

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] 參與二零二六年第三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 3rd 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 2026 年 9 月 2 日至 9 月 16 日 Schedule for Swimming Assessment: from 2 September to 16 September, 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 100101	Sat (3/10-12/12)	09:00-09:30	11	\$2,145	\$2,585
26SATOTA 100102		15:00-15:30	11	\$2,145	\$2,585
26SATOTA 100103	Sun (4/10-13/12)	12:00-12:30	11	\$2,145	\$2,585
26SATOTA 100104		15:45-16:15	11	\$2,145	\$2,585

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 100201	Sat (3/10-12/12)	09:30-10:00	11	\$2,145	\$2,585
26SATOCB 100202		14:30-15:00	11	\$2,145	\$2,585
26SATOCB 100203	Sun (4/10-13/12)	12:30-13:00	11	\$2,145	\$2,585
26SATOCB 100204		15:15-15:45	11	\$2,145	\$2,585

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

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 100101	Thu (8/10-17/12)	10:30-11:15	11	\$2,915	\$3,355
26SANAAT 100102		16:15-17:00	11	\$2,915	\$3,355
26SANAAT 100103	Fri (2/10-11/12)	17:30-18:15	11	\$2,915	\$3,355
26SANAAT 100104		10:00-10:45	11	\$2,915	\$3,355
26SANAAT 100105	Sat (3/10-12/12)	10:45-11:30	11	\$2,915	\$3,355
26SANAAT 100106		11:30-12:15	11	\$2,915	\$3,355
26SANAAT 100107		12:15-13:00	11	\$2,915	\$3,355
26SANAAT 100108		13:00-13:45	11	\$2,915	\$3,355
26SANAAT 100109		15:30-16:15	11	\$2,915	\$3,355
26SANAAT 100110		16:15-17:00	11	\$2,915	\$3,355
26SANAAT 100111		09:00-09:45	11	\$2,915	\$3,355
26SANAAT 100112		10:30-11:15	11	\$2,915	\$3,355
26SANAAT 100113	Sun (4/10-13/12)	13:00-13:45	11	\$2,915	\$3,355
26SANAAT 100114		13:45-14:30	11	\$2,915	\$3,355

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 100201	Thu (8/10-17/12)	09:45-10:30	11	\$2,915	\$3,355
26SANABT 100202		17:00-17:45	11	\$2,915	\$3,355
26SANABT 100203	Fri (2/10-11/12)	16:45-17:30	11	\$2,915	\$3,355
26SANABT 100204		10:00-10:45	11	\$2,915	\$3,355
26SANABT 100205	Sat (3/10-12/12)	10:45-11:30	11	\$2,915	\$3,355
26SANABT 100206		11:30-12:15	11	\$2,915	\$3,355
26SANABT 100207		12:15-13:00	11	\$2,915	\$3,355
26SANABT 100208		13:00-13:45	11	\$2,915	\$3,355
26SANABT 100209		15:30-16:15	11	\$2,915	\$3,355
26SANABT 100210		16:15-17:00	11	\$2,915	\$3,355

26SANABT 100211	Sun (4/10-13/12)	09:00-09:45	11	\$2,915	\$3,355
26SANABT 100212		09:45-10:30	11	\$2,915	\$3,355
26SANABT 100213		10:30-11:15	11	\$2,915	\$3,355
26SANABT 100214		11:15-12:00	11	\$2,915	\$3,355
26SANABT 100215		13:00-13:45	11	\$2,915	\$3,355
26SANABT 100216		13:45-14:30	11	\$2,915	\$3,355
26SANABT 100217		14:30-15:15	11	\$2,915	\$3,355

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 100401	Wed (7/10-16/12)	16:15-17:15	11	\$2,607	\$3,047
26SANADT 100402	Sat (3/10-12/12)	14:30-15:30	11	\$2,607	\$3,047
26SANADT 100403	Sun (4/10-13/12)	12:30-13:30	11	\$2,607	\$3,047

