

# 港青游泳學院 YMCA Swimming Academy

辦公時間 Office Hours :

星期一至五 Mon-Fri 10:00-18:00

(公眾假期除外 Except Public Holiday)

查詢 Enquiry : 2268 7010

電郵 Email : aquatics@ymcahk.org.hk

網頁 Website : www.ymcahk.org.hk/snr/

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

The YMCA of Hong Kong Swimming Academy aims to promote a healthy lifestyle through a comprehensive swimming programme that caters to the needs of different life stages, from infants to masters. We provide a safe and hygienic environment where participants develop perseverance, self-confidence, positive energy and teamwork through a comprehensive curriculum to improve themselves and our society.



## 地點 Venue Location

港青 (尖沙咀) 一樓室內恆溫泳池

1/F Indoor Heated Pool, YMCA (TST)

## 教練團隊 Instructors Team

香港基督教青年會之游泳教練均持有政府認可的香港業餘游泳總會，香港游泳教練會或香港游泳教師會所發出的游泳教練證書。

All YMCA of Hong Kong Swimming Instructors are certified swimming teachers of the Hong Kong Amateur Swimming Association, the Hong Kong Swimming Teachers' Association, or the Hong Kong Swimming Coaches Association.

[只限會員] 參與二零二三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 2023 2<sup>nd</sup> Quarter Progressive Swimming Class.

## 港青游泳學院漸進習泳計劃 YMCA Swimming Academy Progressive System

兒童漸進計劃 Children's Progressive Programmes	持續課程 On-going Programmes	成人班 Adult Programmes	泳術評核 Swimming Assessment	
<b>嬰兒游泳班</b> Infants Ages 6-35 months 親子游泳班 Aqua-tots Ages 6-18 months 親子游泳班 Aqua-tots Ages 19-35 months <b>學前兒童班</b> Pre-Schoolers Ages 3-5 學前兒童第一級 Aqua-nauts Level One 學前兒童第二級 Aqua-nauts Level Two 學前兒童第三級 Aqua-nauts Level Three 學前兒童第四級 Aqua-nauts Level Four 學前兒童第五級 Aqua-nauts Level Five 學前兒童第六級 Aqua-nauts Level Six	<b>兒童及少年游泳班</b> Children & Youth Ages 6-15 水獺班 Otter 海豹班 Seal 海豚班 Dolphin 一星班 Star One 二星班 Star Two 三星班 Star Three 四星班 Star Four 五星班 Star Five 六星班 Star Six	<b>精英訓練</b> Ages 6-17 Elite Training 泳隊 C 組 Swim Team C 泳隊 B 組 Swim Team B 泳隊 A 組 Swim Team A <b>成人精英訓練</b> Ages 18+ Adult Elite Training 先進精英游泳隊 Masters Elite Swim Team <b>青少年訓練</b> Ages 9-17 Youth Training 鱈鯊班 Mako Shark 雙髻鯊班 Hammerhead Shark 大白鯊班 Great White Shark	<b>青年及成人班</b> Ages 16+ Teen & Adult Fitness 青年及成人游泳 Ages 16-54 Teen & Adult Swimming 女子游泳 Ages 16-54 Ladies Swimming 水中健康舞 Ages 16+ Aqua Aerobics 水中健體深水訓練班 Ages 16+ Aqua Aerobics Deep Water Training 水中伸展 Ages 16+ Aqua-Stretching <b>先進游泳 / 水健班</b> Ages 55+ Master Swim/Aquacise 先進游泳 Master Swimming 先進水中健體 Master Aquacise	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 2023年6月5日至6月16日 Schedule for Swimming Assessment: from 5 June to 16 June, 2023

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.2-4。  
An online enrolment platform is available, please refer to P.2-4 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。若本會未能提供補課之安排，則在課程完結後，學費將按比例退回至學員的電子錢包。學員若缺席補課，將不會安排退款。  
If any lesson is cancelled due to inclement weather or other special circumstances, we reserve the right to arrange a make-up class on a designated date and time. If no make-up class can be arranged, fees paid will be refunded to participant E-Wallet on pro-rate basis after the completion of the programme. No refund will be provided for absences from the make-up class.
- 學員需自備適當的泳具，包括泳衣 / 褲、泳鏡、毛巾等。  
Participants should bring their own swimsuit, goggles, towel etc.
- 為避免學員在游泳時嘔吐，空腹或過飽亦不宜游泳。若身體感到不適，須立即通知教練或在場職員協助上水。如泳池池水受人為污染，香港基督教青年會將保留最終追究肇事者之權利。  
To avoid vomiting, do not swim immediately after a meal or when hungry. Approach instructors or on-site staff for assistance immediately when experiencing physical discomfort during swimming. In case of any water contamination, YMCA of Hong Kong reserves the right to claim damages or loss.

