

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] 參與二零二六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 2026 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		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	兒童及少年游泳班 Children & Youth Ages 6-15 水獺班 Otter 海豹班 Seal 海豚班 Dolphin 一星班 Star One 二星班 Star Two 三星班 Star Three 四星班 Star Four 五星班 Star Five 六星班 Star Six	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 鯖鯊班 Mako Shark 雙髻鯊班 Hammerhead Shark 大白鯊班 Great White Shark	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	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 : \$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 2026 年 3 月 4 日至 3 月 18 日 Schedule for Swimming Assessment: from 4 March to 18 March, 2026 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 (補課日期一般會在課程結束後順延一堂)。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 (usually the make-up class is arranged upon the completion of the course chronologically). 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)

感受浮力及平衡力、
活動腿部肌肉
Introduction to buoyancy and
balance, exercise on leg muscles



編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
26SATOTA 040101	Sat (11/4-20/6)	09:00-09:30	11	\$2,090	\$2,530
26SATOTA 040102		15:00-15:30	11	\$2,090	\$2,530
26SATOTA 040103	Sun (12/4-21/6) No class 24/5	12:00-12:30	10	\$1,900	\$2,300
26SATOTA 040104		15:45-16:15	10	\$1,900	\$2,300

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 swim diaper

親子游泳班 Aqua-tots (Ages 19-35 months)

背浮、踢腳、跳水
Floating, kicking and diving

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
26SATOCB 040201	Sat (11/4-20/6)	09:30-10:00	11	\$2,090	\$2,530
26SATOCB 040202		14:30-15:00	11	\$2,090	\$2,530
26SATOCB 040203	Sun (12/4-21/6) No class 24/5	12:30-13:00	10	\$1,900	\$2,300
26SATOCB 040204		15:15-15:45	10	\$1,900	\$2,300

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 swim 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
26SANAAT 040101	Thu (9/4-25/6)	09:45-10:30	12	\$3,084	\$3,564
26SANAAT 040102		16:15-17:00	12	\$3,084	\$3,564
26SANAAT 040103	Fri (10/4-26/6) No class 1/5, 19/6	16:45-17:30	10	\$2,570	\$2,970

26SANAAT 040104	Sat (11/4-20/6)	10:00-10:45	11	\$2,827	\$3,267
26SANAAT 040105		10:45-11:30	11	\$2,827	\$3,267
26SANAAT 040106		11:30-12:15	11	\$2,827	\$3,267
26SANAAT 040107		12:15-13:00	11	\$2,827	\$3,267
26SANAAT 040108		15:30-16:15	11	\$2,827	\$3,267
26SANAAT 040109		16:15-17:00	11	\$2,827	\$3,267
26SANAAT 040110	Sun (12/4-21/6) No class 24/5	09:00-09:45	10	\$2,570	\$2,970
26SANAAT 040111		11:15-12:00	10	\$2,570	\$2,970
26SANAAT 040112		13:00-13:45	10	\$2,570	\$2,970
26SANAAT 040113		13:45-14:30	10	\$2,570	\$2,970
26SANAAT 040114		14:30-15:15	10	\$2,570	\$2,970

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
26SANABT 040201	Thu (9/4-25/6)	10:30-11:15	12	\$3,084	\$3,564
26SANABT 040202		17:00-17:45	12	\$3,084	\$3,564
26SANABT 040203	Fri (10/4-26/6) No class 1/5, 19/6	17:30-18:15	10	\$2,570	\$2,970
26SANABT 040204	Sat (11/4-20/6)	10:00-10:45	11	\$2,827	\$3,267
26SANABT 040205		10:45-11:30	11	\$2,827	\$3,267
26SANABT 040206		11:30-12:15	11	\$2,827	\$3,267
26SANABT 040207		12:15-13:00	11	\$2,827	\$3,267
26SANABT 040208		13:45-14:30	11	\$2,827	\$3,267
26SANABT 040209		15:30-16:15	11	\$2,827	\$3,267
26SANABT 040210	Sun (12/4-21/6) No class 24/5	09:00-09:45	10	\$2,570	\$2,970
26SANABT 040211		09:45-10:30	10	\$2,570	\$2,970
26SANABT 040212		10:30-11:15	10	\$2,570	\$2,970
26SANABT 040213		11:15-12:00	10	\$2,570	\$2,970
26SANABT 040214		13:00-13:45	10	\$2,570	\$2,970
26SANABT 040215		13:45-14:30	10	\$2,570	\$2,970

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!