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 100501	Sat (3/10-12/12)	11:30-12:30	11	\$2,607	\$3,047
26SANAET 100502	Sun (4/10-13/12)	11:30-12:30	11	\$2,607	\$3,047

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 100301	Thu (8/10-17/12)	17:45-18:30	11	\$2,915	\$3,355
26SANACT 100302	Fri (2/10-11/12)	16:00-16:45	11	\$2,915	\$3,355
26SANACT 100303	Sat (3/10-12/12)	10:00-10:45	11	\$2,915	\$3,355
26SANACT 100304		10:45-11:30	11	\$2,915	\$3,355
26SANACT 100305		11:30-12:15	11	\$2,915	\$3,355
26SANACT 100306		12:15-13:00	11	\$2,915	\$3,355
26SANACT 100307		13:45-14:30	11	\$2,915	\$3,355
26SANACT 100308	Sun (4/10-13/12)	09:45-10:30	11	\$2,915	\$3,355
26SANACT 100309		11:15-12:00	11	\$2,915	\$3,355
26SANACT 100310		14:30-15:15	11	\$2,915	\$3,355

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 100601	Sat (3/10-12/12)	10:30-11:30	11	\$2,607	\$3,047
26SANAFT 100602	Sun (4/10-13/12)	14:30-15:30	11	\$2,607	\$3,047

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

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
26SACHOT 100001	Tue (6/10-15/12)	16:30-17:30	11	\$2,607	\$3,047
26SACHOT 100002	Wed (7/10-16/12)	17:15-18:15	11	\$2,607	\$3,047
26SACHOT 100003	Sat (3/10-12/12)	10:30-11:30	11	\$2,607	\$3,047
26SACHOT 100004		14:30-15:30	11	\$2,607	\$3,047
26SACHOT 100005	Sun (4/10-13/12)	08:30-09:30	11	\$2,607	\$3,047
26SACHOT 100006		11:30-12:30	11	\$2,607	\$3,047
26SACHOT 100007		13:30-14:30	11	\$2,607	\$3,047
26SACHOT 100008		15:30-16:30	11	\$2,607	\$3,047

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 100001	Wed (7/10-16/12)	16:15-17:15	11	\$2,607	\$3,047
26SACHSE 100002	Fri (2/10-11/12)	17:00-18:00	11	\$2,607	\$3,047
26SACHSE 100003	Sat (3/10-12/12)	09:30-10:30	11	\$2,607	\$3,047
26SACHSE 100004		12:30-13:30	11	\$2,607	\$3,047
26SACHSE 100005	Sun (4/10-13/12)	10:30-11:30	11	\$2,607	\$3,047
26SACHSE 100006		12:30-13:30	11	\$2,607	\$3,047
26SACHSE 100007		14:30-15:30	11	\$2,607	\$3,047

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 100001	Thu (8/10-17/12)	17:30-18:30	11	\$2,607	\$3,047
26SACHDO 100002	Sat (3/10-12/12)	11:30-12:30	11	\$2,607	\$3,047
26SACHDO 100003		13:30-14:30	11	\$2,607	\$3,047
26SACHDO 100004	Sun (4/10-13/12)	11:30-12:30	11	\$2,607	\$3,047
26SACHDO 100005		13:30-14:30	11	\$2,607	\$3,047

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 100101	Fri (2/10-11/12)	16:00-17:00	11	\$2,607	\$3,047
26SACHAS 100102	Sat (3/10-12/12)	09:30-10:30	11	\$2,607	\$3,047
26SACHAS 100103		11:30-12:30	11	\$2,607	\$3,047
26SACHAS 100104		15:30-16:30	11	\$2,607	\$3,047
26SACHAS 100105	Sun (4/10-13/12)	09:30-10:30	11	\$2,607	\$3,047

兒童潛水體驗班 Scuba Diving Experience Class

Ages 8-12歲

- 01 認識並使用水肺潛水裝備
Recognizing 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

參加資格: 報讀者需能以捷泳/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



水上安全自救班 Water Safety Class

Ages 6-9歲

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：
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