## 港青游泳學院 Swimming Academy

### 親子游泳班 Aqua-tots (Ages 6-18 months)

感受浮力、鍛練腿部肌肉、  
學習平衡  
Introduction to buoyancy,  
develop leg strength,  
balance in water



編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
23SATOTA 070101	Wed (12/7-20/9)	11:45-12:15	11	\$1,958	\$2,255
23SATOTA 070102	Sat (8/7-16/9)	09:30-10:00	11	\$1,958	\$2,255
23SATOTA 070103		13:45-14:15	11	\$1,958	\$2,255
23SATOTA 070104	Sun (9/7-17/9)	09:30-10:00	11	\$1,958	\$2,255
23SATOTA 070105		15:15-15:45	11	\$1,958	\$2,255

備註 Remarks: 一位家長 / 監護人須陪同嬰兒上堂, 嬰兒必須穿著紙泳褲  
One parent / guardian is required to accompany the child during the lesson, child must wear swimmer diaper

### 親子游泳班 Aqua-tots (Ages 19-35 months)

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

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
23SATOCB 070201	Wed (12/7-20/9)	11:15-11:45	11	\$1,958	\$2,255
23SATOCB 070202	Sat (8/7-16/9)	08:30-09:00	11	\$1,958	\$2,255
23SATOCB 070203		09:00-09:30	11	\$1,958	\$2,255
23SATOCB 070204		14:15-14:45	11	\$1,958	\$2,255
23SATOCB 070205	Sun (9/7-17/9)	08:30-09:00	11	\$1,958	\$2,255
23SATOCB 070206		09:00-09:30	11	\$1,958	\$2,255
23SATOCB 070207		15:45-16:15	11	\$1,958	\$2,255
23SATOCB 070208		16:15-16:45	11	\$1,958	\$2,255

備註 Remarks: 一位家長 / 監護人須陪同嬰兒上堂, 嬰兒必須穿著紙泳褲  
One parent / guardian is required to accompany the child during the lesson, child must wear swimmer diaper

### 學前兒童游泳班第一級泳術提升班【小班教學 (1:4)】 Aqua-naut Level One Enhancement Course (Ages 3-5) 【Small class teaching (1:4)】

水中呼吸、基本打腿、俯伏浮身。  
Breathing in water, basic flutter kick, face-down flotation

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
23SANAAT 070101	Mon (10/7-18/9)	17:00-17:45	11	\$2,640	\$3,080
23SANAAT 070102	Tue, Thur (18/7-24/8)	15:30-16:15	12	\$2,880	\$3,360



23SANAAT 070103	Wed, Fri (19/7-25/8)	09:00-09:45	12	\$2,880	\$3,360
23SANAAT 070104		10:30-11:15	12	\$2,880	\$3,360
23SANAAT 070105	Thu (6/7-21/9)	17:45-18:30	12	\$2,880	\$3,360
23SANAAT 070106	Sat (8/7-16/9)	10:00-10:45	11	\$2,640	\$3,080
23SANAAT 070107		11:30-12:15	11	\$2,640	\$3,080
23SANAAT 070108		11:30-12:15	11	\$2,640	\$3,080
23SANAAT 070109		13:00-13:45	11	\$2,640	\$3,080
23SANAAT 070110		14:45-15:30	11	\$2,640	\$3,080
23SANAAT 070111		14:45-15:30	11	\$2,640	\$3,080
23SANAAT 070112		15:30-16:15	11	\$2,640	\$3,080
23SANAAT 070113		10:00-10:45	11	\$2,640	\$3,080
23SANAAT 070114		10:45-11:30	11	\$2,640	\$3,080
23SANAAT 070115		10:45-11:30	11	\$2,640	\$3,080
23SANAAT 070116	Sun (9/7-17/9)	11:30-12:15	11	\$2,640	\$3,080
23SANAAT 070117		12:15-13:00	11	\$2,640	\$3,080
23SANAAT 070118		13:00-13:45	11	\$2,640	\$3,080
23SANAAT 070119		13:45-14:30	11	\$2,640	\$3,080

