



港青游泳學院 YMCA Swimming Academy

水運組 Aquatics Unit

辦公時間 Office Hours :

星期一至五 Mon-Fri 10:00-18:00

星期六 Sat 9:00-13:00

(公眾假期除外 Except Public Holiday)

查詢 Enquiry : 2268 7010

電郵 Email : aquatics@ymcahk.org.hk

地點 Venue Location

港青(尖沙咀)1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.

港青游泳學院旨在透過綜合的游泳課程，將健康生活模式推廣予大眾社會，課程由幼童到先進的年齡組別，滿足大眾於不同人生階段的需要。我們希望學員能於安全及衛生的環境，透過全面的教學課程，從中得到自信、堅持、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 for the community by providing a comprehensive swimming programme that addresses different age groups, from infants to master, catering for people's changing needs at different stages of their lives. We wish to serve our society in a safe and clean environment, and through our extensive curriculum, to help people develop confidence, perseverance, positive attitude, and team spirit, transforming themselves and our society.



[只限會員] 參與二零一九年第二季之泳班學員將獲得優先報名處理。

[Members Only] Re-Enrolment Procedure only applies to participants enrolled in the 2nd 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
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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 Master Elite Swim Team 青少年訓練 Ages 9-17 Youth Training 鱈鯊班 Mako Shark 雙鬚鯊班 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 Female Swimming 青年及成人蛙泳 Ages 16-54 Teen & Adult Breaststroke 水中健康舞 Ages 16+ Aqua Aerobics 水中伸展 Ages 18+ Aqua-Stretching 水中物理治療 Ages 18+ Hydrotherapy 先進游泳 / 水健班 Ages 55+ Master Swim/Aquacise 先進游泳 Master Swimming 先進蛙泳 Master Breaststroke 先進水中健體 Master Aquacise
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參加者需要成功完成前一班課程
Completion of previous level required

參加者無需熟習游泳
Swimming ability not required

參加者需通過泳術評核
Swimming Assessment required

適合先進人士
Suitable for Master

學員注意事項 Reminders for Participants :

- ◆ 語言 Language :
粵語輔以英語 Cantonese Supplemented With English
- ◆ 需使用指定「游泳課程報名表格」報名
Please use the specified "Swimming Programme Enrolment Form"
- ◆ 若課程因惡劣天氣或其他特殊情况而取消，本會有權安排指定日子及時間補課。若本會未能提供補課之安排，則在課程完結後，將按比例派發課程代用券給予學員。學員若缺席補課，將不會安排課程代用券或退款。
If any lesson is cancelled due to inclement weather or other special circumstances, we reserve the right to arrange make-up class at a designated date and time. If no make-up class can be arranged, programme coupons will be issued on a pro-rata basis after the completion of the programme. No refund or programme coupon will be provided for absence on make-up class.
- ◆ 本會游泳池只限泳客 / 游泳學員進內，泳池觀眾席有限度開放予港青游泳學院課程之學員家長進行現場觀課。詳情請參閱泳班學員家長守則。
YMCA Swimming Pool: Only swimmers and participants are allowed to enter. The Viewing Gallery of swimming pool is open to the parents of the participants of YMCA Swimming Academy for class observation. For details, please refer to Parents' Code of Class Observation.
- ◆ 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.

泳術評核 Swimming Assessment
凡報讀有 🏊 標誌的課程之新參加者或並沒持有有效成績單之舊學員，必須通過泳術評核。請於辦公時間致電水運組 2268 7010 預約。 New applicants or those who do not have a valid report slip are required to undergo a Swimming Assessment in order to enrol in our programmes bearing the 🏊 symbol. Please contact the Aquatics Unit at 2268 7010 during office hours for appointment. 費用: \$20 (請往一樓會員服務部付款 Pay at 1/F Member Services counter) 安排泳術評核日期於 2019 年 6 月 10 日至 6 月 21 日 (公眾假期除外) Schedule for Swimming Assessment: from June 10 to 21, 2019 (except Public Holiday) 備註 Remarks: 1. 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. 2. 5 歲或以下小童須由一位家長 / 監護人陪同下水 Children ages 5 or under must be accompanied in water by a parent / guardian.