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 100201	Fri (2/10-11/12)	16:00-17:00	11	\$2,607	\$3,047
26SACHBS 100202	Sat (3/10-12/12)	08:30-09:30	11	\$2,607	\$3,047
26SACHBS 100203		12:30-13:30	11	\$2,607	\$3,047
26SACHBS 100204		16:30-17:30	11	\$2,607	\$3,047
26SACHBS 100205	Sun (4/10-13/12)	11:30-12:30	11	\$2,607	\$3,047
26SACHBS 100206		17:30-18:30	11	\$2,607	\$3,047

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 100501	Fri (2/10-11/12)	17:00-18:00	11	\$2,607	\$3,047
26SACHES 100502	Sat (3/10-12/12)	15:30-16:30	11	\$2,607	\$3,047
26SACHES 100503	Sun (4/10-13/12)	09:30-10:30	11	\$2,607	\$3,047
26SACHES 100504		14:30-15:30	11	\$2,607	\$3,047

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 100301	Thu (8/10-17/12)	16:30-17:30	11	\$2,607	\$3,047
26SACHCS 100302	Sat (3/10-12/12)	13:30-14:30	11	\$2,607	\$3,047
26SACHCS 100303		16:30-17:30	11	\$2,607	\$3,047
26SACHCS 100304	Sun (4/10-13/12)	10:30-11:30	11	\$2,607	\$3,047
26SACHCS 100305		16:30-17:30	11	\$2,607	\$3,047

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 100601	Tue (6/10-15/12)	17:30-18:30	11	\$2,607	\$3,047
26SACHFS 100602	Fri (2/10-11/12)	16:00-17:00	11	\$2,607	\$3,047
26SACHFS 100603	Sat (3/10-12/12)	10:30-11:30	11	\$2,607	\$3,047
26SACHFS 100604		13:30-14:30	11	\$2,607	\$3,047
26SACHFS 100605	Sun (4/10-13/12)	10:30-11:30	11	\$2,607	\$3,047
26SACHFS 100606		13:30-14:30	11	\$2,607	\$3,047

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 100401	Wed (7/10-16/12)	17:15-18:15	11	\$2,607	\$3,047
26SACHGS 100402	Sat (3/10-12/12)	12:30-13:30	11	\$2,607	\$3,047
26SACHGS 100403		14:30-15:30	11	\$2,607	\$3,047
26SACHGS 100404	Sun (4/10-13/12)	09:30-10:30	11	\$2,607	\$3,047
26SACHGS 100405		15:30-16:30	11	\$2,607	\$3,047



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



泳式改良班

SKILL REFINEMENT COURSE

AGES 9 - 13

- 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



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 100101	Fri (2/10-11/12)	19:00-20:00	11	\$2,607	\$3,047
26SAOGMK 100102	Sat (3/10-12/12)	09:30-10:30	11	\$2,607	\$3,047
26SAOGMK 100103		11:30-12:30	11	\$2,607	\$3,047
26SAOGMK 100104	Sun (4/10-13/12)	15:30-16:30	11	\$2,607	\$3,047
26SAOGMK 100105		16:30-17:30	11	\$2,607	\$3,047

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 100201	Fri (2/10-11/12)	19:00-20:00	11	\$2,607	\$3,047
26SAOGHH 100202	Sat (3/10-12/12)	11:30-12:30	11	\$2,607	\$3,047
26SAOGHH 100203	Sun (4/10-13/12)	16:30-17:30	11	\$2,607	\$3,047

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 100301	Fri (2/10-11/12)	19:00-20:00	11	\$2,607	\$3,047
26SAOGGW 100302	Sat (3/10-12/12)	10:30-11:30	11	\$2,607	\$3,047
26SAOGGW 100303		19:00-20:00	11	\$2,607	\$3,047
26SAOGGW 100304	Sun (4/10-13/12)	17:30-18:30	11	\$2,607	\$3,047



