

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] 參與二零二五年第一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 2025 1st 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 2025 年 3 月 3 日至 3 月 13 日 Schedule for Swimming Assessment: from 3 March to 13 March, 2025

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。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
25SATOTA 040101	Sat (5/4-21/6) No class 19/4, 31/5	09:00-09:30	10	\$1,850	\$2,150
25SATOTA 040102		15:00-15:30	10	\$1,850	\$2,150
25SATOTA 040103	Sun (6/4-22/6) No class 20/4	12:00-12:30	11	\$2,035	\$2,365
25SATOTA 040104		15:45-16:15	11	\$2,035	\$2,365

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
25SATOCB 040201	Sat (5/4-21/6) No class 19/4, 31/5	09:30-10:00	10	\$1,850	\$2,150
25SATOCB 040202		14:30-15:00	10	\$1,850	\$2,150
25SATOCB 040203	Sun (6/4-22/6) No class 20/4	12:30-13:00	11	\$2,035	\$2,365
25SATOCB 040204		15:15-15:45	11	\$2,035	\$2,365

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
25SANAAT 040101	Thu (3/4-26/6) No class 1/5	09:30-10:15	12	\$3,000	\$3,480
25SANAAT 040102		17:45-18:30	12	\$3,000	\$3,480
25SANAAT 040103	Fri (11/4-20/6) No class 4/4, 18/4	16:00-16:45	10	\$2,500	\$2,900
25SANAAT 040104		10:00-10:45	10	\$2,500	\$2,900
25SANAAT 040105	Sat (5/4-21/6) No class 19/4, 31/5	10:45-11:30	10	\$2,500	\$2,900
25SANAAT 040106		11:30-12:15	10	\$2,500	\$2,900
25SANAAT 040107		12:15-13:00	10	\$2,500	\$2,900
25SANAAT 040108		13:00-13:45	10	\$2,500	\$2,900
25SANAAT 040109		15:30-16:15	10	\$2,500	\$2,900
25SANAAT 040110		16:15-17:00	10	\$2,500	\$2,900
25SANAAT 040111		09:00-09:45	11	\$2,750	\$3,190
25SANAAT 040112		09:45-10:30	11	\$2,750	\$3,190
25SANAAT 040113	Sun (6/4-22/6) No class 20/4	10:30-11:15	11	\$2,750	\$3,190
25SANAAT 040114		11:15-12:00	11	\$2,750	\$3,190
25SANAAT 040115		13:00-13:45	11	\$2,750	\$3,190
25SANAAT 040116		13:45-14:30	11	\$2,750	\$3,190
25SANAAT 040117		14:30-15:15	11	\$2,750	\$3,190

孕婦水中健體班 AQUANATALCLASS

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
25SANABT 040201	Thu (3/4-26/6) No class 1/5	10:15-11:00	12	\$3,000	\$3,480
25SANABT 040202		17:00-17:45	12	\$3,000	\$3,480
25SANABT 040203	Fri (11/4-20/6) No class 4/4, 18/4	16:45-17:30	10	\$2,500	\$2,900

25SANABT 040204	Sat (5/4-21/6) No class 19/4, 31/5	10:00-10:45	10	\$2,500	\$2,900
25SANABT 040205		10:45-11:30	10	\$2,500	\$2,900
25SANABT 040206		11:30-12:15	10	\$2,500	\$2,900
25SANABT 040207		12:15-13:00	10	\$2,500	\$2,900
25SANABT 040208		13:00-13:45	10	\$2,500	\$2,900
25SANABT 040209	Sun (6/4-22/6) No class 20/4	16:15-17:00	10	\$2,500	\$2,900
25SANABT 040210		09:00-09:45	11	\$2,750	\$3,190
25SANABT 040211		10:30-11:15	11	\$2,750	\$3,190
25SANABT 040212		13:00-13:45	11	\$2,750	\$3,190
25SANABT 040213		14:30-15:15	11	\$2,750	\$3,190

