

運動及體育課程 Sports & Physical Education Programme

運動及體育組

Sports & Physical Education Unit

辦公時間 Office Hours :


星期一至五 Mon-Fri 10:00-18:00 星期六 Sat 9:00-13:00

查詢 Enquiry : 2268 7087 電郵 Email : spe@ymcahk.org.hk


地點 Venue Location


1. 港青(尖沙咀) 2樓室內運動場 - (Gym) Gymnasium, 2/F, YMCA (TST)
2. 港青(尖沙咀) 2樓舞蹈室 - (Dance Studio) Dance Studio, 2/F, YMCA (TST)
3. 港青(尖沙咀) 2樓壁球室 - (Sq. Court) Squash Court, 2/F, YMCA (TST)
4. 港青(尖沙咀) 2樓室內攀石場 - (Indoor Wall) Indoor Climbing Wall, 2/F, YMCA (TST)

學員注意事項 Reminders for Participants :

- 語言 Language : 粵語輔以英語
Cantonese Supplemented with English
- 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，將按比例派發課程代用券予學員。學員若缺席補課，將不會安排課程代用券或退款。
If any lesson is cancelled due to bad weather or other special circumstances, we reserve the right to arrange make-up class at designated date and time. If no make-up class can be arranged, programme coupons will be issued on pro-rata basis after the completion of the programme. No refund or programme coupon will be provided for absences on make-up class.
-  適合先進會員課程 Suitable for Master Member Programme

技術評核 Skills Assessment

凡報讀有  標誌的課程之新參加者或並沒持有有效成績單之舊學員必須通過技術評核，請於辦公時間內致電運動及體育組 2268 7087 預約費用：\$30(請往大堂會員服務部櫃檯付款)

For new applicants or those do not have a valid report slip are required to join our Skills Assessment to enrol for our programmes bearing the  symbol. Please contact the Sports and Physical Education Unit at 2268 7087 during office hour for appointment.

Fee: \$30 (Please settle payment at G/F Member Services counter)

普及體操課程

General Gymnastics Programme

兒童及青少年彈網班 Children and Youth Trampoline

課程教授彈網的基本技巧，包括直彈、坐彈、分腿跳等，訓練參加者的敏捷度和身體協調。

This programme aims at teaching the basic skills of trampoline, including straight jump, seat drop and pike straddle jump; and to enhance participants' agility and body coordination.

普及體操課程 General Gymnastics Programme

課程教授體操的各種技巧，本會教練會以學員水平及興趣個別編排課程內容，學員可以學習包括翻滾、騰空跳躍及平衡等動作，適合不同運動水平、性別的人士參加，放鬆日常生活造成的肌肉繃緊。

This programme will be designed by our instructors according to the participants' level and interests, which is suitable for all people regardless of gender and sports background. Participants can expect to learn various gymnastics skills, including rolling, jumping and balancing to relax their muscle tension caused by daily routine.

普及體操課程 GENERAL GYMNASTICS PROGRAMME		編號 Code	(三) Wed		(四) Thu		堂數 Sessions	會員 Mem	非會員 NMem
			3/7-14/8	21/8-25/9	4/7-15/8	18/7-22/8			
彈網班 Trampoline	兒童 Children Ages 3-5	19PSC 31125				15:00-16:00	6	\$900	\$1,020
	青少年 Youth Ages 6-15	19PSC 31126				16:00-17:30	6	\$1,260	\$1,380
普及體操 General Gymnastics	青少年 Youth Ages 6-17	19PSC 31127			17:30-20:30		7	\$2,660	\$2,940
		19PSC 31128				17:30-20:30	6	\$2,280	\$2,520
	成人 Adult Ages 18 or above	19PSC 31129	19:15-21:15				7	\$1,680	\$1,855
		19PSC 31130		19:15-21:15			6	\$1,440	\$1,590

地點 Venue: 室內運動場 Gym

趣味體操課程

Gym For Fun Programme

趣味體操 Gym For Fun

課程以遊戲方式教導小朋友學習基本的體操動作。訓練內容更會根據學員的水平和興趣度身制定。

"Gym for Fun" provides an opportunity for kids ages 3-5 to learn basic gymnastics movements through fun games. This programme aims at developing kids' interests in gymnastics and improving balance and flexibility based on their levels and interests.

趣味體操課程 GYM FOR FUN PROGRAMME		編號 Code	(一) Mon	(四) Thu		堂數 Sessions	會員 Mem	非會員 NMem
			15/7-12/8	11/7-8/8	15/8-12/9			
趣味體操 Gym For Fun Ages 3-5		19PSC 31131	12:15-13:45			5	\$850	\$950
		19PSC 31132		16:00-17:30		5	\$850	\$950
		19PSC 31133			16:00-17:30	5	\$850	\$950

地點 Venue: 室內運動場 Gym

競技體操課程 Artistic Gymnastics Programme

本會體操課程設計由滿 13 個月之寶寶開始，循序漸進逐級學習至比賽級別水平。

Our gymnastics programmes are designed for participants from aged 13 months and progressively till they reach the competitive level.