特別游泳課程 Special Swimming Programme

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
26SASECS 100001	Mon (5/10-2/11) No class 19/10	17:00-18:00	4	\$940	\$1,100

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

兒童水中體適能

Aqua Kids Fit (Ages 8-12)



在水的阻力下，透過有節奏的短距離推進與多變動作控制，打造簡單、好玩和動感的訓練流程。不僅能安全鍛鍊肌肉與柔軟度，更能有效發展平衡協調，讓小朋友全方位提升體能表現。

Utilising the properties of water resistance and a variety of coordinated movements, this programme features rhythmic short-distance propulsion and dynamic movement control to create a simple, fun, and energetic training flow for children. It safely builds muscle strength and flexibility while effectively developing balance and coordination, helping children comprehensively boost their physical performance.

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
26SASECS 100002	Sat (3/10-7/11)	18:00-19:00	6	\$1,290	\$1,530
26SASECS 110001	Sat (14/11-12/12)	18:00-19:00	5	\$1,075	\$1,275

備註 Remarks: 報讀者需能俯伏浮身打腿

Applicants must be able to face-down kick

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
26SASECS 100003	Sun (4/10-25/10)	12:30-13:30	4	\$940	\$1,100
26SASECS 110002	Sun (1/11-22/11)	12:30-13:30	4	\$940	\$1,100

備註 Remarks: 報讀者需能俯伏浮身打腿

Applicants must be able to face-down kick

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 100101	Wed (7/10-16/12)	16:30-18:00	11	\$4,350
	Sat (3/10-12/12) No class 19/12	15:00-16:30	11	

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 100101	Mon (5/10-14/12) No class 19/10	18:15-20:00	10	\$5,150
	Wed (7/10-16/12)	18:15-20:00	11	
	Fri (2/10-11/12) No class 18/12	17:00-19:00	11	
	Sat (3/10-12/12) No class 19/12	17:00-19:00	11	
Land Training	Sun (4/10-20/12)	16:30-18:30	12	

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 100101	Tue (6/10-15/12)	16:30-18:30	11	\$4,800
	Thu (8/10-17/12) No class 1/10	16:30-18:30	11	
	Sat (3/10-12/12) No class 19/12	16:30-18:30	11	

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
26SAOGTM 100101	Mon (5/10-14/12) No class 19/10	20:00-21:45	10	\$3,100
	Wed (7/10-16/12)	20:00-21:45	11	
	Fri (2/10-11/12) No class 18/12	20:00-21:45	11	

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 100101	Tue (6/10-15/12)	20:30-21:30	11	\$2,530	\$2,970
26SAADTB 100102	Wed (7/10-16/12)	10:00-11:00	11	\$2,530	\$2,970
26SAADTB 100103	Sat (3/10-12/12)	08:30-09:30	11	\$2,530	\$2,970
26SAADTB 100104	Sun (4/10-13/12)	18:30-19:30	11	\$2,530	\$2,970

女子班 Ladies (Ages 16-54)

26SAADLB 100101	Tue (6/10-15/12)	18:30-19:30	11	\$2,530	\$2,970
26SAADLB 100102		19:30-20:30	11	\$2,530	\$2,970

先進班 Master (Ages 55 or above)

26SAADMB 100101	Tue (6/10-15/12)	12:15-13:15	11	\$1,628	\$1,980
26SAADMB 100102	Wed (7/10-16/12)	15:00-16:00	11	\$1,628	\$1,980
26SAADMB 100103	Fri (2/10-11/12)	14:20-15:20	11	\$1,628	\$1,980

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 100201	Tue (6/10-15/12)	19:30-20:30	11	\$2,530	\$2,970
26SAADTI 100202	Sun (4/10-13/12)	17:30-18:30	11	\$2,530	\$2,970

先進班 Master (Ages 55 or above)

26SAADMI 100201	Wed (7/10-16/12)	09:00-10:00	11	\$1,628	\$1,980
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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 100301	Tue (6/10-15/12)	20:30-21:30	11	\$2,530	\$2,970
26SAADTA 100302	Sat (3/10-12/12)	19:00-20:00	11	\$2,530	\$2,970