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
25SANACT 040301	Thu (3/4-26/6) No class 1/5	16:15-17:00	12	\$3,000	\$3,480
25SANACT 040302	Fri (11/4-20/6) No class 4/4, 18/4	17:30-18:15	10	\$2,500	\$2,900
25SANACT 040303	Sat (5/4-21/6) No class 19/4, 31/5	10:00-10:45	10	\$2,500	\$2,900
25SANACT 040304		10:45-11:30	10	\$2,500	\$2,900
25SANACT 040305		11:30-12:15	10	\$2,500	\$2,900
25SANACT 040306		12:15-13:00	10	\$2,500	\$2,900
25SANACT 040307		13:45-14:30	10	\$2,500	\$2,900
25SANACT 040308	Sun (6/4-22/6) No class 20/4	15:30-16:15	10	\$2,500	\$2,900
25SANACT 040309		09:45-10:30	11	\$2,750	\$3,190
25SANACT 040310		11:15-12:00	11	\$2,750	\$3,190
25SANACT 040311		13:45-14:30	11	\$2,750	\$3,190

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
25SANADT 040401	Wed (9/4-25/6)	17:15-18:15	12	\$2,676	\$3,156
25SANADT 040402	Sat (5/4-21/6) No class 19/4, 31/5	11:30-12:30	10	\$2,230	\$2,630
25SANADT 040403		13:30-14:30	10	\$2,230	\$2,630
25SANADT 040404	Sun (6/4-22/6) No class 20/4	11:30-12:30	11	\$2,453	\$2,893
25SANADT 040405		13:30-14:30	11	\$2,453	\$2,893

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
25SANAET 040501	Sat (5/4-21/6) No class 19/4, 31/5	08:30-09:30	10	\$2,230	\$2,630
25SANAET 040502		14:30-15:30	10	\$2,230	\$2,630
25SANAET 040503	Sun (6/4-22/6) No class 20/4	10:30-11:30	11	\$2,453	\$2,893
25SANAET 040504		12:30-13:30	11	\$2,453	\$2,893

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
25SANAF 040601	Wed (9/4-25/6)	16:15-17:15	12	\$2,676	\$3,156
25SANAF 040602	Sat (5/4-21/6) No class 19/4, 31/5	15:30-16:30	10	\$2,230	\$2,630
25SANAF 040603		14:30-15:30	11	\$2,453	\$2,893

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
25SACHOT 040001	Wed (9/4-25/6)	17:15-18:15	12	\$2,676	\$3,156
25SACHOT 040002	Sat (5/4-21/6) No class 19/4, 31/5	12:30-13:30	10	\$2,230	\$2,630
25SACHOT 040003		14:30-15:30	10	\$2,230	\$2,630
25SACHOT 040004		16:30-17:30	10	\$2,230	\$2,630
25SACHOT 040005	Sun (6/4-22/6) No class 20/4	09:30-10:30	11	\$2,453	\$2,893
25SACHOT 040006		12:30-13:30	11	\$2,453	\$2,893
25SACHOT 040007		16:30-17:30	11	\$2,453	\$2,893

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
25SACHSE 040001	Thu (3/4-26/6) No class 1/5	17:30-18:30	12	\$2,676	\$3,156
25SACHSE 040002	Sat (5/4-21/6) No class 19/4, 31/5	11:30-12:30	10	\$2,230	\$2,630
25SACHSE 040003		13:30-14:30	10	\$2,230	\$2,630
25SACHSE 040004		15:30-16:30	10	\$2,230	\$2,630
25SACHSE 040005	Sun (6/4-22/6) No class 20/4	09:30-10:30	11	\$2,453	\$2,893
25SACHSE 040006		12:30-13:30	11	\$2,453	\$2,893
25SACHSE 040007		14:30-15:30	11	\$2,453	\$2,893

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
25SACHDO 040001	Tue (8/4-24/6)	17:30-18:30	12	\$2,676	\$3,156
25SACHDO 040002	Fri (11/4-20/6) No class 4/4, 18/4	17:00-18:00	10	\$2,230	\$2,630
25SACHDO 040003	Sat (5/4-21/6) No class 19/4, 31/5	11:30-12:30	10	\$2,230	\$2,630
25SACHDO 040004		14:30-15:30	10	\$2,230	\$2,630
25SACHDO 040005		16:30-17:30	10	\$2,230	\$2,630
25SACHDO 040006	Sun (6/4-22/6) No class 20/4	08:30-09:30	11	\$2,453	\$2,893
25SACHDO 040007		11:30-12:30	11	\$2,453	\$2,893
25SACHDO 040008		13:30-14:30	11	\$2,453	\$2,893