競技體操學習階梯 Artistic Gymnastics Learning Ladder	幼兒班 Tots	親子體操 Gym Tots 家長與小孩可於此課程一起學習及享受體操活動的樂趣，從而增進嬰兒四肢發展。一位家長 / 監護人須陪同小孩上堂。This programme aims at providing an opportunity for parents to share the joy of learning gymnastics with their kids; and to enhance the development of the baby's body through basic movements. One parent/ guardian is required to accompany the child during the lesson.	Ages 13-35 months
	基礎課程 系列 Fundamental Series	第一級 Level 1 (三至五歲學員之入門課程 Beginners Level for ages 3 to 5) 入門體操動作，例如：在平衡木上行走、前滾翻等等，訓練學員平衡力。Beginner's gymnastics skills, such as walking on a balance beam and forward roll, etc., which can train the participants' balance ability.	Ages 3-5
		第二至四級 — Level 2 to 4 基礎體操動作，例如拱橋、側手翻等，為學員持續學習打好根基。Elementary gymnastics skills, such as bridge and cartwheel, etc., which can build the fundamentals for the participants' future learning.	
	持續發展 課程系列 Development Achievement Series	第五級 Level 5 (六至十五歲學員之入門課程 Beginners Level for ages 6 to 15) 改良體操動作，例如：後滾翻、原地跳轉三百六十度等等，強化學員身體控制。Intermediate gymnastics skills, such as handstand forward roll, jumping with full turn, etc., which can train the participants' body control.	Ages 6 or above
		第六至十級 — Level 6 to 10 進階體操動作，例如倒立接前滾翻、分腿跳箱等，為學員提供更高水平訓練。Advanced gymnastics skills, such as handstand forward roll, straddle jump over vault, etc., which can provide high level training for the participants.	亦適用於完成第四級課程並繼續升班之三至五歲學員 Also applicable to participants ages 3-5 who have completed level 4 and been promoted to higher classes.
競賽 課程系列 Competitive Series	體操隊及體操預備隊 Gymnastics Team & Junior Team 完成第十級課程後由本會教練推薦方可參加，教授比賽級別體操動作，並為學員提供參加公開比賽之機會。Participants can only join with our instructor's recommendation upon the completion of level 10. Competitive level gymnastics skills will be taught and participants will have the opportunity to participate in open competitions.		

運動及體育課程

Sports & Physical Education Programme

競技體操課程 ARTISTIC GYMNASTICS PROGRAMME

	編號 Code	(一及三) Mon & Wed			(一) Mon 15/7-12/8	(二) Tue 9/7-17/9	(三) Wed 10/7-18/9	(六) Sat 13/7-21/9 (No Class 14/9)	堂數 Sessions	會員 Mem	非會員 NMem
		15/7-29/7	15/7-21/8	31/7-14/8							
親子體操班 Gym Tots (Ages 13-35 months)	19PSC 31101				11:15-12:15				5	\$680	\$790
	19PSC 31102	15:15-16:15							5	\$680	\$790
	19PSC 31103			15:15-16:15					5	\$680	\$790
第一級 — 入門課程 (Ages 3-5) Level 1 — Beginners Level	19PSC 31104				16:15-17:15				11	\$1,650	\$1,870
	19PSC 31105						11:30-12:30		10	\$1,500	\$1,700
第二級 Level 2	19PSC 31106				16:15-17:15				11	\$1,650	\$1,870
	19PSC 31107						10:15-11:15		10	\$1,500	\$1,700
第三級 Level 3	19PSC 31108				15:00-16:15				11	\$1,925	\$2,200
	19PSC 31109						10:15-11:30		10	\$1,750	\$2,000
第四級 Level 4	19PSC 31110				15:00-16:15				11	\$1,925	\$2,200
	19PSC 31111						10:15-11:30		10	\$1,750	\$2,000
第五級 — 入門課程 (Ages 6-15) Level 5 — Beginners Level	19PSC 31112		13:45-15:15						12	\$2,160	\$2,400
	19PSC 31113					16:15-17:45			11	\$1,980	\$2,200
	19PSC 31114						12:30-14:00		10	\$1,800	\$2,000
第六級 Level 6	19PSC 31115					16:15-17:45			11	\$1,980	\$2,200
	19PSC 31116						14:00-15:30		10	\$1,800	\$2,000
第七級 Level 7	19PSC 31117					16:15-17:45			11	\$1,980	\$2,200
	19PSC 31118						14:00-15:30		10	\$1,800	\$2,000
第八級 Level 8	19PSC 31119					17:45-19:15			11	\$1,980	\$2,200
	19PSC 31120						15:30-17:00		10	\$1,800	\$2,000
第九級 Level 9	19PSC 31121					17:45-19:15			11	\$1,980	\$2,200
	19PSC 31122						15:30-17:00		10	\$1,800	\$2,000
第十級 Level 10	19PSC 31123					17:45-19:15			11	\$1,980	\$2,200
	19PSC 31124						15:30-17:00		10	\$1,800	\$2,000

