



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 09:00-13:00

(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)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.

港青游泳學院旨在透過綜合的游泳課程推廣健康生活模式，課程涵蓋幼兒到先進年齡組別，照顧及滿足不同人生階段的需要。我們提供一個既安全又衛生的環境，透過全面的教學課程，讓學員從中學學習堅持、自信、正面能量及團隊精神，改進自己，改善社會。

The YMCA of Hong Kong Swimming Academy aims to promote a healthy lifestyle by providing a comprehensive swimming programme that addresses different age groups, from infants to masters, catered for the changing needs at different stages of life. We serve our society by providing a safe and hygienic environment, and through our extensive curriculum, to help develop confidence, perseverance, positive attitude and team spirit of participants and our society.



[只限會員] 參與二零一九年第四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 2019 4th 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 海豚班 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

青年及成人游泳 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
- 適合先進人士
Suitable for Master Member
- 參加者需通過泳術評核
Swimming Assessment required
- 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
- 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，本會有關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 absences on make-up class
- 本會游泳池只限泳客 / 游泳學員內進，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.

泳術評核 Swimming Assessment

凡報讀有 標誌的課程之新參加者或沒持有有效成績單之舊學員，必須通過泳術評核。請於辦公時間致電水運組 2268 7010 預約。

New applicants or those who do not have a valid report slip are required to undergo a Swimming Assessment in order to enrol in our programmes bearing the symbol. Please contact the Aquatics Unit at 2268 7010 during office hours for appointment.

費用 Fee : \$30 (請往一樓會員服務部付款 Pay at 1/F Member Services counter)

泳術評核日期安排於 2019 年 12 月 1 日至 12 月 15 日 (公眾假期除外)
Schedule for Swimming Assessment: from December 1 to 15, 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

港青游泳學院 Swimming Academy

親子游泳班 Aqua-tots (Ages 6-18 months)

感受浮力、鍛練腿部肌肉、學習平衡

Introduction to buoyancy, develop leg strength, balance in water



編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
20PAC 10101	Wed (8/1-25/3)	11:45-12:15	12	\$1,560	\$1,800
20PAC 10102	Sat (4/1-28/3)	09:30-10:00	12	\$1,560	\$1,800
20PAC 10103	No class 25/1	13:45-14:15	12	\$1,560	\$1,800
20PAC 10104	Sun (5/1-22/3)	09:30-10:00	11	\$1,430	\$1,650
20PAC 10105	No class 26/1	15:15-15:45	11	\$1,430	\$1,650

備註 Remarks: 一位家長 / 監護人須陪同嬰兒上堂 One parent / guardian is required to accompany the child 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
20PAC 10201	Wed (8/1-25/3)	11:15-11:45	12	\$1,560	\$1,800
20PAC 10202	Sat (4/1-28/3)	09:00-09:30	12	\$1,560	\$1,800
20PAC 10203	No class 25/1	14:15-14:45	12	\$1,560	\$1,800
20PAC 10204	Sun (5/1-22/3)	09:00-09:30	11	\$1,430	\$1,650
20PAC 10205	No class 26/1	15:45-16:15	11	\$1,430	\$1,650

備註 Remarks: 一位家長 / 監護人須陪同嬰兒上堂 One parent / guardian is required to accompany the child 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
20PAC 10301		10:45-11:30	12	\$1,680	\$1,920
20PAC 10302		11:30-12:15	12	\$1,680	\$1,920
20PAC 10303	Sat (4/1-28/3) No class 25/1	12:15-13:00	12	\$1,680	\$1,920
20PAC 10304		14:45-15:30	12	\$1,680	\$1,920
20PAC 10305		15:30-16:15	12	\$1,680	\$1,920
20PAC 10306		10:00-10:45	11	\$1,540	\$1,760
20PAC 10307		10:45-11:30	11	\$1,540	\$1,760
20PAC 10308		11:30-12:15	11	\$1,540	\$1,760
20PAC 10309	Sun (5/1-22/3) No class 26/1	12:15-13:00	11	\$1,540	\$1,760
20PAC 10310		13:00-13:45	11	\$1,540	\$1,760
20PAC 10311		13:45-14:30	11	\$1,540	\$1,760
20PAC 10312		14:30-15:15	11	\$1,540	\$1,760