- 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
26SANACT 040301	Thu (9/4-25/6)	17:45-18:30	12	\$3,084	\$3,564
26SANACT 040302	Fri (10/4-26/6) No class 1/5, 19/6	16:00-16:45	10	\$2,570	\$2,970
26SANACT 040303	Sat (11/4-20/6)	10:00-10:45	11	\$2,827	\$3,267
26SANACT 040304		10:45-11:30	11	\$2,827	\$3,267
26SANACT 040305		11:30-12:15	11	\$2,827	\$3,267
26SANACT 040306		12:15-13:00	11	\$2,827	\$3,267
26SANACT 040307		13:00-13:45	11	\$2,827	\$3,267
26SANACT 040308		Sun (12/4-21/6) No class 24/5	09:45-10:30	10	\$2,570
26SANACT 040309	10:30-11:15		10	\$2,570	\$2,970
26SANACT 040310	14:30-15:15		10	\$2,570	\$2,970

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
26SANAET 040501	Wed (8/4-24/6)	17:15-18:15	12	\$2,760	\$3,240
26SANAET 040502	Sat (11/4-20/6)	11:30-12:30	11	\$2,530	\$2,970
26SANAET 040503		13:30-14:30	11	\$2,530	\$2,970
26SANAET 040504	Sun (12/4-21/6) No class 24/5	13:30-14:30	10	\$2,300	\$2,700

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
26SANAFT 040601	Sat (11/4-20/6)	09:30-10:30	11	\$2,530	\$2,970
26SANAFT 040602	Sun (12/4-21/6) No class 24/5	11:30-12:30	10	\$2,300	\$2,700

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
26SANADT 040401	Wed (8/4-24/6)	09:30-10:30	12	\$2,760	\$3,240
26SANADT 040402	Sat (11/4-20/6)	10:30-11:30	11	\$2,530	\$2,970
26SANADT 040403		14:30-15:30	11	\$2,530	\$2,970
26SANADT 040404	Sun (12/4-21/6) No class 24/5	12:30-13:30	10	\$2,300	\$2,700

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
26SACHOT 040001	Tue (14/4-23/6)	18:30-19:30	11	\$2,530	\$2,970
26SACHOT 040002	Thu (9/4-25/6)	17:30-18:30	12	\$2,760	\$3,240
26SACHOT 040003	Sat (11/4-20/6)	10:30-11:30	11	\$2,530	\$2,970
26SACHOT 040004		13:30-14:30	11	\$2,530	\$2,970
26SACHOT 040005		15:30-16:30	11	\$2,530	\$2,970
26SACHOT 040006		08:30-09:30	10	\$2,300	\$2,700
26SACHOT 040007	Sun (12/4-21/6) No class 24/5	11:30-12:30	10	\$2,300	\$2,700
26SACHOT 040008		13:30-14:30	10	\$2,300	\$2,700



水上安全自救班 Water Safety Class

Ages 6-9 歲

即使會游泳，也有可能在此種時候面臨溺水的風險。透過防溺水自救、學習：
Even skilled swimmers may encounter drowning risks in moments of panic. Comprehensive drowning prevention and self-rescue training can:

- ✓ 學習如何應對各種情況
Learning how to respond with various situations
- ✓ 培養水感和水性
Enhancing water awareness
- ✓ 在玩樂中掌握預防溺水的技巧
Equipping individuals with effective response techniques
- ✓ 提高水上安全意識
Cultivating water safety awareness
- ✓ 識別危機並採取適當的安全措施以避免溺水事件的發生
Recognizing potential crises are essential to mitigating drowning incidents



參加資格：報讀者需能俯伏浮身打腿
Eligibility: Applicants must be able to face-down kick



水中冒險 AQUA ADVENTURE

Ages 5-14 歲

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

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

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
26SACHSE 040001	Fri (10/4-26/6) No class 1/5, 19/6	16:00-17:00	10	\$2,300	\$2,700
26SACHSE 040002	Sat (11/4-20/6)	09:30-10:30	11	\$2,530	\$2,970
26SACHSE 040003		15:30-16:30	11	\$2,530	\$2,970
26SACHSE 040004	Sun (12/4-21/6) No class 24/5	09:30-10:30	10	\$2,300	\$2,700
26SACHSE 040005		12:30-13:30	10	\$2,300	\$2,700
26SACHSE 040006		14:30-15:30	10	\$2,300	\$2,700