羽毛球課程 Badminton Programme

幼兒 Tots (Ages 3-5)	啟蒙班 Tots
	簡化的遊戲和練習，例如原地向上擊球，上手擲球過網等，培養小朋友對羽毛球的興趣。 Easy and fun game drills, such as hitting the shuttlecock upwards while standing still and overhead throwing, etc., which can build up children's interest in badminton. 備註 Remarks: 須有一位家長 / 監護人須陪同實上堂 A parent / guardian is required to accompany the child to attend the class.
兒童及青少年 Child and Youth (Ages 6-17)	基礎課程 Elementary
	教授基礎技術，包括球感、正手握拍、基本步法、上手擲球、正手發球、上手擊球及前後場步法。 Introduction of badminton basic skills, including ball sense, forehand gripping, basic footwork, overhead throwing, forehand serving, overhead volley as well as forecourt and backcourt footwork, etc.
	改良課程 Skill Refinement
	改善學員技術及教授進階技術，包括正反手握拍、前後場步法、正手發高遠球、前後場擊球及正反手網前球。 To refine the basic skills of participants and introduce intermediate skills including forehand and backhand gripping, forecourt and backcourt footwork, forehand high clear serving, forecourt and backcourt hitting as well as forehand and backhand net shot, etc.
	高階課程 Advanced
	鞏固學員的技術及教授高階技巧，如對打高遠球、正反手挑球等，進一步強化對打能力。 To consolidate the participants' skills and teach higher-level skills, such as high clear with classmate, forehand and backhand underarm clear and so forth, so as to further strengthen their competitiveness and ability to rally.
	港青羽毛球隊 YMCA Badminton Team
	教授學員在比賽應用已學習的技術，同時強化技術的質量，增強學員的體能和介紹相關的戰術運用。 Participants will be taught to apply the techniques they have learnt in the competition while strengthening the quality of the techniques, enhancing their physical fitness and introducing relevant tactical applications.
成人 Adult (Ages 18 or above)	成人初級班 Adult Beginners
	介紹正確的握拍及基本擊球技術 Basic techniques, stroke and proper grip will be introduced.
	成人改良班 Adult Improvement
	改良學員的基本技術，改善擊球姿勢、步法及比賽規則。 Improve participants' basic skills by emphasis on stroke stance, footwork and rules of competition.
	成人羽毛球組 Adult Badminton Group
為各學員提供認識其他羽毛球愛好者的機會，教練亦會根據學員的擊球姿勢、步法作出相應的指導。 Provide more opportunities to meet other badminton lovers and learn from each other. Stroke stance and footwork will be instructed by coach accordingly.	
	成人羽毛球技術研習組 Adult Badminton Skill Study Group
	為學員提供一個競賽的平台，學員將透過指導下對打增進技術，同時和其他羽毛球愛好者交流。 The study group provides a competitive platform for participants to improve their skills under instructions, and communicate with other badminton lovers.

羽毛球課程 BADMINTON PROGRAMME		編號 Code	(一及四) Mon & Thu 15/7-22/8	(二及五) Tue & Fri 16/7-23/8	(三及五) Wed & Fri 17/7-23/8	(一) Mon 8/7-16/9	(三) Wed 10/7-18/9	(四) Thu 11/7-19/9	(六) Sat 13/7-21/9 (No Class: 14/9)	(日) Sun 14/7-22/9	堂數 Sessions	會員 Mem	非會員 NMem
幼兒啟蒙班 Badminton Tots Class (Ages 3-5)		19PSC 30301			13:00-14:00						12	\$1,140	\$1,380
		19PSC 30302								12:30-13:30	11	\$1,045	\$1,215
基礎課程 Elementary Course	U9 (Ages 6-9)	19PSC 30303	14:30-16:30								12	\$2,280	\$2,640
		19PSC 30304							15:00-16:30		10	\$1,450	\$1,650
		19PSC 30305								13:30-15:00	11	\$1,595	\$1,815
	U17 (Ages 10-17)	19PSC 30306		14:00-16:00							12	\$2,280	\$2,640
		19PSC 30307							13:30-15:00		10	\$1,450	\$1,650
		19PSC 30308								13:30-15:00	11	\$1,595	\$1,815
改良課程 Skill Refinement Course	U9 (Ages 6-9) 	19PSC 30309								15:00-16:30	11	\$1,595	\$1,815
	U17 (Ages 10-17) 	19PSC 30310								15:00-16:30	11	\$1,595	\$1,815
高階課程 Advanced Course (Ages 10-17) 		19PSC 30311								16:30-18:30	11	\$2,090	\$2,420
成人羽毛球班 Adult Badminton Training Course (Ages 18 or above)	初級班 Beginners	19PSC 30312						18:30-20:00			11	\$1,595	\$1,815
		19PSC 30313							12:00-13:30	11	\$1,595	\$1,815	
	改良班 Improvement	19PSC 30314						20:00-21:30			11	\$1,595	\$1,815
羽毛球組 Badminton Group	成人 Adult Ages 18 or above	19PSC 30315					14:00-15:30				11	\$1,265	\$1,540
	先進 Master  Ages 55 or above	19PSC 30316						10:30-12:00			11	\$1,155	\$1,375
成人羽毛球技術研習組 Adult Badminton Skill Study Group (Ages 18 or above)		19PSC 30317				20:30-22:30					11	\$1,815	\$2,035

地點 Venue: 室內運動場 Gym

備註Remarks: 學員須自備球拍 Participants are required to bring their own racket

港青籃球訓練計劃 YMCA Basketball Training Scheme

港青籃球訓練計劃主要目的是希望學員透過籃球訓練，培育遵守紀律，尊重及懂得和別人分享。通過升班制度，鼓勵學員勇於接受挑戰及不斷增進球技。
YMCA Basketball Training Scheme aims at cultivating students' discipline, trust and respect. Moreover, students are encouraged to accept challenge, improve their skills through the promotion system.

