court	\$1,500	\$1,980

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
26SSWCTT 100201	Sat (3/10-19/12)	13:30-14:30	12	Sq. Court	\$1,500	\$1,980
26SSWCTT 100202	Sat (3/10-19/12)	14:30-15:30	12	Sq. Court	\$1,500	\$1,980

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
26SSWCTT 100301	Sat (3/10-19/12)	14:30-15:30	12	Sq. Court	\$1,500	\$1,980
26SSWCTT 100302	Sat (3/10-19/12)	15:30-16:30	12	Sq. Court	\$1,500	\$1,980

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
26SSWCJR 100401	Sat (3/10-19/12)	09:30-11:30	12	Dance Studio	\$2,940	\$3,420
26SSWCJR 100402	Sat (3/10-19/12)	11:30-13:30	12	Dance Studio	\$2,940	\$3,420
26SSWCJR 100403	Sat (3/10-19/12)	16:30-18:30	12	Gym	\$2,940	\$3,420

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
26SSWCSR 100501	Sat (3/10-19/12)	18:00-20:00	12	Gym	\$2,580	\$3,060

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
26SSFXTT 100001	Sat (10/10-19/12)	09:30-10:30	11	Sq. Court	\$2,750	\$3,135
26SSFXTT 100002	Sun (11/10-20/12) No Class 18/10	09:00-10:00	10	Dance Studio	\$2,500	\$2,850

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
26SSFEXC 100101	Sat (10/10-19/12)	10:30-11:30	11	Sq. Court	\$2,750	\$3,135
26SSFEXC 100102	Sun (11/10-20/12) No Class 18/10	10:00-11:00	10	Sq. Court	\$2,500	\$2,850



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
26SSAXAT 100101	Sun (11/10-20/12) No Class 18/10	12:30-13:30	10	Sq. Court	\$1,750	\$2,050

新興運動課程 Newly Emerged Sports Programme

新興運動定義是指近年來流行起來的運動形式，通常具創新性、娛樂性，結合現代技術和時尚元素，吸引年輕參與者。新興運動好處有助於提升身體素質，增強社交互動，激發創造力，並提供多樣化的娛樂選擇，適合各年齡層參與。

備註：課程使用之器材由本會提供

The definition of Newly Emerged Sports refers to sports forms that have become popular in recent years, typically characterized by innovation and entertainment, combining modern technology and fashion elements to attract young participants. The benefits of emerging sports include enhancing physical fitness, boosting social interaction, stimulating creativity, and providing diverse entertainment options suitable for participants of all ages.

Remarks: All training equipment will be provided

地壺

Floor Curling (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
26SSFCEC 100001	Sat (10/10-19/12)	12:00-13:00	11	Sq. Court	\$2,200	\$2,420

閃避球

Dodgeball (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
26SSDBEC 100001	Tue (6/10-22/12)	17:30-19:00	12	Gym	\$2,400	\$2,640

成人匹克球班

Adult Pickleball Class (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
26SSPXAE 100001	Sun (11/10-20/12) No Class 18/10	12:00-13:30	10	Gym	\$2,500	\$3,000
26SSPXAE 100002	Tue (6/10-22/12)	19:00-20:30	12	Gym	\$3,000	\$3,600

先進匹克球班

Master Pickleball Class (Ages 55 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSPXME 100001	Tue (6/10-22/12)	10:00-11:30	12	Gym	\$3,000	\$3,600

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
26SSMCTF 102401	Tue (6/10-22/12)	18:00-19:00	12	Sq. Court	\$1,140	\$1,500

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
26SSMCTF 104801	Tue (6/10-22/12)	19:00-20:00	12	Sq. Court	\$1,140	\$1,500

楊家太極拳、劍、刀

Yang-style Tai Chi Chuen, Sword, Broadword (Ages 18 or above)

「楊家太極拳」

Yeung-Style Tai Chi Chuen

最合適一般人去學習的一家拳法。它要求學員立身中正，四平八穩，鬆而不懈。

The most suitable set of boxing for ordinary people to learn. It requires students to stand upright, be steady, relaxed and unremitting.

「楊家太極劍」

Yeung-Style Tai Chi Sword

玩法有快有慢，講究轉折纏繞，動靜相間，它和太極拳一樣具有很高的健身價值。

It can be fast or slow, with emphasis on twists and turns, alternating movement and stillness. Like Tai Chi, it has high fitness value.

「楊家太極刀」

Yeung-Style Broadsword

包括砍、劈、帶、撩、纏頭、裸腦等動作，能增進個人動作靈活鍛練腦筋，對健康有莫大的幫助。

Including chopping, splitting, leading, vexing, wrapping the head, bare brain and other actions, it can improve personal movement flexibility and exercise the brain, which is a great help to health.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSMCTS 103201	Fri (9/10-18/12)	09:00-10:00	11	Dance Studio	\$1,265	\$1,650

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
26SSMCT 100001	Wed (7/10-23/12)	19:00-20:00	12	Sq. Court	\$1,140	\$1,500

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
26SSMCT 102401	Wed (7/10-23/12)	18:00-19:00	12	Dance Studio	\$1,140	\$1,500

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
26SSMCIT 104801	Mon (5/10-21/12) No Class 19/10	19:00-20:00	11	Sq. Court	\$1,045	\$1,375

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，如錦線般優美、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
26SSMCBJ 100001	Mon (5/10-21/12) No Class 19/10	18:00-19:00	11	Sq. Court	\$1,045	\$1,375

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

Facebook: climbingwithymca / Instagram: ymcahk_indoor_climbing

地址: 港青 (尖沙咀) 二樓室內攀石場, Indoor Climbing Walls, 2/F, YMCA (TST)

學員注意事項 Reminders for Participants

攀石器材由本會提供 Climbing equipment will be provided
 衣著: 請穿著輕便運動衫褲及薄底運動鞋
 Dress code: Sportswear and thin sole sneakers

若課程因惡劣天氣或其他特殊情況而取消, 本會有權安排指定日子及時間補課。若本會未能提供補課之安排, 則在課程完結後, 學費將按比例退回至學員的電子錢包。學員若缺席補課, 將不會安排退款。

If any lesson is cancelled due to inclement weather or other special circumstances, we reserve the right to arrange a make-up class on a designated date and time. If no make-up class can be arranged, fees paid will be refunded to participant

E-Wallet on pro-rate basis after the completion of the programme. No refund will be provided for absences from the make-up class

學員需要達到 80% 出席率才可以參加升班考試和申請完成課程書
 The applicants can only attend the progression assessment and applying the course certificate when 80% of the minimum attendance requirement is completed.

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

兒童入門班 Active Kids (Ages 4-5)
並無入學條件 No pre-requisite

兒童初階班 Smart Kids (Ages 6-8)
並無入學條件 No pre-requisite

兒童進階班 Spider Kids (Ages 6-8) 參加者必需完成兒童初階班 Participants must complete Smart Kids

兒童高階班 Super Kids (Ages 6-8)
參加者必需完成兒童進階班
Participants must complete Spider Kids

少年第一級 Level 1 - Junior (Ages 9-12)
並無入學條件 No pre-requisite

第二級 Level 2 (Ages 7-12) 參加者必需完成兒童高階班/少年第一級 Participants must complete Super Kids / Level 1-Junior

第三級 Level 3 (Ages 8-12) 參加者必需完成第二級 Participants must complete Level 2

兒童及少年運動攀登培訓小組 Children & Youth Sport Climbing Training Group (Ages 8-13)
參加者必需完成第三級
Participants must complete Level 3

青年運動攀登基礎訓練班 Teenager Sport Climbing Foundation Course (Ages 13-17)
並無入學條件
No pre-requisite

青年運動攀登培訓班 Teenager Sport Climbing Training Group (Ages 13-17) 參加者必需完成兒童及少年運動攀登培訓小組/青年運動攀登基礎訓練課程
Participants must complete Children & Youth Sport Climbing Training Group / Teenager Sport Climbing Foundation Course



運動攀登訓練課程系列 Sport Climbing Programme Series

兒童及少年運動攀登課程 Children and Youth Sport Climbing Course (Ages 6-12)

兒童及少年透過課程可學習基本攀爬技巧, 訓練身體協調性, 同時透過攀爬活動, 提升學員之信心及合作精神。

Children and youth can learn the basic climbing skills and train their physical coordination through the programme. At the same time, they can enhance their confidence and team spirit through climbing activities.

兒童及少年運動攀登培訓小組 Children and Youth Sport Climbing Training Group (Ages 8-13)

此運動攀登培訓小組專為延續完成三級訓練班之學員而設, 學員除透過課程提升其體能狀況外, 更可代表本會參加攀石比賽。

The Sport Climbing Training Group is specially designed for participants who have completed Level 3 training programme. Apart from improving their physical condition through the training, participants can also take part in climbing competitions representing YMCA of Hong Kong.

青年運動攀登課程 Teenager Sport Climbing Training Scheme (Ages 13-17)

課程旨在教導參加者正確的攀爬概念, 培養其攀爬興趣, 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.

兒童運動攀登 訓練課程 Youth Sport Climbing Programme	編號 Code	日期 Date	(一) Mon	(二) Tue	(四) Thu	(六) Sat	(日) Sun	堂數 Sessions	會員 Mem	非會員 NMem
兒童入門班 Active Kids (Ages 4-5)	26SPTIVE100101	12/10-21/12 (No class: 19/10)	15:30-16:30							
	26SPTIVE100102	15/10-17/12			15:30-16:30					
	26SPTIVE100103	10/10-12/12				09:00-10:00				
	26SPTIVE100104	11/10-20/12 (No class: 18/10)					09:00-10:00			
	26SPSMAR100101	12/10-21/12 (No class: 19/10)	16:30-17:30							
	26SPSMAR100102	13/10-15/12		16:30-17:30						
	26SPSMAR100103	15/10-17/12			16:30-17:30					
	26SPSMAR100104	10/10-12/12				10:00-11:00				
兒童初階班 Smart Kids (Ages 6-8)	26SPSMAR100105	10/10-12/12				11:00-12:00				
	26SPSMAR100106	11/10-20/12 (No class: 18/10)					10:00-11:00			
	26SPSMAR100107	11/10-20/12 (No class: 18/10)					11:00-12:00			
	26SPSPID100201	12/10-21/12 (No class: 19/10)	16:30-17:30							
	26SPSPID100202	13/10-15/12		16:30-17:30						
	26SPSPID100203	15/10-17/12			16:30-17:30					
	26SPSPID100204	10/10-12/12				10:00-11:00				
	26SPSPID100205	10/10-12/12				11:00-12:00				
兒童進階班 Spider Kids (Ages 6-8)	26SPSPID100206	11/10-20/12 (No class: 18/10)					10:00-11:00			
	26SPSPID100207	11/10-20/12 (No class: 18/10)					11:00-12:00			
	26SPSUPE100301	12/10-21/12 (No class: 19/10)	16:30-17:30							
	26SPSUPE100302	13/10-15/12		16:30-17:30						
	26SPSUPE100303	15/10-17/12			16:30-17:30					
	26SPSUPE100304	10/10-12/12				10:00-11:00				
	26SPSUPE100305	10/10-12/12				11:00-12:00				
	26SPSUPE100306	11/10-20/12 (No class: 18/10)					10:00-11:00			
兒童高階班 Super Kids (Ages 6-8)	26SPSUPE100307	11/10-20/12 (No class: 18/10)					11:00-12:00			
								10	\$1,700	\$2,000

室內攀石場系列 Indoor Climbing Wall		編號 Code	日期 Date	(一) Mon	(二) Tue	(四) Thu	(六) Sat	(日) Sun	堂數 Sessions	會員 Mem	非會員 NMem
少年運動攀登 訓練課程 Youth Sport Climbing Programme	少年第一級 Level 1 - Junior (Ages 9-12)	26SPJONE100101	12/10-21/12 (No class: 19/10)	17:30-18:30							
		26SPJONE100102	10/10-12/12				10:00-11:00				
		26SPJONE100103	10/10-12/12				11:00-12:00		10	\$1,700	\$2,000
		26SPJONE100104	11/10-20/12 (No class: 18/10)					10:00-11:00			
		26SPJONE100105	11/10-20/12 (No class: 18/10)					11:00-12:00			
	第二級 Level 2 (Ages 7-12)	26SPJTWO100201	13/10-15/12	17:30-18:45							
		26SPJTWO100202	15/10-17/12		17:30-18:45				10	\$2,000	\$2,300
		26SPJTWO100203	10/10-12/12				12:00-13:15				
		26SPJTWO100204	11/10-20/12 (No class: 18/10)					12:00-13:15			
		26SPJTRE100301	13/10-15/12	17:30-18:45							
	第三級 Level 3 (Ages 8-12)	26SPJTRE100302	15/10-17/12		17:30-18:45				10	\$2,000	\$2,300
		26SPJTRE100303	10/10-12/12				12:00-13:15				
		26SPJTRE100304	11/10-20/12 (No class: 18/10)					12:00-13:15			
		26SPCYTG100401	13/10-15/12	17:30-18:45							
		26SPCYTG100402	15/10-17/12		17:30-18:45				10	\$1,900	\$2,200
兒童及少年運動攀登培訓小組 Children & Youth Sport Climbing Training Group (Ages 7-13)		26SPCYTG100403	10/10-12/12				12:00-13:15				
		26SPCYTG100404	11/10-20/12 (No class: 18/10)					12:00-13:15			
		26SPTCFT100101	10/10-12/12				10:30-12:30		10	\$2,450	\$2,750
		26SPTCTG100201	10/10-12/12				10:30-12:30		10	\$2,200	\$2,500

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
26SPFCFD100001	10/10 (Sat)	14:00-15:30	12
26SPFCFD100002	4/10 (Sun)	14:00-15:30	
26SPFCFD110001	7/11 (Sat)	14:00-15:30	
26SPFCFD110002	29/11 (Sun)	14:00-15:30	
26SPFCFD120001	20/12 (Sat)	14:00-15:30	
26SPFCFD120002	27/12 (Sun)	14:00-15:30	

費用 (每位) Fee (per person) :
Mem \$150 / NMem \$180

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
26SPCWYK100001	11, 25/10 (Sun)	14:00-16:00	2	8
26SPCWYK110001	15, 22/11 (Sun)			
26SPCWYK120001	6, 13/12 (Sun)			

費用 (每位) Fee (per person) :
Mem \$530 / NMem \$590

(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.



成人運動攀登訓練課程 (16歲或以上)	編號 Code	(六) Sat 17, 24, 31/10	(日) Sun 1, 8/11	(六) Sat 5, 12, 19/12	堂數 Sessions	會員 Mem	非會員 NMem
一級運動攀登訓練課程 (中國香港攀山及攀登總會證書)* Level 1 Sport Climbing Certificate Course (recongized by CHKMCU)* * 本課程之出席率必須為 100% 才可 獲准考試或總會證書 Participants must have full attendance to be eligible for the examination or certification	26SPADCC100101	14:00-17:40			3		
	26SPADCC110101		10:30-13:00 & 14:00-17:00		2	\$940	\$1,120
	26SPADCC120101			14:00-17:40	3		

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)	編號 Code	日期 Date	(三) Wed	堂數 Sessions	會員 / 非會員 Mem / NMem
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.	26SPADIC100101	14/10			
	26SPADIC100102	21/10			
	26SPADIC110101	4/11	18:45-21:45	1	\$445
	26SPADIC110102	18/11			
	26SPADIC120101	2/12			
	26SPADIC120102	16/12			

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 6, 13, 20, 27/10	(二) Tue 3, 10, 17, 24/11	(二) Tue 1, 8, 15, 22/12	堂數 Sessions	會員 / 非會員 Mem / NMem
	26SPADPC100201	19:30-21:30			4	\$585
	26SPADPC110201		19:30-21:30		4	\$585
	26SPADPC120201			19:30-21:30	4	\$585

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 7077

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) - 京士柏百周年紀念中心 (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

Reminders 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。

Lockers are 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。

The YMCA of Hong Kong recommends that participants consult their family doctor before engaging in more strenuous fitness exercises, especially those who do not exercise regularly, are over 40 years old, or have a history of heart disease or joint problems.