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
26SACHDO 040001	Wed (8/4-24/6)	16:15-17:15	12	\$2,760	\$3,240
26SACHDO 040002	Fri (10/4-26/6) No class 1/5, 19/6	16:00-17:00	10	\$2,300	\$2,700
26SACHDO 040003	Sat (11/4-20/6)	08:30-09:30	11	\$2,530	\$2,970
26SACHDO 040004		12:30-13:30	11	\$2,530	\$2,970
26SACHDO 040005		16:30-17:30	11	\$2,530	\$2,970
26SACHDO 040006	Sun (12/4-21/6) No class 24/5	11:30-12:30	10	\$2,300	\$2,700
26SACHDO 040007		13:30-14:30	10	\$2,300	\$2,700
26SACHDO 040008		17:30-18:30	10	\$2,300	\$2,700

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
26SACHAS 040101	Wed (8/4-24/6)	16:15-17:15	12	\$2,760	\$3,240
26SACHAS 040102	Thu (9/4-25/6)	16:30-17:30	12	\$2,760	\$3,240
26SACHAS 040103	Sat (11/4-20/6)	13:30-14:30	11	\$2,530	\$2,970
26SACHAS 040104		16:30-17:30	11	\$2,530	\$2,970
26SACHAS 040105	Sun (12/4-21/6) No class 24/5	10:30-11:30	10	\$2,300	\$2,700
26SACHAS 040106		16:30-17:30	10	\$2,300	\$2,700

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
26SACHBS 040201	Wed (8/4-24/6)	17:15-18:15	12	\$2,760	\$3,240
26SACHBS 040202	Sat (11/4-20/6)	12:30-13:30	11	\$2,530	\$2,970
26SACHBS 040203		14:30-15:30	11	\$2,530	\$2,970
26SACHBS 040204	Sun (12/4-21/6) No class 24/5	09:30-10:30	10	\$2,300	\$2,700
26SACHBS 040205		12:30-13:30	10	\$2,300	\$2,700
26SACHBS 040206		15:30-16:30	10	\$2,300	\$2,700

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
26SACHCS 040301	Sat (11/4-20/6)	11:30-12:30	11	\$2,530	\$2,970
26SACHCS 040302		15:30-16:30	11	\$2,530	\$2,970
26SACHCS 040303	Sun (12/4-21/6) No class 24/5	09:30-10:30	10	\$2,300	\$2,700
26SACHCS 040304		14:30-15:30	10	\$2,300	\$2,700

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
Acclimatize 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



兒童潛水體驗班

Scuba Diving Experience Class

Ages 8-12歲

- 認識並使用水肺潛水裝備
Recognizing and using scuba diving equipment
- 學習潛水的主要技能
Learning diving skills
- 了解基本的潛水安全知識
Understanding basic diving theory

參加資格：報讀者需能以撲泳/仰泳/蛙泳/蝶泳游畢二十五米
Eligibility: Applicants must be able to swim front crawl/ back crawl/ breaststroke/ butterfly 25 meters



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
26SACHGS 040401	Tue (14/4-23/6)	17:30-18:30	11	\$2,530	\$2,970
26SACHGS 040402	Fri (10/4-26/6) No class 1/5, 19/6	17:00-18:00	10	\$2,300	\$2,700
26SACHGS 040403	Sat (11/4-20/6)	14:30-15:30	11	\$2,530	\$2,970
26SACHGS 040404	Sun (12/4-21/6)	11:30-12:30	10	\$2,300	\$2,700
26SACHGS 040405	No class 24/5	15:30-16:30	10	\$2,300	\$2,700

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
26SACHES 040501	Tue (14/4-23/6)	16:30-17:30	11	\$2,530	\$2,970
26SACHES 040502	Fri (10/4-26/6) No class 1/5, 19/6	17:00-18:00	10	\$2,300	\$2,700
26SACHES 040503	Sat (11/4-20/6)	10:30-11:30	11	\$2,530	\$2,970
26SACHES 040504		12:30-13:30	11	\$2,530	\$2,970
26SACHES 040505	Sun (12/4-21/6) No class 24/5	10:30-11:30	10	\$2,300	\$2,700