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
25SACHAS 040101	Tue (8/4-24/6)	16:30-17:30	12	\$2,676	\$3,156
25SACHAS 040102	Sat (5/4-21/6) No class 19/4, 31/5	10:30-11:30	10	\$2,230	\$2,630
25SACHAS 040103		12:30-13:30	10	\$2,230	\$2,630
25SACHAS 040104	Sun (6/4-22/6) No class 20/4	10:30-11:30	11	\$2,453	\$2,893
25SACHAS 040105		13:30-14:30	11	\$2,453	\$2,893
25SACHAS 040106		15:30-16:30	11	\$2,453	\$2,893

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
25SACHBS 040201	Wed (9/4-25/6)	16:15-17:15	12	\$2,676	\$3,156
25SACHBS 040202	Fri (11/4-20/6) No class 4/4, 18/4	17:00-18:00	10	\$2,230	\$2,630
25SACHBS 040203	Sat (5/4-21/6) No class 19/4, 31/5	14:30-15:30	10	\$2,230	\$2,630
25SACHBS 040204	Sun (6/4-22/6) No class 20/4	09:30-10:30	11	\$2,453	\$2,893
25SACHBS 040205		11:30-12:30	11	\$2,453	\$2,893

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
25SACHCS 040301	Fri (11/4-20/6) No class 4/4, 18/4	16:00-17:00	10	\$2,230	\$2,630
25SACHCS 040302	Sat (5/4-21/6) No class 19/4, 31/5	09:30-10:30	10	\$2,230	\$2,630
25SACHCS 040303		15:30-16:30	10	\$2,230	\$2,630
25SACHCS 040304	Sun (6/4-22/6) No class 20/4	08:30-09:30	11	\$2,453	\$2,893
25SACHCS 040305		10:30-11:30	11	\$2,453	\$2,893

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
25SACHGS 040401	Fri (11/4-20/6) No class 4/4, 18/4	16:00-17:00	10	\$2,230	\$2,630
25SACHGS 040402	Sat (5/4-21/6) No class 19/4, 31/5	10:30-11:30	10	\$2,230	\$2,630
25SACHGS 040403		13:30-14:30	10	\$2,230	\$2,630
25SACHGS 040404	Sun (6/4-22/6) No class 20/4	15:30-16:30	11	\$2,453	\$2,893

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
25SACHES 040501	Thu (3/4-26/6) No class 1/5	16:30-17:30	12	\$2,676	\$3,156
25SACHES 040502	Sat (5/4-21/6) No class 19/4, 31/5	12:30-13:30	10	\$2,230	\$2,630
25SACHES 040503	Sun (6/4-22/6) No class 20/4	17:30-18:30	11	\$2,453	\$2,893

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
25SACHFS 040601	Fri (11/4-20/6) No class 4/4, 18/4	16:00-17:00	10	\$2,230	\$2,630
25SACHFS 040602	Sat (5/4-21/6) No class 19/4, 31/5	09:30-10:30	10	\$2,230	\$2,630
25SACHFS 040603		13:30-14:30	10	\$2,230	\$2,630
25SACHFS 040604	Sun (6/4-22/6) No class 20/4	14:30-15:30	11	\$2,453	\$2,893

持續游泳課程

On-going Swimming Programmes

青少年鯊魚訓練班

Youth Shark Training Programmes (Ages 9-17)

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

The Shark Programme is for participants who have completed our Swimming Academy's Progressive Swimming Programme and are interested in continuous training. Participants enrol once a year and attend the class on a fixed schedule with the same instructor throughout the year. Payments will be made on a quarterly basis.