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
20PAC 10313	Mon (6/1-23/3) No class 27/1	17:45-18:30	11	\$1,980	\$2,310
20PAC 10314	Thu (9/1-26/3)	17:00-17:45	12	\$2,160	\$2,520
20PAC 10315	Fri (10/1-27/3) No class 24/1	16:00-16:45	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
20PAC 10401		10:00-10:45	12	\$1,680	\$1,920
20PAC 10402		11:30-12:15	12	\$1,680	\$1,920
20PAC 10403	Sat (4/1-28/3) No class 25/1	13:00-13:45	12	\$1,680	\$1,920
20PAC 10404		15:30-16:15	12	\$1,680	\$1,920
20PAC 10405		16:15-17:00	12	\$1,680	\$1,920
20PAC 10406		10:45-11:30	11	\$1,540	\$1,760
20PAC 10407	Sun (5/1-22/3) No class 26/1	12:15-13:00	11	\$1,540	\$1,760
20PAC 10408		14:30-15:15	11	\$1,540	\$1,760

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
20PAC 10409	Mon (6/1-23/3) No class 27/1	17:00-17:45	11	\$1,980	\$2,310
20PAC 10410	Thu (9/1-26/3)	16:15-17:00	12	\$2,160	\$2,520
20PAC 10411	Fri (10/1-27/3) No class 24/1	17:30-18:15	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
20PAC 10501		10:00-10:45	12	\$1,680	\$1,920
20PAC 10502		10:45-11:30	12	\$1,680	\$1,920
20PAC 10503	Sat (4/1-28/3) No class 25/1	12:15-13:00	12	\$1,680	\$1,920
20PAC 10504		13:00-13:45	12	\$1,680	\$1,920
20PAC 10505		14:45-15:30	12	\$1,680	\$1,920
20PAC 10506		16:15-17:00	12	\$1,680	\$1,920

20PAC 10507		10:00-10:45	11	\$1,540	\$1,760
20PAC 10508	Sun (5/1-22/3)	11:30-12:15	11	\$1,540	\$1,760
20PAC 10509	No class 26/1	13:00-13:45	11	\$1,540	\$1,760
20PAC 10510		13:45-14:30	11	\$1,540	\$1,760

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
20PAC 10511	Mon (6/1-23/3) No class 27/1	16:15-17:00	11	\$1,980	\$2,310
20PAC 10512	Thu (9/1-26/3)	17:45-18:30	12	\$2,160	\$2,520
20PAC 10513	Fri (10/1-27/3) No class 24/1	16:45-17:30	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
20PAC 10601	Fri (10/1-27/3) No class 24/1	16:00-17:00	11	\$1,760	\$2,090
20PAC 10602		08:30-09:30	12	\$1,920	\$2,280
20PAC 10603	Sat (4/1-28/3)	10:30-11:30	12	\$1,920	\$2,280
20PAC 10604	No class 25/1	11:30-12:30	12	\$1,920	\$2,280
20PAC 10605		13:30-14:30	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
20PAC 10701	Tue (7/1-24/3) No class 28/1	16:30-17:30	11	\$1,760	\$2,090
20PAC 10702	Thu (9/1-26/3)	17:30-18:30	12	\$1,920	\$2,280
20PAC 10703		10:30-11:30	12	\$1,920	\$2,280
20PAC 10704	Sat (4/1-28/3) No class 25/1	12:30-13:30	12	\$1,920	\$2,280
20PAC 10705		15:30-16:30	12	\$1,920	\$2,280
20PAC 10706	Sun (5/1-22/3) No class 26/1	11:30-12:30	11	\$1,760	\$2,090

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

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

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
20PAC 10801	Wed (8/1-25/3)	17:15-18:15	12	\$1,920	\$2,280
20PAC 10802		12:30-13:30	12	\$1,920	\$2,280
20PAC 10803	Sat (4/1-28/3) No class 25/1	15:30-16:30	12	\$1,920	\$2,280
20PAC 10804		16:30-17:30	12	\$1,920	\$2,280
20PAC 10805	Sun (5/1-22/3) No class 26/1	11:30-12:30	11	\$1,760	\$2,090

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 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
20PAC 11101	Mon (6/1-23/3) No class 27/1	16:15-17:15	11	\$1,760	\$2,090
20PAC 11102	Tue (7/1-24/3) No class 28/1	17:30-18:30	11	\$1,760	\$2,090
20PAC 11103	Wed (8/1-25/3)	16:15-17:15	12	\$1,920	\$2,280
20PAC 11104	Fri (10/1-27/3) No class 24/1	17:00-18:00	11	\$1,760	\$2,090
20PAC 11105	Sat (4/1-28/3)	09:30-10:30	12	\$1,920	\$2,280
20PAC 11106	No class 25/1	13:30-14:30	12	\$1,920	\$2,280
20PAC 11107	Sun (5/1-22/3) No class 26/1	17:30-18:30	11	\$1,760	\$2,090