暑期特別游泳工作坊 Summer Swimming Workshops

Brainswim Workshop (Ages 18 or above)

針對不懂游泳的成人，教授預防遇溺的技巧
Designed for adults who do not have swimming ability, teaching drowning prevention skills

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAS 30106	Tue & Thu (2/7-11/7)	18:30-20:30	4	\$1,200	\$1,440
19PAS 30107	Tue & Thu (6/8-15/8)	18:30-20:30	4	\$1,200	\$1,440

泳式改良班

Stroke Refinement Workshop (Ages 6-17)

協助學員改善四式動作，提升耐力及速度
Focuses on refinement of the four strokes, and enhancement of endurance and speed

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAS 30110	Wed (17/7-21/8)	15:00-17:00	6	\$1,200	\$1,440
19PAS 30111	Fri (19/7-23/8)	9:00-11:00	6	\$1,200	\$1,440
19PAS 30112	Fri (19/7-23/8)	14:00-16:00	6	\$1,200	\$1,440
19PAS 30113	Sun (14/7-18/8)	18:30-20:30	6	\$1,200	\$1,440

- 完成海豹班或以上級別之學員，或 Completed Seal Level or above, or
- 能以捷泳 / 背泳 / 蛙泳 / 蝶泳游畢 15 米 Able to swim front crawl / back crawl / breaststroke / butterfly 15m

救生新兵工作坊

Rookie Lifesaving Workshop (Ages 10-14)

教授拯救生命的技巧，由擁有英國皇家拯溺會授權教練教授。
Learn lifesaving skills and taught by an instructor under the authority of the Royal Life Saving Society UK

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAS 30114	Mon (15/7-5/8)	16:00-18:00	4	\$1,200	\$1,440
19PAS 30115	Fri (2/8-23/8)	10:00-12:00	4	\$1,200	\$1,440

- 能以蛙泳游畢 25 米 Able to swim breaststroke 25m

游泳競賽工作坊

Competition Workshop (Ages 6 -17)

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

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAS 30108	Mon (29/7-19/8)	16:00-18:00	4	\$1,200	\$1,440
19PAS 30109	Fri (2/8-23/8)	14:00-16:00	4	\$1,200	\$1,440

- 完成海豚班或以上級別之學員，或 Completed Dolphin Level or above
- 能以捷泳 / 背泳 / 蛙泳 / 蝶泳游畢 25 米 Able to swim front crawl / back crawl / breaststroke / butterfly 25m

港青游泳學院 Swimming Academy

親子游泳班

Aqua-tots (Ages 6-18 months)

感受浮力、鍛煉腿部肌肉、學習平衡
Introduction to buoyancy, develop legs strength, balance in water

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAC 30101	Wed (10/7-18/9)	11:15-11:45	11	\$1,430	\$1,650
19PAC 30102	Sat (13/7-21/9) No Class: 14/9	9:30-10:00	10	\$1,300	\$1,500
19PAC 30103	Sat (13/7-21/9) No Class: 14/9	13:00-13:30	10	\$1,300	\$1,500
19PAC 30104	Sun (14/7-22/9) No class: 25/8	9:30-10:00	10	\$1,300	\$1,500
19PAC 30105	Sun (14/7-22/9) No class: 25/8	16:45-17:15	10	\$1,300	\$1,500

備註：須由一位家長 / 監護人陪同嬰兒上堂
Remarks: Each child is required to be accompanied by one parent/guardian during the lesson

親子游泳班

Aqua-tots (Ages 19-35 months)

背浮、踢腳、吹泡泡換氣、水底拾物件
Floating, kicking, breath exchange and retrieving objects underwater

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAC 30201	Wed (10/7-18/9)	11:45-12:15	11	\$1,430	\$1,650
19PAC 30202	Sat (13/7-21/9) No Class: 14/9	9:00-9:30	10	\$1,300	\$1,500
19PAC 30203	Sat (13/7-21/9) No Class: 14/9	13:30-14:00	10	\$1,300	\$1,500
19PAC 30204	Sun (14/7-22/9) No class: 25/8	9:00-9:30	10	\$1,300	\$1,500
19PAC 30205	Sun (14/7-22/9) No class: 25/8	17:15-17:45	10	\$1,300	\$1,500

備註：須由一位家長 / 監護人陪同嬰兒上堂
Remarks: Each child is required to be accompanied by one parent/guardian during the lesson

學前兒童游泳班第一級

Aqua-naut Level One (Ages 3-5)