港青籃球訓練計劃 YMCA Basketball Training Scheme			
新星組 (3-4歲) New Star Ages 3-4	銅星組 (5-7歲) Bronze Star Ages 5-7	銀星組 (8-10歲) Silver Star Ages 8-10	金星組 (11-13歲) Golden Star Ages 11-13
新星 (入門) New Star (Introductory)	銅星 (入門) Bronze Star (Introductory)	銀星 (入門) Silver Star (Introductory)	金星 (入門) Golden Star (Introductory)
新星 (初階) New Star 2 (Beginner) 🏀	銅星 (初階) Bronze Star (Beginner) 🏀	港青籃球預備隊 YMCA Junior Basketball Team 🏀	港青籃球隊 YMCA Basketball Team 🏀
新星 (進階) New Star (Advanced) 🏀	銅星 (進階) Bronze Star (Advanced) 🏀		
建議所有新加入的小朋友需要由新星、銅星、銀星或金星的入門班開始。 如果要跳班至初階或進階，需要技術測試及格方可報讀。 New students are recommended to start with Introductory classes. If students want to join Beginner or Advanced classes, assessment is required.			

新星組 New Star (Ages 3-4)	新星 (入門) New Star (Introductory)	訓練遵守紀律及自我控制的能力，訓練內容包括基本身體動作協調，球感，腳步，單手原地拍球 Aims at training discipline and self-control. Training contents include body movement, touch of the ball, footwork and stationary dribble.
	新星 (初階) New Star (Beginner) 🏀	訓練專注的能力，訓練內容包括加強版的身體動作 調，球感，腳步，左右手急步走拍球，1 on 1 比賽 Aims at concentration training. Training contents include body movement, touch of the ball, footwork and dribble with both hands.
	新星 (進階) New Star (Advanced) 🏀	訓練流暢的身體動作 調能力，訓練內容包括單手跑步走拍球，運球，到位傳球，射籃，防守，2 on 2 比賽 Aims at training body agility. Training contents include dribble, dribble while moving, accurate pass, shoot, defense and 2 on 2 match.
銅星組 Bronze Star (Ages 5-7)	銅星 (入門) Bronze Star (Introductory)	訓練遵守紀律及自我控制的能力，訓練內容包括基本身體動作協調，球感，腳步，單手原地拍球，射籃，接球傳球。 Aims at training discipline and self-control. Training contents include body movement, touch of the ball, footwork, stationary dribble, shoot, pass and catch.
	銅星 (初階) Bronze Star (Beginner) 🏀	訓練流暢的身體動作 調能力，拍球，運球，傳球，射籃，防守，2 on 2 比賽 Aims at training body agility. Training contents include dribble, dribble while moving, pass, shoot, defense and 2 on 2 match.
	銅星 (進階) Bronze Star (Advanced) 🏀	訓練流暢的身體動作 調能力，拍球，運球，到位傳球，射籃，防守，3 on 3 比賽 Aims at training body agility. Training contents include dribble, dribble while moving, accurate pass, shoot, defense and 3 on 3 match.
銀星組 Silver Star (Ages 8-10)	銀星 (入門) Silver Star (Introductory)	訓練流暢的身體動作 調能力，運球，到位傳球，射籃，防守，2 on 2 比賽 Aims at training body agility. Training contents include dribble while moving, accurate pass, shoot, defense and 2 on 2 match.
	港青籃球預備隊 YMCA Junior Basketball Team 🏀	除了基本個人攻防技術訓練之外，主要是教導小朋友如何以團隊合作的方式打比賽。 Training contents include personal attack-defense skill and the instruction of how to play as a team.
金星組 Gold Star (Ages 11-13)	金星 (入門) Golden Star (Introductory)	訓練流暢的身體動作 調能力，運球，到位傳球，射籃，防守，2 on 2 比賽 Aims at training body agility. Training contents include dribble while moving, accurate pass, shoot, defense and 2 on 2 match.
	港青籃球隊 YMCA Basketball Team 🏀	除了基本個人攻防技術訓練之外，主要是教導小朋友如何以團隊合作的方式打比賽。 Training contents include personal attack-defense skill and the instruction of how to play as a team.

暑期籃球課程
SUMMER
BASKETBALL
PROGRAMME

	編號 Code	(一及三) Mon & Wed			(一及四) Mon & Thu 15/7-22/8	(一及五) Mon & Fri 15/7-23/8	(二及四) Tue & Thu		堂數 Sessions	會員 Mem	非會員 NMem
		15/7-31/7	15/7-21/8	5/8-21/8	16/7-1/8	6/8-22/8					
學前豆丁* Preschool Basketball Playgroup (Ages 2-3)*	19PSC 30501				11:30-12:30				12	\$2,280	\$2,520
暑期籃球天地 Summer Basketball Wonderland (Ages 3-5)	19PSC 30502	12:30-13:30							6	\$660	\$780
	19PSC 30503						12:30-13:30		6	\$660	\$780
	19PSC 30504			12:30-13:30					6	\$660	\$780
	19PSC 30505						12:30-13:30		6	\$660	\$780
新星 - 入門課程 (3-4 歲) New Star - Introductory (Ages 3-4)	19PSC 30506				13:30-14:30				12	\$1,560	\$1,800
新星 - 初階課程 (3-4 歲) New Star - Beginner (Ages 3-4)	19PSC 30507				14:30-15:30				12	\$1,560	\$1,800
銅星 - 入門課程 (5-7 歲) Bronze Star - Introductory (Ages 5-7)	19PSC 30508		10:30-11:30						12	\$1,620	\$1,860
銀星 - 初階課程 (8-10 歲) Silver Star - Beginner (Ages 8-10)	19PSC 30509		11:30-13:00						12	\$1,800	\$2,040
金星 - 初階課程 (11-13 歲) Golden Star - Beginner (Ages 11-13)	19PSC 30510					13:00-14:30			12	\$1,860	\$2,100

地點 Venue: 室內運動場 Gym 地點 Venue: 壁球室 Sq. Court

* 須由一位家長 / 監護人陪同小孩上堂 A Parent / Guardian must accompany the baby to attend the class.