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 100001	Tue (6/10-15/12)	10:00-11:00	11	\$1,628	\$1,980
26SAAQMA 100002		11:15-12:15	11	\$1,628	\$1,980
26SAAQMA 100003	Thu (8/10-17/12) No class 1/10	10:00-11:00	11	\$1,628	\$1,980
26SAAQMA 100004		11:00-12:00	11	\$1,628	\$1,980
26SAAQMA 100005	Fri (2/10-11/12) No class 18/12	12:20-13:20	11	\$1,628	\$1,980
26SAAQMA 100006		13:20-14:20	11	\$1,628	\$1,980

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 100001	Mon (5/10-14/12) No class 19/10	14:00-15:00	10	\$1,480	\$1,800
26SAAAMA 100002	Wed (7/10-16/12)	11:15-12:15	11	\$1,628	\$1,980
26SAAAMA 100003	Fri (2/10-11/12) No class 18/12	11:15-12:15	11	\$1,628	\$1,980

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 100001	Tue (6/10-15/12)	18:30-19:30	11	成人 Adult \$1,892	成人 Adult \$2,310
				先進 Master \$1,628	先進 Master \$1,980
26SAAQUA 100002	Thu (8/10-17/12) No class 1/10	18:30-19:30	11	成人 Adult \$1,892	成人 Adult \$2,310
				先進 Master \$1,628	先進 Master \$1,980

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 100001	Thu (8/10-17/12) No class 1/10	19:30-21:00	11	成人 Adult \$2,838	成人 Adult \$3,245
				先進 Master \$2,343	先進 Master \$2,673

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 100001	Tue (6/10-15/12)	19:00-20:00	11	成人 Adult \$2,365	成人 Adult \$2,805
				先進 Master \$1,958	先進 Master \$2,299
26SAAQAS 100002	Thu (8/10-17/12)	12:00-13:00	11	成人 Adult \$2,365	成人 Adult \$2,805
				先進 Master \$1,958	先進 Master \$2,299

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
26SAAQLB 100001	Wed (7/10-16/12)	10:30-11:30	11	成人 Adult \$2,365	成人 Adult \$2,805
				先進 Master \$1,958	先進 Master \$2,299

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 (23/9 或之前 or before)	正價 Original Price
26SASEKS 100001	Tue (6/10-10/11)	16:30-17:30	6	會員 Mem \$1,110	會員 Mem \$1,290
				非會員 NMem \$1,320	非會員 NMem \$1,530
26SASEKS 100002	Wed (7/10-11/11)	11:30-12:30	6	會員 Mem \$1,110	會員 Mem \$1,290
				非會員 NMem \$1,320	非會員 NMem \$1,530
26SASEKS 100003	Fri (2/10-6/11)	10:30-11:30	6	會員 Mem \$1,110	會員 Mem \$1,290
				非會員 NMem \$1,320	非會員 NMem \$1,530
26SASEKS 110001	Tue (17/11-15/12)	16:30-17:30	5	會員 Mem \$925	會員 Mem \$1,075
				非會員 NMem \$1,100	非會員 NMem \$1,275
26SASEKS 110002	Wed (18/11-16/12)	11:30-12:30	5	會員 Mem \$925	會員 Mem \$1,075
				非會員 NMem \$1,100	非會員 NMem \$1,275
26SASEKS 110003	Fri (13/11-11/12)	10:30-11:30	5	會員 Mem \$925	會員 Mem \$1,075
				非會員 NMem \$1,100	非會員 NMem \$1,275

水中運動班: 坐骨神經痛 • 寒背 • 脊椎側彎



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 (23/9 或之前 or before)	正價 Original Price
26SASEHS 100001	Tue (6/10-10/11)	17:30-18:30	6	會員 Mem \$1,110	會員 Mem \$1,290
				非會員 NMem \$1,320	非會員 NMem \$1,530
26SASEHS 110001	Tue (17/11-15/12)	17:30-18:30	5	會員 Mem \$925	會員 Mem \$1,075
				非會員 NMem \$1,100	非會員 NMem \$1,275