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
19PAC 30301	Sat (13/7-21/9) No Class: 14/9	10:00-10:45	10	\$1,400	\$1,600
19PAC 30302	Sat (13/7-21/9) No Class: 14/9	10:45-11:30	10	\$1,400	\$1,600
19PAC 30303	Sat (13/7-21/9) No Class: 14/9	12:15-13:00	10	\$1,400	\$1,600
19PAC 30304	Sat (13/7-21/9) No Class: 14/9	14:00-14:45	10	\$1,400	\$1,600
19PAC 30305	Sat (13/7-21/9) No Class: 14/9	14:45-15:30	10	\$1,400	\$1,600
19PAC 30306	Sat (13/7-21/9) No Class: 14/9	15:30-16:15	10	\$1,400	\$1,600
19PAC 30307	Sat (13/7-21/9) No Class: 14/9	17:45-18:30	10	\$1,400	\$1,600
19PAC 30308	Sun (14/7-22/9) No class: 25/8	10:00-10:45	10	\$1,400	\$1,600
19PAC 30309	Sun (14/7-22/9) No class: 25/8	11:30-12:15	10	\$1,400	\$1,600
19PAC 30310	Sun (14/7-22/9) No class: 25/8	12:15-13:00	10	\$1,400	\$1,600
19PAC 30311	Sun (14/7-22/9) No class: 25/8	13:00-13:45	10	\$1,400	\$1,600
19PAC 30312	Sun (14/7-22/9) No class: 25/8	13:45-14:30	10	\$1,400	\$1,600
19PAC 30313	Sun (14/7-22/9) No class: 25/8	14:30-15:15	10	\$1,400	\$1,600
19PAC 30314	Tue & Thu (16/7-22/8)	10:00-10:45	12	\$1,680	\$1,920
19PAC 30315	Wed & Fri (17/7-23/8)	14:30-15:15	12	\$1,680	\$1,920

學前兒童游泳班第一級泳術提升班 Aqua-naut Level One Enhancement Course (Ages 3-5)

水中呼吸、基本打腿、俯伏浮身。小班教學(1:4)
Breathing in water, basic flutter kick, face-down flotation. Small class teaching (1:4)

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAC 30316	Tue (9/7-17/9)	16:00-16:45	11	\$1,980	\$2,310
19PAC 30317	Wed (10/7-18/9)	16:00-16:45	11	\$1,980	\$2,310
19PAC 30318	Thu (11/7-19/9)	17:30-18:15	11	\$1,980	\$2,310
19PAC 30319	Fri (12/7-20/9)	16:45-17:30	11	\$1,980	\$2,310

學前兒童游泳班第二級 Aqua-naut Level Two (Ages 3-5)

水中閉氣、自行打腿、俯伏後自行站立、受協助仰臥浮身
Breathing 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
19PAC 30401	Sat (13/7-21/9) No Class: 14/9	10:45-11:30	10	\$1,400	\$1,600
19PAC 30402	Sat (13/7-21/9) No Class: 14/9	11:30-12:15	10	\$1,400	\$1,600
19PAC 30403	Sat (13/7-21/9) No Class: 14/9	14:00-14:45	10	\$1,400	\$1,600
19PAC 30404	Sat (13/7-21/9) No Class: 14/9	15:30-16:15	10	\$1,400	\$1,600
19PAC 30405	Sat (13/7-21/9) No Class: 14/9	16:15-17:00	10	\$1,400	\$1,600
19PAC 30406	Sat (13/7-21/9) No Class: 14/9	17:00-17:45	10	\$1,400	\$1,600
19PAC 30407	Sat (13/7-21/9) No Class: 14/9	17:45-18:30	10	\$1,400	\$1,600
19PAC 30408	Sun (14/7-22/9) No class: 25/8	10:45-11:30	10	\$1,400	\$1,600
19PAC 30409	Sun (14/7-22/9) No class: 25/8	11:30-12:15	10	\$1,400	\$1,600
19PAC 30410	Sun (14/7-22/9) No class: 25/8	12:15-13:00	10	\$1,400	\$1,600
19PAC 30411	Sun (14/7-22/9) No class: 25/8	14:30-15:15	10	\$1,400	\$1,600
19PAC 30412	Sun (14/7-22/9) No class: 25/8	15:15-16:00	10	\$1,400	\$1,600
19PAC 30413	Sun (14/7-22/9) No class: 25/8	16:00-16:45	10	\$1,400	\$1,600
19PAC 30414	Tue & Thu (16/7-22/8)	10:45-11:30	12	\$1,680	\$1,920
19PAC 30415	Wed & Fri (17/7-23/8)	15:15-16:00	12	\$1,680	\$1,920

學前兒童游泳班第二級泳術提升班 Aqua-naut Level Two Enhancement Course (Ages 3-5)