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 或致電 2268 7077 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 or call 2268 7077 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.

體適能課程 FITNESS PROGRAMME

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。它可以使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
26SFDSC 103601	Wed (7/10-28/10)	19:00-20:00	4	Dance St.	\$592	\$712



壺鈴訓練班

Kettlebell Fitness Training (Ages 16 or above)

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

本課程使用壺鈴作練習，結合了力量訓練、有氧運動和柔軟性訓練。訓練針對多個肌肉群，有助燃燒脂肪及改善肌肉線條，適合所有健身水平的人士。Kettlebell fitness training is a highly effective workout that combines strength training, cardiovascular conditioning, and flexibility. It targets multiple muscle groups and is suitable for all fitness levels.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFFCKB 103301	Thu (8/10-17/12)	18:00-19:00	11	Well. Ctr.	\$1,628	\$1,958

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煉，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
26SFDSC 103201	Thu (8/10-31/12)	11:15-12:00	13	Well. Ctr.	\$1,651	\$1,950
26SFDSC 103202	Fri (2/10-18/12)	11:00-12:00	12	Dance St.	\$1,776	\$2,136

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
26SFDCCS 103202	Mon (5/10-28/12) No Class:19/10	19:15-20:00	12	Well. Ctr.	\$1,524	\$1,800
26SFDCCS 103101	Tue (6/10-29/12)	19:00-20:00	13	Dance St.	\$1,924	\$2,314

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
26SFDCCS 103201	Fri (2/10-18/12)	19:30-20:30	12	Dance St.	\$1,776	\$2,136

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
26SFDCCS 103101	Thu (8/10-31/12)	10:00-11:00	13	Dance St.	\$1,924	\$2,314
26SFDCCS 103102	Sat (3/10-19/12)	15:00-16:00	12	Dance St.	\$1,776	\$2,136

動物流運動 Animal Flow

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

動物訓練結合了獨特的運動、力量和靈活性，靈感來自動物的運動。這種創新的鍛煉方式旨在增強你的身體素質、改善靈活性，並以有趣和動態的方式讓你與自己的身體建立聯繫。
Animal Flow is a unique blend of movement, strength, and flexibility inspired by animal locomotion. This innovative workout is designed to enhance your physical fitness, improve mobility, and connect you with your body in a fun and dynamic way.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFWCAM 102101	Fri (2/10-18/12)	19:15-20:00	12	Well. Ctr.	\$1,524	\$1,800

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
26SFWCFS 103301	Fri (2/10-18/12)	20:00-21:00	12	Well. Ctr.	\$1,776	\$2,136

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
26SFWCFS 103101	Tue (6/10-29/12)	9:00-9:45	13	Well. Ctr.	\$1,651	\$1,950

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
26SFWCFS 103201	Mon (5/10-28/12) No Class:19/10	11:00-11:45	12	Well. Ctr.	\$1,524	\$1,800

自重訓練和赤足訓練 Body weight exercise and barefoot training(Ages 16 or above)



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

本課程結合自重訓練與赤腳訓練，提升日常生活中的平衡、穩定度與姿勢控制。你將練習核心與下肢功能性動作、訓練重心轉移，並透過赤腳與地面的直接接觸強化足部感覺回饋與踝關節穩定，幫助你降低跌倒風險，行走與上下台階更有自信。
This course combines bodyweight and barefoot training to improve balance, stability, and posture control in everyday life. You'll practice functional core and lower-body movements, train weight shifting, and enhance foot sensation and ankle stability through direct ground contact—helping you reduce fall risk and move more confidently.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFDCCS 103801	Fri (2/10-18/12)	10:00-11:00	12	Dance St.	\$1,776	\$2,136

舞蹈課程 DANCING PROGRAMME

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
26SFDCDW 102701	Sat (3/10-19/12)	16:00-17:00	12	Well. Ctr.	\$1,776	\$2,136

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
26SFDCDW 103201	Tue (6/10-29/12)	18:00-19:00	13	Well. Ctr.	\$1,924	\$2,314

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
26SFDCDW 103701	Tue (6/10-29/12)	12:10-12:55	13	Well. Ctr.	\$1,651	\$1,950

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
26SFDCDW 103601	Mon (5/10-28/12) No Class:19/10	10:00-11:00	12	Well. Ctr.	\$1,776	\$2,136

K-Pop 舞蹈課程

K-Pop Dance Class(Ages 16 or above)

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

K-Pop 舞蹈課程透過教授最新 K-POP 歌曲舞蹈，讓學員了解舞蹈的基本動作和技巧。

K-Pop combines dance steps with the latest music in the genre. It helps participants to learn the fundamental dance movements and techniques in a fun and engaging environment.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFDCDW 103801	Fri (2/10-18/12)	18:30-19:30	12	Dance St.	\$1,776	\$2,136

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
26SFDCSC 102701	Sat (3/10-19/12)	13:15-14:15	12	Well. Ctr.	\$1,776	\$2,136

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
26SFDCDW 103102	Tue (6/10-29/12)	18:00-19:00	13	Dance St.	\$1,924	\$2,314
26SFDCDW 103103	Fri (2/10-18/12)	12:00-13:00	12	Dance St.	\$1,776	\$2,136
26SFDCDW 103104	Sat (3/10-19/12)	14:00-15:00	12	Dance St.	\$1,776	\$2,136

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
26SFDCDW 102501	Mon (5/10-28/12) No Class:19/10	18:15-19:15	12	Well. Ctr.	\$1,776	\$2,136
26SFDCDW 102502	Tue (6/10-29/12)	11:05-12:05	13	Well. Ctr.	\$1,924	\$2,314
26SFDCDW 102503	Thu (8/10-31/12)	12:10-13:10	13	Well. Ctr.	\$1,924	\$2,314
26SFDCDW 102504	Sat (3/10-19/12)	14:15-15:15	12	Well. Ctr.	\$1,776	\$2,136
26SFDCDW 103501	Mon (5/10-28/12) No Class:19/10	19:30-20:15	12	Dance St.	\$1,524	\$1,800
26SFDCDW 113502	Wed (4/11-30/12)	19:00-20:00	9	Dance St.	\$1,332	\$1,602

有氧健康課程 CARDIO AND AEROBICS PROGRAMME

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
26SFDCAA 103101	Mon (5/10-28/12) No class:19/10	18:45-19:30	12	Dance St.	\$1,524	\$1,800

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
26SFDSC 103501	Wed (7/10-30/12)	19:15-20:00	13	Well. Ctr.	\$1,651	\$1,950

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，參加者可體驗糅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
26SFDCKB 103101	Mon (5/10-28/12) No class:19/10	20:15-21:00	12	Dance St.	\$1,524	\$1,800
26SFDCKB 103102	Thu (8/10-17/12)	19:00-20:00	11	Dance St.	\$1,628	\$1,958

先進人士健康運動 SENIOR WELLNESS PROGRAMME

功能性訓練班 (55 歲或以上)

Functional Fitness Class (55 or above)

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

課程為 55 歲或以上人士提供專門設計的功能性訓練，訓練內容主要教導長者如何利用動力鍵發力完成日常動作，並附以由柔韌度，肌力，以及協調訓練，從而提升學員活動能力，改善姿勢，減少跌倒風險及提升生活質量。課程由專業教練指導，並根據參加者的個別需要調整，以確保安全和有效性。
This course primarily teaches seniors how to utilize the kinetic chain to perform daily movements, accompanied by flexibility, strength, and coordination exercises. This approach aims to enhance mobility, improve gait, and reduce the risk of falls, thus improving their quality of life. The course is led by professional instructors and can be adjusted based on the individual needs of participants to ensure safety and effectiveness.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFDSC 102602	Wed (7/10-30/12)	11:00-12:00	13	Well. Ctr.	\$1,924	\$2,314

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
26SFWCSF 102501	Mon (5/10-28/12) No Class:19/10	10:15-11:15	12	3/F, Act. Ctr.	\$1,776	\$2,136
26SFWCSF 102502	Wed (7/10-30/12)	10:30-11:30	13	6/F, Rm 610	\$1,924	\$2,314
26SFWCSF 102503	Thu (8/10-31/12)	9:00-10:00	13	Well. Ctr.	\$1,924	\$2,314
26SFWCSF 102504	Fri (2/10-18/12)	10:00-11:00	12	6/F, Rm 610	\$1,776	\$2,136

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
26SFWCSF 102401	Fri (2/10-18/12)	10:00-11:00	12	Well. Ctr.	\$1,776	\$2,136
26SFWCSF 102402	Fri (2/10-18/12)	11:00-12:00	12	Well. Ctr.	\$1,776	\$2,136

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
26SFDCDW 102101	Thu (8/10-31/12)	13:15-14:15	13	Well. Ctr.	\$1,924	\$2,314

長者瑜珈 Elderly Yoga



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

此課程通過使用比較安全及溫和的方式進行。可以有效提升身體的肌力、關節靈活度與平衡力。適合任何人士參與。

Elderly yoga using a safer and smoother exercise, that can help us improve our muscles, joint flexibility and balance. 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
26SFYCEY 103201	Wed (7/10-30/12)	12:00-12:45	13	Well. Ctr.	\$1,651	\$1,950

伸展課程 STRETCHING PROGRAMME

伸展與核心肌肉訓練 Body Stretch & Core Strength (Ages 16 or above)

HOT

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

通過鍛煉核心肌群及伸展，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
26SFWCSF 102301	Tue (6/10-29/12)	20:10-21:10	13	Well. Ctr.	\$1,924	\$2,314
26SFWCSF 102302	Wed (7/10-30/12)	19:00-20:00	13	6/F, Rm 610	\$1,924	\$2,314
26SFWCSF 102303	Sun (4/10-27/12)	09:00-10:00	13	Well. Ctr.	\$1,924	\$2,314
26SFWCSF 102304	Sun (4/10-27/12)	11:00-12:00	13	Well. Ctr.	\$1,924	\$2,314

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
26SFWCSF 102702	Sat (3/10-19/12)	12:05-13:05	12	Well. Ctr.	\$1,776	\$2,136

背部健康班 Healthy Back (Ages 16 or above)

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

本課程主要鍛煉腰背部的核心肌群，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
26SFWCHS 101101	Wed (7/10-30/12)	11:00-11:45	13	Dance St.	\$1,651	\$1,950

深度放鬆 Deep Stretching

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

透過不同的伸展動作增加身體柔軟性並緩解肌肉緊張，從而促進血液循環、改善姿勢、減輕壓力並提升身心靈的平衡。參加者可以透過深度放鬆課程放鬆身心，增強身體的靈活性和健康。

Deep stretching class helps to enhance flexibility and relieve the tension of muscles. Additionally, various stretching improves blood circulation, and body posture and releases stress. Participants can relax both physically and mentally and promote overall well-being.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFWCSF 102801	Sun (4/10-27/12)	13:15-14:15	13	Well. Ctr.	\$1,924	\$2,314
26SFWCSF 102802	Tue (6/10-29/12)	19:30-20:30	13	Rm 610	\$1,924	\$2,314

筋膜放鬆班 Myofascial Release

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

筋膜放鬆班旨在通過不同的工具改變肌筋膜內張力緊繃的狀況。它可以減緩肌肉緊繃、改善柔軟性並增強整體活動能力。

Myofascial Release aims to release the tightness and pain throughout the myofascial tissues through different tools. It alleviates tightness, improves flexibility, and enhances overall mobility.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFWCMR 103101	Tue (6/10-29/12)	10:00-11:00	13	Dance St.	\$1,924	\$2,314

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
26SFWCSF 102601	Tue (6/10-29/12)	18:30-19:30	13	Rm610	\$1,924	\$2,314
26SFWCSF 102602	Sun (4/10-27/12)	12:10-13:10	13	Well. Ctr.	\$1,924	\$2,314

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
26SFWCHS 103301	Thu (8/10-17/12)	18:00-19:00	11	Dance St.	\$1,628	\$1,958

瑜伽課程 YOGA PROGRAMME

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
26SFYCHY 102301	Sun (4/10-27/12)	10:00-11:00	13	Well. Ctr.	\$1,924	\$2,314

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
26SFYCBY 103501	Fri (2/10-18/12)	18:30-19:15	12	Well. Ctr.	\$1,524	\$1,800

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
26SFYCSY 102201	Fri (2/10-18/12)	12:15-13:15	12	Well. Ctr.	\$1,776	\$2,136

香薰瑜伽 Aroma Yoga (Ages 16 or above)

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

加入我們的香氛瑜伽課，舒緩的精油與溫和的動作創造出愉悅的體驗，促進放鬆與快樂。在瑜珈墊上找到寧靜！

Join us for Aroma Yoga, where calming essential oils and gentle movements create a blissful experience, promoting relaxation and joy. Find peace and serenity on your mat! flexibility while helping you relax.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFYCAV 103101	Wed (7/10-30/12)	20:00-21:00	13	Well. Ctr.	\$1,924	\$2,314

普拉蒂課程 PILATES PROGRAMME

墊上普拉蒂運動 (初級班)

Mat 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，主要鍛煉肌力、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
26SFWCPP 103102	Thu (8/10-17/12)	20:10-21:10	11	Well. Ctr.	\$1,628	\$1,958

墊上普拉蒂運動 (中級班)

Mat 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
26SFWCPP 103202	Wed (7/10-30/12)	10:00-11:00	13	Well. Ctr.	\$1,924	\$2,314
26SFWCPP 103203	Thu (8/10-17/12)	19:10-20:10	11	Well. Ctr.	\$1,628	\$1,958

墊上普拉蒂與伸展

Mat 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
26SFWCPP 102401	Mon (5/10-28/12) No Class: 19/10	19:00-20:00	12	6/F, Rm 610	\$1,776	\$2,136
26SFWCPP 102404	Mon (5/10-28/12) No Class: 19/10	20:15-21:15	12	6/F, Rm 610	\$1,776	\$2,136
26SFWCPP 102402	Thu (8/10-31/12)	10:05-11:05	13	Well. Ctr.	\$1,924	\$2,314
26SFWCPP 102403	Sat (3/10-19/12)	10:30-12:00	12	Well. Ctr.	\$2,472	\$2,976
26SFWCPP 103101	Mon (5/10-28/12) No Class: 19/10	20:00-21:00	12	Well. Ctr.	\$1,776	\$2,136

開放時間 Opening 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
 Facebook : www.facebook.com/YMCAKPCC
 Instagram : www.instagram.com/kpcc_ymcahk

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

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, 學費將按比例退還至學員的電子錢包。學員不論任何理由缺席課堂, 將不會安排補課或退款。
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. Students who absent from classes for any reason will not be offered make-up classes or refund.