### 學前兒童游泳班第二級泳術提升班【小班教學 (1:4)】 Aqua-naut Level Two Enhancement Course (Ages 3-5) 【Small class teaching (1:4)】

水中閉氣、自行打腿、俯伏後自行站立、受協助仰臥浮身  
Breath holding, flutter kick, return to vertical from floating, assisted face-up flotation



編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
23SANABT 070201	Mon (10/7-18/9)	16:15-17:00	11	\$2,640	\$3,080
23SANABT 070202	Tue, Thur (18/7-24/8)	14:45-15:30	12	\$2,880	\$3,360
23SANABT 070203	Wed, Fri (19/7-25/8)	09:45-10:30	12	\$2,880	\$3,360
23SANABT 070204	Sat (8/7-16/9)	10:00-10:45	11	\$2,640	\$3,080
23SANABT 070205		10:45-11:30	11	\$2,640	\$3,080
23SANABT 070206		10:45-11:30	11	\$2,640	\$3,080
23SANABT 070207		11:30-12:15	11	\$2,640	\$3,080
23SANABT 070208		12:15-13:00	11	\$2,640	\$3,080
23SANABT 070209		12:15-13:00	11	\$2,640	\$3,080
23SANABT 070210		13:00-13:45	11	\$2,640	\$3,080
23SANABT 070211		15:30-16:15	11	\$2,640	\$3,080
23SANABT 070212		16:15-17:00	11	\$2,640	\$3,080

23SANABT 070213	Sun (9/7-17/9)	10:00-10:45	11	\$2,640	\$3,080
23SANABT 070214		11:30-12:15	11	\$2,640	\$3,080
23SANABT 070215		12:15-13:00	11	\$2,640	\$3,080
23SANABT 070216		13:00-13:45	11	\$2,640	\$3,080
23SANABT 070217		13:45-14:30	11	\$2,640	\$3,080
23SANABT 070218		14:30-15:15	11	\$2,640	\$3,080

### 學前兒童游泳班第三級泳術提升班【小班教學 (1:4)】

#### Aqua-naut Level Three Enhancement Course

(Ages 3-5) 【Small class teaching (1:4)】

俯伏浮身打腿 5 米、仰臥浮身  
Face-down kick 5m, back float

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
23SANACT 070301	Mon (10/7-18/9)	17:45-18:30	11	\$2,640	\$3,080
23SANACT 070302	Tue, Thur (18/7-24/8)	14:00-14:45	12	\$2,880	\$3,360
23SANACT 070303	Thu (6/7-21/9)	16:15-17:00	12	\$2,880	\$3,360
23SANACT 070304		17:00-17:45	12	\$2,880	\$3,360
23SANACT 070305	Sat (8/7-16/9)	10:00-10:45	11	\$2,640	\$3,080
23SANACT 070306		10:45-11:30	11	\$2,640	\$3,080
23SANACT 070307		11:30-12:15	11	\$2,640	\$3,080
23SANACT 070308		12:15-13:00	11	\$2,640	\$3,080
23SANACT 070309		13:00-13:45	11	\$2,640	\$3,080
23SANACT 070310		14:45-15:30	11	\$2,640	\$3,080
23SANACT 070311	Sun (9/7-17/9)	16:15-17:00	11	\$2,640	\$3,080
23SANACT 070312		14:30-15:15	11	\$2,640	\$3,080

### 學前兒童游泳班第四級

#### Aqua-naut Level Four (Ages 3-5)

閉氣捷泳 5 米、仰浮踢腳 2-3 米  
5m front crawl hold breath, 2-3m back kick



編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
23SANADT 070401	Wed (12/7-20/9)	16:15-17:15	11	\$2,332	\$2,750
23SANADT 070402	Sat (8/7-16/9)	10:30-11:30	11	\$2,332	\$2,750
23SANADT 070403		14:30-15:30	11	\$2,332	\$2,750
23SANADT 070404	Sun (9/7-17/9)	11:30-12:30	11	\$2,332	\$2,750