水中閉氣、自行打腿、俯伏後自行站立、受協助仰臥浮身。小班教學(1:4)
Breathing holding, flutter kick, return to vertical from floating, assisted face-up flotation. Small class teaching (1:4)

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAC 30416	Tue (9/7-17/9)	16:45-17:30	11	\$1,980	\$2,310
19PAC 30417	Wed (10/7-18/9)	17:30-18:15	11	\$1,980	\$2,310
19PAC 30418	Thu (11/7-19/9)	16:45-17:30	11	\$1,980	\$2,310
19PAC 30419	Fri (12/7-20/9)	16:00-16:45	11	\$1,980	\$2,310

學前兒童游泳班第三級 Aqua-naut Level Three (Ages 3-5)

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
19PAC 30501	Sat (13/7-21/9) No Class: 14/9	10:00-10:45	10	\$1,400	\$1,600
19PAC 30502	Sat (13/7-21/9) No Class: 14/9	11:30-12:15	10	\$1,400	\$1,600
19PAC 30503	Sat (13/7-21/9) No Class: 14/9	12:15-13:00	10	\$1,400	\$1,600
19PAC 30504	Sat (13/7-21/9) No Class: 14/9	14:45-15:30	10	\$1,400	\$1,600
19PAC 30505	Sat (13/7-21/9) No Class: 14/9	16:15-17:00	10	\$1,400	\$1,600
19PAC 30506	Sat (13/7-21/9) No Class: 14/9	17:00-17:45	10	\$1,400	\$1,600
19PAC 30507	Sun (14/7-22/9) No class: 25/8	10:00-10:45	10	\$1,400	\$1,600
19PAC 30508	Sun (14/7-22/9) No class: 25/8	10:45-11:30	10	\$1,400	\$1,600
19PAC 30509	Sun (14/7-22/9) No class: 25/8	13:00-13:45	10	\$1,400	\$1,600
19PAC 30510	Sun (14/7-22/9) No class: 25/8	13:45-14:30	10	\$1,400	\$1,600
19PAC 30511	Sun (14/7-22/9) No class: 25/8	15:15-16:00	10	\$1,400	\$1,600
19PAC 30512	Sun (14/7-22/9) No class: 25/8	16:00-16:45	10	\$1,400	\$1,600
19PAC 30513	Tue & Thu (16/7-22/8)	11:30-12:15	12	\$1,680	\$1,920

學前兒童游泳班第三級泳術提升班 Aqua-naut Level Three Enhancement Course (Ages 3-5)

俯伏浮身打腿5米、仰臥浮身。小班教學(1:4)
Face-down kick 5m, back float. Small class teaching (1:4)

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAC 30514	Tue (9/7-17/9)	17:30-18:15	11	\$1,980	\$2,310
19PAC 30515	Wed (10/7-18/9)	16:45-17:30	11	\$1,980	\$2,310
19PAC 30516	Thu (11/7-19/9)	16:00-16:45	11	\$1,980	\$2,310
19PAC 30517	Fri (12/7-20/9)	17:30-18:15	11	\$1,980	\$2,310

學前兒童游泳班第四級 Aqua-naut Level Four (Ages 3-5)

閉氣捷泳5米、仰浮踢腳2-3米
5m front crawl no breathing, 2-3m back kick

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAC 30601	Thu (11/7-19/9)	16:30-17:30	11	\$1,760	\$2,090
19PAC 30602	Sat (13/7-21/9) No Class: 14/9	13:30-14:30	10	\$1,600	\$1,900
19PAC 30603	Sat (13/7-21/9) No Class: 14/9	15:30-16:30	10	\$1,600	\$1,900
19PAC 30604	Sun (14/7-22/9) No class: 25/8	11:30-12:30	10	\$1,600	\$1,900
19PAC 30605	Sun (14/7-22/9) No class: 25/8	13:30-14:30	10	\$1,600	\$1,900
19PAC 30606	Tue & Thu (16/7-22/8)	15:00-16:00	12	\$1,920	\$2,280

學前兒童游泳班第五級 Aqua-naut Level Five (Ages 3-5)

捷泳 10 米、仰浮踢腳 5 米 10m front crawl, 5m back kick

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAC 30701	Tue (9/7-17/9)	17:30-18:30	11	\$1,760	\$2,090
19PAC 30702	Thu (11/7-19/9)	16:30-17:30	11	\$1,760	\$2,090
19PAC 30703	Sat (13/7-21/9) No Class: 14/9	11:30-12:30	10	\$1,600	\$1,900
19PAC 30704	Sat (13/7-21/9) No Class: 14/9	15:30-16:30	10	\$1,600	\$1,900
19PAC 30705	Sun (14/7-22/9) No class: 25/8	11:30-12:30	10	\$1,600	\$1,900
19PAC 30706	Sun (14/7-22/9) No class: 25/8	14:30-15:30	10	\$1,600	\$1,900