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
26SKCCHE 100101	Sat 10/10-19/12	11:00-13:00	11	KP Wall	\$2,893	\$3,388

兒童運動攀登課程

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
26SKCCHE 100201	Sat 10/10-19/12	11:00-13:00	11	KP Wall	\$2,893	\$3,388

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
26SKCYOE 100101	Fri 9/10-18/12	17:00-19:00	11	KP Wall	\$2,948	\$3,443
26SKCYOE 100102	Sat 10/10-19/12	14:00-16:00	11	KP Wall	\$2,948	\$3,443

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估證

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
26SKCYOI 100201	Fri 9/10-18/12	17:00-19:00	11	KP Wall	\$2,948	\$3,443
26SKCYOI 100202	Sat 10/10-19/12	14:00-16:00	11	KP Wall	\$2,948	\$3,443

備註 Remarks:

學員必須穿著攀岩鞋

Participants are required to wear climbing shoes

攀登技術評估 – 頂繩 / 引繩

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

為安全理由，凡使用本會之攀岩場，需通過攀登評估測試方可使用。

頂繩 – 合格後可使用本會尖沙咀之室內攀岩場。

引繩 – 合格後可使用本會京士柏之室外攀岩場。

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 \$295 / \$325	

備註 Remarks:

- 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
- 本會提供測試器材 Climbing equipment will be provided during assessment
- 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 or 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
26SKCATR 100101	Mon & Thu 5/10-29/10 (No class 19/10)	19:30-22:00	7	KP Wall	\$1,855	\$2,135
26SKCATR 110101	Mon & Thu 2/11-23/11	19:30-22:00	7	KP Wall	\$1,855	\$2,135
26SKCATR 120101	Mon & Thu 7/12-28/12	19:30-22:00	7	KP Wall	\$1,855	\$2,135

備註 Remarks:

- 不須經驗 No experience is required.
- 請提供 2 張相片，包括評估試 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估證

Pre-requisite: Must be YMCA Climbing Assessment Cardholders

編號 Code	日期 Date	時間 Time	堂數	地點 Venue	會員 Mem	非會員 NMem
26SKCALC 100101	Wed 7/10-18/11	19:30-22:00	7	KP Wall	\$1,832	\$2,135

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估證

Pre-requisite: Must be YMCA Climbing Assessment Cardholders

編號 Code	日期 Date	時間 Time	堂數	地點 Venue	會員 Mem	非會員 NMem
26SKCALC 100201	Tue & Fri 6/10-27/10	19:30-22:00	7	KP Wall	\$2,450	\$2,765
26SKCALC 110201	Tue & Fri 3/11-24/11	19:30-22:00	7	KP Wall	\$2,450	\$2,765
26SKCALC 120201	Tue & Fri 1/12-22/12	19:30-22:00	7	KP Wall	\$2,450	\$2,765

備註 Remarks:

- 學員必須自備攀岩鞋
Participants are required to buy own climbing shoes
- 請提供 2 張相片，包括評估試
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岩疑難，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	\$650	\$720
2 人	\$820	\$890

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

網球 TENNIS



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.

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

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
26SKTTOT 100001	Fri 9/10-18/12	16:30-17:30	11	KP Crt / KP Function Room	\$1,705	\$2,035
26SKTTOT 100002	Sat 10/10-19/12	16:30-17:30	11	KP Crt / KP Function Room	\$1,705	\$2,035

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
26SKTCHT 100001	Fri 9/10-18/12	17:30-19:00	11	KP Crt	\$2,156	\$2,596
26SKTCHT 100002	Sat 10/10-19/12	10:00-11:30	11	KP Crt	\$2,156	\$2,596



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
26SKTATE 100101	Tue 6/10-15/12	19:30-21:30	11	KP Crt	\$2,618	\$3,080
26SKTATE 100102	Sat 10/10-19/12	17:30-19:30	11	KP Crt	\$2,618	\$3,080

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
26SKTATI 100201	Mon 5/10-21/12 (No class 19/10)	18:30-20:30	11	KP Crt	\$2,618	\$3,080
26SKTATI 100202	Tue 6/10-15/12	19:30-21:30	11	KP Crt	\$2,618	\$3,080
26SKTATI 100203	Wed 7/10-16/12	19:30-21:30	11	KP Crt	\$2,618	\$3,080



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 或電郵 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

單線滾軸溜冰 Inline Skating



KPCC

INLINE SKATING

單線滾軸溜冰

一級班 LEVEL 1

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

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、前溜外弧線/內弧線。
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

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.

選項 OPTION 1 >>>

4 推薦有潛質之學員加入香港代表隊接受訓練
Recommend potential students to join the Hong Kong team for training

選項 OPTION 2 >>>

學習單線滾軸曲棍球基本技巧和知識。
Foundation of Inline Hockey basic skills and knowledge would be introduced.

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).

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
26SKICST100101	Sun 11/10-29/11	10:30-11:30	8	KP Rink	\$1,400	\$1,640
26SKICST100102	Thu 8/10-26/11	17:00-18:00	8	KP Rink	\$1,400	\$1,640

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
26SKICST100201	Sun 11/10-29/11	11:30-12:30	8	KP Rink	\$1,400	\$1,640
26SKICST100202	Thu 8/10-26/11	17:00-18:00	8	KP Rink	\$1,400	\$1,640

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
26SKICST100301	Sun 11/10-29/11	12:30-13:30	8	KP Rink	\$1,400	\$1,640



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
26SKICSI100101	Thu 8/10-29/10	19:00-20:00	4	KP Rink	\$680	\$780
26SKICSI110101	Thu 9/11-29/11	19:00-20:00	4	KP Rink	\$680	\$780

單線滾軸曲棍球 Inline Hockey

INLINE HOCKEY 單線滾軸曲棍球

一級班 LEVEL 1
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 & stop), and Inline Hockey basic skills and knowledge would be introduced.

二級班 LEVEL 2
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.

三級班 LEVEL 3
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.

兒童單線滾軸曲棍球 CHILDREN INLINE HOCKEY

頭盔及面罩
HELMET W/ FULL CAGE

護肘
ELBOW PAD

手套
GLOVE

保護短褲
INLINE GIRDLE

球桿
STICK

護脛
SHIN GUARD

曲棍球裝備清單
HOCKEY EQUIPMENT LIST

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.

單線滾軸 曲棍球 INLINE HOCKEY KPCC

JOIN US

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 (無需穿著滾軸曲棍鞋) 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
26SKICHY 100101	Sat 10/10-28/11	11:30-12:30	8	KP Rink	\$1,560	\$1,800

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
26SKICHY 100201	Sat 10/10-28/11	13:00-14:15	8	KP Rink	\$1,960	\$2,280

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
26SKWTOT 100101	Sun 4/10-13/12	12:00-13:00	11	KP Function Rm / KP Rink	\$1,375	\$1,815

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
26SKWTOT 100201	Sun 4/10-13/12	11:00-12:00	11	KP Function Rm / KP Rink	\$1,375	\$1,815



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
26SKWJUT 100001	Sun 4/10-13/12	09:30-11:00	11	KP Function Rm / KP Rink	\$2,035	\$2,365

匹克球 Pickleball



戶外匹克球，健康與樂趣的完美結合！在藍天白雲下揮拍，你能呼吸新鮮空氣、享受陽光，促進維生素 D 吸收。自然風力帶來挑戰，讓技巧更上一層樓，樂趣加倍！寬敞的戶外空間更利於社交互動。選擇戶外匹克球，讓運動更健康、更自在、更放鬆！

Outdoor Pickleball – The Perfect Blend of Health and Fun! Play under the open sky, breathe fresh air, and soak up the sunshine to boost your vitamin D. The natural breeze adds exciting challenges, sharpening your skills while doubling the fun! Spacious outdoor courts encourage social interaction. Choose outdoor pickleball for a healthier, more relaxing, and more enjoyable experience!



銀髮族戶外匹克球班 Senior Outdoor Pickleball Class (Ages 55 or above)

匹克球簡單易學、節奏適中，非常適合銀髮族強身健體、專業教練帶領，安全又放心，同時可以認識新朋友，享受社交樂趣！想試試這項有趣又健康的運動嗎？快來報名體驗課程，一起感受匹克球的魅力吧！Pickleball is easy to learn, low-impact, and perfect for seniors to stay fit and guided by certified coaches for a safe and fun experience! And new friends while staying active! Curious about this fun and healthy sport? Sign up now and discover the joy of pickleball!

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SKPBSC 100002	Wed 7/10-28/10	10:30-12:00	4	KP Crt	\$800	\$1,000
26SKPBSC 110002	Wed 4/11-25/11	10:30-12:00	4	KP Crt	\$800	\$1,000
26SKPBSC 120002	Wed 2/12-23/12	10:30-12:00	4	KP Crt	\$800	\$1,000



成人戶外匹克球班 Adult Outdoor Pickleball Class (Ages 18 or above)

匹克球 是一項結合網球、乒乓球和羽毛球特色的趣味運動，適合任何年齡和程度人士參加。場地小、節奏快、容易上手，無論你是運動新手還是想找輕鬆活動，匹克球都是絕佳選擇！快來一起揮拍、流汗！

首半小時於熱身區進行熱身及球感訓練，之後一小時正式於網球場進行練習及實踐體驗

Pickleball is a fun and fast-paced sport that blends elements of tennis, ping pong, and badminton. It's easy to learn, suitable for all ages and skill levels, and perfect for those looking for a social and active way to stay fit. Whether you're a beginner or just curious, come join us and give it a try! . First 30 minutes warm-up and ball control training in the warm-up area, Next 1 hour practice and match play on the tennis court.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SKPBAC 100001	Wed 7/10-28/10	21:00-22:30	4	KP Crt	\$800	\$1,000
26SKPBAC 100002	Sun 4/10-25/10	10:30-12:00	4	KP Crt	\$800	\$1,000
26SKPBAC 110001	Wed 4/11-25/11	21:00-22:30	4	KP Crt	\$800	\$1,000
26SKPBAC 110002	Sun 8/11-29/11	10:30-12:00	4	KP Crt	\$800	\$1,000
26SKPBAC 120001	Wed 2/12-23/12	21:00-22:30	4	KP Crt	\$800	\$1,000
26SKPBAC 120002	Sun 6/12-27/12	10:30-12:00	4	KP Crt	\$800	\$1,000

成人匹克球球聚 (18 歲或以上) Adult Outdoor Pickleball Fun Game (Ages 18 or above)

想找球友切磋，或者想體驗匹克球的樂趣？專為想輕鬆打球、交流技術的你而設！不論你是有經驗的球友想找人過招，還是剛入門的初學者想體驗樂趣，都非常歡迎！活動主要提供場地及相關器材（沒有教練在場）

Looking for fellow players to practice with or eager to try out Pickleball! Our monthly Adult Pickleball Fun Game is designed for anyone who loves the game! Whether you are an experienced player looking for a good game or a beginner just getting started, everyone is welcome. Come as an individual and meet new partners, or bring your own group! Mainly provide limited training equipment(No Coaches are Present).

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SKPBFG 100001	Sat 31/10	14:30-16:30	1	KP Crt/ Rink	\$60	\$40
26SKPBFG 110001	Sat 28/11	14:30-16:30	1	KP Crt/ Rink	\$60	\$40
26SKPBFG 120001	Sat 12/12	14:30-16:30	1	KP Crt/ Rink	\$60	\$40

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
26SKCCFD 100001	Sun 18/10	14:00- 16:30	KP Wall	\$185	Nil	\$210	Nil
26SKCCFD 100002	Sun 18/10	14:00- 16:30	KP Wall	Nil	\$235	Nil	\$260
26SKCCFD 110001	Sun 15/11	14:00- 16:30	KP Wall	\$185	Nil	\$210	Nil
26SKCCFD 110002	Sun 15/11	14:00- 16:30	KP Wall	Nil	\$235	Nil	\$260
26SKCCFD 120001	Sun 13/12	14:00- 16:30	KP Wall	\$185	Nil	\$210	Nil
26SKCCFD 120002	Sun 13/12	14:00- 16:30	KP Wall	Nil	\$235	Nil	\$260



聖誕兒童運動攀登課程

Christmas Children Sport Climbing Training Course (Ages 5-11)

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 5-11

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SKSECS 120001	Sun, Mon, Tue 27/12-29/12	11:00-12:30	3	KP Wall	\$1,578	\$1,848
26SKSECS 120002	Sun, Mon, Tue 27/12-29/12	14:00-15:30	3	KP Wall	\$1,578	\$1,848



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 or 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）

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

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
26SKICSF 120001	Sun 6/12- 20/12	11:00 - 12:30	3	KP Rink	\$780	\$900	Nil	Nil
26SKICSX 120001					Nil	Nil	\$390	\$450

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 09:30-18:30
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.



節日特別活動 Festive Special Programmes

【森林中秋派對：繪本冰皮月餅 (4-6 歲) New

語言 Language : 粵語 Cantonese
中秋節即將到來，森林裡的小動物正悄悄準備一場盛大的月光派對！在這兩小時的活動中，導師將透過生動有趣的互動繪本，帶領小朋友走進充滿想像力的童話世界。

聽完精彩的故事後，小朋友將化身為「派對小廚神」，親自動手製作美味的免焗冰皮月餅！我們將運用充滿童趣的動物造型壓模，讓孩子像捏黏土般安全、輕鬆地完成專屬的節慶甜點。活動最後，小朋友更可將作品放入精美的卡通插畫包裝盒，將這份充滿成就感的手作心意帶回家與家人分享。



編號	日期	時間	堂數	地點	會員	非會員
26EESEMA090101	19/9 (Sat)	11:00-12:30	1	Rm 302	\$380	\$380

【酒精墨水月球燈工作坊 (6-10 歲) New

語言 Language : 粵語 Cantonese
又到中秋節，除了與家人一起賞月吃月餅之外，還可以一起來創作一個寓意團圓的月球燈擺設吧！小朋友將可以發揮創意，利用酒精墨流的技術及可愛的配件裝飾自己獨一無二的月球燈，完成後可以帶回家作裝飾擺設，亦可以送贈親朋好友，一起分享中秋節團圓的喜悦！

編號	日期	時間	堂數	地點	會員	非會員
26EESEMB090101	19/9 (Sat)	13:00-14:00	1	Rm 302	\$320	\$320

【Lunar Explorers: STEAM Science Workshop (Ages 4-8) New

語言 Language : 英語 English
Going beyond simple arts and crafts, this interactive STEAM workshop combines optics, engineering, and physics to give young learners a unique, hands-on festive experience! Children will step into the shoes of young scientists as they explore core scientific principles through three engaging hands-on projects:

Lunar Lab: Experiment with light rays and optical tools to understand how moon phases are formed.

Rotating Moon Phase Finder: Build a gear-driven mechanical dial to track and observe lunar changes.



Jade Rabbit Rocket Launcher: Construct a spring-loaded launch mechanism to learn physical principles of motion, force, and energy.

編號	日期	時間	堂數	地點	會員	非會員
26EESEMS090101	19/9 (Sat)	12:30-14:00	1	Rm 200	\$320	\$320

節日特別活動 Festive Special Programmes

Christmas Full Day Programme

Ages 3-8

Lunch included

Dates: 21/12 - 31/12/2026
Time: 09:30 - 16:30 (Mon-Fri)
(Note: 24/12 & 31/12 closes at 15:00)

AM Programme:
Christmas Wonderland / New Year Countdown Celebration

PM Leisure Programmes:
COOKING STEAM STORYTELLING
MOVIE TIME ARTS & CRAFTS PARTY

\$7,400 (Non-Member); \$7,000 (Mem)

Early bird 12% discount on or before 21/11

聖誕恩典同樂節

Christmas Winter School (Ages 3-8)

Language : English

Step into a world of holiday magic with our Christmas Full Day Programme! Designed to spark imagination and festive cheer, this immersive camp offers children a wonderful mix of creative activities, group fun, and joyful celebrations. Participants will enjoy seasonal arts and crafts, holiday music and movement, interactive storytelling, teamwork, and festive games while making new friends along the way. Filled with laughter, learning, and Christmas wonder, this memorable holiday experience also includes lunch.

