

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 2025 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		持續課程 On-going Programmes	成人班 Adult Programmes	泳術評核 Swimming Assessment
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		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 鯊鯊班 Mako Shark 雙髻鯊班 Hammerhead Shark 大白鯊班 Great White Shark	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	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5月19日至5月30日 Schedule for Swimming Assessment: from 19 May to 30 May, 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 070101	Thu (17/7-21/8)	09:15-09:45	6	\$1,140	\$1,380
25SATOTA 070102	Sat (5/7-20/9)	09:00-09:30	12	\$2,280	\$2,760
25SATOTA 070103		15:00-15:30	12	\$2,280	\$2,760
25SATOTA 070104	Sun (6/7-28/9) No class 21/9	12:00-12:30	12	\$2,280	\$2,760
25SATOTA 070105		15:45-16:15	12	\$2,280	\$2,760

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 070201	Tue (15/7-19/8)	09:15-09:45	6	\$1,140	\$1,380
25SATOCB 070202	Sat (5/7-20/9)	09:30-10:00	12	\$2,280	\$2,760
25SATOCB 070203		14:30-15:00	12	\$2,280	\$2,760
25SATOCB 070204	Sun (6/7-28/9) No class 21/9	12:30-13:00	12	\$2,280	\$2,760
25SATOCB 070205		15:15-15:45	12	\$2,280	\$2,760

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-nauts Level One Enhancement Course (Ages 3-5) 【Small class teaching (1:4)】

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

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
25SANAAT 070101	Tue & Thu (15/7-21/8)	09:45-10:30	12	\$3,084	\$3,564
25SANAAT 070102		11:15-12:00	12	\$3,084	\$3,564
25SANAAT 070103	Wed & Fri (16/7-22/8)	13:45-14:30	12	\$3,084	\$3,564
25SANAAT 070104		15:15-16:00	12	\$3,084	\$3,564
25SANAAT 070105	Thu (10/7-25/9)	16:15-17:00	12	\$3,084	\$3,564
25SANAAT 070106	Fri (4/7-19/9)	17:30-18:15	12	\$3,084	\$3,564
25SANAAT 070107	Sat (5/7-20/9)	10:00-10:45	12	\$3,084	\$3,564
25SANAAT 070108		10:45-11:30	12	\$3,084	\$3,564
25SANAAT 070109		10:45-11:30	12	\$3,084	\$3,564
25SANAAT 070110		11:30-12:15	12	\$3,084	\$3,564
25SANAAT 070111		12:15-13:00	12	\$3,084	\$3,564
25SANAAT 070112		12:15-13:00	12	\$3,084	\$3,564
25SANAAT 070113		13:00-13:45	12	\$3,084	\$3,564
25SANAAT 070114		13:45-14:30	12	\$3,084	\$3,564
25SANAAT 070115		16:15-17:00	12	\$3,084	\$3,564
25SANAAT 070116		09:00-09:45	12	\$3,084	\$3,564
25SANAAT 070117		09:45-10:30	12	\$3,084	\$3,564
25SANAAT 070118		10:30-11:15	12	\$3,084	\$3,564
25SANAAT 070119	Sun (6/7-28/9) No class 21/9	11:15-12:00	12	\$3,084	\$3,564
25SANAAT 070120		13:00-13:45	12	\$3,084	\$3,564
25SANAAT 070121		13:45-14:30	12	\$3,084	\$3,564
25SANAAT 070122		14:30-15:15	12	\$3,084	\$3,564

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

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

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
25SANABT 070201	Tue & Thu (15/7-21/8)	10:30-11:15	12	\$3,084	\$3,564
25SANABT 070202	Wed & Fri (16/7-22/8)	14:30-15:15	12	\$3,084	\$3,564
25SANABT 070203	Thu (10/7-25/9)	17:45-18:30	12	\$3,084	\$3,564
25SANABT 070204	Fri (4/7-19/9)	16:00-16:45	12	\$3,084	\$3,564

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**

25SANABT 070205	Sat (5/7-20/9)	10:00-10:45	12	\$3,084	\$3,564
25SANABT 070206		10:45-11:30	12	\$3,084	\$3,564
25SANABT 070207		11:30-12:15	12	\$3,084	\$3,564
25SANABT 070208		12:15-13:00	12	\$3,084	\$3,564
25SANABT 070209		15:30-16:15	12	\$3,084	\$3,564
25SANABT 070210	Sun (6/7-28/9) No class 21/9	16:15-17:00	12	\$3,084	\$3,564
25SANABT 070211		09:00-09:45	12	\$3,084	\$3,564
25SANABT 070212		09:45-10:30	12	\$3,084	\$3,564
25SANABT 070213		11:15-12:00	12	\$3,084	\$3,564
25SANABT 070214		14:30-15:15	12	\$3,084	\$3,564