學前兒童游泳班第六級 Aqua-naut Level Six (Ages 3-5)

捷泳 20 米、背泳踢腳 15 米 20m front crawl, 15m back kick

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAC 30801	Tue (9/7-17/9)	16:30-17:30	11	\$1,760	\$2,090
19PAC 30802	Sat (13/7-21/9) No Class: 14/9	11:30-12:30	10	\$1,600	\$1,900
19PAC 30803	Sun (14/7-22/9) No class: 25/8	11:30-12:30	10	\$1,600	\$1,900

兒童及少年習泳水獺班 Child & 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 no breath, 5 sec back float

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAC 31101	Wed (10/7-18/9)	17:00-18:00	11	\$1,760	\$2,090
19PAC 31102	Fri (12/7-20/9)	16:00-17:00	11	\$1,760	\$2,090
19PAC 31103	Sat (13/7-21/9) No Class: 14/9	12:30-13:30	10	\$1,600	\$1,900
19PAC 31104	Sat (13/7-21/9) No Class: 14/9	14:30-15:30	10	\$1,600	\$1,900
19PAC 31105	Sun (14/7-22/9) No class: 25/8	8:30-9:30	10	\$1,600	\$1,900
19PAC 31106	Sun (14/7-22/9) No class: 25/8	12:30-13:30	10	\$1,600	\$1,900
19PAC 31107	Tue & Thu (16/7-22/8)	14:00-15:00	12	\$1,920	\$2,280
19PAC 31108	Tue & Thu (16/7-22/8)	15:00-16:00	12	\$1,920	\$2,280

兒童及少年習泳海豹班 Child & Youth Seal (Ages 6-15)

捷泳 15 米、背泳踢腳 10 米 15m front crawl with breath, 10m back kick

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAC 31201	Mon (8/7-16/9)	17:00-18:00	11	\$1,760	\$2,090
19PAC 31202	Tue (9/7-17/9)	16:30-17:30	11	\$1,760	\$2,090
19PAC 31203	Fri 12/7-20/9	16:00-17:00	11	\$1,760	\$2,090
19PAC 31204	Sat (13/7-21/9) No Class: 14/9	8:30-9:30	10	\$1,600	\$1,900
19PAC 31205	Sat (13/7-21/9) No Class: 14/9	12:30-13:30	10	\$1,600	\$1,900
19PAC 31206	Sat (13/7-21/9) No Class: 14/9	16:30-17:30	10	\$1,600	\$1,900
19PAC 31207	Sun (14/7-22/9) No class: 25/8	8:30-9:30	10	\$1,600	\$1,900
19PAC 31208	Sun (14/7-22/9) No class: 25/8	12:30-13:30	10	\$1,600	\$1,900
19PAC 31209	Sun (14/7-22/9) No class: 25/8	15:30-16:30	10	\$1,600	\$1,900
19PAC 31210	Sun (14/7-22/9) No class: 25/8	17:30-18:30	10	\$1,600	\$1,900
19PAC 31211	Tue & Thu (16/7-22/8)	14:00-15:00	12	\$1,920	\$2,280

兒童及少年習泳海豚班 Child & Youth Dolphin (Ages 6-15)

捷泳 25 米、背泳 20 米 25m front crawl, 20m back crawl

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAC 31301	Mon (8/7-16/9)	16:00-17:00	11	\$1,760	\$2,090
19PAC 31302	Thu (11/7-19/9)	17:30-18:30	11	\$1,760	\$2,090
19PAC 31303	Fri (12/7-20/9)	16:00-17:00	11	\$1,760	\$2,090
19PAC 31304	Sat (13/7-21/9) No Class: 14/9	8:30-9:30	10	\$1,600	\$1,900
19PAC 31305	Sat (13/7-21/9) No Class: 14/9	12:30-13:30	10	\$1,600	\$1,900
19PAC 31306	Sat (13/7-21/9) No Class: 14/9	16:30-17:30	10	\$1,600	\$1,900
19PAC 31307	Sun (14/7-22/9) No class: 25/8	8:30-9:30	10	\$1,600	\$1,900
19PAC 31308	Sun (14/7-22/9) No class: 25/8	12:30-13:30	10	\$1,600	\$1,900
19PAC 31309	Sun (14/7-22/9) No class: 25/8	16:30-17:30	10	\$1,600	\$1,900
19PAC 31310	Tue & Thu (16/7-22/8)	14:00-15:00	12	\$1,920	\$2,280