AM: Christmas Wonderland / New Year Countdown Celebration
PM: Leisure Programmes (Arts / STEAM / Cooking / Story Telling)

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECA120001	21/12-24/12 (Mon-Thu)	09:30-16:30 (24/12: 09:30-15:00)	4	2/F	\$3,650	\$3,800
26EESECA120002	28/12-31/12 (Mon-Thu)	09:30-16:30 (31/12: 09:30-15:00)	4		\$3,650	\$3,800
26EESECA120003	21/12-31/12 (Mon-Thu)	09:30-16:30 (24/12 & 31/12: 09:30-15:00)	8		\$7,000	\$7,400

Frosty Fingers, Jingle Toes: A Sensory Sleigh Ride (Ages 1.5-3 & one parent)

Language : English

Hop aboard the jolliest sleigh ride in town for a magical winter adventure! Specially designed for curious toddlers and their grown-ups, this immersive sensory wonderland invites little explorers to touch, splash, squish, and play their way through the festive season.

Sensory Discovery: Mold shimmering taste-safe snowdrifts, squish warm spiced holiday doughs, and explore hands-on splash basins filled with festive treasures.

Music and Movement: Shake jingle bell wands, march through soft snow paths, and catch a flurry of winter bubbles during joyful music games.

Parent-Child Bonding: Share screen-free laughter and create cherished holiday memories in a cozy, welcoming setting built just for little hands.

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECB120001	22/12 (Tue)	10:00-12:00	1	Rm 306	\$380	\$430



聖誕繽紛慶典

Christmas Jingle Jamboree (Ages 3-5)

New

Language : English

Step into a world of festive wonder at our Jingle Jamboree, where laughter echoes like sleigh bells and every corner bursts with holiday cheer! This joyful celebration invites children to share meaningful moments through playful activities like Santa's Challenge Corners, Snowman Painting, and a dazzling Fancy Dress Party. With music, movement, and merry-making at every turn, it's a chance to celebrate the season while nurturing creativity, confidence, and connection. Costumes encouraged—whether you come as a reindeer, a snowman, or a tiny elf, the spotlight is yours!

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECC 120001	23/12 (Wed)	10:00-12:00	1	Rm 306	\$380	\$430

X'mas Disney Singing Class On-stage (Ages 3-8)

Language : English

Get ready to shine! Don't miss this opportunity for your child to showcase their talent on stage with a solo performance, creating an unforgettable holiday memory.

This program builds English confidence and singing interest through beloved Disney rhymes in a fun, language-rich environment. Designed as a performance-based experience, children must be able to attend classes independently.

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECD 120001	21/12-24/12 (Mon-Thu)	10:00-12:00	4	Rm 303	\$2,800	\$2,800

- 24/12 is Stage Rehearsal & Solo Showcase
- Solo Stage Experience: A dedicated solo showcase opportunity at YMCA's venue (HKYT will contact parents directly with scheduling details).
- Audience Access: 2 complimentary showcase tickets for parents.
- Recognition: Official Certificate of Completion covering both the course and final performance.



Christmas Wonderland (Ages 3-8)

Language : English

Step into our cozy, twinkling winter wonderland for the happiest holiday adventure ever! Surrounded by merry tunes, sparkling lights, and jolly festive cheer, little explorers will giggle, chat, and learn naturally through joyful seasonal play.as.

Ages 3-4

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECE 120101	22/12-24/12 (Tue-Thu)	09:30-12:00	3	Rm 203	\$1,710	\$1,920

Ages 4-6

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECE 120201	22/12-24/12 (Tue-Thu)	09:30-12:00	3	Rm 204	\$1,710	\$1,920

Ages 6-8

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECE 120301	22/12-24/12 (Tue-Thu)	09:30-12:00	3	Rm 205	\$1,710	\$1,920

聖誕科學大冒險

Magical Holiday STEM Workshops - Christmas Science (Ages 3.5-6)

New

Language: English

Keep your kids engaged and learning this holiday season with our festive Christmas STEM Camp! We are combining the magic of the holidays with the wonders of science for a joyful, hands-on experience. Every experiment is entirely Christmas-themed, turning education into a winter wonderland adventure!

Holiday Chemistry: Brewing up fizzy "Snowman Soup" and mixing stretchy Grinch slime.

Santa's Workshop Engineering: Designing a faster sleigh and building marshmallow igloos.

Winter Wonders: Exploring the science of ice, melting snow, and beautiful glowing holiday lights.

Code	Date	Time	Sessions	Venue	Mem	NMem
265EESECF 120101	28/12-31/12 (Mon-Thu)	10:00-12:00	4	Rm 201	\$1,960	\$2,080
265EESECF 120102	28/12-31/12 (Mon-Thu)	14:00-16:00	4	Rm 201	\$1,960	\$2,080



跨年狂歡：環遊世界篇

New Year Countdown Celebration: The Globetrotters (Ages 3-8)

Language : English

Grab your pretend passport and get ready to party around the planet! Little jet-setters will zoom across continents to discover how happy friends celebrate the New Year all over the world. Packed with festive cheer, giggles, and hands-on fun, this globetrotting countdown is the most magical way to welcome a brand-new year!

Little Chef's Global Snack Bar: Whip up, taste, and share yummy sweet treats and festive bites inspired by different traditions around the globe.

Around-the-World DIY crafts: Stamp special passports, craft shiny countdown noisemakers, and create colorful cultural keepsakes to take home.

World Safari Games & Dance: Groove to lively global beats, jump into fun carnival games, and share big laughs in cheerful team challenges.

Mini Talent Fiesta & Big Countdown: Show off sparkling smiles, enjoy interactive folklore storytelling, and join the most joyful confetti countdown ever!

Ages 3-4

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECG 120101	28/12-31/12 (Mon-Thu)	09:30-12:00	4	Rm 203	\$2,160	\$2,430

Ages 4-6

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECG 120201	28/12-31/12 (Mon-Thu)	09:30-12:00	4	Rm 204	\$2,160	\$2,430

Ages 6-8

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECG 120301	28/12-31/12 (Mon-Thu)	09:30-12:00	4	Rm 205	\$2,160	\$2,430

聖誕節英語戲劇工作坊 (Ages 3.5-6)

Helen O'Grady Drama Academy Presents: Christmas English Drama Workshop

Language: English

Our fun drama workshop includes arts and crafts, props-making, and drama techniques. Like in regular drama classes, children learn movement, voice projection, articulation, and develop stage presence through participating in different activities.

There's a lot to do this Christmas for both you and me. With all these presents to prepare we'll be busy as bees!

Christmas is the time for family, food, festivities- and presents! But just where do these presents get their start? Join us this Christmas as we learn how these presents are made: with a lot of hard work, and a little Christmas magic.

Activities include: Ad-libbing, speech drills, music & movement, snippets, prop/costume making, and a special performance. Parents are invited to come in 5-10 minutes before the end of the last session to watch the children's presentation.

Remark: No make up class or refund in case of bad weather

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECC120001	28/12-31/12 (Mon-Thu)	14:00-16:30	4	Rm 306	\$2,300	\$2,560

聖誕手作甜點屋：盒子蛋糕篇 (5-8 歲)

語言 Language: 粵語 Cantonese

今年聖誕節，讓小朋友親手做出最甜、最暖的節日心意！踏進充滿魔法與香甜香氣的聖誕手作甜點屋，化身最棒的小小甜品師！在導師細心帶領下，小朋友將學習綿密奶油抹面、趣味擠花手法與色彩搭配技巧，自由點綴繽紛糖珠與可愛節日造型，親手打造專屬的精緻聖誕盒子蛋糕。零烘焙經驗也能輕鬆上手，讓孩子在塗塗抹抹的創作中發揮無限創意與滿滿成就感，把這份既好看、又好吃的暖心手作禮物帶回家與家人甜蜜分享！

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECC120101	23/12 (Wed)	14:15-16:15	1	Rm 206	\$360	\$360

小手造森林：聖誕苔蘚花環派對 (6-9 歲)

語言 Language: 粵語 Cantonese

把大自然的綠意與冬日魔法帶回家！

本工作坊特別選用免澆水、柔軟好塑形的天然永生苔蘚，讓小朋友化身森林小精靈，親手黏貼、拼砌專屬的綠色聖誕花環。透過觸摸不同質感的苔蘚、松果與乾果，刺激幼兒的感官觸覺與手眼協調能力。在導師引導下，孩子將自由搭配紅色漿果、金色鈴鐺與蝴蝶結，打造一個能長久保存、永不褪色的聖誕門飾！

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECC120001	24/12 (Thu)	13:30-15:00	1	Rm 200	\$400	\$400

聖誕 K-Pop 舞蹈班

K-Pop Dance for Children (4-10 歲)

Language: English

課程選用韓國流行舞蹈，搭配熱門的 K-Pop 歌曲，透過節奏明快的舞蹈編排，讓小朋友輕鬆感受和認識 K-Pop 的魅力。孩子們將學習簡單有趣的舞步，提升節奏感和舞蹈技巧。在快樂的氛圍中，他們不僅能享受舞蹈的樂趣，還能增進自信心和團隊合作精神！

Ages 4-6

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECC120101	28/12-30/12 (Mon-Wed)	13:00-14:00	3	Rm 300	\$510	\$540

Ages 7-10

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECC120201	28/12-30/12 (Mon-Wed)	12:00-13:00	3	Rm 300	\$510	\$540

指尖倒數 2027：幼兒紙漿璀璨迎新夜 (4-6 歲)

New

語言 Language: 粵語 Cantonese

告別傳統平面畫紙，給孩子一場充滿觸感與儀式感的 2027 迎新藝術體驗！

本工作坊以環保、色彩鮮艷的彩色紙漿為媒介，讓幼兒透過捏、壓、搓、鋪等手部動作，親手打造屬於自己的「2027」立體迎新畫作。在創作過程中，不僅能訓練孩子手部小肌肉協調與精細動作，更能刺激觸覺感知與色彩美感。課堂完成後，每位小朋友均可帶走一幅精美的立體木框紀念畫，用滿滿的童趣創意迎接全新的 2027 年！

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECC120001	29/12 (Tue)	14:15-15:45	1	Rm 200	\$350	\$350

Super Mario: Mushroom Kingdom Christmas Quest (Ages 5-8)

New

Language: English

Put on your chef's hat and step into a whirlwind of sugar, color, and culinary magic! In this hands-on pastry studio, little chefs will transform simple ingredients into edible works of art. From mastering piping and shaping to playful food styling and colorful toppings, children will build kitchen confidence, spark creativity, and refine fine-motor skills.

Every little creator will proudly craft, box up, and savor their very own delectable masterpieces!

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECC120001	28/12-30/12 (Mon-Wed)	14:00-16:00	3	Rm 205	\$1,380	\$1,500



小小甜點師

New

Little Pastry Chefs: Sweet Delights Studio (Ages 6-9)

Language: English

Put on your chef's hat and step into a whirlwind of sugar, color, and culinary magic! In this hands-on pastry studio, little chefs will transform simple ingredients into edible works of art. From mastering piping and shaping to playful food styling and colorful toppings, children will build kitchen confidence, spark creativity, and refine fine-motor skills.

Every little creator will proudly craft, box up, and savor their very own delectable masterpieces!

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

Ages 6-9

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECC120001	22/12, 23/12 (Tue, Wed)	10:00-12:00	2	Rm 206	\$1,000	\$1,150

Master Chefs: New Year's Feast (Ages 6-10)

Language: English

Master Chefs: New Year's Feast is a fun and hands-on cooking class designed for children ages 6-10, where young chefs will learn basic kitchen skills like mixing, measuring, and decorating while exploring festive foods that celebrate the New Year. Through playful activities and simple recipes, kids will build confidence, creativity, and teamwork as they prepare symbolic dishes that represent joy, luck, and new beginnings—all in a safe, engaging, and laughter-filled environment.

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

Code	Date	Time	Sessions	Venue	Mem	NMem
26EESECC120001	30/12-31/12 (Wed-Thu)	10:00-12:00	2	Rm 206	\$1,000	\$1,150

Toddler's World
Trial Class Booking / Enquiry : 2268 7756
Email : pes@ymcahk.org.hk
Website : www.ymcahk.org.hk/pples

Physical Activities, Fun Games, Arts & Crafts, Story Reading, Music & Songs, Free-play Time

Train a child in the way he should go, and when he is old he will not turn from it. (Proverbs 22:6)

實寶世界

Toddler's World

(10 months - 3years & one parent)

Language: English

Every child is a unique, precious blessing endowed with boundless curiosity and energy. At Toddler's World, we believe early learning is most meaningful when shared with the people they love most. Our play-based, parent-child program offers a warm, encouraging space designed to nurture your little one's social, physical, intellectual, creative, and emotional development at their own natural pace.

Together, you and your child will explore, laugh, and grow through rich hands-on experiences:

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 must accompany the child for the duration of all classes.
2. Classes will be cancelled in the event of severe weather or typhoon signals, following the Education Bureau's announcements for kindergartens. A make-up class will be provided for any weather-related cancellations.
3. Refunds are not provided for personal absences. However, a make-up class or refund will be offered for any absences initiated by the programme.
4. A 1-month grace period applies. Please enrol your child according to their relevant age group, as priority will be given to age-appropriate applicants.

What We Explore Together

- Sensory Arts & Crafts: Foster fine motor control, tactile discovery and boundless creativity through collaborative art projects.
- Music & Movement: Build rhythm, language, and coordination with lively songs, instruments, and interactive dance.
- Active Physical Play: Develop balance, agility, and motor confidence through fun obstacles and guided physical movement
- Interactive Story Time: Cultivate early literacy and a love for books through expressive storytelling and shared reading.
- Engaging Games & Free-Play: Encourage social interaction, sharing, and problem-solving in a structured yet relaxed play setting.
- Special Parent-Child Bonding Moments: Meaningful shared activities designed to deepen your connection, strengthen early communication, and build lasting memories.

Toddler's World - Regular Class

Ages 10-16 months with one parent (2 days/week)

Code	Date	Time	Sessions	Mem	NMem
26EETCPM100101	6/10-29/10 (Tue & Thu)	10:00-12:00	8	\$2,960	\$3,440
26EETCPM110101	3/11-26/11 (Tue & Thu)	10:00-12:00	8	\$2,960	\$3,440
26EETCPM120101	1/12-17/12 (Tue & Thu)	10:00-12:00	6	\$2,220	\$2,580

Combo

Code	Date	Time	Sessions	Mem	NMem
26EETCPC100101	6/10-17/12 (Tue & Thu)	10:00-12:00	22	\$7,920	\$9,240

Ages 16-22 months with one parent (2 days/week)

Code	Date	Time	Sessions	Mem	NMem
26EETCPM100201	6/10-29/10 (Tue & Thu)	10:00-12:00	8	\$2,960	\$3,440
26EETCPM110201	3/11-26/11 (Tue & Thu)	10:00-12:00	8	\$2,960	\$3,440
26EETCPM120201	1/12-17/12 (Tue & Thu)	10:00-12:00	6	\$2,220	\$2,580

Combo

Code	Date	Time	Sessions	Mem	NMem
26EETCPC100201	6/10-17/12 (Tue & Thu)	10:00-12:00	22	\$7,920	\$9,240

Ages 22 months and above with one parent (3 days/week)

Code	Date	Time	Sessions	Mem	NMem
26EETCPM100301	5/10-30/10 (Mon, Wed, Fri) No class: 19/10	10:00-12:00	11	\$4,070	\$4,730
26EETCPM110301	2/11-30/11 (Mon, Wed, Fri)	10:00-12:00	13	\$4,810	\$5,590
26EETCPM120301	2/12-18/12 (Mon, Wed, Fri)	10:00-12:00	8	\$2,960	\$3,440

Combo

Code	Date	Time	Sessions	Mem	NMem
26EETCPC100301	5/10-18/12 (Mon, Wed, Fri) No class: 19/10	10:00-12:00	32	\$11,520	\$13,440



Curious Explorers (Ages 1-2.5 and one parent)

Language : English

Designed specifically for toddlers aged 1 to 2.5, this engaging 75-minute parent-child playgroup combines sensory exploration with dynamic thematic learning. In a safe, nurturing, and joyful environment, little ones dive into hands-on discoveries that awaken their senses through rich textures, vibrant colors, melodic sounds, and playful movement.