恆常籃球課程
REGULAR BASKETBALL
PROGRAMME

	編號 Code	(一) Mon 8/7-16/9	(三) Wed 10/7-18/9	(六) Sat 13/7-21/9 (No Class: 14/9)	堂數 Sessions	會員 Mem	非會員 NMem
新星 - 入門課程 (3-4 歲) New Star - Introductory (Ages 3-4)	19PSC 30511	15:30-16:30			11	\$1,430	\$1,650
	19PSC 30512			11:00-12:00	10	\$1,300	\$1,500
新星 - 初階課程 (3-4 歲) New Star - Beginner (Ages 3-4)	19PSC 30513		15:30-16:30		11	\$1,430	\$1,650
	19PSC 30514			12:00-13:00	10	\$1,300	\$1,500
銅星 - 入門課程 (5-7 歲) Bronze Star - Introductory (Ages 5-7)	19PSC 30515	16:30-17:30			11	\$1,485	\$1,705
銅星 - 初階課程 (5-7 歲) Bronze Star - Beginner (Ages 5-7)	19PSC 30516		16:30-17:30		11	\$1,485	\$1,705
	19PSC 30517			9:00-10:00	10	\$1,350	\$1,550
銅星 - 進階課程 (5-7 歲) Bronze Star - Advanced (Ages 5-7)	19PSC 30518	17:30-18:30			11	\$1,485	\$1,705
	19PSC 30519			9:00-10:00	10	\$1,350	\$1,550
銀星 - 初階課程 (8-10 歲) Silver Star - Beginner (Ages 8-10)	19PSC 30520		17:30-19:00		11	\$1,650	\$1,870
	19PSC 30521			10:00-11:30	10	\$1,500	\$1,700
金星 - 初階課程 (11-13 歲) Golden Star - Beginner (Ages 11-13)	19PSC 30522			17:15-18:45	10	\$1,550	\$1,750

地點 Venue: 室內運動場 Gym 地點 Venue: 壁球室 Sq. Court

備註Remarks: 新學員須於報名時購買\$100指定制服 New participants are required to pay \$100 for a set of uniform.



GMF has designed a systemic training protocol according to players' ages & skill levels. With English instruction, our programme includes skills development, knowledge, uses of techniques and personal disciplines. GMF's director and coaching team will closely monitor every player's learning progress throughout the programme.

ENGLISH BASKETBALL ACADEMY		Code	Tue 9/7-17/9	Tue & Thu 16/7-22/8	Sun 14/7-29/9 (No Class: 25/8)	Sessions	Mem	NMem
PEE WEE	Ages 3-4	19PSC 30523			13:30-14:30	11	\$1,980	\$2,200
SEEDLING	Ages 5-7	19PSC 30524		12:00-13:30		12	\$2,520	\$2,880
		19PSC 30525			14:30-16:00	11	\$2,310	\$2,640
		19PSC 30526			16:00-17:30	11		
SEEDLING + LITTLE KIDS	Ages 5-10	19PSC 30527	16:00-17:30			11		
LITTLE KIDS	Ages 8-10	19PSC 30528		12:00-13:30		12	\$2,520	\$2,880
		19PSC 30529			10:30-12:00	11	\$2,310	\$2,640
YOUNG ATHLETES	Ages 11-13	19PSC 30530			10:30-12:00	11		
		19PSC 30531	17:30-19:00			11		

Venue: Gym

Venue: Sq. Court

Language: English

Remarks: New participants are required to pay \$300 for the purchase of uniform (NIKE Sports Camp Reversible Jersey with YMCA logo and student name) at the first lesson of the programme.

足球課程 Soccer Programme

此課程會將基本的足球技巧融入課程之中。同時以玩樂的方式上課，讓小朋友更容易適應課堂，培養對足球的興趣。

Basic football skills are integrated into the programme through a fun and enjoyable method, making it easier for children to adapt to the classroom activity and cultivate an interest in football.

足球課程 SOCCER PROGRAMME		編號 Code	(二及五) Tue & Fri 16/7-23/8	(五) Fri 12/7-20/9	(六) Sat 13/7-21/9 (No Class: 14/9)	堂數 Sessions	會員 Mem	非會員 NMem
幼兒啟蒙班 Soccer Tots	Ages 3-5	19PSC 30601	9:30-10:30			12	\$2,160	\$2,520
		19PSC 30602		16:30-17:30		11	\$1,980	\$2,310
		19PSC 30603			11:30-12:30	10	\$1,800	\$2,100
U8 足球班 U8 Soccer	Ages 6-8	19PSC 30604	10:30-11:30			12	\$2,160	\$2,520
		19PSC 30605			12:30-13:30	10	\$1,800	\$2,100

地點 Venue: 室內運動場 Gym

輕排球課程 Light Volleyball Programme

導師會透過不同的遊戲和練習來介紹軟排球和輕排球的基本技術。軟排球擊出的球飛行速度較一般排球慢，因此不易落地，玩起來趣味性強；一定會帶給學員無窮的樂趣。而輕排球打法源於排球，其打法和記分方法與競技排球基本相同，但球質軟，富有彈性，手感舒適，容易控制；球網低，打球時可減少跳躍，運動安全。簡單易學，學員們輕輕鬆鬆便能學懂，尤其是很少接觸球類運動的人亦能輕易上手。

Children can learn soft volleyball and light volleyball skills through different game drills and practice. Soft volleyball travels slower than the ordinary volleyball and therefore will not land easily. This can bring more fun to the participants and enhance their team spirit. Light Volleyball originals from volleyball, its techniques and basic rules are the same as those of volleyball. However, the ball is lighter, softer and more controllable than volleyball. With a lower net, jumping can be reduced when playing thus making it a safe sport. It is easy to learn and participants can easily understand and get started, even for those who rarely engage in ball games.