鯖鯊班

Mako Shark

四式技術改良、耐力訓練

Refinement of all four competitive strokes, endurance training

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
25SAOGMK 040101	Fri (11/4-20/6) No class 4/4, 18/4	19:00-20:00	10	\$2,230	\$2,630
25SAOGMK 040102	Sat (5/4-21/6) No class 19/4, 31/5	09:30-10:30	10	\$2,230	\$2,630
25SAOGMK 040103		11:30-12:30	10	\$2,230	\$2,630
25SAOGMK 040104	Sun (6/4-22/6) No class 20/4	15:30-16:30	11	\$2,453	\$2,893
25SAOGMK 040105		16:30-17:30	11	\$2,453	\$2,893

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
25SAOGHH 040201	Fri (11/4-20/6) No class 4/4, 18/4	19:00-20:00	10	\$2,230	\$2,630
25SAOGHH 040202	Sat (5/4-21/6) No class 19/4, 31/5	11:30-12:30	10	\$2,230	\$2,630
25SAOGHH 040203	Sun (6/4-22/6) No class 20/4	16:30-17:30	11	\$2,453	\$2,893

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
25SAOGGW 040301	Fri (11/4-20/6) No class 4/4, 18/4	19:00-20:00	10	\$2,230	\$2,630
25SAOGGW 040302	Sat (5/4-21/6) No class 19/4, 31/5	10:30-11:30	10	\$2,230	\$2,630
25SAOGGW 040303		19:00-20:00	10	\$2,230	\$2,630

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

歡迎WhatsApp與我們聯絡
Welcome to contact us via WhatsApp



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

港青泳隊訓練課程為有志參加游泳比賽之青少年提供競賽技術訓練。參加者必須完成本會游泳學院漸進習泳計劃之三星班或以上級別，及經泳術評核方可申請報讀，教練將根據泳術評核分派學員到合適之組別。本會十分重視學員於訓練之表現、出席率及參與本會舉辦之活動或代表本會參與賽事，以反映學員對港青泳隊之投入度，促進隊員及教練的聯繫和默契。所有泳隊只供本會會員參與。

Our Swimming Teams provide training to prepare youngsters for competition. Participants are required to complete our Swimming Academy's Progressive Learning System "Star Three" level or above, and pass a swimming assessment before they are eligible to apply. Participants will be assigned to the appropriate team based on the assessment. We highly value training performance and attendance, as well as the participation in activities and competitions, to nurture teamwork and commitment to the Swimming Team. Only YMCA members are eligible to join the Swimming Teams.



泳隊 C 組

Swimming Team C (Ages 6 – 10)

四式技術改良、轉身、耐力訓練

Refinement of all four competitive strokes, turning, endurance training

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

25SAOGCT 040101	Wed (2/4-25/6)	16:30-18:00	13	\$4,250
	Sat (5/4-28/6)	16:30-18:00	11	
	No class 19/4, 31/5			

第二組 Group Two

25SAOGCT 040201	Wed (2/4-25/6)	16:30-18:00	13	\$4,250
	Sun (6/4-29/6)	17:30-19:00	12	
	No class 20/4			

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
25SAOGBT 040101	Tue (1/4-24/6)	16:30-18:30	13	\$4,600
	Thu (3/4-26/6)	16:30-18:30	12	
	No class 1/5			
	Sun (6/4-29/6)	16:30-18:30	12	
	No class 20/4			

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
25SAOGAT 040101	Mon (7/4-30/6)	18:15-20:00	11	\$4,900
	No class 21/4, 5/5			
	Wed (2/4-25/6)	18:15-20:00	13	
	Fri (11/4-27/6)	17:00-19:00	11	
	No class 4/4, 18/4			
Land Training	Sat (5/4-28/6)	17:00-19:00	11	
	No class 19/4, 31/5			
	Sun (6/4-29/6)	16:30-18:30	12	
	No class 20/4			

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
25SAOGTM 040101	Mon (7/4-30/6)	20:00-21:45	11	\$3,000
	No class 21/4, 5/5			
	Wed (2/4-25/6)	20:00-21:45	13	
	Fri (11/4-27/6)	20:00-21:45	11	
	No class 4/4, 18/4			

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)

25SAADTB 040101	Tue (8/4-24/6)	19:30-20:30	12	\$2,592	\$3,060
25SAADTB 040102	Wed (9/4-25/6)	10:00-11:00	12	\$2,592	\$3,060
25SAADTB 040103	Thu (3/4-26/6) No class 1/5	15:00-16:00	12	\$2,592	\$3,060
25SAADTB 040104	Sat (5/4-21/6) No class 19/4, 31/5	08:30-09:30	10	\$2,160	\$2,550
25SAADTB 040105	Sun (6/4-22/6) No class 20/4	18:30-19:30	11	\$2,376	\$2,805

女子班 Ladies (Ages 16-54)