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
26SACHFS 040601	Fri (10/4-26/6) No class 1/5, 19/6	16:00-17:00	10	\$2,300	\$2,700
26SACHFS 040602	Sat (11/4-20/6)	11:30-12:30	11	\$2,530	\$2,970
26SACHFS 040603		13:30-14:30	11	\$2,530	\$2,970
26SACHFS 040604	Sun (12/4-21/6) No class 24/5	10:30-11:30	10	\$2,300	\$2,700
26SACHFS 040605		14:30-15:30	10	\$2,300	\$2,700

游泳競賽工作坊

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

AGES 9-13

泳式改良班

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

提升速度及耐力
Improve speed and endurance

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
26SAOGMK 040101	Fri (10/4-26/6) No class 1/5, 19/6	19:00-20:00	10	\$2,300	\$2,700
26SAOGMK 040102	Sat (11/4-20/6)	09:30-10:30	11	\$2,530	\$2,970
26SAOGMK 040103		11:30-12:30	11	\$2,530	\$2,970
26SAOGMK 040104	Sun (12/4-21/6) No class 24/5	15:30-16:30	10	\$2,300	\$2,700
26SAOGMK 040105		16:30-17:30	10	\$2,300	\$2,700

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
26SAOGHH 040201	Fri (10/4-26/6) No class 1/5, 19/6	19:00-20:00	10	\$2,300	\$2,700
26SAOGHH 040202	Sat (11/4-20/6)	11:30-12:30	11	\$2,530	\$2,970
26SAOGHH 040203	Sun (12/4-21/6) No class 24/5	16:30-17:30	10	\$2,300	\$2,700

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
26SAOGGW 040301	Fri (10/4-26/6) No class 1/5, 19/6	19:00-20:00	10	\$2,300	\$2,700
26SAOGGW 040302	Sat (11/4-20/6)	10:30-11:30	11	\$2,530	\$2,970
26SAOGGW 040303		19:00-20:00	11	\$2,530	\$2,970
26SAOGGW 040304	Sun (12/4-21/6) No class 24/5	17:30-18:30	10	\$2,300	\$2,700

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
26SAOGCT 040101	Wed (1/4-24/6)	16:30-18:00	13	\$4,250
	Sat (11/4-27/6) No class 4/4	15:00-16:30	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
26SAOGAT 040101	Mon (13/4-29/6) No class 6/4, 25/5	18:15-20:00	11	\$4,900
	Wed (1/4-24/6)	18:15-20:00	13	
	Fri (10/4-26/6) No class 3/4, 1/5, 19/6	17:00-19:00	10	
	Sat (11/4-27/6) No class 4/4	17:00-19:00	12	
Land Training	Sun (12/4-28/6) No class 5/4, 24/5	16:30-18:30	11	

泳隊 B 組

Swimming Team B (Ages 8 – 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
26SAOGBT 040101	Tue (14/4-30/6) No class 7/4	16:30-18:30	12	\$4,600
	Thu (2/4-25/6)	16:30-18:30	13	
	Sat (11/4-27/6) No class 4/4	16:30-18:30	12	

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
26SAOGMT 040101	Mon (13/4-29/6) No class 6/4, 25/5	20:00-21:45	11	\$3,000
	Wed (1/4-24/6)	20:00-21:45	13	
	Fri (10/4-26/6) No class 3/4, 1/5, 19/6	20:00-21:45	10	

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)

26SAADTB 040101	Tue (14/4-23/6)	19:30-20:30	11	\$2,453	\$2,893
26SAADTB 040102	Wed (8/4-24/6)	10:00-11:00	12	\$2,676	\$3,156
26SAADTB 040103	Sat (11/4-20/6)	08:30-09:30	11	\$2,453	\$2,893
26SAADTB 040104	Sun (12/4-21/6) No class 24/5	18:30-19:30	10	\$2,230	\$2,630

女子班 Ladies (Ages 16-54)

26SAADLB 040101	Tue (14/4-23/6)	18:30-19:30	11	\$2,453	\$2,893
26SAADLB 040102		20:30-21:30	11	\$2,453	\$2,893

先進班 Master (Ages 55 or above)