Each week introduces an exciting new theme crafted to spark curiosity, support key developmental milestones, and build foundational motor and social skills. Toddlers enjoy the freedom to explore at their own pace with gentle guidance, while parents share meaningful moments of discovery and connection right alongside them.

Ages 1-1.8 and one parent (2 Days/ Week)

Code	Date	Time	Sessions	Mem	NMem
26EETCCE 100001	14/10-30/10 (Wed & Fri)	11:00-12:15	6	\$1,380	\$1,620
26EETCCE 110001	4/11-27/11 (Wed & Fri)	11:00-12:15	8	\$1,840	\$2,160
26EETCCE 120001	2/12-18/12 (Wed & Fri)	11:00-12:15	6	\$1,380	\$1,620

Combo

Code	Date	Time	Sessions	Mem	NMem
26EETCCC 100001	14/10-18/12 (Tue & Thu)	11:00-12:15	20	\$4,440	\$5,200

Ages 1.8-2.5 and one parent (2 Days/ Week)

Code	Date	Time	Sessions	Mem	NMem
26EETCCE 100101	13/10-29/10 (Tue & Thu)	11:00-12:15	6	\$1,380	\$1,620
26EETCCE 110101	3/11-26/11 (Tue & Thu)	11:00-12:15	8	\$1,840	\$2,160
26EETCCE 120101	1/12-17/12 (Tue & Thu)	11:00-12:15	6	\$1,380	\$1,620

Combo

Code	Date	Time	Sessions	Mem	NMem
26EETCCC 100101	13/10-17/12 (Tue & Thu)	11:00-12:15	20	\$4,440	\$5,200



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
26EEACWP 100101	17/10-19/12 (Sat)	09:45-10:45	10	Rm 202	\$2,250	\$2,550
26EEACWP 100102	17/10-19/12 (Sat)	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
26EEACWP 100201	17/10-19/12 (Sat)	12:15-13:15	10	Rm 205	\$2,250	\$2,550
26EEACWP 100202	17/10-19/12 (Sat)	14:00-15:00	10	Rm 204	\$2,250	\$2,550

Ages 2-3 and one parent

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEACWP 100301	17/10-19/12 (Sat)	11:00-12:00	10	Rm 202	\$2,250	\$2,550
26EEACWP 100302	17/10-19/12 (Sat)	15:15-16:15	10	Rm 205	\$2,250	\$2,550

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
26EECCKA 100001	17/10-19/12 (Sat)	12:30-13:30	10	Rm 206	\$2,200	\$2,500





All-Round English Programmes



Kids Plus English (Ages 2-3)

Language: English

Learning is fun! This programme aims at providing a fun and comfortable English learning environment for children to build new knowledge and meet new friends. A thematic approach will be used to facilitate and consolidate children's learning, with a new and different topic every week. Fun activities include interactive games, storytelling and singalong sessions. Children will have a fun time while learning more vocabulary and enhance their confidence in speaking English.

Remark: The full syllabus is one year (4 quarters)

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEACKP 100001	17/10-19/12 (Sat)	10:15-11:15	10	Rm 204	\$2,250	\$2,550

Yum Yum Passports (Ages 4-6)

Language: English

Get ready to travel the world—one country at a time! In this exciting cultural programme for ages 4–6, children will explore a new country through cooking, music, stories, and hands-on activities. From tasting traditional dishes to learning local customs, little explorers will discover the joy of global cultures in a playful and delicious way!

Code	Date	Time	Sessions	Venue	Mem	NMem
26EECCCE 100001	17/10-19/12 (Sat)	11:30-12:30	10	Rm 204	\$2,200	\$2,500

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.

Remark: The full syllabus is one year (4 quarters) for ages 3-4 and two years (8 quarters) for ages 4-6

Ages 3-4

Code	Date	Time	Sessions	Venue	Mem	NMem
26EECCEN100001	17/10-19/12 (Sat)	10:00-12:15	10	Rm 203	\$2,520	\$2,935

Ages 4-6

Code	Date	Time	Sessions	Venue	Mem	NMem
26EECCEN100101	17/10-19/12 (Sat)	10:00-12:15	10	Rm 205	\$2,520	\$2,935

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.

Remarks: Course is separated into 2 instalments (10 sessions each)

Code	Date	Time	Sessions	Venue	Mem	NMem
26EECCCEC100001	17/10-19/12 (Sat)	11:00-12:00	10	Rm 303	\$2,150	\$2,450

Story-Telling & Reading Programmes



童夢故事皇國

Story Wonderland (Ages 3-6)

Language: English

This course is designed for 3-6 years old children who wants to enhance their English expressing skill through role-play and songs. Different stories and interesting contents will be utilized to show how to use their voice and facial expressions to bring out the feelings of poems. Let's enter the Story Wonderland together!

Ages 3-4

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEACSW100001	17/10-19/12 (Sat)	11:00-12:00	10	Rm 301	\$2,150	\$2,450

Ages 4-6

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEACSW100101	17/10-19/12 (Sat)	11:30-12:30	10	Rm 203	\$2,150	\$2,450



「悅」讀小天地

Joyful Reading Corner (Ages 3-4)

Language: English

Joyful Reading Corner is the natural continuation of Phonics Sing and Play, designed to put the phonics knowledge into action. In this class, little learners move beyond sound recognition to explore how letters and sounds come together to form words and simple sentences. Through interactive storytelling, playful reading activities, and guided practice, children gain confidence in voicing out sounds, recognizing familiar words, and beginning to understand meaning in text. The focus is on nurturing a love for books and helping children experience the joy of reading in a supportive, engaging environment that transforms early phonics skills into real reading success!

Code	Date	Time	Sessions	Mem	NMem
26EECCPE100101	17/10-19/12 (Sat)	09:45-10:45	10	\$2,150	\$2,450

小書迷俱樂部

Bookworm Reading Club (Ages 6-8)

Language: English

Does your child love getting lost in a good story? Welcome to The Bookworm Reading Club—a magical space where reading is an adventure! We go beyond just flipping pages. This programme allows children to explore wonderful tales, boost their confidence by reading aloud, and learn to pronounce words like champions! Join us to build fluency, spark imagination, and fall in love with reading. Through fun activities and guided feedback, they learn to master pronunciation, improve diction, and use expression to make stories exciting.

Code	Date	Time	Sessions	Mem	NMem
26EECCCEB100301	21/11-19/12 (Sat)	10:45-11:45	5	\$1,725	\$1,925

Speech & Communication Programmes



唱唱跳跳學拼音

Phonics Sing and Play (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.

Remark: The full syllabus consists of two levels (2 quarters)

Code	Date	Time	Sessions	Mem	NMem
26EECCPE100001	17/10-19/12 (Sat)	11:00-12:00	10	\$2,150	\$2,450

Be a Little Orator (Ages 3-6)

Language: English

This course aims to encourage children to perform with confidence on the stage. After teacher's professional guidance and continuous encouragement, the students can improve their oral skill. In the mean time, they will learn theme-related vocabulary and enjoy speaking English and gain an unprecedented sense of success!

Ages 3-4

Code	Date	Time	Sessions	Venue	Mem	NMem
26EECCCEO100001	17/10-19/12 (Sat)	12:45-13:45	10	Rm 201	\$2,150	\$2,450

Ages 4-6

Code	Date	Time	Sessions	Venue	Mem	NMem
26EECCCEO100101	17/10-19/12 (Sat)	14:00-15:00	10	Rm 205	\$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 thematic activities such as role playing, storytelling, singalong songs, vocabulary and phrase building in a learner-centered and fun-filled environment. The themes are related to children's daily lives which will increase their interest and motivation as they can always share their ideas, feelings and experiences. Our creative teaching materials will also stimulate the learning of young children. Week by week, we help students to build a strong foundation for their vocabulary and phrasing ability. We will keep reinforcing this knowledge from time to time to facilitate a progressive learning experience. Learning Oral English is fun in our "Talk-town"!

Ages 3-4

Code	Date	Time	Sessions	Venue	Mem	NMem
26EECCET100001	17/10-19/12 (Sat)	11:00-12:30	10	Rm 201	\$2,500	\$2,900

Ages 4-6

Code	Date	Time	Sessions	Venue	Mem	NMem
26EECCET100101	17/10-19/12 (Sat)	09:15-10:45	10	Rm 201	\$2,500	\$2,900



Drama/ Performing Arts Programmes



英語戲劇課程

Helen O'Grady English Drama (Ages 4-7)

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



Remark:

- No make up class or refund will be provided in case of bad weather

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEMXDE100001	10/10-12/12 (Sat)	12:45-13:45	10	Rm 306	\$2,640	\$3,000

Trinity-Graded Exams in Spoken

English(GESE) 聖三一等級口語考試預備班 (Ages 4 or above)

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:

- 1) Students must reach lower age limit on or before assessment day
- 2) Examination fee is **included** in the programme fee

Grade 1 (Ages 4 or above)

Code	Date	Time	Sessions	Mem	NMem
26EECCER100101	17/10-19/12 (Sat)	10:00-11:00	10	\$2,765	\$3,065
26EECCER100102	17/10-19/12 (Sat)	15:00-16:00	10	\$2,765	\$3,065

Grade 2 (Ages 4 or above)

Code	Date	Time	Sessions	Mem	NMem
26EECCER100201	17/10-19/12 (Sat)	11:00-12:15	10	\$3,420	\$3,790

Speech & Communication Skills Training (Ages 4-7)

Language: English

This intensive programme is designed to build confidence by focusing on presentation and solo speech skills. Through interactive teaching methods such as games, role-play, and vocabulary development, students gain practical experience in presenting, storytelling, and recounting events in both English and Chinese. The course enhances thinking and communication abilities, boosts overall confidence, and nurtures future leaders ready to express themselves effectively. Language: Bilingual (English & Chinese)

Code	Date	Time	Sessions	Venue	Mem	NMem
26EECCCE0100001	24/10-12/12 (Sat)	16:00-17:00	8	Rm 303	\$2,980	\$2,980
26EECCCE0100002	28/10-16/12 (Wed)	16:30-17:30	8	Rm 303	\$2,980	\$2,980
26EECCCE0100003	25/10-13/12 (Sun)	14:45-15:45	8	Rm 303	\$2,980	\$2,980

聖三一戲劇考試預備班

Trinity Stars - Young Performers Awards (Ages 3-6)

Language : English

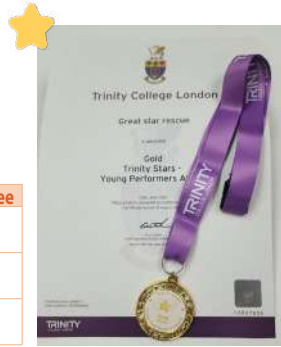
The Trinity Stars Awards encourage the development of essential skills — communication, teamwork, understanding, creativity and movement in young children by encouraging teachers to use their existing play-based activities to work towards a performance that celebrates the children's progress.

These awards are offered at three levels — Bronze, Silver and Gold — and are carefully aligned with expected child development milestones at early years and primary school stages, making them easy to integrate into your teaching.

Performance skills include:

- Speaking poetry or prose
- Dramatic expression
- Singing
- Expressive movement
- Use of costume and props
- Use of puppets

Code	Grade	Exam Fee
26EEMXTF 070001 / 080001	Bronze	\$560
26EEMXTF 070101	Silver	\$590
26EEMXTF 070201	Gold	\$620



Remarks:

- 1) The exam will be taken in video format.
- 2) Exam fee is not included in the programme fee, and cannot be refunded in any circumstances except class cancellation.

Bronze (Ages 3-4)

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEMXTD 100001	17/10-9/1/2027 (Sat) No class: 26/12	10:00-11:30	12	Rm 204	\$3,060	\$3,360
26EEMXTD 120001	5/12-6/3/2027 (Sat) No class: 26/12	11:45-13:15	12	Rm 204	\$3,060	\$3,360

Silver (Ages 4-5)

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEMXTD 100101	17/10-9/1/2027 (Sat) No class: 26/12	10:00-11:30	12	Rm 205	\$3,060	\$3,360
26EEMXTD 120101	5/12-6/3/2027 (Sat) No class: 26/12	12:30-14:00	12	Rm 205	\$3,060	\$3,360

Gold (Ages 5-6)

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEMXTD 100201	17/10-23/1/2027 (Sat) No class: 26/12	11:45-13:15	14	Rm 203	\$3,060	\$3,360



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
26EEQCSL 100001	17/10-19/12 (Sat)	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
26EEQCMM 100001	17/10-19/12 (Sat)	12:30-13:30	10	Rm 201	\$2,150	\$2,450

數學小精英

Maths Master (Ages 4-6)

Language: English

Early Mathematics concept development is critical in the foundation of positive attitudes and comprehensive understanding of mathematics. Activities will engage children in a variety of measurement concepts, experimentation, classification, matching, ordering, etc. giving them the opportunity to explore the world of Maths through hands-on activities, games and real world situations, and understanding the concepts before writing numerals.

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEQCMM 100002	17/10-19/12 (Sat)	11:00-12:00	10	Rm 203	\$2,150	\$2,450

科學探索家

STEAM EXPLORER (Ages 3.5-6)

Language: English

Turn your child's weekends into a hands-on journey of discovery! Our 10-week Saturday STEM program is carefully designed to ignite a lifelong love for learning in young minds. Each 2-hour session introduces a brand-new scientific discipline, giving our little scientists a fun, interactive taste of how the world works.

Crazy Chemistry: Mixing safe, colorful potions and exploring mesmerizing chemical reactions.

Epic Engineering: Building strong structures, testing materials, and solving fun, real-world problems.

Brilliant Biology: Discovering plants, nature, and the science behind the food we eat.

Playful Physics: Investigating gravity, magnets, and motion through sensory play.

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEQXSS 100101	17/10-19/12 (Sat)	10:00-12:00	10	Rm 205	\$3,300	\$3,600
26EEQXSS 100102	17/10-19/12 (Sat)	14:00-16:00	10	Rm 205	\$3,300	\$3,600



藝術 Art Studio



Little Picasso (Ages 3-5)

Language: English

Little Picasso is a fun and creative course for cultivating your children's artistic interests by learning the basics of art, through painting, coloring and crafts. With a distinct theme each class, the fine motor, creative, social and language skills of the younger learners will be enhanced.