25SAADLB 040101	Tue (8/4-24/6)	20:30-21:30	12	\$2,592	\$3,060
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先進班 Master (Ages 55 or above)

25SAADMB 040101	Tue (8/4-24/6)	12:15-13:15	12	\$1,656	\$2,040
25SAADMB 040102	Wed (9/4-25/6)	15:00-16:00	12	\$1,656	\$2,040

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)

25SAADTI 040201	Tue (8/4-24/6)	18:30-19:30	12	\$2,592	\$3,060
25SAADTI 040202		19:30-20:30	12	\$2,592	\$3,060

先進班 Master (Ages 55 or above)

25SAADMI 040201	Wed (9/4-25/6)	09:00-10:00	12	\$1,656	\$2,040
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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)

25SAADTA 040301	Tue (8/4-24/6)	20:30-21:30	12	\$2,592	\$3,060
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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

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
25SAAQMA 040001	Tue (1/4-24/6)	10:00-11:00	13	\$1,794	\$2,210
25SAAQMA 040002		11:15-12:15	13	\$1,794	\$2,210
25SAAQMA 040003	Thu (3/4-26/6) No class 1/5	10:00-11:00	12	\$1,656	\$2,040
25SAAQMA 040004		11:00-12:00	12	\$1,656	\$2,040
25SAAQMA 040005	Fri (11/4-27/6) No class 4/4, 18/4	12:20-13:20	11	\$1,518	\$1,870
25SAAQMA 040006		13:20-14:20	11	\$1,518	\$1,870

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
25SAAAMA 040001	Mon (7/4-30/6) No class 21/4, 5/5	14:00-15:00	11	\$1,518	\$1,870
25SAAAMA 040002	Wed (2/4-25/6)	11:15-12:15	13	\$1,794	\$2,210
25SAAAMA 040003	Fri (11/4-27/6) No class 4/4, 18/4	11:15-12:15	11	\$1,518	\$1,870

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
25SAAQUA 040001	Tue (1/4-24/6)	18:30-19:30	13	成人 Adult \$2,184	成人 Adult \$2,665
				先進 Master \$1,794	先進 Master \$2,210
25SAAQUA 040002	Thu (3/4-26/6) No class 1/5	18:30-19:30	12	成人 Adult \$2,016	成人 Adult \$2,460
				先進 Master \$1,656	先進 Master \$2,040

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
25SAAQDA 040001	Thu (3/4-26/6) No class 17/4, 1/5	19:30-21:00	11	成人 Adult \$2,728	成人 Adult \$3,135
				先進 Master \$2,277	先進 Master \$2,596

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 (26/3 或之前 or before)	正價 Original Price
25SASESE 040006	Sat (5/4-10/5) No class 19/4	17:00-18:00	5	會員 Mem \$925	會員 Mem \$1,050
				非會員 NMem \$1,100	非會員 NMem \$1,250
25SASESE 050004	Sat (17/5-21/6) No class 31/5	17:00-18:00	5	會員 Mem \$925	會員 Mem \$1,050
				非會員 NMem \$1,100	非會員 NMem \$1,250

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
25SAAQAS 040001	Tue (8/4-24/6)	19:00-20:00	12	成人 Adult \$2,496	成人 Adult \$2,940
				先進 Master \$2,064	先進 Master \$2,436
25SAAQAS 040002	Thu (3/4-26/6) No class 1/5	12:00-13:00	12	成人 Adult \$2,496	成人 Adult \$2,940
				先進 Master \$2,064	先進 Master \$2,436

備註 Remarks：先進價只適用於 55 歲或以上，並不適用於網上報名
Master price is valid for ages 55 or above and cannot be enrolled through online.