輕排球課程 LIGHT VOLLEYBALL PROGRAMME		編號 Code	(三) Wed 17/7-21/8	(五) Fri 12/7-20/9	堂數 Sessions	會員 Mem	非會員 NMem
青少年輕排球 Teen Light Volleyball (Ages 8-17)		19PSC 32301	12:30-13:30		6	\$720	\$840
成人輕排球 Adult Light Volleyball (Ages 18 or above)		19PSC 32302		19:30-21:00	11	\$1,980	\$2,200

地點 Venue: 室內運動場 Gym

小型網球課程 Mini-Tennis Programme

本課程旨在提供基本技能，通過訓練和不同的遊戲，讓孩子們可以享受網球，了解這項運動的基本知識。

The programme aims at training basic skills. Through drilling and different games, children can enjoy tennis and learn some basic knowledge of the sport.

小型網球課程 MINI-TENNIS PROGRAMME		編號 Code	(一) Mon 8/7-16/9	(二及四) Tue & Thu 16/7-22/8	堂數 Sessions	會員 Mem	非會員 NMem
小型網球 Mini-Tennis	Ages 3-5	19PSC 31901	17:30-18:30		11	\$1,870	\$2,090
		19PSC 31902		12:30-13:30	12	\$2,040	\$2,280
	Ages 6-10	19PSC 31903	16:30-17:30		11	\$1,870	\$2,090
		19PSC 31904		13:30-14:30	12	\$2,040	\$2,280

地點 Venue: 室內運動場 Gym

地點 Venue: 壁球室 Sq. Court

備註 Remarks: 本會只提供課程使用之網球，學員須自備球拍。Tennis balls will be provided. Participants are required to bring their own racket.

壁球課程 Squash Programme

課程將教授壁球的基礎技術，包括控球，直線球及發球，循序漸進地改良學員技術，改善擊球姿勢、步法及比賽規則。

The programme would teach the basic squash skills which include ball control, straight shot and serving. Participants can improve their skills step by step with emphasis on stroke stance, footwork and rules of competition.

壁球課程 SQUASH PROGRAMME		編號 Code	(二及五) Tue & Fri 16/7-23/8	(四) Thu 11/7-19/9	(六) Sat 13/7-21/9 (No Class: 14/9)	堂數 Sessions	會員 Mem	非會員 NMem
成人壁球 Adult Squash (Ages 16 or above)		19PSC 30101			16:45-18:15	10	\$1,200	\$1,400
小型壁球 Mini-Squash (Ages 6-12)		19PSC 30102		17:00-18:00		11	\$825	\$1,045
		19PSC 30103	17:00-18:00			12	\$900	\$1,140

地點 Venue: 壁球室 Sq. Court

備註 Remarks: 本會只提供課程使用之壁球，學員須自備球拍及建議配戴護目罩。Squash balls will be provided. Participants are required to bring their own racket and are recommended to wear sports goggles.

乒乓球課程 Table Tennis Programme

課程根據香港乒乓球總會章別計劃編排，教授銅章內容，如正手發球、正反手推擋、正手對攻球等等。

The programme follows the Badge Scheme of Hong Kong Table Tennis Association and teaches Bronze Badge skills such as forehand serving, forehand and backhand half volley with push, as well as forehand and backhand attack and counter, etc.

乒乓球課程 TABLE TENNIS PROGRAMME		編號 Code	(一及三) Mon & Wed 15/7-21/8	(日) Sun 14/7-29/9 (No Class: 25/8)	堂數 Sessions	會員 Mem	非會員 NMem
乒乓球 Children & Youth Table Tennis	Ages 6-9	19PSC 30201		9:30-10:30	11	\$880	\$1,100
		19PSC 30202	12:00-13:00		12	\$960	\$1,200
	Ages 10-15	19PSC 30203		10:30-11:30	11	\$880	\$1,100
		19PSC 30204	13:00-14:00		12	\$960	\$1,200

地點 Venue: 壁球室 Sq. Court

備註 Remarks: 本會只提供課程使用之乒乓球，學員須自備球拍。Table-tennis balls will be provided. Participants are required to bring their own racket.

兒童運動技能訓練課程 Children Motor Skills Training Programme

此課程透過特別設計的練習和動作刺激兒童的運動技能發展。課程有助他們身體、社交和情緒上的發展，為他們未來學習其他運動打下堅實的基礎。

The programme stimulates development of the kids' motor skills through specially designed exercises and movements. The programme supports physical, social and emotional development of the kids and laid a solid foundation for them to progress to other sports in the future.

兒童運動技能訓練課程 CHILDREN MOTOR SKILLS TRAINING PROGRAMME		編號 Code	(二) Tue 9/7-17/9	堂數 Sessions	會員 Mem	非會員 NMem
兒童運動技能訓練課程 Children Motor Skills	Ages 3-5	19PSC 32201	16:30-17:30	11	\$1,100	\$1,320

地點 Venue: 舞蹈室 Dance Studio

武術課程 Martial Arts Programme

報名須知 Thing to notes for Enrolment

費用並不包括學員制服及考試費用。Fees for uniform, belt and grading examination are not included.