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEMCAS100001	17/10-19/12 (Sat)	12:30-13:30	10	Rm 302	\$1,550	\$1,850

Little Makers & Masterpieces: Creative Mixed Media Lab (Ages 6-9)

Language: English

Ignite your child's imagination with our Little Makers & Masterpieces programme, a vibrant and hands-on art course specially designed for children aged 6 to 8. Throughout this immersive experience, young artists will explore a diverse range of mediums—from colorful watercolor painting and textured collage to playful clay sculpting and creative printmaking—bringing their unique stories to life. Guided by experienced instructors in a supportive and inspiring studio environment, children will experiment with exciting techniques, build essential fine motor skills, and gain the confidence to express their individual creativity. Give your child the opportunity to think like a true artist, experiment fearlessly, and take home a portfolio of magnificent handmade masterpieces!

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEMCAL100001	17/10-19/12 (Sat)	12:30-13:30	10	Rm 302	\$1,550	\$1,850

創意綜合藝術課程

Arts and Crafts Space (K2-P2)

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。大家齊齊動動手，揮動畫筆，成為小藝術家吧！

幼稚園 K2-K3

編號	日期	時間	堂數	地點	會員	非會員
26EEMCCA100001	17/10-19/12 (Sat)	11:00-12:00	10	Rm 204	\$1,550	\$1,850

小學 P1-P2

編號	日期	時間	堂數	地點	會員	非會員
26EEMCCA100101	17/10-19/12 (Sat)	13:30-14:30	10	Rm 204	\$1,550	\$1,850



烹飪課程 Cooking Programme



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
26EECKKS100001	17/10-19/12 (Sat)	11:00-12:00	10	Rm 206	\$2,800	\$3,000

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
26EECKKM100001	17/10-19/12 (Sat)	12:45-14:15	10	Rm 206	\$2,800	\$3,000

Ages 6-8

Code	Date	Time	Sessions	Venue	Mem	NMem
26EECKKM100101	17/10-19/12 (Sat)	14:30-16:00	10	Rm 206	\$2,800	\$3,000

甜蜜時光

Once Upon a Recipe (4.5-7 歲)

語言 Language: 粵語 Cantonese

告別電子螢幕，開啟孩子的甜蜜手作時光！

希望孩子在課餘時間遠離電子產品，擁有更多動手實作與獨立思考的機會？我們為小朋友打造全獨立體驗的甜品烘焙課！在專業老師的帶領下，孩子會親手完成屬於自己的美味作品。透過每一次動手與嘗試，培養孩子的自信、專注與思考力，獲得屬於自己的甜蜜成就感！

編號	日期	時間	堂數	地點	會員	非會員
26EEMCCA110001	21/11-19/12 (Sat)	11:00-12:30	5	Rm 206	\$1,550	\$1,850



YMCA CHILDREN'S CHOIR



*適合4-8歲兒童參加

*融入基督教詩歌分享

*每季約 10-12次恆常排練

*定期演出機會

*發聲、音準、節奏及合唱訓練為核心

第二期學員招募



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- "Come Dance with Me, Level 1	CSTD- "Come Dance with Me, Level 2	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 mine and short dance sequences under an encouraging learning environment.



Ballet Tots- DC1 (Ages 3-4.5)

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEDXBT 100001	3/10-19/12 (Sat)	12:15-13:00	12	Rm 300	\$1,980	\$2,220

Children Ballet (Ages 5-14)

Language: English supplemented with Cantonese 英語輔以粵語

Ballet Primary In Dance (Ages 6 or above)

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEDXBP 100101	3/10-19/12 (Sat)	11:00-12:00	12	Rm 300	\$2,580	\$2,880
26EEDXBP 100102	4/10-25/10 (Sun)	14:15-15:15	4	Rm 300	\$860	\$960

Ballet Grade 2 (Ages 7 or above)

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEDXBG 100201	3/10-19/12 (Sat)	12:15-13:45	12	Rm 610	\$3,720	\$4,020
26EEDXBG 100202	4/10-20/12 (Sun) No class: 1/11	15:30-17:00	11	Rm 300	\$3,410	\$3,685
26EEDXBG 100203	4/10-25/10 (Sun)	17:00-18:30	4	Rm 300	\$1,240	\$1,340

Ballet Grade 3 (Ages 7 or above)

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEDXBG 100301	3/10-19/12 (Sat)	09:30-11:00	12	Rm 300	\$3,720	\$4,020
26EEDXBG 100302	4/10-20/12 (Sun) No class: 1/11	10:30-12:00	11	Rm 300	\$3,410	\$3,685

Ballet Grade 5 (Ages 7 or above)

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEDXBG 100501	3/10-19/12 (Sat)	13:00-14:30	12	Rm 300	\$3,720	\$4,020
26EEDXBG 100502	4/10-20/12 (Sun) No class: 1/11	12:00-13:30	11	Rm 300	\$3,410	\$3,685

Ballet Majors Class (Ages 11 or above)

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEDXBG 100601	3/10-19/12 (Sat)	16:15-18:45	12	Rm 610	\$6,390	\$7,440

兒童綜合舞班 (3-4.5 歲)

Integrated Dance For Children

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。

編號	日期	時間	堂數	地點	會員	非會員
26EEDXIT 100001	10/10-24/10 (Sat)	14:45-15:30	3	Rm 610	\$475	\$535
26EEDXIT 110001	7/11-21/11 (Sat)	14:45-15:30	3	Rm 610	\$475	\$535
26EEDXIT 110002	8/11-22/11 (Sun)	13:30-14:15	3	Rm 300	\$475	\$535
26EEDXIT 120001	5/12-19/12 (Sat)	14:45-15:30	3	Rm 610	\$475	\$535
26EEDXIT 120002	6/12-20/12 (Sun)	13:30-14:15	3	Rm 300	\$475	\$535



兒童爵士舞

Jazz Dance for Children (6-10 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。



編號	日期	時間	堂數	地點	會員	非會員
26EEDXJD 100101	17/10-19/12 (Sat)	10:00-11:00	10	Rm 610	\$1,700	\$1,800

兒童 K-POP 舞

K-POP Dance for Children (4-10 歲)

語言 Language: 粵語 Cantonese

課程選用韓國流行舞蹈，搭配熱門的 K-Pop 歌曲，透過節奏明快的舞蹈編排，讓小朋友輕鬆感受和認識 K-Pop 的魅力。小朋友們將學習簡單有趣的舞步，提升節奏感和舞蹈技巧。在快樂的氛圍中，他們不僅能享受舞蹈的樂趣，還能增進自信心和團隊合作精神！



備註：請穿著輕便運動服裝上課。

Ages 4-6

編號	日期	時間	堂數	地點	會員	非會員
26EEDXKP 100101	17/10-19/12 (Sat)	12:00-13:00	10	Rm 306	\$1,700	\$1,800

Ages 7-10

編號	日期	時間	堂數	地點	會員	非會員
26EEDXKP 100102	17/10-19/12 (Sat)	11:00-12:00	10	Rm 306	\$1,700	\$1,800



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、奧福及達克羅士的音樂教學概念，融入有趣的活動中，讓孩子透過學習童謠、律動、演奏樂器（如 Rainbow Bell, Chime Bars）、合奏和即興創作等不同的音樂遊戲及活動，認識基本的音樂知識，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掌握及了解，引導小朋友從遊戲樂趣中盡情享受音樂的樂趣，除可促進音樂智能的發展，亦可啟發孩子的想像力和創作能力，在活動及演奏過程中更可提升孩子的專注力及學習如何與人溝通和合作，藉以提升人際關係技巧的發展及自信心。

課堂活動	Ages 2-3	Level 1 (Ages 3-6)	Level 2 (Ages 4+)
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 **20 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。

Beginner (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
26EEMCM 100001	17/10-19/12 (Sat)	14:10-15:00	10	Rm 202	\$2,000	\$2,250

Level 1 (3-6 歲)

編號	日期	時間	堂數	地點	會員	非會員
26EEMCM 100101	17/10-19/12 (Sat)	15:10-16:00	10	Rm 202	\$1,750	\$2,050

備註：第一課 17/10 (六) 為「家長會」，敬請家長預留 15 分鐘陪同幼兒出席。最後一課 19/12 (六) 為幼童的音樂表演節目，歡迎家長參加。

Level 2 (4 歲或以上，完成 level 1 或曾修讀音樂課程經老師評估適合者)

編號	日期	時間	堂數	地點	會員	非會員
26EEMCM 100201	17/10-19/12 (Sat)	16:10-17:00	10	Rm 202	\$1,750	\$2,050

備註：第一課 17/10 (六) 為「家長會」，敬請家長預留 15 分鐘陪同幼兒出席。最後一課 19/12 (六) 為幼童的音樂表演節目，歡迎家長參加。

BABY GENIUS Musical (Ages 3-8)

Language: English

The one-and-only Baby Genius Musical Theatre provides you an all-in-one experience in our lessons by learning different performing arts skills. The course is suitable for children from young age to higher primary. A special experience in getting in touch with musical and drama. The course covers the context of vocal, movement, acting, stage performance technique etc.



Remarks: Certificate will be awarded upon completion of 2 semesters (at least 80% attendance of the course); Candidates who complete 2 semesters will attend a showcase. Parents are invited to watch their performance. Specific date of the performance will be notified later.

Ages 3-5

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEMCBG 100101	24/10-12/12 (Sat)	15:00-16:00	8	Rm 303	\$2,980	\$2,980

Ages 6-8

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEMCBG 100201	24/10-12/12 (Sat)	17:00-18:00	8	Rm 303	\$2,980	\$2,980



音樂
Music

港青兒童合唱團

YMCA Children's Choir (4-8 歲)

語言 Language: 粵語 Cantonese

致力為兒童提供一個結合音樂訓練與品格培育的成長平台。合唱團適合 4-8 歲兒童參加，每季設有約 10-12 次恆常排練，包括定期公開演出機會，讓孩子收穫更多演出經驗。合唱團以歌唱技巧訓練為核心，涵蓋發聲、音準、節奏及合唱技巧，同時融入基督教詩歌分享元素，引導孩子在音樂中認識自己，認識信仰。

無論孩子是否已有信仰背景，我們都誠意歡迎加入，並期望每位孩子都能在音樂的薰陶下，成為祝福他人的光。



Code	Date	Time	Sessions	Venue	Mem	NMem
27EEMCP 010001	9/1-20/3/2027 (Sat)	13:00-14:00	10	Rm 202	\$1,600	\$1,600

LCM PIANO CLASS Early Learning in Music Certificate (Ages 3.5-6)

Language : English

The course is designed for children ages 3 to 6 years old to provide inspiration in piano and music at the very early stages of a child's development. It takes an activity-based approach, providing children with an enjoyable music journey in rhythms, piano playing, pitching etc.



Students would attend the LCM (University of West London) examination upon completion of every 2 semesters. LCM is a worldwide recognized music examination for early learning students.

Remarks:

- Books and materials included (Original price \$500)
- Exam fee is excluded and will be paid upon enrolment of examination.
- Attendance certificate will be awarded to kids with 80% attendance or above.

Ages 3.5-6

Code	Date	Time	Sessions	Venue	Mem	NMem
26EEMCLP100101	24/10-12/12 (Sat)	16:00-17:00	8	Rm 303	\$2,980	\$2,980
26EEMCLP100102	28/10-16/12 (Wed)	16:30-17:30	8	Rm 303	\$2,980	\$2,980
26EEMCLP100103	24/10-13/12 (Sun)	14:45-15:45	8	Rm 303	\$2,980	\$2,980

多元智能 Multiple Intelligence

樂高® 成長教育課程

LEGO® Education (4-9 歲)

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)

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。



編號	日期	時間	堂數	地點	會員	非會員
26EEWXLE100001	17/10-19/12 (Sat)	10:00-11:30	10	Rm 307	\$3,000	\$3,000

LEGO® SPIKE Essential 簡單編程入門 (6-8 歲)

課程使用 LEGO Education 官方 SPIKE Essential 科創基礎套裝，透過講故事形式、趣味主題 (如會嘅摩打輪、控制速度方向等)，結合圖像化圖標編程 (Icon Blocks)，模擬日常生活情境，由淺入深培養創意、邏輯思維、STEAM 思考能力同獨立解決問題習慣。從圖標編程 (Icon Blocks) 開始，逐步建立 STEAM 興趣，為未來進階機械人編程鋪路。

備註：需自行帶備平板電腦

編號	日期	時間	堂數	地點	會員	非會員
26EEWXLE100101	17/10-19/12 (Sat)	14:00-15:30	10	Rm 307	\$3,000	\$3,000

LEGO® Machines & Mechanisms

基礎機械科學原理 (7-9 歲)

從簡單的入門課程到無盡的創意設計，課程透過使用 Scratch 的流行編碼語言及模擬現實情況的專題內容，幫助學生更易於專注學習搭建和編程包含感應器的自主機械人的基礎 STEM 知識，持續培養學生們的批判性思維和解決複雜問題的能力。

備註：需自行帶備平板電腦

編號	日期	時間	堂數	地點	會員	非會員
26EEWXLE100201	17/10-19/12 (Sat)	11:30-13:00	10	Rm 307	\$3,000	\$3,000

LEGO® SPIKE Prime 機械人編程 (8-10 歲)

課程使用 LEGO Education 官方 SPIKE Prime 套裝，結合流行 Scratch 圖像化編程語言，模擬真實生活專題 (如自動機械人、感應器應用等)，由簡單入門到無限創意設計，一步步培養批判性思維、邏輯思維同解決複雜問題能力。適合想打好基礎、再進階參加機械人比賽的同學。

備註：需自行帶備平板電腦

編號	日期	時間	堂數	地點	會員	非會員
26EEWXLE100301	17/10-19/12 (Sat)	15:30-17:00	10	Rm 307	\$3,000	\$3,000

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，終身受用。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
26EEWXGC100001	17/10-19/12 (Sat)	13:15-14:15	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
26EEWXGC100201	17/10-19/12 (Sat)	14:30-15:30	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
26EEWXGC100301	17/10-19/12 (Sat)	11:45-13:00	10	Rm 305	\$1,595	\$1,895

兒童國際象棋訓練

Children Chess Course (6-12 歲)

語言 Language : 粵語 Cantonese

國際象棋起源於印度的恰圖蘭卡，是一種兩人對弈的策略棋類遊戲。國際象棋中每種棋子都有特定的移動規則，使遊戲充滿了策略和變數，是一種結合了智慧、策略和創造力的遊戲。這款棋類遊戲能有助提升小朋友的思維能力、專注力及記憶力，在全球廣受歡迎並被認為是一種智力競技。課程設計針對不同年齡和能力的學生，讓小朋友能在輕鬆愉快的環境中掌握國際象棋的基本知識和技巧。

(本課程與香港兒童棋院合辦)



編號	日期	時間	堂數	地點	會員	非會員
26EEWXCC100001	17/10-19/12 (Sat)	15:45-16:45	10	Rm 305	\$1,595	\$1,895

LANGUAGE PROGRAMMES

AGES 4-12

Cambridge

Jolly Phonics

Primary English

Putonghua Writing

APPLY
NOW

CONTACT US

ENROL ONLINE



語言學堂 Language 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.