學前兒童游泳班第三級泳術提升班【小班教學 (1:4)】

Aqua-nauts Level Three Enhancement Course

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

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

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
25SANACT 070301	Thu (10/7-25/9)	17:00-17:45	12	\$3,084	\$3,564
25SANACT 070302	Fri (4/7-19/9)	16:45-17:30	12	\$3,084	\$3,564
25SANACT 070303	Sat (5/7-20/9)	10:00-10:45	12	\$3,084	\$3,564
25SANACT 070304		11:30-12:15	12	\$3,084	\$3,564
25SANACT 070305		13:00-13:45	12	\$3,084	\$3,564
25SANACT 070306		15:30-16:15	12	\$3,084	\$3,564
25SANACT 070307	Sun (6/7-28/9) No class 21/9	10:30-11:15	12	\$3,084	\$3,564
25SANACT 070308		13:00-13:45	12	\$3,084	\$3,564
25SANACT 070309		13:45-14:30	12	\$3,084	\$3,564

學前兒童游泳班第四級

Aqua-nauts Level Four (Ages 3-5)

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



編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
25SANADT 070401	Wed (9/7-24/9)	16:15-17:15	12	\$2,760	\$3,240
25SANADT 070402	Sat (5/7-20/9)	11:30-12:30	12	\$2,760	\$3,240
25SANADT 070403		13:30-14:30	12	\$2,760	\$3,240
25SANADT 070404	Sun (6/7-28/9) No class 21/9	09:30-10:30	12	\$2,760	\$3,240
25SANADT 070405		15:30-16:30	12	\$2,760	\$3,240

學前兒童游泳班第五級

Aqua-nauts Level Five (Ages 3-5)

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

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
25SANAET 070501	Wed (9/7-24/9)	17:15-18:15	12	\$2,760	\$3,240
25SANAET 070502	Sat (5/7-20/9)	09:30-10:30	12	\$2,760	\$3,240
25SANAET 070503		14:30-15:30	12	\$2,760	\$3,240
25SANAET 070504	Sun (6/7-28/9) No class 21/9	11:30-12:30	12	\$2,760	\$3,240

學前兒童游泳班第六級

Aqua-nauts Level Six (Ages 3-5)

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

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
25SANAFI 070601	Sat (5/7-20/9)	08:30-09:30	12	\$2,760	\$3,240
25SANAFI 070602	Sun (6/7-28/9) No class 21/9	12:30-13:30	12	\$2,760	\$3,240

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 070001	Tue & Thu (15/7-21/8)	15:00-16:00	12	\$2,760	\$3,240
25SACHOT 070002	Wed & Fri (16/7-22/8)	10:00-11:00	12	\$2,760	\$3,240
25SACHOT 070003		15:00-16:00	12	\$2,760	\$3,240
25SACHOT 070004	Thu (10/7-25/9)	16:30-17:30	12	\$2,760	\$3,240

對象
Target: 6-33 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

25SACHOT 070005	Sat (5/7-20/9)	13:30-14:30	12	\$2,760	\$3,240
25SACHOT 070006		16:30-17:30	12	\$2,760	\$3,240
25SACHOT 070007	Sun (6/7-28/9) No class 21/9	08:30-09:30	12	\$2,760	\$3,240
25SACHOT 070008		10:30-11:30	12	\$2,760	\$3,240
25SACHOT 070009		13:30-14:30	12	\$2,760	\$3,240
25SACHOT 070010		17:30-18:30	12	\$2,760	\$3,240

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 070001	Tue & Thu (15/7-21/8)	14:00-15:00	12	\$2,760	\$3,240
25SACHSE 070002	Wed (9/7-24/9)	17:15-18:15	12	\$2,760	\$3,240
25SACHSE 070003	Sat (5/7-20/9)	12:30-13:30	12	\$2,760	\$3,240
25SACHSE 070004		14:30-15:30	12	\$2,760	\$3,240
25SACHSE 070005	Sun (6/7-28/9) No class 21/9	09:30-10:30	12	\$2,760	\$3,240
25SACHSE 070006		12:30-13:30	12	\$2,760	\$3,240
25SACHSE 070007		14:30-15:30	12	\$2,760	\$3,240
25SACHSE 070008		16:30-17:30	12	\$2,760	\$3,240