兒童及少年習泳一星班 Child & 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
19PAC 31401	Mon (8/7-16/9)	17:00-18:00	11	\$1,760	\$2,090
19PAC 31402	Sat (13/7-21/9) No Class: 14/9	10:30-11:30	10	\$1,600	\$1,900
19PAC 31403	Sat (13/7-21/9) No Class: 14/9	14:30-15:30	10	\$1,600	\$1,900
19PAC 31404	Sun (14/7-22/9) No class: 25/8	9:30-10:30	10	\$1,600	\$1,900
19PAC 31405	Sun (14/7-22/9) No class: 25/8	14:30-15:30	10	\$1,600	\$1,900
19PAC 31406	Tue & Thu (16/7-22/8)	15:00-16:00	12	\$1,920	\$2,280

兒童及少年習泳二星班 Child & 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
19PAC 31501	Wed (10/7-18/9)	16:00-17:00	11	\$1,760	\$2,090
19PAC 31502	Fri (12/7-20/9)	17:00-18:00	11	\$1,760	\$2,090
19PAC 31503	Sat (13/7-21/9) No Class: 14/9	9:30-10:30	10	\$1,600	\$1,900
19PAC 31504	Sat (13/7-21/9) No Class: 14/9	15:30-16:30	10	\$1,600	\$1,900
19PAC 31505	Sun (14/7-22/9) No class: 25/8	9:30-10:30	10	\$1,600	\$1,900
19PAC 31506	Sun (14/7-22/9) No class: 25/8	15:30-16:30	10	\$1,600	\$1,900

兒童及少年習泳三星班 Child & Youth Star Three (Ages 6-15)

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

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAC 31601	Fri 12/7-20/9	17:00-18:00	11	\$1,760	\$2,090
19PAC 31602	Sat (13/7-21/9) No Class: 14/9	8:30-9:30	10	\$1,600	\$1,900
19PAC 31603	Sat (13/7-21/9) No Class: 14/9	13:30-14:30	10	\$1,600	\$1,900
19PAC 31604	Sun (14/7-22/9) No class: 25/8	9:30-10:30	10	\$1,600	\$1,900
19PAC 31605	Sun (14/7-22/9) No class: 25/8	13:30-14:30	10	\$1,600	\$1,900

兒童及少年習泳四星班

Child & 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
19PAC 31701	Mon (8/7-16/9)	16:00-17:00	11	\$1,760	\$2,090
19PAC 31702	Sat (13/7-21/9) No Class: 14/9	9:30-10:30	10	\$1,600	\$1,900
19PAC 31703	Sat (13/7-21/9) No Class: 14/9	13:30-14:30	10	\$1,600	\$1,900
19PAC 31704	Sun (14/7-22/9) No class: 25/8	10:30-11:30	10	\$1,600	\$1,900

兒童及少年習泳五星班

Child & 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
19PAC 31801	Tue (9/7-17/9)	17:30-18:30	11	\$1,760	\$2,090
19PAC 31802	Thu (11/7-19/9)	17:30-18:30	11	\$1,760	\$2,090
19PAC 31803	Sat (13/7-21/9) No Class: 14/9	14:30-15:30	10	\$1,600	\$1,900
19PAC 31804	Sun (14/7-22/9) No class: 25/8	10:30-11:30	10	\$1,600	\$1,900
19PAC 31805	Sun (14/7-22/9) No class: 25/8	15:30-16:30	10	\$1,600	\$1,900

兒童及少年習泳六星班

Child & Youth Star Six (Ages 6-15)

捷泳 100 米、背泳 100 米、蛙式 100 米、蝶式 25 米
100m 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
19PAC 31901	Wed (10/7-18/9)	16:00-17:00	11	\$1,760	\$2,090
19PAC 31902	Fri (12/7-20/9)	17:00-18:00	11	\$1,760	\$2,090
19PAC 31903	Sat (13/7-21/9) No Class: 14/9	10:30-11:30	10	\$1,600	\$1,900
19PAC 31904	Sun (14/7-22/9) No class: 25/8	10:30-11:30	10	\$1,600	\$1,900
19PAC 31905	Sun (14/7-22/9) No class: 25/8	13:30-14:30	10	\$1,600	\$1,900

成人習泳班

..... Adult Swimming
(Ages 16 or above)