水中太極

Aqua Tai Chi



水中太極結合傳統太極與水中運動, 重點在於以緩慢、流暢的動作配合深長呼吸。課程善用水的浮力與阻力, 在減輕關節負擔的同時, 協助提升平衡力與心肺功能, 並有效鍛煉肌肉。透過循序漸進的練習, 讓您獲得更深層的放鬆, 促進身心和諧。

Aqua Tai Chi combines traditional Tai Chi with water-based exercise. It emphasises slow, smooth movements along with deep, steady breathing. By utilising the buoyancy and resistance of water, this course helps reduce stress on the joints while improving balance and cardiovascular fitness, as well as strengthening muscles. Through gradual, progressive practice, it supports deeper relaxation and helps promote harmony between mind and body.

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
26SASESE 100005	Fri (2/10-6/11)	11:30-12:15	6	成人 Adult \$990	成人 Adult \$1,170
				先進 Master \$840	先進 Master \$1,020
26SASESE 110003	Fri (13/11-11/12)	11:30-12:15	5	成人 Adult \$825	成人 Adult \$975
				先進 Master \$700	先進 Master \$850

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: 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：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動作，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. Utilising 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 (23/9 或之前 or before)	正價 Original Price
26SASESE 100003	Mon (5/10-9/11) No class 19/10	15:00-16:00	5	會員 Mem \$925	會員 Mem \$1,075
				非會員 NMem \$1,100	非會員 NMem \$1,275
26SASESE 110001	Mon (16/11-14/12)	15:00-16:00	5	會員 Mem \$925	會員 Mem \$1,075
				非會員 NMem \$1,100	非會員 NMem \$1,275

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 (23/9 或之前 or before)	正價 Original Price
26SASESE 100004	Mon (5/10-9/11) No class 19/10	16:00-17:00	5	會員 Mem \$925	會員 Mem \$1,075
				非會員 NMem \$1,100	非會員 NMem \$1,275
26SASESE 110002	Mon (16/11-14/12)	16:00-17:00	5	會員 Mem \$925	會員 Mem \$1,075
				非會員 NMem \$1,100	非會員 NMem \$1,275

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 (23/9 或之前 or before)	正價 Original Price
26SASESE 100006	Sat (3/10-7/11)	17:00-18:00	6	會員 Mem \$1,110	會員 Mem \$1,290
				非會員 NMem \$1,320	非會員 NMem \$1,530
26SASESE 110004	Sat (14/11-12/12)	17:00-18:00	5	會員 Mem \$925	會員 Mem \$1,075
				非會員 NMem \$1,100	非會員 NMem \$1,275

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
6/10-15/12	Tue	20:00-21:00	4	\$860	\$1,020
8/10-17/12	Thu	13:00-14:00	4	\$860	\$1,020

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

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 Migrant Workers

Part 1

DATE: 4/10 - 1/11 (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: 26SADHSE100101

FEE: \$675

Part 2

DATE: 8/11 - 6/12 (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: 26SADHSE110101

FEE: \$675

SWIM

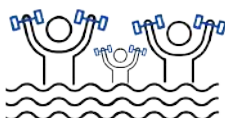


特別活動 Special Events



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
6/10-15/12	Every Tue	18:30-19:30	1	\$200/ lesson	\$240/ lesson
8/10-17/12 No class 1/10	Every Thu	18:30-19:30	1	\$200/ lesson	\$240/ 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
7/10-16/12	Every Wed	10:30-11:30	4	\$920	\$1,100

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
8/10-17/12 No class 1/10	Every Thu	19:30-21:00	1	\$290/ lesson	\$330/ 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
6/10-15/12	Every Tue	19:00-20:00	1	\$240/ lesson	\$285/ 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)

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!

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