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 070001	Wed & Fri (16/7-22/8)	09:00-10:00	12	\$2,760	\$3,240
25SACHDO 070002	Thu (10/7-25/9)	17:30-18:30	12	\$2,760	\$3,240
25SACHDO 070003	Sat (5/7-20/9)	11:30-12:30	12	\$2,760	\$3,240
25SACHDO 070004		15:30-16:30	12	\$2,760	\$3,240
25SACHDO 070005	Sun (6/7-28/9) No class 21/9	09:30-10:30	12	\$2,760	\$3,240
25SACHDO 070006		12:30-13:30	12	\$2,760	\$3,240
25SACHDO 070007		14:30-15:30	12	\$2,760	\$3,240



兒童潛水體驗班
Scuba Diving Experience Class

01 認識並使用水肺潛水裝備
Recognising and using scuba diving equipment

02 學習潛水的主要技能
Learning diving skills

03 了解基本的潛水安全知識
Understanding basic diving theory

日期 Date: 13,20,27/7 (星期日 Sunday)
時間 Time: 11:00-12:30
堂數 Sessions: 3
課程編號 Course code: 255ASEJS070001

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 070101	Tue (8/7-23/9)	17:30-18:30	12	\$2,760	\$3,240
25SACHAS 070102	Fri (4/7-19/9)	17:00-18:00	12	\$2,760	\$3,240
25SACHAS 070103	Sat (5/7-20/9)	11:30-12:30	12	\$2,760	\$3,240
25SACHAS 070104		14:30-15:30	12	\$2,760	\$3,240
25SACHAS 070105		16:30-17:30	12	\$2,760	\$3,240
25SACHAS 070106	Sun (6/7-28/9) No class 21/9	11:30-12:30	12	\$2,760	\$3,240
25SACHAS 070107		13:30-14:30	12	\$2,760	\$3,240

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 070201	Tue (8/7-23/9)	16:30-17:30	12	\$2,760	\$3,240
25SACHBS 070202	Sat (5/7-20/9)	10:30-11:30	12	\$2,760	\$3,240
25SACHBS 070203		12:30-13:30	12	\$2,760	\$3,240
25SACHBS 070204	Sun (6/7-28/9) No class 21/9	08:30-09:30	12	\$2,760	\$3,240
25SACHBS 070205		10:30-11:30	12	\$2,760	\$3,240
25SACHBS 070206		13:30-14:30	12	\$2,760	\$3,240

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 070301	Wed (9/7-24/9)	16:15-17:15	12	\$2,760	\$3,240
25SACHCS 070302	Fri (4/7-19/9)	17:00-18:00	12	\$2,760	\$3,240
25SACHCS 070303	Sat (5/7-20/9)	14:30-15:30	12	\$2,760	\$3,240
25SACHCS 070304	Sun (6/7-28/9) No class 21/9	11:30-12:30	12	\$2,760	\$3,240

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 070401	Tue (8/7-23/9)	18:30-19:30	12	\$2,760	\$3,240
25SACHGS 070402	Fri (4/7-19/9)	16:00-17:00	12	\$2,760	\$3,240
25SACHGS 070403	Sat (5/7-20/9)	13:30-14:30	12	\$2,760	\$3,240
25SACHGS 070404		15:30-16:30	12	\$2,760	\$3,240
25SACHGS 070405	Sun (6/7-28/9) No class 21/9	10:30-11:30	12	\$2,760	\$3,240

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 070501	Fri (4/7-19/9)	16:00-17:00	12	\$2,760	\$3,240
25SACHES 070502	Sat (5/7-20/9)	10:30-11:30	12	\$2,760	\$3,240
25SACHES 070503		13:30-14:30	12	\$2,760	\$3,240
25SACHES 070504	Sun (6/7-28/9) No class 21/9	15:30-16:30	12	\$2,760	\$3,240

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 070601	Fri (4/7-19/9)	16:00-17:00	12	\$2,760	\$3,240
25SACHFS 070602	Sat (5/7-20/9)	09:30-10:30	12	\$2,760	\$3,240
25SACHFS 070603		12:30-13:30	12	\$2,760	\$3,240
25SACHFS 070604	Sun (6/7-28/9) No class 21/9	14:30-15:30	12	\$2,760	\$3,240