### 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
23SANAET 070501	Sat (8/7-16/9)	10:30-11:30	11	\$2,332	\$2,750
23SANAET 070502		12:30-13:30	11	\$2,332	\$2,750
23SANAET 070503	Sun (9/7-17/9)	10:30-11:30	11	\$2,332	\$2,750

### 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
23SANAFT 070601	Tue (11/7-19/9)	17:30-18:30	11	\$2,332	\$2,750
23SANAFT 070602	Sat (8/7-16/9)	12:30-13:30	11	\$2,332	\$2,750

### 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
23SACHOT 070001	Mon (10/7-18/9)	16:15-17:15	11	\$2,332	\$2,750
23SACHOT 070002	Wed, Fri (19/7-25/8)	14:00-15:00	12	\$2,544	\$3,000
23SACHOT 070003		15:00-16:00	12	\$2,544	\$3,000
23SACHOT 070004	Wed (12/7-20/9)	16:15-17:15	11	\$2,332	\$2,750
23SACHOT 070005	Thu (6/7-21/9)	17:30-18:30	12	\$2,544	\$3,000
23SACHOT 070006	Sat (8/7-16/9)	08:30-09:30	11	\$2,332	\$2,750
23SACHOT 070007		09:30-10:30	11	\$2,332	\$2,750
23SACHOT 070008		12:30-13:30	11	\$2,332	\$2,750
23SACHOT 070009		14:30-15:30	11	\$2,332	\$2,750
23SACHOT 070010		15:30-16:30	11	\$2,332	\$2,750
23SACHOT 070011		Sun (9/7-17/9)	09:30-10:30	11	\$2,332
23SACHOT 070012	10:30-11:30		11	\$2,332	\$2,750
23SACHOT 070013	11:30-12:30		11	\$2,332	\$2,750
23SACHOT 070014	13:30-14:30		11	\$2,332	\$2,750
23SACHOT 070015	15:30-16:30		11	\$2,332	\$2,750
23SACHOT 070016	Sun (9/7-17/9)	17:30-18:30	11	\$2,332	\$2,750

## 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
23SACHSE 070001	Wed, Fri (19/7-25/8)	14:00-15:00	12	\$2,544	\$3,000
23SACHSE 070002	Wed (12/7-20/9)	17:15-18:15	11	\$2,332	\$2,750
23SACHSE 070003	Thu (6/7-21/9)	16:30-17:30	12	\$2,544	\$3,000
23SACHSE 070004	Sat (8/7-16/9)	11:30-12:30	11	\$2,332	\$2,750
23SACHSE 070005		14:30-15:30	11	\$2,332	\$2,750
23SACHSE 070006	Sun (9/7-17/9)	08:30-09:30	11	\$2,332	\$2,750
23SACHSE 070007		09:30-10:30	11	\$2,332	\$2,750
23SACHSE 070008		15:30-16:30	11	\$2,332	\$2,750

## 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
23SACHAS 070101	Mon (10/7-18/9)	17:15-18:15	11	\$2,332	\$2,750
23SACHAS 070102	Fri (7/7-22/9)	16:00-17:00	12	\$2,544	\$3,000
23SACHAS 070103	Sat (8/7-16/9)	08:30-09:30	11	\$2,332	\$2,750
23SACHAS 070104		13:30-14:30	11	\$2,332	\$2,750
23SACHAS 070105		15:30-16:30	11	\$2,332	\$2,750
23SACHAS 070106		16:30-17:30	11	\$2,332	\$2,750
23SACHAS 070107	Sun (9/7-17/9)	13:30-14:30	11	\$2,332	\$2,750
23SACHAS 070108		14:30-15:30	11	\$2,332	\$2,750

## 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
23SACHBS 070201	Thu (6/7-21/9)	17:30-18:30	12	\$2,544	\$3,000
23SACHBS 070202	Fri (7/7-22/9)	16:00-17:00	12	\$2,544	\$3,000
23SACHBS 070203	Sat (8/7-16/9)	09:30-10:30	11	\$2,332	\$2,750
23SACHBS 070204		13:30-14:30	11	\$2,332	\$2,750
23SACHBS 070205		16:30-17:30	11	\$2,332	\$2,750
23SACHBS 070206	Sun (9/7-17/9)	12:30-13:30	11	\$2,332	\$2,750
23SACHBS 070207		14:30-15:30	11	\$2,332	\$2,750