初級班 Beginner 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
青年及成人班 Teen & Adult (Ages 16-54)					
19PAC 32101	Tue (9/7-17/9)	19:30-20:30	11	\$1,705	\$2,035
19PAC 32102	Tue (9/7-17/9)	20:30-21:30	11	\$1,705	\$2,035
19PAC 32103	Thu (11/7-19/9)	15:00-16:00	11	\$1,705	\$2,035
19PAC 32104	Sat (13/7-21/9) No class: 14/9	19:30-20:30	10	\$1,550	\$1,850
女子班 Female (Ages 16-54)					
19PAC 32105	Thu (11/7-19/9)	20:30-21:30	11	\$1,705	\$2,035
先進班 Master (Ages 55 or above) 					
19PAC 32401	Tue (9/7-17/9)	12:30-13:30	11	\$1,045	\$1,265
19PAC 32402	Wed (10/7-18/9)	9:00-10:00	11	\$1,045	\$1,265

中級班 Intermediate Class

適應深水游泳、加強捷泳及背泳技術
Orientation to deep water, develop techniques of front and back crawl

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
青年及成人班 Teen & Adult (Ages 16-54)					
19PAC 32201	Tue (9/7-17/9)	19:30-20:30	11	\$1,705	\$2,035
女子班 Female (Ages 16-54)					
19PAC 32202	Thu (11/7-19/9)	19:30-20:30	11	\$1,705	\$2,035
先進班 Master (Ages 55 or above) 					
19PAC 32403	Wed (10/7-18/9)	9:00-10:00	11	\$1,045	\$1,265

備註：報讀者必須完成初級班，或能以捷泳及背泳各游畢 15 米。
Remarks: Applicants should have completed Beginners level, or be able to swim 15m, both front and back crawl.


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
青年及成人班 Teen & Adult (Ages 16-54)					
19PAC 32203	Tue (9/7-17/9)	20:30-21:30	11	\$1,705	\$2,035

備註：報讀者必須完成中級班，或能以捷泳及背泳各游畢 50 米。
Remarks: Applicants should have completed Intermediate level, or be able to swim 50m, both front and back crawl.

成人蛙泳班 Adult Breaststroke (Ages 16 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
青年及成人班 Teen & Adult (Ages 16-54)					
19PAC 32301	Wed (10/7-18/9)	10:00-11:00	11	\$1,705	\$2,035
先進班 Master (Ages 55 or above) 					
19PAC 32404	Wed (10/7-18/9)	10:00-11:00	11	\$1,045	\$1,265

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
19PAC 32501	Tue (9/7-17/9)	18:30-19:30	11	\$1,375	\$1,595
19PAC 32502	Thu (11/7-19/9)	18:30-19:30	11	\$1,375	\$1,595
19PAC 32503	Thu (11/7-19/9)	19:30-20:30	11	\$1,375	\$1,595

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
19PAC 32601	Tue (9/7-17/9)	10:15-11:15	11	\$1,045	\$1,265
19PAC 32602	Tue (9/7-17/9)	11:30-12:30	11	\$1,045	\$1,265
19PAC 32603	Wed (10/7-18/9)	12:15-13:15	11	\$1,045	\$1,265
19PAC 32604	Thu (11/7-19/9)	10:00-11:00	11	\$1,045	\$1,265
19PAC 32605	Thu (11/7-19/9)	11:05-12:05	11	\$1,045	\$1,265

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
19PAC 33401	Wed (10/7-18/9)	19:30-20:30	11	\$1,705	\$2,035
19PAC 33402	Thu (11/7-19/9)	12:15-13:15	11	\$1,705	\$2,035

水中物理治療班 Hydrotherapy (Ages 18 or above)

放鬆肌肉、增加血液循環、鍛鍊肌力、強化心肺功能和訓練平衡力。本課程與協利康物理治療中心協辦，所有內容由專業物理治療師設計。Stress relief, improve circulation, muscular strength, balance and cardio-vascular conditioning. This programme is co-organised by "Healing Hands Physiotherapy Centre". All exercises are designed by a registered physiotherapist.

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAC 32801	Mon (8/7-16/9)	13:00-14:00	11	\$2,860	\$3,135
19PAC 32802	Fri (12/7-20/9)	13:00-14:00	11	\$2,860	\$3,135

持續游泳課程 On-going Swimming Programmes

青少年鯊魚訓練班 Youth Shark Training Programmes (Ages 9-17)

鯊魚班是為完成游泳學院習泳課程而又有興趣作持續訓練的學員而設。一經接納為鯊魚班學員，可於一年內由固定的教練教授及於固定的時間上課，但學費則仍以季度形式繳交。

Shark Swimming is for participants who have successfully completed our Swimming Academy's Progressive Swimming Programme, and are interested in continuing training. Participants enrol once a year, and attend class at the same schedule and under the same instructor for entire year. Payment will be made quarterly.