游泳競賽工作坊 Competition Workshop

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

報讀者需能以三種泳式游畢二十五米
Applicants must be able to swim 25 meters using any three strokes

AGES 9-13 泳式改良班 (蛙式和蝶式) Skill Refinement Course (Breaststroke and Butterfly)

提供競賽泳式技術改良，從以提升速度及耐力
Offer technical refinement for the competitive swimming strokes

提升速度及耐力
Improve speed and endurance

報讀者需能以蛙式和蝶式游畢二十五米
Applicants must be able to swim breaststroke and butterfly 25 meters

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
25SAOGMK 070101	Fri (4/7-19/9)	19:00-20:00	12	\$2,760	\$3,240
25SAOGMK 070102	Sat (5/7-20/9)	09:30-10:30	12	\$2,760	\$3,240
25SAOGMK 070103		11:30-12:30	12	\$2,760	\$3,240
25SAOGMK 070104	Sun (6/7-28/9) No class 21/9	15:30-16:30	12	\$2,760	\$3,240
25SAOGMK 070105		16:30-17:30	12	\$2,760	\$3,240

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 070201	Fri (4/7-19/9)	19:00-20:00	12	\$2,760	\$3,240
25SAOGHH 070202	Sat (5/7-20/9)	11:30-12:30	12	\$2,760	\$3,240
25SAOGHH 070203	Sun (6/7-28/9) No class 21/9	16:30-17:30	12	\$2,760	\$3,240

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 070301	Fri (4/7-19/9)	19:00-20:00	12	\$2,760	\$3,240
25SAOGGW 070302	Sat (5/7-20/9)	10:30-11:30	12	\$2,760	\$3,240
25SAOGGW 070303		19:00-20:00	12	\$2,760	\$3,240
25SAOGGW 070304	Sun (6/7-28/9) No class 21/9	17:30-18:30	12	\$2,760	\$3,240

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
25SAOGCT 070101	Wed (2/7-24/9)	16:30-18:00	13	\$4,250
	Sat (5/7-27/9)	15:00-16:30	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
25SAOGAT 070101	Mon (7/7-29/9)	18:15-20:00	13	\$4,900
	Wed (2/7-24/9)	18:15-20:00	13	
	Fri (4/7-26/9)	17:00-19:00	13	
	Sat (5/7-27/9)	17:00-19:00	13	
Land Training	Sun (6/7-28/9) No class 21/9	16:30-18:30	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
25SAOGBT 070101	Tue (8/7-30/9) No class 1/7	16:30-18:30	13	\$4,600
	Thu (3/7-25/9)	16:30-18:30	13	
	Sat (5/7-27/9)	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
25SAOGTM 070101	Mon (7/7-29/9)	20:00-21:45	13	\$3,000
	Wed (2/7-24/9)	20:00-21:45	13	
	Fri (4/7-26/9)	20:00-21:45	13	

暑期課程 Summer Programme



泳式改良班 (蛙式和蝶式) Skill Refinement Course (Breaststroke and Butterfly) (Ages 9-13)

協助學員改善蛙式和蝶式動作，提升耐力及速度。
Provides instruction for the breaststroke and butterfly, and will improve endurance, speed and technique.

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
25SASECS 070001	Mon (7/7-28/7)	17:00-18:00	4	\$920	\$1,080

備註 Remarks: 報讀者需能以蛙式和蝶式游畢二十五米
Applicants must be able to swim breaststroke and butterfly 25 meters

兒童潛水體驗班 Scuba Diving Experience Class (Ages 8-12)

認識並體驗水肺潛水裝備、學習潛水的主要技能，以及了解基本的潛水安全知識。
Recognising and using scuba diving equipment, learning diving skills, and understanding basic diving theory.