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 with breath, 10m back kick

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
20PAC 11201		16:15-17:15	12	\$1,920	\$2,280
20PAC 11202	Wed (8/1-25/3)	17:15-18:15	12	\$1,920	\$2,280
20PAC 11203	Thu (9/1-26/3)	16:30-17:30	12	\$1,920	\$2,280
20PAC 11204	Fri (10/1-27/3) No class 24/1	17:00-18:00	11	\$1,760	\$2,090
20PAC 11205		09:30-10:30	12	\$1,920	\$2,280
20PAC 11206	Sat (4/1-28/3) No class 25/1	12:30-13:30	12	\$1,920	\$2,280
20PAC 11207		15:30-16:30	12	\$1,920	\$2,280
20PAC 11208		08:30-09:30	11	\$1,760	\$2,090
20PAC 11209	Sun (5/1-22/3)	09:30-10:30	11	\$1,760	\$2,090
20PAC 11210	No class 26/1	11:30-12:30	11	\$1,760	\$2,090
20PAC 11211		14:30-15:30	11	\$1,760	\$2,090

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
20PAC 11301	Tue (7/1-24/3) No class 28/1	17:30-18:30	11	\$1,760	\$2,090
20PAC 11302	Thu (9/1-26/3)	16:30-17:30	12	\$1,920	\$2,280
20PAC 11303	Fri (10/1-27/3) No class 24/1	16:00-17:00	11	\$1,760	\$2,090
20PAC 11304		11:30-12:30	12	\$1,920	\$2,280
20PAC 11305	Sat (4/1-28/3) No class 25/1	13:30-14:30	12	\$1,920	\$2,280
20PAC 11306		14:30-15:30	12	\$1,920	\$2,280
20PAC 11307		08:30-09:30	11	\$1,760	\$2,090
20PAC 11308	Sun (5/1-22/3)	10:30-11:30	11	\$1,760	\$2,090
20PAC 11309	No class 26/1	12:30-13:30	11	\$1,760	\$2,090
20PAC 11310		13:30-14:30	11	\$1,760	\$2,090

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
20PAC 11401	Mon (6/1-23/3) No class 27/1	17:15-18:15	11	\$1,760	\$2,090
20PAC 11402	Tue (7/1-24/3) No class 28/1	16:30-17:30	11	\$1,760	\$2,090
20PAC 11403	Sat (4/1-28/3) No class 25/1	08:30-09:30	12	\$1,920	\$2,280
20PAC 11404		12:30-13:30	12	\$1,920	\$2,280
20PAC 11405		08:30-09:30	11	\$1,760	\$2,090
20PAC 11406	Sun (5/1-22/3) No class 26/1	12:30-13:30	11	\$1,760	\$2,090
20PAC 11407		15:30-16:30	11	\$1,760	\$2,090
20PAC 11408		16:30-17:30	11	\$1,760	\$2,090

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
20PAC 11501	Mon (6/1-23/3) No class 27/1	16:15-17:15	11	\$1,760	\$2,090
20PAC 11502	Fri (10/1-27/3) No class 24/1	16:00-17:00	11	\$1,760	\$2,090
20PAC 11503	Sat (4/1-28/3) No class 25/1	16:30-17:30	12	\$1,920	\$2,280
20PAC 11504		09:30-10:30	11	\$1,760	\$2,090
20PAC 11505	Sun (5/1-22/3) No class 26/1	11:30-12:30	11	\$1,760	\$2,090
20PAC 11506		12:30-13:30	11	\$1,760	\$2,090

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
20PAC 11601	Mon (6/1-23/3) No class 27/1	17:15-18:15	11	\$1,760	\$2,090
20PAC 11602	Sat (4/1-28/3) No class 25/1	10:30-11:30	12	\$1,920	\$2,280
20PAC 11603		14:30-15:30	12	\$1,920	\$2,280
20PAC 11604	Sun (5/1-22/3) No class 26/1	09:30-10:30	11	\$1,760	\$2,090
20PAC 11605		14:30-15:30	11	\$1,760	\$2,090

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
20PAC 11701	Fri (10/1-27/3) No class 24/1	17:00-18:00	11	\$1,760	\$2,090
20PAC 11702	Sat (4/1-28/3) No class 25/1	15:30-16:30	12	\$1,920	\$2,280
20PAC 11703	Sun (5/1-22/3) No class 26/1	15:30-16:30	11	\$1,760	\$2,090