..... 日本武術 Japanese Martial Arts

空手道課程 Karate Programme

空手道技術著重訓練上肢手部功夫，課程內容包括有套拳、手、肘打擊、腿擊、自由搏擊、肌肉力量訓練等，通過武術訓練可增強學員自信，律己修德，並能學習個人禮待人及尊師重道之精神。

Karate techniques focus on the training of upper limbs and hands. This training programme includes patterns, hand and elbow strikes, kicking, self-defence techniques and fitness training. Through the training, participants not only can enhance their self-confidence and self-discipline, but also can learn the spirit of being courteous to others, honouring teachers and esteeming truth.

空手道課程 KARATE PROGRAMME	編號 Code	(一及四) Mon & Thu 15/7-22/8	(日) Sun 7/7-29/9	堂數 Sessions	會員 Mem	非會員 NMem
幼兒空手道 Karate Tots (Ages 3-5)	19PSC 30801		10:00-11:00	13	\$1,105	\$1,365
兒童空手道 (初級班) Children's Karate (Ages 5-12)	19PSC 30802		11:00-12:00		\$1,105	\$1,365
	19PSC 30803	16:30-17:30		12	\$1,020	\$1,260
青年及成人空手道 Youth & Adult Karate (Ages 13 or above)	19PSC 30804		15:00-16:30	13	\$1,625	\$1,885
兒童空手道 (延續班) Children's Karate Training Clinic (Ages 5-12) 🦋	19PSC 30805		12:00-13:00		\$1,365	\$1,625
	19PSC 30806		13:00-14:00			
	19PSC 30807		14:00-15:00			

地點 Venue：舞蹈室 Dance Studio

備註 Remarks: 新學員須於第一堂向本會導師購買 \$300 指定制服 New participants are required to pay \$300 for the purchase of uniform at the first lesson of the programme.

..... 韓國武術 Korean Martial Arts

跆拳道課程 Taekwondo Programme

跆拳道乃韓國的傳統國技，著重訓練下肢腿部功夫，是一項集強身、健體、自衛的武藝運動。課程內容包括有套拳、踢腿、拳擊及擋隔技巧、自衛術及搏擊術。同時亦重視培育學員的品德及自律精神。

Taekwondo is a traditional form of Korean Martial Arts which emphasizes on lower limb training. It is a martial arts sport that combines physical fitness, workout, and self-defence. The programme consists of patterns, kicking, punching, blocking, self-defence and sparring techniques. At the same time, it also attaches importance to fostering the moral character and self-discipline of the participants.



跆拳道課程 TAEKWONDO PROGRAMME	編號 Code	(六) Sat 6/7-28/9 (No Class: 14/9)	堂數 Sessions	會員 Mem	非會員 NMem	
幼兒跆拳道班 Taekwondo Tots (Ages 3-5)	第一級 Level 1	19PSC 30701	9:00-10:00	12	\$1,200	\$1,440
		19PSC 30702	13:30-14:30			
		19PSC 30703	15:30-16:30			
	第二級 Level 2 🦋	19PSC 30704	13:30-14:30			
		19PSC 30705	14:30-15:30			
		第三級 Level 3 🦋	19PSC 30706			
19PSC 30707	15:30-16:30					
青少年跆拳道班 Junior Taekwondo (Ages 6-14)	19PSC 30708	10:00-11:30	12	\$1,800	\$2,040	
	19PSC 30709	11:30-13:30	12	\$2,400	\$2,640	
	19PSC 30710	16:30-18:30				
成人跆拳道班 Senior Taekwondo (Ages 15 or above)	19PSC 30711	18:30-20:30	12	\$2,100	\$2,400	

地點 Venue：室內運動場 Gym

地點 Venue: 壁球室 Sq. Court

地點 Venue: 舞蹈室 Dance Studio

備註 Remarks: 除親子班和幼兒一級外，其他新學員須於第一堂向本會導師購買 \$430 指定制服及靶 Except Playgroup and Taekwondo Tots Level 1, each new participant is required to pay \$430 for purchase of uniform and mitt at the first lesson of the programme

太極課程 Tai Chi Programme

太極拳健身班 Tai Chi Chuen Fitness Course (Ages 18 or above)
課程教授太極拳運動的各種技巧，教練會以學員水平及興趣個別編排課程內容，學員可以學習包括：太極健身功、太極基本功、八段錦、入靜式、太極拳架二十四式、四十八式及八十五式等，適合不同運動水平和性別的人士參加，以達致健身之效。 This programme is designed by instructor according to the participants' level and interests, which is suitable for all people regardless of gender and sports background. Participants can expect to learn various skills of Tai Chi, including basic skills of Tai Chi, Baduanjin and Tai Chi Chuen 24 Forms, 48 Forms and 85 Forms to strengthen their abilities.
簡化太極拳 (二十四式) Simplified Tai Chi Chuen (24 Forms) (Ages 18 or above)
太極拳乃其中一項用以強身健體的中國武術。它的特點是動作柔和，緩慢均勻，圓活連貫及輕靈鬆靜，故適合男女老少學習。 Tai Chi Chuen is one kind of the Chinese martial arts for physical fitness, which is characterized by soft, slow and uniform stances, lively and coherent movements as well as light and quiet temperament. It is a sport suitable for all people regardless of age and gender.
綜合太極拳 (四十八式) Integrated Tai Chi Chuen (48 Forms) (Ages 18 or above)
報讀要求 Entry Requirements：必須曾修讀簡化太極拳 (二十四式) Completed Simplified Tai Chi Chuen (24 Forms) 凡學習過二十四式簡化太極拳的人，都希望對太極拳有進一步的了解，提高自己的太極拳技術水平。四十八式太極拳包含了多種掌法、步法和腳法，齊集了五家 (陳、楊、孫、武、吳) 特有的招式。活動起來輕鬆柔和，圓活自然，實在是學習完二十四式簡化太極拳後另一套必學的拳套。 Integrated Tai Chi Chuen (48 Forms) is based on the "main frame" exercise of the simplified 24-form Tai Chi Chuen. It absorbs certain elements of other styles of martial arts (Chan, Yang, Suen, Woo and Wu) to form its own characteristics. Its content arrangement is reasonable and natural, while the movements are coordinated and smooth. It is worth learning after you have learnt the simplified 24-form Tai Chi Chuen.
太極劍 (三十二式) Tai Chi Sword (32 Forms) (Ages 18 or above)
本課程教授的太極劍節奏平和，清澈平穩，剛柔並濟，具有健身價值。 The Tai Chi Sword taught in this programme is stable with flat speed, calm and smooth with coexistence of softness and hardness, which is undoubtedly good for improving health fitness.