水中運動班：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 (26/3 或之前 or before)	正價 Original Price
25SASESE 040003	Mon (7/4-19/5) No class 21/4, 5/5	15:00-16:00	5	會員 Mem \$925	會員 Mem \$1,050
				非會員 NMem \$1,100	非會員 NMem \$1,250
25SASESE 040004	Thu (3/4-15/5) No class 1/5	13:15-14:15	6	會員 Mem \$1,110	會員 Mem \$1,260
				非會員 NMem \$1,320	非會員 NMem \$1,500
25SASESE 050001	Mon (26/5-23/6)	15:00-16:00	5	會員 Mem \$925	會員 Mem \$1,050
				非會員 NMem \$1,100	非會員 NMem \$1,250
25SASESE 050002	Thu (22/5-26/6)	13:15-14:15	6	會員 Mem \$1,110	會員 Mem \$1,260
				非會員 NMem \$1,320	非會員 NMem \$1,500

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
25SAAQLB 040001	Tue (8/4-24/6)	16:30-17:30	12	成人 Adult \$2,496	成人 Adult \$2,940
				先進 Master \$2,064	先進 Master \$2,436
25SAAQLB 040002	Wed (9/4-25/6)	10:30-11:30	12	成人 Adult \$2,496	成人 Adult \$2,940
				先進 Master \$2,064	先進 Master \$2,436

備註 Remarks：先進價只適用於 55 歲或以上，並不適用於網上報名
Master price is valid for ages 55 or above and cannot be enrolled through online.

水中膝健班 Aqua Aerobics for Knee



透過水的特性及各式的協調運動，強化膝關節周邊肌肉和改善功能性活動障礙，從而預防膝關節痛
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 (26/3 或之前 or before)	正價 Original Price
25SASEKS 040001	Wed (9/4-14/5)	11:30-12:30	6	會員 Mem \$1,050	會員 Mem \$1,200
				非會員 NMem \$1,275	非會員 NMem \$1,440
25SASEKS 050001	Wed (21/5-25/6)	11:30-12:30	6	會員 Mem \$1,050	會員 Mem \$1,200
				非會員 NMem \$1,275	非會員 NMem \$1,440

水中運動班：坐骨神經痛・寒背・脊椎側彎 Aqua Aerobics for Sciatica, Rounded Back, Scoliosis



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 (26/3 或之前 or before)	正價 Original Price
25SASEHS 040001	Tue (8/4-13/5)	17:30-18:30	6	會員 Mem \$1,110	會員 Mem \$1,260
				非會員 NMem \$1,320	非會員 NMem \$1,500
25SASEHS 050001	Tue (20/5-24/6)	17:30-18:30	6	會員 Mem \$1,110	會員 Mem \$1,260
				非會員 NMem \$1,320	非會員 NMem \$1,500

水中器械健體班

Aquatic Equipment Training

透過利用水中器材提高阻力，促進心肺功能和血液循環，幫助燃燒卡路里，改善關節靈活性。特別適合關節疼痛、無力或肥胖人士
By using aqua equipment to increase resistance, this training promotes cardiovascular function and blood circulation, helps burn calories, and improves joint flexibility. It is especially suitable for individuals with joint pain, weakness, or obesity.

編號 Code	日期 Date	時間 Time	堂數 Sessions	早鳥優惠 Early Bird (26/3 或之前 or before)	正價 Original Price
25SASESE 040005	Mon (7/4-19/5) No class 21/4, 5/5	16:00-17:00	5	會員 Mem \$925 非會員 NMem \$1,100	會員 Mem \$1,050 非會員 NMem \$1,250
25SASESE 050003	Mon (26/5-23/6)	16:00-17:00	5	會員 Mem \$925 非會員 NMem \$1,100	會員 Mem \$1,050 非會員 NMem \$1,250



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
8/4-24/6	Tue	20:00-21:00	4	\$840	\$1,000

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

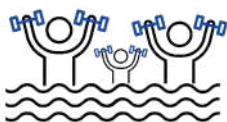
特別活動 Special Events



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
1/4-24/6	Every Tue	18:30-19:30	1	\$190/ lesson	\$230/ lesson
3/4-26/6 No class 1/5	Every Thu	18:30-19:30	1	\$190/ lesson	\$230/ lesson

備註 Remarks: 報名參加一堂，即可免費參加第二堂！
(此優惠每人只限一次)
Sign up for one session and get the second session for free! (This offer is limited to one per person.)

水中健體深水訓練試玩班

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
3/4-26/6 No class 1/5	Every Thu	19:30-21:00	1	\$280/ lesson	\$320/ 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!

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
8/4-24/6	Every Tue	16:30-17:30	4	\$880	\$1,060

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
1/4-24/6	Every Tue	19:00-20:00	1	\$230/ lesson	\$275/ 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.)

SCAN ME



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



MORE DETAILS