26SAADMB 040101	Tue (14/4-23/6)	12:15-13:15	11	\$1,573	\$1,925
26SAADMB 040102	Wed (8/4-24/6)	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)

26SAADTI 040201	Tue (14/4-23/6)	19:30-20:30	11	\$2,453	\$2,893
26SAADTI 040202	Sun (12/4-21/6) No class 24/5	17:30-18:30	10	\$2,230	\$2,630

先進班 Master (Ages 55 or above)

26SAADMI 040201	Wed (8/4-24/6)	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)

26SAADTA 040301	Tue (14/4-23/6)	20:30-21:30	11	\$2,453	\$2,893
26SAADTA 040302	Sat (11/4-20/6)	19:00-20:00	11	\$2,453	\$2,893

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
26SAAQMA 040001	Tue (14/4-30/6) No class 7/4	10:00-11:00	12	\$1,716	\$2,100
26SAAQMA 040002		11:15-12:15	12	\$1,716	\$2,100
26SAAQMA 040003	Thu (2/4-25/6)	10:00-11:00	13	\$1,859	\$2,275
26SAAQMA 040004		11:00-12:00	13	\$1,859	\$2,275
26SAAQMA 040005	Fri (10/4-26/6) No class 3/4, 1/5, 19/6	12:20-13:20	10	\$1,430	\$1,750
26SAAQMA 040006		13:20-14:20	10	\$1,430	\$1,750

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
26SAAAMA 040001	Mon (13/4-29/6) No class 6/4, 25/5	14:00-15:00	11	\$1,573	\$1,925
26SAAAMA 040002	Wed (1/4-24/6)	11:15-12:15	13	\$1,859	\$2,275
26SAAAMA 040003	Fri (10/4-26/6) No class 3/4, 1/5, 19/6	11:15-12:15	10	\$1,430	\$1,750

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
26SAAQUA 040001	Tue (14/4-30/6) No class 7/4	18:30-19:30	12	成人 Adult \$2,040	成人 Adult \$2,496
				先進 Master \$1,716	先進 Master \$2,100
26SAAQUA 040002	Thu (2/4-25/6)	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
26SAAQDA 040001	Thu (2/4-25/6)	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
26SAAQAS 040001	Tue (14/4-23/6)	19:00-20:00	11	成人 Adult \$2,310	成人 Adult \$2,728
				先進 Master \$1,925	先進 Master \$2,266
26SAAQAS 040002	Thu (9/4-25/6)	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 (24/3 或之前 or before)	正價 Original Price
26SASEKS 040001	Wed (8/4-13/5)	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
26SASEKS 050001	Wed (20/5-24/6)	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
26SAAQLB 040001	Tue (14/4-23/6)	16:30-17:30	11	成人 Adult \$2,310	成人 Adult \$2,728
				先進 Master \$1,925	先進 Master \$2,266
26SAAQLB 040002	Wed (8/4-24/6)	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.

水中腰背班 Aqua Aerobics for Lower Back

- 重點練習核心肌肉穩定力
Practice for Core muscle stability
- 改善姿勢
Improve posture
- 預防腰痛
Prevent Lower Back Pain



水中膝健班 Aqua Aerobics for Knee

- 強化膝關節周邊肌肉
Strengthen muscles surrounding knee joint
- 改善功能性活動障礙
Relieve functional mobility disorder
- 預防膝關節痛
Prevent arthritis



水中運動班: 肩部健康 (肩周炎和游泳肩)

Aqua Course for Shoulder Health (Frozen Shoulder and Swimmer's Shoulder)

特別適合希望改善肩周炎和游泳肩的人士

Designed for people who want to improve frozen shoulder and swimmer's shoulder.