## 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
23SACHDO 070001	Wed, Fri (19/7-25/8)	15:00-16:00	12	\$2,544	\$3,000
23SACHDO 070002	Thu (6/7-21/9)	16:30-17:30	12	\$2,544	\$3,000
23SACHDO 070003	Sat (8/7-16/9)	08:30-09:30	11	\$2,332	\$2,750
23SACHDO 070004		12:30-13:30	11	\$2,332	\$2,750
23SACHDO 070005		13:30-14:30	11	\$2,332	\$2,750
23SACHDO 070006	Sun (9/7-17/9)	09:30-10:30	11	\$2,332	\$2,750
23SACHDO 070007		12:30-13:30	11	\$2,332	\$2,750
23SACHDO 070008		16:30-17:30	11	\$2,332	\$2,750

## 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
23SACHCS 070301	Tue (11/7-19/9)	16:30-17:30	11	\$2,332	\$2,750
23SACHCS 070302	Sat (8/7-16/9)	10:30-11:30	11	\$2,332	\$2,750
23SACHCS 070303	Sun (9/7-17/9)	12:30-13:30	11	\$2,332	\$2,750
23SACHCS 070304		15:30-16:30	11	\$2,332	\$2,750



**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
23SACHGS 070401	Fri (7/7-22/9)	17:00-18:00	12	\$2,544	\$3,000
23SACHGS 070402	Sat (8/7-16/9)	11:30-12:30	11	\$2,332	\$2,750
23SACHGS 070403	Sun (9/7-17/9)	08:30-09:30	11	\$2,332	\$2,750
23SACHGS 070404		13:30-14:30	11	\$2,332	\$2,750

**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
23SACHES 070501	Fri (7/7-22/9)	17:00-18:00	12	\$2,544	\$3,000
23SACHES 070502	Sun (9/7-17/9)	11:30-12:30	11	\$2,332	\$2,750

**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
23SACHFS 070601	Wed (12/7-20/9)	17:15-18:15	11	\$2,332	\$2,750
23SACHFS 070602	Fri (7/7-22/9)	16:00-17:00	12	\$2,544	\$3,000
23SACHFS 070603	Sat (8/7-16/9)	11:30-12:30	11	\$2,332	\$2,750
23SACHFS 070604		15:30-16:30	11	\$2,332	\$2,750
23SACHFS 070605	Sun (9/7-17/9)	10:30-11:30	11	\$2,332	\$2,750
23SACHFS 070606		14:30-15:30	11	\$2,332	\$2,750

**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)**

23SAADTB 070101	Tue (11/7-19/9)	19:30-20:30	11	\$2,288	\$2,695
23SAADTB 070102	Wed (12/7-20/9)	10:00-11:00	11	\$2,288	\$2,695
23SAADTB 070103	Thu (6/7-21/9)	15:00-16:00	12	\$2,496	\$2,940
23SAADTB 070104	Sun (9/7-17/9)	18:30-19:30	11	\$2,288	\$2,695

**女子班 Ladies (Ages 16-54)**

23SAADLB 070101	Tue (11/7-19/9)	20:30-21:30	11	\$2,288	\$2,695
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**先進班 Master (Ages 55 or above)**

23SAADMB 070101	Tue (11/7-19/9)	12:15-13:15	11	\$1,452	\$1,760
23SAADMB 070102	Wed (12/7-20/9)	09:00-10:00	11	\$1,452	\$1,760
23SAADMB 070103		10:00-11:00	11	\$1,452	\$1,760

**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)**

23SAADTI 070201	Tue (11/7-19/9)	19:30-20:30	11	\$2,288	\$2,695
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**先進班 Master (Ages 55 or above)**

23SAADMI 070201	Wed (12/7-20/9)	09:00-10:00	11	\$1,452	\$1,760
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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)**

23SAADTA 070301	Tue (11/7-19/9)	20:30-21:30	11	\$2,288	\$2,695
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 備註 Remarks: 報讀者必須完成中級班, 或能以任何三種泳式游畢 50 米  
 Applicants should have completed Intermediate level, or be able to swim 50m of any three strokes

## 水中健康舞班

### Aqua Aerobics (Ages 16 or above)

加有水阻力的中、高強度帶氧運動  
Medium to high intensity aerobics with water resistance



編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
23SAAQUA 070001	Tue (11/7-19/9)	18:30-19:30	11	\$1,848	\$2,255
23SAAQUA 070002	Thu (6/7-21/9)	18:30-19:30	12	\$2,016	\$2,460