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
20PAC 11801		10:30-11:30	11	\$1,760	\$2,090
20PAC 11802	Sun (5/1-22/3) No class 26/1	13:30-14:30	11	\$1,760	\$2,090
20PAC 11803		14:30-15:30	11	\$1,760	\$2,090

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
20PAC 11901	Thu (9/1-26/3)	17:30-18:30	12	\$1,920	\$2,280
20PAC 11902		08:30-09:30	12	\$1,920	\$2,280
20PAC 11903	Sat (4/1-28/3) No class 25/1	13:30-14:30	12	\$1,920	\$2,280
20PAC 11904		14:30-15:30	12	\$1,920	\$2,280
20PAC 11905	Sun (5/1-22/3) No class 26/1	10:30-11:30	11	\$1,760	\$2,090
20PAC 11906		13:30-14:30	11	\$1,760	\$2,090

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
20PAC 12101	Tue (7/1-24/3) No class 28/1	19:30-20:30	11	\$1,705	\$2,035
20PAC 12102		20:30-21:30	11	\$1,705	\$2,035
20PAC 12103	Wed (8/1-25/3)	10:00-11:00	12	\$1,860	\$2,220
20PAC 12104	Thu (9/1-26/3)	15:00-16:00	12	\$1,860	\$2,220
20PAC 12105	Sat(4/1-28/3) No class 25/1	19:30-20:30	12	\$1,860	\$2,220
20PAC 12106	Sun (5/1-22/3) No class 26/1	18:30-19:30	11	\$1,705	\$2,035

女子班 Ladies (Ages 16-54)

20PAC 12107	Thu (9/1-26/3)	20:30-21:30	12	\$1,860	\$2,220
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先進班 Master (Ages 55 or above)

20PAC 12401	Tue (7/1-24/3) No class 28/1	12:30-13:30	11	\$1,045	\$1,265
20PAC 12402	Wed (8/1-25/3)	09:00-10:00	12	\$1,140	\$1,380

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
20PAC 12201	Tue (7/1-24/3) No class 28/1	19:30-20:30	11	\$1,705	\$2,035

女子班 Ladies (Ages 16-54)

20PAC 12202	Thu (9/1-26/3)	19:30-20:30	12	\$1,860	\$2,220
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先進班 Master (Ages 55 or above)

20PAC 12403	Wed (8/1-25/3)	09:00-10:00	12	\$1,140	\$1,380
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備註 Remarks: 報讀者必須完成初級班, 或能以捷泳及背泳各游畢 15 米
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
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青年及成人班 Teen & Adult (Ages 16-54)

20PAC 12203	Tue (7/1-24/3) No class 28/1	20:30-21:30	11	\$1,705	\$2,035
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備註 Remarks: 報讀讀者必須完成中級班, 或能以捷泳及背泳各游畢 50 米
Applicants should have completed Intermediate level, or be able to swim 50m, both front and back crawl

先進蛙泳班

Master Breaststroke (Ages 55 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
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先進班 Master (Ages 55 or above)

20PAC 12404	Wed (8/1-25/3)	10:00-11:00	12	\$1,140	\$1,380
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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
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20PAC 12501	Tue (7/1-24/3) No class : 28/1	18:30-19:30	11	\$1,375	\$1,595
20PAC 12502	Thu (9/1-26/3)	18:30-19:30	12	\$1,500	\$1,740
20PAC 12503		19:30-20:30	12	\$1,500	\$1,740

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
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20PAC 12601	Tue (7/1-24/3)	10:15-11:15	11	\$1,045	\$1,265
20PAC 12602	No class 28/1	11:30-12:30	11	\$1,045	\$1,265
20PAC 12603	Thu (9/1-26/3)	10:00-11:00	12	\$1,140	\$1,380
20PAC 12604		11:00-12:00	12	\$1,140	\$1,380

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
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20PAC 13401	Thu (9/1-26/3)	12:00-13:00	12	\$1,860	\$2,160
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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
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20PAC 12801	Mon (6/1-23/3) (No class 27/1)	13:00-14:00	11	\$2,860	\$3,135
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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。