Phonics Skills Programmes



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
26EELCJP 100101	17/10-19/12 (Sat)	12:15-13:15	10	\$2,000
26EELCJP 100102	17/10-19/12 (Sat)	09:45-10:45	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
26EELCJP 100103	17/10-19/12 (Sat)	09:45-10:45	10	\$2,200
26EELCJP 100104	17/10-19/12 (Sat)	12:15-13:15	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
26EELCJP 100201	17/10-19/12 (Sat)	11:00-12:00	10	\$2,000

*Course fee is separated into 2 instalments. First instalment: \$1,000

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
26EELCJP 100301	17/10-19/12 (Sat)	11:00-12:00	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
26EELCJP 100401	17/10-19/12 (Sat)	11:00-12:00	10	\$2,000

*Course fee is separated into 2 instalments. First instalment: \$1,000

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) There are 2 levels in total for this course.
- 2) 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.
- 3) 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
26EELCHP 100001	17/10-19/12 (Sat)	12:30-14:00	10	\$2,550

*Course fee is separated in 2 instalments. First instalment: \$1,275

Jolly Grammar (Ages 5-8)

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. YMCA Jolly Phonics Level 4 graduates can enrol Jolly Grammar Level 1 directly.
2. 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.
3. 50% overall average dictation score and assessment score must be achieved in order to be promoted to next level.
4. For students who have phonics foundation outside YMCA, assessment can be arranged to bridge our Grammar 1 (Non-refundable assessment fee \$90)
5. To make an appointment for assessment, please contact our staff at 2268 7755.
6. All Jolly Grammar classes will follow the Bad Weather Policy of COURSES FOR AGED 0-6.
7. 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
26EELCJG 100101	17/10-19/12 (Sat)	12:30-14:00	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
26EELCJG 100201	17/10-19/12 (Sat)	09:15-10:45	10	\$2,550

*Course fee is separated into 2 instalments. First instalment: \$1,275

Jolly Grammar Level 3

(Evaluation Report of Jolly Grammar Level 1 is required)

Code	Date	Time	Sessions	Fee
26EELCJG 100301	17/10-19/12 (Sat)	11:00-12:30	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
26EELCJG 100401	17/10-19/12 (Sat)	11:00-12:30	10	\$2,550

*Course fee is separated into 2 instalments. First instalment: \$1,275

Grammar & Writing Programmes



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.

Member of the British Council
Exams Partnership Programme

Addvantage®



Remarks:

1. There are 24 classes in total which separate in 6 monthly instalments.
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 5-10)

Code	Date	Time	Sessions	Fee
26EELCCE 100101	17/10/26-17/4/27 (Sat)	12:15-13:45	24	\$5,280
26EELCCE 100102	17/10/26-17/4/27 (Sat)	16:00-17:30	24	\$5,280

*Course fee is separated into 6 instalments. First instalment: \$880

*No Class on public holidays

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
26EELCPE 100101	17/10-19/12 (Sat)	09:45-10:45	10	\$2,200
26EELCPE 100102	17/10-19/12 (Sat)	14:30-15:30	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
26EELCPE 100201	17/10-19/12 (Sat)	11:00-12:00	10	\$2,200
26EELCPE 100202	17/10-19/12 (Sat)	09:45-10:45	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
26EELCPE 100301	17/10-19/12 (Sat)	12:15-13:15	10	\$2,200
26EELCPE 100302	17/10-19/12 (Sat)	16:00-17:00	10	\$2,200

*Course fee is separated into 2 instalments. First instalment: \$1,100

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 & 14:00-17:00
(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 completing 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
26ECPMLC 100001	15/10-17/12 (Thu)	19:00-21:00	10	6/F	\$1,710

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

Code	Date	Time	Session	Venue	Fee
26ECPMLC 100101	9/10-8/1 (Fri)	19:00-21:00	12	6/F	\$2,290

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', 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：斡旋於雙方之間
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 6205 3750 (Whatsapp) ce_info@ymcakhk.org.hk
ymcakhk_ce YMCA College of Continuing Education 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
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- 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。



財商教育課程 FQ Education Programmes

「認可兒童財商導師」課程 CCFQI® Certified Child FQ Instructor (CCFQI) Certification Program

本課程是香港財商教育學院及港青專業進修書院合辦課程，此課程是由香港唯一簽發認可兒童財商導師指定機構 (英國 TQUK 及英國新特蘭大學 (香港分校) 認可) 頒發。

對象：

本課程主要為從事教育工作、社工、兒童發展工作、金融及保險從業員而設，並有意成為兒童財商教育的專業導師。

父母
必讀課程

理論課大綱：

- 財商教育的重要
- 心理成長與孩子的第一二個理財世界：金錢本質及零用錢
- 兒童的第三至第五個理財世界：儲蓄、消費與分享
- 兒童的第六至第八個理財世界：預算、保護及增值金錢
- 如何撰寫理財課活動計劃及介紹三套生活教材工具
- A. Assignment：如何撰寫理財活動計劃
- B. 認識三套生活教材工具：財商入屋 課程計劃 (適合 6 至 12 歲)、FQ FUN 無限 (6 mini games) (適合 6 至 12 歲)、理財三寶 (適合 4 至 12 歲)
- 自我發展財商教育及介紹下一個 CCFQT 培訓師課程

課程特點：

是香港唯一一套完整八個方向的金錢觀念與生活實踐結合的課程，附設 10 萬字的「教學指引」，配合孩子生活持續學習。

由教育學者關顯彬先生專業設計，切合學校的教學模式及家庭生活教育的需要。按孩子不同年歲 (4 至 14 歲)，為家長提供有系統的生活題材。

以兒童為學習為中心。透過自家設計的「財商入屋」計劃，直接走進家庭教孩子理財，做到課程可「度身訂造」。讓他們在自己的生活環境，容易領悟出生活理財元素。近年更加添「理財三寶」生活用工具及「FQ FUN 無限」boardgames 供遊戲中學習。

課程目的：

本課程重點教授兒童財商的八個理財方向、生活應用及可持續實踐的方法，通過課程學員將會學到：

- 為不同年齡階段的小孩子 (4 至 14 歲) 設計財商能力指標及活動
- 幫助孩子理解複雜的理財概念，並應用於實際生活做到 "Back to home"
- 從日常生活訓練小朋友的財商思維及培養品格素質
- 介紹本港首創三套生活教材工具，方便導師直接入屋教導孩子理財

編號	日期	時間	堂數	地點	費用
26ECPMQI 100001	2/10-13/11 (Fri)	19:00-22:00	7	6/F	\$5,800
26ECPMQI 110001	10/11 - 24/11 (Tue)	09:30 - 18:00	3	6/F	\$5,800

備註：1. 此課程於 14 天前報名，可享早鳥優惠 \$5,400 報讀

2. 本課程完畢後，符合課程要求畢業之學員，如欲申請 TQUK (英國資歷商業認證機構) 與 UOSHK (英國新特蘭大學 (香港區分校)) 之證書，可聯絡校務處自費申請

獸醫助護證書課程 Vet Nursing Certificate Course




獸醫助護證書課程 (基礎班)

課程內容：

- 簡介動物護理學
- 簡介動物毒理學
- 簡介動物急救學
- 真實工作分享
- 工作轉介機會

課時：18小時 + 9小時實習機會

查詢及報名：

- ☎ 2268 7733
- 📞 4205 3750 (Whatsapp)
- ✉ ce_info@ymcahk.org.hk
- 📧 ymcahk_ce



YMCA College of Continuing Education
港青專業進修書院

網上報名平台

獸醫助護證書課程

Vet Nursing Foundation Certificate Course

本課程由 Pet Space Academy 與 港青專業進修書院 之合辦課程。教授獸醫護理的基本知識及理論，為有意投身相關行業的學員奠定基礎，促進學員在獸醫助護行業的發展。此課程更提供實習機會，讓學員能夠在實踐中運用課堂上學到的技能。

課程內容：

- 簡介動物護理學
- 簡介動物毒理學
- 簡介動物急救學
- 真實工作分享
- 工作轉介機會

證書及實習：

學員完成 18 小時理論課，可獲得 9 小時診所實習機會。成功修畢課程及完成實習，出席率達 80%，可獲發 港青專業進修書院 及 Pet Space Academy 共同頒發之證書。

編號	日期	時間	堂數	地點	費用
26ECPMPN 110001	14/11-28/11 (Sat)	10:00-17:00	3	6/F	\$6,000

外籍僱員進修課程 Migrant Workers Training Programme

Migrant Workers Unit

辦公時間 Office Hours：星期一至五、日 Mon-Fri, Sun
10:00-13:00; 14:00-18:00

查詢 Enquiry：2268 7736 / 2268 7096

電郵 Email：mw@ymcahk.org.hk

臉書 Facebook：www.facebook.com/ymcakursus

對象 Target：18 歲或以上之外籍僱員

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。學員必須出席連續 2 堂。

備註：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 Nuco Training 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
26DHHCF100101	25/10 (Sun)	10:00-13:30	2	YMCA TST, Rm 610	\$1,300
26DHHCF110201	1/11 (Sun)				

截止報名：18/10 (Sun)

編號	日期	時間	堂數	地點	費用
26DHHCF120101	6/12 (Sun)	10:00-13:30	2	YMCA TST, Rm 610	\$1,300
26DHHCF120201	13/12 (Sun)				

截止報名：29/11 (Sun)



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 Association 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
26DHHCEC110001	1/11, 8/11 (Sun)	14:00-18:00	3	YMCA TST, Rm 603	\$850
	15/11 (Sun)	14:00-18:00		香港老年學會	

截止報名：25/10 (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）



幼兒護理課程

Childcare Course for Domestic Helper

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賓語。

編號	日期	時間	堂數	地點	費用
26DHHCB120001	13/12 (Sun)	9:00-15:00	1	明德國際醫院	\$1,800

截止報名：6/12 (Sun)

備註：1. 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 \$30-\$50）。
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 - 17:00

(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

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.
- 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.)
- ❤️ 適合先進會員。Suitable for Master Member.
- 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.
- 公眾假期不用上課。No class on public holidays.
- 所有圖片只供參考。All images are for reference only.

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)

靜心禪繞 🌟

Zentangle Workshops

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。過程中沒有對錯、比較、批評，只需靜下心來、放鬆，一次一筆，專注於當下；透過繪畫留意身體的感覺、情緒感受及思想念頭。每一筆，回到呼吸，回到當下，覺察身心狀態。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。



禪繞白磚入門 101 :

禪繞白磚入門 101 概念讓我們認識禪繞故事及基礎概念、進行靜心練習；學習禪繞圖案，創作獨一無二的禪繞畫。

編號	日期	時間	堂數	會員	非會員
26ECACZT 110101	10/11 (Tue)	19:00-21:30	1	\$220	\$295

禪繞黑磚入門 101 :

從白磚到黑磚，就只是將黑白概念完全交換嗎？

黑磚班將會學習如何在全黑色的紙磚上，使用不同的工具繪畫禪繞圖案，與白紙磚不同之處，在於我們可以選擇為圖案加添光或暗。

編號	日期	時間	堂數	會員	非會員
26ECACZT 110102	24/11 (Tue)	19:00-21:30	1	\$240	\$315

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 (材料為美國官方紙磚、針筆、鉛筆、紙擦筆及工具袋)

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

課程歡迎包班
查詢詳情：
2268 7733

編號	日期	時間	堂數	會員	非會員
26ECAXFP 100001	2/10-16/10 (Fri)	19:00 - 21:30	3	\$2,330	\$2,560
26ECAXFP 110001	6/11 - 20/11 (Fri)	19:00 - 21:30	3	\$2,330	\$2,560
26ECAXFP 110002	27/11-11/12 (Fri)	19:00 - 21:30	3	\$2,330	\$2,560

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
26ECAXFP 100101	2/10-16/10 (Fri)	19:00 - 21:30	3	\$2,330	\$2,560
26ECAXFP 110101	6/11 - 20/11 (Fri)	19:00 - 21:30	3	\$2,330	\$2,560
26ECAXFP 110102	27/11-11/12 (Fri)	19:00 - 21:30	3	\$2,330	\$2,560

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

ICAD 專業調香導師證書課程

ICAD x HK Perfumer Foundation Certificate Course

此課程教授調香的基礎理論、讓學員認識及了解專業調香原料（單體香料、香氣和弦、天然精油）、學習香水濃度及成份、掌握專業調配技巧等。在課堂中，學員能夠親自製作獨一無二香水作品及擴香瓶。



課堂作品：

- 10ml Eau de Parfum 香水
- 30ml 畢業 Eau de Parfum 香水
- 50ml 擴香瓶 Reed Diffuser
- 香氣噴霧 Room Spray 製作
- 香氣蠟燭 Candle 製作

適合完全沒有調香經驗但對香水有興趣的人士，或有意成為調香導師的人士，獲取證書後可開辦工作坊。

此為 ICAD 基礎證書課程，學員完成此課程後，可報讀 ICAD 專業調香導師證書 Level 2 課程。

編號	日期	時間	堂數	會員	非會員
26ECAXPF100001	9/10-30/10 (Fri)	19:00-21:30	4	\$5,500	\$5,800
26ECAXPF110001	6/11-27/11 (Fri)	19:00-21:30	4	\$5,500	\$5,800

備註：1. 此課程不設早鳥優惠

2. 學費已包括超過 \$1,500 的筆記、材料、用具及導師證書申請費用

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。



時間	堂數	會員	非會員
10:00-18:00	2	\$6,440	\$6,860

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

三人成班，可自行組班
有興趣報讀歡迎查詢：
2268 7733

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，無論是何年何月、有無繪畫經驗、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。

會員	非會員
\$5,670	\$6,300

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

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。

會員	非會員
\$3,960	\$4,200

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

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、基礎圖形、波點技巧、年輪、玫瑰、花朵技法和應用伸延藝術創作。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。

會員	非會員
\$4,155	\$4,380

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



悠閒空間 文娛課程

LEISURE AND HEALTH CARE CENTER

Art & Relaxation Programmes



BODY,

Floral Design Programmes



MIND,

Music Programmes



Dance Programmes



SPIRIT.