## 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
23SAAQDA 070001	Thu (6/7-21/9)	19:30-21:00	12	\$2,976	\$3,420

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
23SAAQMA 070001	Tue (11/7-19/9)	10:00-11:00	11	\$1,452	\$1,760
23SAAQMA 070002		11:15-12:15	11	\$1,452	\$1,760
23SAAQMA 070003	Thu (6/7-21/9)	10:00-11:00	12	\$1,584	\$1,920
23SAAQMA 070004		11:00-12:00	12	\$1,584	\$1,920

## 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
23SAAQAS 070001	Thu (6/7-21/9)	12:00-13:00	12	\$2,496	\$2,940

## 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
23SAOGMK 070101	Fri (7/7-22/9)	19:00-20:00	12	\$2,544	\$3,000
23SAOGMK 070102	Sat (8/7-16/9)	09:30-10:30	11	\$2,332	\$2,750
23SAOGMK 070103		11:30-12:30	11	\$2,332	\$2,750
23SAOGMK 070104	Sun (9/7-17/9)	15:30-16:30	11	\$2,332	\$2,750
23SAOGMK 070105		16:30-17:30	11	\$2,332	\$2,750

## 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
23SAOGHH 070201	Fri (7/7-22/9)	19:00-20:00	12	\$2,544	\$3,000
23SAOGHH 070202	Sat (8/7-16/9)	11:30-12:30	11	\$2,332	\$2,750
23SAOGHH 070203	Sun (9/7-17/9)	16:30-17:30	11	\$2,332	\$2,750

## 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
23SAOGGW 070301	Fri (7/7-22/9)	19:00-20:00	12	\$2,544	\$3,000
23SAOGGW 070302	Sat (8/7-16/9)	10:30-11:30	11	\$2,332	\$2,750
23SAOGGW 070303		19:00-20:00	11	\$2,332	\$2,750

## 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二星班或以上級別，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 Two" level or above, and pass a swimming assessment before they are eligible to apply. Participants will be assigned to the appropriate team based on the assessment. We highly value training performance and attendance, as well as the participation in activities and competitions, to nurture teamwork and commitment to the Swimming Team. Only YMCA members are eligible to join the Swimming Teams.



### 泳隊 C 組

#### Swimming Team C (Ages 6 – 10)

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

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

23SAOGCT 070101	Wed (5/7-27/9)	16:30-18:00	13	\$4,100
	Sat (8/7-23/9) No class 30/9	16:30-18:00	12	

#### 第二組 Group Two

23SAOGCT 070201	Wed (5/7-27/9)	16:30-18:00	13	\$4,100
	Sun (2/7-24/9)	17:30-19:00	13	

### 泳隊 B 組

#### Swimming Team B (Ages 6 – 12)

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

編號 Code	日期 Date	時間 Time	堂數 Sessions	收費 Fee
23SAOGBT 070101	Tue (4/7-26/9)	16:30-18:30	13	\$4,400
	Thu (6/7-28/9)	16:30-18:30	13	
	Sun (2/7-24/9)	16:30-18:30	13	

### 泳隊 A 組

#### Swimming Team A (Ages 8 – 17)

起跳、轉身、耐力訓練、速度訓練、參與比賽  
Starts, turns, endurance training, speed training, competition participation

編號 Code	日期 Date	時間 Time	堂數 Sessions	收費 Fee
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23SAOGAT 070101	Mon (3/7-25/9)	18:15-20:00	13	\$4,700
	Wed (5/7-27/9)	18:15-20:00	13	
	Fri (7/7-29/9)	17:00-19:00	13	
	Sat (8/7-23/9) No class 30/9	17:00-19:00	12	
Land Training	Sun (2/7-24/9)	16:30-18:30	13	

### 先進精英游泳隊

#### Masters Swimming Team (Ages 18 or above)

四式技術改良、耐力訓練、速度訓練、參與比賽  
Stroke refinement, endurance and speed training, competition participation

編號 Code	日期 Date	時間 Time	堂數 Sessions	收費 Fee
23SAOGTM 070101	Mon (3/7-25/9)	20:00-21:45	13	\$2,900
	Wed (5/7-27/9)	20:00-21:45	13	
	Fri (7/7-29/9)	20:00-21:45	13	