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
25SASEJS 070001	Sun (13/7-27/7)	11:00-12:30	3	\$3,800	\$4,350

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

水中冒險 Aqua Adventure (Ages 5-14)

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

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
25SASEJS 070002	Wed (23/7)	16:00-18:00	1	\$350	\$400
25SASEJS 070003	Wed (30/7)	16:00-18:00	1	\$350	\$400

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

游泳競賽工作坊 Competition Workshop (Ages 9-13)

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

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
25SASECS 080001	Mon (4/8-25/8)	17:00-18:00	4	\$920	\$1,080

備註 Remarks: 報讀者需能以三種泳式游畢二十五米
Applicants must be able to swim 25 meters using any three strokes

水上安全自救班 Water Safety Class (Ages 6-9)

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

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

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
25SASECS 070002	Sun (6/7-27/7)	13:30-14:30	4	\$920	\$1,080

備註 Remarks: 報讀者需能俯伏浮身打腿
Applicants must be able to face-down kick

2025港青水運會

YMCA SWIMMING GALA

21 September 2025 (Sunday)

聯絡我們以獲取更多資訊
Contact us for more information
電話 Telephone: 2268 7010
WhatsApp: 6909 9202



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 070101	Tue (8/7-23/9)	19:30-20:30	12	\$2,676	\$3,156
25SAADTB 070102	Wed (9/7-24/9)	10:00-11:00	12	\$2,676	\$3,156
25SAADTB 070103	Sat (5/7-20/9)	08:30-09:30	12	\$2,676	\$3,156
25SAADTB 070104	Sun (6/7-28/9) No class 21/9	18:30-19:30	12	\$2,676	\$3,156

女子班 Ladies (Ages 16-54)

25SAADLB 070101	Tue (8/7-23/9)	20:30-21:30	12	\$2,676	\$3,156
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先進班 Master (Ages 55 or above)

25SAADMB 070101	Tue (8/7-23/9)	12:15-13:15	12	\$1,716	\$2,100
25SAADMB 070102	Wed (9/7-24/9)	15:00-16:00	12	\$1,716	\$2,100

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 070201	Tue (8/7-23/9)	19:30-20:30	12	\$2,676	\$3,156
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先進班 Master (Ages 55 or above)

25SAADMI 070201	Wed (9/7-24/9)	09:00-10:00	12	\$1,716	\$2,100
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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 070301	Tue (8/7-23/9)	20:30-21:30	12	\$2,676	\$3,156
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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 070001	Tue (8/7-30/9) No class 1/7	10:00-11:00	13	\$1,859	\$2,275
25SAAQMA 070002		11:15-12:15	13	\$1,859	\$2,275
25SAAQMA 070003	Thu (3/7-25/9)	10:00-11:00	13	\$1,859	\$2,275
25SAAQMA 070004		11:00-12:00	13	\$1,859	\$2,275
25SAAQMA 070005	Fri (4/7-26/9)	12:20-13:20	13	\$1,859	\$2,275
25SAAQMA 070006		13:20-14:20	13	\$1,859	\$2,275

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 070001	Mon (7/7-29/9)	14:00-15:00	13	\$1,859	\$2,275
25SAAAMA 070002	Wed (2/7-24/9)	11:15-12:15	13	\$1,859	\$2,275
25SAAAMA 070003	Fri (4/7-26/9)	11:15-12:15	13	\$1,859	\$2,275

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 070001	Tue (8/7-30/9) No class 1/7	18:30-19:30	13	成人 Adult \$2,210	成人 Adult \$2,704
				先進 Master \$1,859	先進 Master \$2,275
25SAAQUA 070002	Thu (3/7-25/9)	18:30-19:30	13	成人 Adult \$2,210	成人 Adult \$2,704
				先進 Master \$1,859	先進 Master \$2,275

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 070001	Thu (3/7-25/9)	19:30-21:00	13	成人 Adult \$3,289	成人 Adult \$3,770
				先進 Master \$2,730	先進 Master \$3,120

備註 Remarks: 報讀者需懂泳術或曾參加水中健康舞班
Applicants must able to swim or have previous experience of Aqua Aerobics class.
先進價只適用於 55 歲或以上, 並不適用於網上報名
Master price is valid for ages 55 or above and cannot be enrolled through online.