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 the class at the same schedule and under the same instructor for the 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
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20PPA 19201	Fri (3/1-27/3) No class 24/1	19:30-20:30	12	\$1,920	\$2,220
20PPA 19202	Sat (4/1-28/3) No class 25/1	09:30-10:30	12	\$1,920	\$2,220
20PPA 19203		11:30-12:30	12	\$1,920	\$2,220
20PPA 19204	Sun (5/1-29/3) No class 26/1	15:30-16:30	12	\$1,920	\$2,220
20PPA 19205		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
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20PPA 19101	Wed (8/1-25/3)	17:15-18:15	12	\$1,920	\$2,220
20PPA 19102	Fri (3/1-27/3) No class 24/1	19:30-20:30	12	\$1,920	\$2,220
20PPA 19103		Sat (4/1-28/3) No class 25/1	11:30-12:30	12	\$1,920
20PPA 19104	Sun (5/1-29/3) No class 26/1	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
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20PPA 19001	Fri (3/1-27/3) No class 24/1	19:30-20:30	12	\$1,920	\$2,220
20PPA 19002	Sat (4/1-28/3) No class 25/1	10:30-11:30	12	\$1,920	\$2,220
20PPA 19003		11:30-12:30	12	\$1,920	\$2,220
20PPA 19004	Sun (5/1-29/3) No class 26/1	19:30-20:30	12	\$1,920	\$2,220
20PPA 19005		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。參加者必須完成「兒童及少年習泳班」之二星班或以上級別及經泳術評核。本會將根據學員泳術評核之表現分派到合適之組別。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 in preparation for competition. Participants are required to complete our Swimming Academy's Progressive Programme "Star Two" level or above and passed the quarterly swimming assessment before enrolment. They will be assigned to appropriate levels based on their abilities and progress, and performance will be monitored and assessed regularly. Commitment to the Team and the YMCA is highly valued, and satisfactory attendance at training, competitions and other team/YMCA activities is important. Only YMCA members are eligible to join our Swimming Teams.



泳隊 C 組 Swimming Team C (Ages 6-10)

四式技術改良、轉身、耐力訓練
Refinement of all four competitive strokes, turning, endurance training

編號 Code	日期 Date	時間 Time	堂數 Sessions	收費 Fee
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第一組 Group One

20PPA 16001	Wed (8/1-25/3)	16:30-18:00	12	\$3,700
	Sat (4/1-28/3) No class 25/1	16:30-18:00	12	

第二組 Group Two

20PPA 16002	Wed (8/1-25/3)	16:30-18:00	12	\$3,700
	Sun (5/1-29/3) No class 26/1	17:30-19:00	12	

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
20PPA 17101	Tue (7/1-31/3) No class 28/1	16:30-18:30	12	\$3,700
	Thu (9/1-26/3)	16:30-18:30	12	
	Sat (4/1-28/3) No class 25/1	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
20PPA 17001	Mon (6/1-30/3) No class 27/1	18:15-20:00	12	\$3,700
	Wed (8/1-25/3)	18:15-20:00	12	
	Fri (3/1-27/3) No class 24/1	17:30-19:30	12	
	Sat (4/1-28/3) No class 25/1	17:30-19:30	12	
Land Training	Sun (5/1-29/3) No class 26/1	16:30-18:30	12	

先進精英游泳隊

Master 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
20PPA 18001	Mon (6/1-30/3) No class 27/1	20:00-21:45	12	\$2,400
	Wed (8/1-25/3)	20:00-21:45	12	
	Fri (3/1-27/3) No class 24/1	20:30-22:00	12	

龍舟親子同樂日 Dragon Boat Family Fun Day

港青將與香港大學龍舟隊舉辦龍舟親子同樂日，由港大龍舟隊教練在深水灣泳灘教授基本技巧，家長與子女可登上傳統龍舟，一同感受划船的魅力。Join us at Deep Water Bay. "Dragon Boat Family Fun Day", a great opportunity for you to discover the thrills of Dragon Boating with your family!

對象 Target* : 六歲或以上 Ages 6 or above | 名額 Quota : 每節 16 組 16 pairs per session

編號 Code	日期 Date	時間 Time	地點 Venue	費用 Fee	
				會員(每組) Mem (Pair)	非會員(每組) NMem (Pair)
20PAS 10105	15/03 (Sun)	11:00 - 13:00	深水灣 Deep Water Bay	\$450	\$550
20PAS 10106		13:00 - 15:00			

*須由一位家長/監護人陪同 Accompanied by one parent / guardian
 • 參加者需直接前往深水灣泳灘更衣室前集合 Participants should gather directly outside the changing room of Deep Water Bay Beach

水運組 Aquatics Unit | 查詢 Enquiry : 2268 7010 | 電郵 Email : aquatics@ymcahk.org.hk