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
19PPA 39201	Wed (3/7-25/9)	17:00-18:00	13	\$2,080	\$2,405
19PPA 39202	Fri (5/7-27/9)	19:30-20:30	13	\$2,080	\$2,405
19PPA 39203	Sat (6/7-28/9) No class: 14/9	9:30-10:30	12	\$1,920	\$2,220
19PPA 39204	Sat (6/7-28/9) No class: 14/9	11:30-12:30	12	\$1,920	\$2,220
19PPA 39205	Sun (7/7-29/9) No class: 25/8	14:30-15:30	12	\$1,920	\$2,220
19PPA 39206	Sun (7/7-29/9) No class: 25/8	16:30-17:30	12	\$1,920	\$2,220

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
19PPA 39101	Fri (5/7-27/9)	19:30-20:30	13	\$2,080	\$2,405
19PPA 39102	Sat (6/7-28/9) No class: 14/9	11:30-12:30	12	\$1,920	\$2,220
19PPA 39103	Sat (6/7-28/9) No class: 14/9	19:30-20:30	12	\$1,920	\$2,220
19PPA 39104	Sun (7/7-29/9) No class: 25/8	16:30-17:30	12	\$1,920	\$2,220

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
19PPA 39001	Fri (5/7-27/9)	19:30-20:30	13	\$2,080	\$2,405
19PPA 39002	Sat (6/7-28/9) No class: 14/9	10:30-11:30	12	\$1,920	\$2,220
19PPA 39003	Sat (6/7-28/9) No class: 14/9	11:30-12:30	12	\$1,920	\$2,220
19PPA 39004	Sun (7/7-29/9) No class: 25/8	17:30-18:30	12	\$1,920	\$2,220

持續精英游泳課程 On-going Elite Swimming Programmes

持續精英訓練課程為有志參加游泳比賽之學員提供四種泳式及比賽技術訓練。The On-Going Elite Swimming Training Programme provides training of four swimming strokes and competition techniques for participants who are interested in taking part in swimming competitions.

備註 Remarks: 參加者必須完成「兒童及少年習泳班」之一星班或以上級別，及進行泳術評核方可加入。本會將根據學員泳術評核之表現分派其到合適之組別。而學員之組別調配及晉升主要視乎其進度及表現而定。所有泳隊只供本會會員參與。Participants must complete the "Star One" level or above and pass the swimming assessment. Participants will be assigned to suitable levels based on their performance during the swimming assessment. The adjustment or promotion of the level of participants depends mainly on their progress and performance. Only YMCA members are eligible to participate in Swimming Team Training.

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
19PAC 36001	Wed (3/7-25/9)	16:30-18:00	13	\$3,700
	Sat (6/7-28/9)	16:30-18:00	12	
	No class: 14/9			
19PPA 36002	Wed (3/7-25/9)	16:30-18:00	13	\$3,700
	Sun (7/7-29/9)	17:30-19:00	12	
	No class: 25/8			

泳隊 B 組 Swimming Team B (Ages 6-12)

四式技術改良、起跳、轉身、耐力訓練
Stroke refinement, competitive starts, turns, endurance training

編號 Code	日期 Date	時間 Time	堂數 Sessions	收費 Fee
19PPA 37101	Tue (2/7-24/9)	16:30-18:30	13	\$3,700
	Thu (4/7-26/9)	16:30-18:30	13	
	Sat (6/7-28/9) No class: 14/9	17:30-19:30	12	

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
19PPA 37001	Mon (8/7-30/9)	18:00-20:00	13	\$3,700
	Wed (3/7-25/9)	18:00-20:00	13	
	Fri (5/7-27/9)	18:00-19:30	13	
	Sat (6/7-28/9) No class: 14/9	17:30-19:30	12	
Land Training	Sun (7/7-29/9) No class: 25/8	16:30-18:30	12	

先進精英游泳隊 Master Swimming Team (Ages 16 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
19PPA 38001	Mon (8/7-30/9)	20:00-21:45	13	\$2,400
	Wed (3/7-25/9)	20:00-21:45	13	
	Fri (5/7-27/9)	20:30-22:00	13	