水中伸展班

Aqua-Stretching (Ages 16 or above)

幫助肌肉放鬆、改善慢性疼痛及纖維肌痛

Enhance muscle relaxation, improve chronic pain or fibromyalgia

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
25SAAQAS 070001	Tue (8/7-23/9)	19:00-20:00	12	成人 Adult \$2,520	成人 Adult \$2,976
				先進 Master \$2,100	先進 Master \$2,472
25SAAQAS 070002	Thu (10/7-25/9)	12:00-13:00	12	成人 Adult \$2,520	成人 Adult \$2,976
				先進 Master \$2,100	先進 Master \$2,472

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

水中腰背班

Aqua Aerobics for Lower Back

透過水的特性及各式的協調運動，重點練習核心肌肉的穩定力和姿勢改善，從而預防腰痛

Utilising properties of water and a variety of coordinated movements, this programme aims to strengthen the stability of your core muscles while also enhancing posture and effectively preventing lower back pain

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
25SAAQLB 070001	Tue (8/7-23/9)	16:30-17:30	12	成人 Adult \$2,520	成人 Adult \$2,976
				先進 Master \$2,100	先進 Master \$2,472
25SAAQLB 070002	Wed (9/7-24/9)	10:30-11:30	12	成人 Adult \$2,520	成人 Adult \$2,976
				先進 Master \$2,100	先進 Master \$2,472

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 (16/6 或之前 or before)	正價 Original Price
25SASESE 070004	Sat (5/7-9/8)	17:00-18:00	6	會員 Mem \$1,110	會員 Mem \$1,260
				非會員 NMem \$1,320	非會員 NMem \$1,500
25SASESE 080003	Sat (16/8-20/9)	17:00-18:00	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 (16/6 或之前 or before)	正價 Original Price
25SASEKS 070001	Wed (9/7-13/8)	11:30-12:30	6	會員 Mem \$1,080	會員 Mem \$1,230
				非會員 NMem \$1,290	非會員 NMem \$1,470
25SASEKS 080001	Wed (20/8-24/9)	11:30-12:30	6	會員 Mem \$1,080	會員 Mem \$1,230
				非會員 NMem \$1,290	非會員 NMem \$1,470

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 (16/6 或之前 or before)	正價 Original Price
25SASESE 070002	Mon (7/7-11/8)	15:00-16:00	6	會員 Mem \$1,110	會員 Mem \$1,260
				非會員 NMem \$1,320	非會員 NMem \$1,500
25SASESE 080001	Mon (18/8-22/9)	15:00-16:00	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 (16/6 或之前 or before)	正價 Original Price
25SASEHS 070001	Tue (8/7-12/8)	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 080001	Tue (19/8-23/9)	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

關節痛症伸展班

Aqua Joint Relief

透過水的特性及各式的協調運動，舒緩不適感，改善關節活動範圍和靈活性，從而增強肌肉的力量，提供更好的支撐和保護關節。Utilizing the properties of water and a variety of coordinated movements, relieve discomfort, improve joint range of motion and flexibility, thereby enhancing muscle strength, and providing better support and protection for the joints.

編號 Code	日期 Date	時間 Time	堂數 Sessions	早鳥優惠 Early Bird (16/6 或之前 or before)	正價 Original Price
25SASESE 070003	Mon (7/7-11/8)	16:00-17:00	6	會員 Mem \$1,110 非會員 NMem \$1,320	會員 Mem \$1,260 非會員 NMem \$1,500
25SASESE 080002	Mon (18/8-22/9)	16:00-17:00	6	會員 Mem \$1,110 非會員 NMem \$1,320	會員 Mem \$1,260 非會員 NMem \$1,500

特別活動 Special Events

水中健康舞試玩班

Aqua Aerobics Trial Class (Ages 16 or above)

加有阻力的中、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
8/7-30/9	Every Tue	18:30-19:30	1	\$195/ lesson	\$235/ lesson
3/7-25/9	Every Thu	18:30-19:30	1	\$195/ lesson	\$235/ 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
3/7-25/9	Every Thu	19:30-21:00	1	\$285/ lesson	\$325/ 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.)

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
10/7-25/9	Thu	13:00-14:00	4	\$840	\$1,000
10/7-25/9	Thu	19:00-20:00	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

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
8/7-23/9	Tue	16:30-17:30	4	\$900	\$1,080
9/7-24/9	Wed	10:30-11:30	4	\$900	\$1,080

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

水中伸展試玩班

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
8/7-23/9	Every Tue	19:00-20:00	1	\$235/ lesson	\$280/ 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.)

NEW

水中運動班：類風濕關節炎

Aqua Aerobics for Rheumatoid Arthritis

- 改善關節活動範圍和靈活性，舒緩不適感
Improve joint range of motion and flexibility, relieve discomfort
- 增強肌肉的力量，提供更好的支撐和保護關節
Strengthen joints, provide better support and protect joints

Contact use for more details!

SCAN ME



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

MORE DETAILS