查詢及報名:



2268 7733



ce_info@ymcahk.org.hk



YMCA Leisure Programmes 悠閒空間



ymcahk_ce

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：游玉嫻老師

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 2 級 Western Floral Design Class — Level 2

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
26ECFCWT100101	12/10-21/12 (Mon)	18:30-20:00	10	\$1,300	\$1,450	\$1,920

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. 三合一優惠與先進會員收費不能同時使用。
5. 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
26ECFCAM100001	5/10-26/10 (Mon)		3	\$500	\$550	\$640
26ECFCAM110001	2/11-30/11 (Mon)	14:30-15:30	5	\$670	\$750	\$900
26ECFCAM120001	7/12-28/12 (Mon)		4	\$580	\$640	\$760

課程歡迎包班
查詢詳情：
2268 7733

星期二班

編號	日期	時間	堂數	先進會員	會員	非會員
26ECFCAM100002	6/10-27/10 (Tue)		4	\$580	\$640	\$760
26ECFCAM110002	3/11-24/11 (Tue)	15:30-16:30	4	\$580	\$640	\$760
26ECFCAM120002	1/12-29/12 (Tue)		5	\$670	\$750	\$900

星期三班

編號	日期	時間	堂數	先進會員	會員	非會員
26ECFCAM100003	7/10-28/10 (Wed)		4	\$580	\$640	\$760
26ECFCAM110003	4/11-25/11 (Wed)	14:15-15:15	4	\$580	\$640	\$760
26ECFCAM120003	2/12-30/12 (Wed)		5	\$670	\$750	\$900

星期四班

編號	日期	時間	堂數	先進會員	會員	非會員
26ECFCAM100004	8/10-29/10 (Thu)		4	\$580	\$640	\$760
26ECFCAM110004	5/11-26/11 (Thu)	14:00-15:00	4	\$580	\$640	\$760
26ECFCAM120004	3/12-24/12 (Thu)		4	\$580	\$640	\$760

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)

..... 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)

經典金曲電子彈奏—初班 Golden Oldies E-Piano — Beginners

本課程採用易學易明之琴譜作教材，讓學員能於短時間內掌握彈奏技巧，享受箇中樂趣。課堂內導師將會示範及分享 50 至 80 年代華語及英語經典金曲。課程以小班教學，本會提供每人一部電子琴於課堂使用。經典金曲電子彈奏班共分為初、中、高班，完成初班之學員可報讀中班。

編號	日期	時間	堂數	會員	非會員
26ECMCGP100101	12/10-21/12 (Mon) (*19/10 不用上課)	12:45-14:15	10	\$2,300	\$2,750

備註：1. 不設先進會員收費優惠
2. 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。

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，並持有英國皇家舞蹈學院 Silver Swans 課程授權導師；英國皇家舞蹈學院註冊教師；英國皇家舞蹈學院教師證書；英國皇家舞蹈教師協會院士；英國皇家舞蹈教師協會高級舞蹈員證書，以及香港芭蕾舞學院專業教師文憑。

銀齡芭蕾舞坊 Silver Swans Ballet Programme

語言 Language：粵語 Cantonese
地點 Venue：港青（尖沙咀）3 樓 / 6 樓, YMCA (TST)
歡迎 55 歲以上，無須舞蹈經驗。

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)
26ECDCSW 090001	28/9-23/11 (Mon)	12:15-13:30	8	\$1,230	\$1,390
26ECDCSW 100001	9/10-27/11 (Fri)	11:15-12:30	8	\$1,230	\$1,390

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



..... 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
5/10 (Mon)	19:30-20:30	1	5/10 (Mon) 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 enrol 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 NMem (每位)
26ECDCBD 100101	12/10-21/12 (Mon & Thu)	19:30 - 20:30	20	\$1,740	\$2,180

標準舞蹈 — 進階班 Ballroom Dancing — Advanced ★

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem (每位)	非會員 NMem (每位)
26ECDCBD 100201	12/10-21/12 (Mon & Thu)	18:30-19:30	20	\$1,740	\$2,180

備註 Remarks：不設先進會員收費優惠
No special prices for Master Member

嬋柔® 運動
GYROKINESIS®

語言 Language：粵語 Cantonese
地點 Venue：港青（尖沙咀）3/F / 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。

初級入門班（適合從未接觸過嬋柔® 運動的學員）：
星期四班（下午班）

編號	日期	時間	堂數	會員	非會員
26ECDGK100001	8/10-29/10 (Thu)	15:45-17:00	4	\$660	\$812
26ECDGK110001	5/11-26/11 (Thu)		4	\$660	\$812
26ECDGK120001	3/12-24/12 (Thu) (*17/12 不用上堂)		3	\$495	\$612

星期五班（下午班）

編號	日期	時間	堂數	會員	非會員
26ECDGK100002	2/10-30/10 (Fri)	17:00-18:15	5	\$825	\$1015
26ECDGK110002	6/11-27/11 (Fri)		4	\$660	\$812
26ECDGK120002	4/12-18/12 (Fri)		3	\$495	\$612

星期五班（晚上班）

編號	日期	時間	堂數	會員	非會員
26ECDGK100003	2/10-30/10 (Fri)	18:30-19:45	5	\$825	\$1015
26ECDGK110003	6/11-27/11 (Fri)		4	\$660	\$812
26ECDGK120003	4/12-18/12 (Fri)		3	\$495	\$612

星期日班（早上班）

編號	日期	時間	堂數	會員	非會員
26ECDGK100004	4/10-25/10 (Sun) (*18/10 不用上堂)	10:45-12:00	3	\$495	\$612
26ECDGK110004	1/11-29/11 (Sun)		5	\$825	\$1015
26ECDGK120004	6/12-27/12 (Sun)		4	\$660	\$812

初級入門進階班（適合已報讀 3 個月或以上嬋柔® 運動的學員）：
星期四班（晚上班）

編號	日期	時間	堂數	會員	非會員
26ECDGK100101	8/10-29/10 (Thu)	18:30-19:45	4	\$660	\$812
26ECDGK110101	5/11-26/11 (Thu)		4	\$660	\$812
26ECDGK120101	3/12-17/12 (Thu)		3	\$495	\$612

星期日班（中午班）

編號	日期	時間	堂數	會員	非會員
26ECDGK100103	4/10-25/10 (Sun) (*18/10 不用上堂)	12:15-13:30	3	\$495	\$612
26ECDGK110103	1/11-29/11 (Sun)		5	\$825	\$1015
26ECDGK120103	6/12-27/12 (Sun)		4	\$660	\$812

初級中階班（適合已報讀 9 個月或以上嬋柔® 運動的學員）：
星期四班（下午班）

編號	日期	時間	堂數	會員	非會員
26ECDGK100201	8/10-29/10 (Thu)	14:15-15:30	4	\$660	\$812
26ECDGK110201	5/11-26/11 (Thu)		4	\$660	\$812
26ECDGK120201	3/12-24/12 (Thu) (*17/12 不用上堂)		3	\$495	\$612

- 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
3. 課堂內容會因應參加者的進度而有所調整
4. 三合一優惠：於同一季度中連續報讀三個月同一嬋柔課程，第三個月可享 9 折優惠價報讀課程。如欲享用優惠，請致電 2268 7733 聯絡職員。

特別工作坊系列
Special Workshops Series

對象 Target：18 歲或以上人士 Ages 18 or above
語言 Language：粵語 Cantonese
地點 Venue：港青（尖沙咀）6 樓 6/F, YMCA (TST)

永恒花語保鮮花工作坊
Preserved Flower Art Workshop

由資深花藝師親自授課，課程專為初學者而設。參加者將於一日課程中認識保鮮花的特色及基本處理方法，並學習花材配搭、色彩運用及插作技巧。在老師的示範及指導下，參加者可完成獨一無二的保鮮花作品。



完成的作品既可用作點綴家居或辦公空間，亦可作為送贈親友的心意禮物。歡迎喜愛手作及花藝的人士參加。

備註：請於上課時自備剪刀及環保袋

編號	日期	時間	堂數	會員	非會員
26ECFCES110001	14/11 (Sat)	14:00-16:00	1	\$320	\$320
26ECFCES120001	12/12 (Sat)	14:00-16:00	1	\$320	\$320

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 & 14:00-17:00

(公眾假期除外 Except public holiday)

電郵 Email：ce_info@ymcakhk.org.hk

臉書 Facebook：YMCA 咖啡同學會 (咖啡課程 Barista Programmes)

地址 Address：港青 (尖沙咀) 六樓 6/F, YMCA (TST)

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，詳情請參閱報名網站。
An online enrolment platform is available, please refer to the enrolment website for more details, <https://mcs.ymcakhk.org.hk/zh/BTA>

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意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
26ECBCCG 100001	3/10-17/10 (Sat)	10:00-13:00 & 14:00-17:00	3	6/F	\$3,650	\$4,100
26ECBCCG 100002	5/10-16/11 (Mon) (*19/10 不用上堂)	19:00-22:00	6	6/F		
26ECBCCG 100003	6/10-22/10 (Tue, Thu)	19:00-22:00	6	6/F		
26ECBCCG 100004	29/10-31/10 (Thu, Fri, Sat)	10:00-13:00 & 14:00-17:00	3	6/F		
26ECBCCG 110001	7/11-21/11 (Sat)	10:00-13:00 & 14:00-17:00	3	6/F		
26ECBCCG 110002	10/11-12/11 (Tue, Wed, Thu)	10:00-13:00 & 14:00-17:00	3	6/F		
26ECBCCG 110003	10/11-26/11 (Tue, Thu)	19:00-22:00	6	6/F		
26ECBCCG 110004	22/11-27/12 (Sun)	10:00-13:00	6	6/F		
26ECBCCG 120001	1/12-17/12 (Tue, Thu)	19:00-22:00	6	6/F		
26ECBCCG 120002	5/12-19/12 (Sat)	10:00-13:00 & 14:00-17:00	3	6/F		
26ECBCCG 120003	15/12-17/12 (Tue, Wed, Thu)	10:00-13:00 & 14:00-17:00	3	6/F		
26ECBCCG 120004	22/12-24/12 (Tue, Wed, Thu)	10:00-13:00 & 14:00-17:00	3	6/F		

二人同行
9 折優惠

- 備註：1. 學費已包括超過 \$1,000 材料費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 咖啡師基礎班

SCA Barista Foundation

此課程讓學員學習基本意式咖啡知識，如咖啡機應用、製作濃縮咖啡、打奶技巧等等。適合對有興趣或有志成為咖啡師之人士報讀，學員完成基礎課程後可銜接咖啡師中級課程。

- 精品咖啡基本認識
- 了解磨豆，佈粉及填壓
- 意式濃縮咖啡萃取及沖煮基本技巧
- 奶泡製作基本技巧

編號	日期	時間	堂數	地點	會員	非會員
26ECBCAB 100001	6/10 (Tue)	10:00-13:00 & 14:00-18:00	1	6/F	\$1,850	\$2,050
26ECBCAB 100002	24/10 (Sat)	10:00-13:00 & 14:00-18:00	1	6/F		
26ECBCAB 100003	27/10 & 3/11 (Tue)	19:00-22:30	2	6/F		
26ECBCAB 110001	16/11 (Mon)	10:00-13:00 & 14:00-18:00	1	6/F		
26ECBCAB 110002	28/11 (Sat)	10:00-13:00 & 14:00-18:00	1	6/F		
26ECBCAB 120001	22/12 & 29/12 (Tue)	19:00-22:30	2	6/F		
26ECBCAB 120002	28/12 (Mon)	10:00-13:00 & 14:00-18:00	1	6/F		

- 備註：1. 學費已包括超過 \$1,200 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. 課堂總時數為 7 小時，課程日期及堂數已包含考試時段

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
26ECBCAB 110101	6/11-18/12 (Fri)	19:00 - 22:00	7	6/F	\$7,220	\$7,800
26ECBCAB 110102	24/11-26/11 (Tue, Wed, Thu)	10:00-13:00 & 14:00-18:00	3	6/F		
26ECBCAB 120101	8/12-10/12 (Tue, Wed, Thu)	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 SCA 咖啡師基礎班 及 SCA 咖啡師中級班)	會員	非會員
	\$7,610	\$8,410





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



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
26ECBCDW 10001	29/10-5/11 (Thu)	19:00-22:30	2	6/F		
26ECBCDW 10002	31/10 (Sat)	10:30-13:00 & 14:00-17:30	1	6/F	\$1,850	\$2,050
26ECBCDW 11001	23/11 (Mon)	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

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
26ECBCDW 120101	7/12-28/12 (Mon, Wed)	19:00-22:00	7	6/F	\$5,760	\$6,250

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
	\$7,030	\$7,700

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
26ECBCSC 110001	23/11 & 30/11 (Mon)	19:00-22:00	2	6/F	\$750	\$840

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工咖啡豆, 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
26ECBCSR 110001	18/11 & 25/11 (Wed)	19:00-22:00	2	6/F	\$750	\$840

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
26ECBCSL100001	2/10 & 9/10 (Fri)	19:30-22:30	2	6/F		
26ECBCSL100002	7/10 & 14/10 (Wed)	19:00-22:00	2	6/F		
26ECBCSL100003	10/10 & 17/10 (Sat)	14:30-17:30	2	6/F		
26ECBCSL100004	16/10 & 23/10 (Fri)	19:30-22:30	2	6/F		
26ECBCSL100005	21/10 & 28/10 (Wed)	19:00-22:00	2	6/F		
26ECBCSL110001	4/11 & 11/11 (Wed)	19:00-22:00	2	6/F	\$750	\$840
26ECBCSL110002	7/11 & 14/11 (Sat)	14:30-17:30	2	6/F		
26ECBCSL110003	20/11 & 27/11 (Fri)	19:30-22:30	2	6/F		
26ECBCSL110004	21/11 & 28/11 (Sat)	14:30-17:30	2	6/F		
26ECBCSL110005	27/11 & 4/12 (Fri)	19:30-22:30	2	6/F		
26ECBCSL120001	5/12 & 12/12 (Sat)	14:30-17:30	2	6/F		

進階班 (Heart in Heart, 天鵝等)：

編號	日期	時間	堂數	地點	會員	非會員
26ECBCSL100101	24/10 & 31/10 (Sat)	14:30-17:30	2	6/F		
26ECBCSL100102	30/10 & 6/11 (Fri)	19:30-22:30	2	6/F		
26ECBCSL120101	2/12 & 9/12 (Wed)	19:30-22:30	2	6/F	\$750	\$840
26ECBCSL120102	11/12 & 18/12 (Fri)	19:30-22:30	2	6/F		

* 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

組合	組合優惠
四合一組合班 (同時報讀咖啡杯測入門，咖啡烘焙入門，咖啡拉花入門班及進階班)	\$2,650
三合一組合班 (同時報讀咖啡杯測入門，咖啡烘焙入門，咖啡拉花入門班及進階班)(其中三個課程)	\$2,150
二合一組合班 (同時報讀咖啡杯測入門，咖啡烘焙入門，咖啡拉花入門班及進階班)(其中兩個課程)	\$1,550

* 學員必須出席率達 80% 或以上及十八個月內完成所有課程，方合資格申請聽講證書，以資證明完成課程。學員如欲申請，須於課程所有完成後三個月內申請。

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
26ECBCWL100001	4/10 (Sun)	15:00-16:30	1	6/F		
26ECBCWL100002	11/10 (Sun)	15:00-16:30	1	6/F		
26ECBCWL110001	1/11 (Sun)	15:00-16:30	1	6/F	\$200/ 每對親子	\$240/ 每對親子
26ECBCWL110002	8/11 (Sun)	15:00-16:30	1	6/F		
26ECBCWL110003	15/11 (Sun)	15:00-16:30	1	6/F		
26ECBCWL120001	19/12 (Sat)	15:30-17:00	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 / 團體咖啡私人小組 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。



專屬拉花工作坊 Private Latte Art Workshop

技能增值 親子生日會 · 節日聚會 · 企業培訓

歡迎學校、機構、及其他單位合作 ☎ 62053750 ☎ 22687733

MONTESSORI TEACHING DIPLOMA PROGRAM



免費講座 Free Orientation

22
NOV

日期 Date | 22. 11. 2026
(星期日 Sunday)
地點 Venue | 尖沙咀總部605室
Room 605, YMCA TST
時間 Time | 14:00
語言 Language | 英語 English

歡迎預約座位
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

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，應以英文之解釋為準。
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 FULL fee	分期付款 (共三期) FULL fee by 3 instalments	信用卡 Credit Card 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)

評估方式 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 Migrant Workers in Hong Kong / English Speakers

Most Popular Courses

YMCA of Hong Kong offers a wide range of English-medium courses for Migrant Workers working in H.K. / English Speaker on Sundays.

Language - English Grammar (Basic / Intermediate / Advanced & DL) - Japanese (Basic) NEW - Cantonese (Basic) - Learn English Level 1 & 2 - IELTS Introductory Course	Computer - Basic & Advanced Computer courses (e.g. MS Word, MS Excel etc) - English and Bahasa Indonesia teaching	Beauty - Professional Hair Design - Bridal Make Up / Hair Setting - Beauty Therapist - Body Treatments - DIY Skin Care Products NEW	Healthcare - Paediatric First Aid - Everyday First Aid NEW - Caring for the Elderly - Certificate in Baby Care
Business - Understanding Numbers in Business - Bookkeeping Level 1 & 2	Music & Dance - Piano (Any / Advanced Level) - Guitar (Beginners & Intermediate) - Voice Lesson - Ukulele NEW	Creative Crafts - Fruit & Vegetable Carving - Soap Carving - Accessories Making - Wedding Accessories NEW	LiveLihood - Baking NEW - Dress Making NEW (Beginners & Intermediate) - Dessert Making NEW

Enquiry : Call 2268 7736 or email mw@ymcahk.org.hk

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