★ 放鬆肌肉
Muscles relax

★ 提升關節活動度
Enhance joint mobility

★ 減輕重力負擔, 幫助參與者輕鬆進行外展和外旋動作
Reduces gravitational strain, allowing participants to perform movements like abduction and external rotation with ease

★ 減少疼痛
Reduce pain



如有興趣, 歡迎WhatsApp與我們聯絡
Welcome to contact us via WhatsApp
if you're interested



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 (24/3 或之前 or before)	正價 Original Price
26SASEHS 040001	Tue (14/4-19/5)	17:30-18:30	6	會員 Mem \$1,110	會員 Mem \$1,260
				非會員 NMem \$1,332	非會員 NMem \$1,500
26SASEHS 050001	Tue (26/5-23/6)	17:30-18:30	5	會員 Mem \$925	會員 Mem \$1,050
				非會員 NMem \$1,110	非會員 NMem \$1,250

水中運動班：肩部健康 (肩周炎和游泳肩)

Aqua Course for Shoulder Health

(Frozen Shoulder and Swimmer's Shoulder)



本課程為改善肩周炎和游泳肩設計。溫水有助於放鬆肌肉，提升關節活動度。透過水的浮力減輕重力負擔，幫助參與者輕鬆進行外展和外旋轉作，減少疼痛。

This course is designed for people who wants to improve frozen shoulder and swimmer's shoulder. The warm water helps relax muscles and enhance joint mobility. Utilizing water's buoyancy reduces gravitational strain, allowing participants to perform movements like abduction and external rotation with ease, reduce pain.

編號 Code	日期 Date	時間 Time	堂數 Sessions	早鳥優惠 Early Bird (24/3 或之前 or before)	正價 Original Price
26SASESE 040003	Mon (13/4-11/5)	15:00-16:00	5	會員 Mem \$925	會員 Mem \$1,050
				非會員 NMem \$1,110	非會員 NMem \$1,250
26SASESE 050001	Mon (18/5-22/6) No class 25/5	15:00-16:00	5	會員 Mem \$925	會員 Mem \$1,050
				非會員 NMem \$1,110	非會員 NMem \$1,250

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 (24/3 或之前 or before)	正價 Original Price
26SASESE 040004	Mon (13/4-11/5)	16:00-17:00	5	會員 Mem \$925	會員 Mem \$1,050
				非會員 NMem \$1,110	非會員 NMem \$1,250
26SASESE 050002	Mon (18/5-22/6) No class 25/5	16:00-17:00	5	會員 Mem \$925	會員 Mem \$1,050
				非會員 NMem \$1,110	非會員 NMem \$1,250

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 (24/3 或之前 or before)	正價 Original Price
26SASESE 040005	Sat (11/4-9/5)	17:00-18:00	5	會員 Mem \$925	會員 Mem \$1,050
				非會員 NMem \$1,110	非會員 NMem \$1,250
26SASESE 050003	Sat (23/5-20/6)	17:00-18:00	5	會員 Mem \$925	會員 Mem \$1,050
				非會員 NMem \$1,110	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
14/4-23/6	Tue	20:00-21:00	4	\$840	\$1,000
9/4-25/6	Thu	13:00-14:00	4	\$840	\$1,000

備註 Remarks：四堂課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

關節痛症伸展班

AQUA JOINT RELIEF

- ✓ 舒緩不適感
Relieve discomfort
- ✓ 改善關節活動範圍和靈活性
Improve joint range of motion and flexibility
- ✓ 增強肌肉的力量，提供更好的支撐和保護關節
Enhancing muscle strength, and providing better support and protection for the joints

Swimming Beginners for Domestic Helper and Refugees

Part 1

DATE: 12/4-10/5 (SUNDAY) (5 SESSIONS)

TIME: 08:30-09:30 / 09:30-10:30

(TIME SCHEDULE WILL CONFIRM WITHIN 5-7 DAYS BEFORE COURSE COMMENCEMENT)

COURSE CODE: 26SADHSE040101

FEE: \$675

Part 2

DATE: 17/5-21/6, NO CLASS 24/5 (SUNDAY) (5 SESSIONS)

TIME: 08:30-09:30 / 09:30-10:30

(TIME SCHEDULE WILL CONFIRM WITHIN 5-7 DAYS BEFORE COURSE COMMENCEMENT)

COURSE CODE: 26SADHSE050101

FEE: \$675

SWIM



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
7/4-30/6	Every Tue	18:30-19:30	1	\$195/ lesson	\$235/ lesson
2/4-25/6	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
2/4-25/6	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)

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
7/4-23/6	Every Tue	16:30-17:30	4	\$900	\$1,080
8/4-24/6	Every 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
7/4-23/6	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!
(兩堂試玩課堂需要連續上課, 此優惠每人只限一次)
Sign up for one session and get the second session for free! (Two trial sessions must be completed consecutively and this offer is limited to one per person)

NEW Contact us for more details!

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

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