太極課程 TAI CHI PROGRAMME	編號 Code	(一) Mon 8/7-16/9	(二) Tue 9/7-17/9	(五) Fri 12/7-20/9	堂數 Sessions	會員 Mem	非會員 NMem
太極拳健身班 Tai Chi Chuen Fitness Course (Ages 18 or above) ❤️	19PSC 31001	19:00-20:00			11	\$825	\$935
	19PSC 31002		19:00-20:00		11	\$825	\$935
簡化太極拳先修課程 Simplified Tai Chi Chuen Beginner Course (Ages 18 or above) ❤️	19PSC 31003		17:00-18:00		11	\$825	\$935
簡化太極拳 (二十四式) Simplified Tai Chi Chuen (24 Forms) (Ages 18 or above) ❤️	19PSC 31004		18:00-19:00		11	\$825	\$935
綜合太極拳 (四十八式) Integrated Tai Chi Chuen (48 Forms) (Ages 18 or above) ❤️	19PSC 31005	19:00-20:00			11	\$825	\$935
	19PSC 31006			8:00-9:00	11	\$825	\$935
太極劍 (三十二式) Tai Chi Sword (32 Forms) (Ages 18 or above) ❤️	19PSC 31007	20:00-21:00			11	\$1,045	\$1,265
	19PSC 31008			9:00-10:00	11	\$1,045	\$1,265

地點 Venue: 壁球室 Sq. Court

地點 Venue: 舞蹈室 Dance Studio

八段錦課程 Baduanjin Programme (Ages 18 or above)

八段錦是一種優秀的中國傳統保健氣功。八段錦健身氣功形成於十二世紀，後在歷代流傳中形成許多練法和風格各具特色的流派，它動作簡單易行，功效顯著。古人把這套動作比喻為「錦」，意為動作舒展優美，如錦緞般優美、柔順，又因為功法共為八段，每段一個動作，故名為「八段錦」。

Baduanjin is an excellent traditional Chinese health care qigong exercise. It was created in the twelfth century and was later formed into a number of schools with different methods and styles, which were simple and effective. The ancients compared this set of movement to "Jin (brocade)", which means that the movement are beautiful and supple like brocade. As this qigong exercise has eight sections and each contains one movement, hence it is named as "Baduanjin (Eight Pieces of Brocade)".

八段錦課程 BADUANJIN PROGRAMME	編號 Code	(一) Mon 8/7-16/9	堂數 Sessions	會員 Mem	非會員 NMem
八段錦 Baduanjin (Ages 18 or above) ❤️	19PSC 31009	18:00-19:00	11	\$825	\$935

地點 Venue: 壁球室 Sq. Court

功夫課程 Kung Fu Programme

課程教授國術之基本技術如踢腿、馬步和套拳練習。

Basic skills of kungfu such as kicking, horse riding stance and boxing will be taught in the class.

功夫課程 KUNG FU PROGRAMME	編號 Code	(三及五) Wed & Fri 17/7-23/8	(六) Sat 13/7 - 21/9 (No Class: 14/9)	堂數 Sessions	會員 Mem	非會員 NMem
功夫 - 初級 Kung Fu - Beginners (Ages 6 -16)	19PSC 31301	16:30-17:30		12	\$1,200	\$1,440
	19PSC 31302		16:00-17:30	10	\$1,100	\$1,300

地點 Venue: 舞蹈室 Dance Studio

備註 Remarks：費用並不包括學員制服 Fees for uniform are not included

泰拳課程 Thai Boxing Programme

教練於課堂介紹正確的泰拳基本動作，學員可在學習泰拳過程當中，提高心肺功能，鍛鍊體能、磨練意志、改善身體的柔軟度及平衡、增強自衛能力。
The instructor will introduce the correct Thai boxing basic techniques. Participants can improve their cardiopulmonary functions, exercise their physical ability, temper their will, improve their body's flexibility and balance, as well as enhance their self-defence ability during the process of learning Thai boxing.

泰拳課程 THAI BOXING PROGRAMME	編號 Code	(三) Wed 10/7-18/9	堂數 Sessions	會員 Mem	非會員 NMem
成人泰拳 Adult Thai Boxing (Ages 16 or above)	19PSC 31601	20:00-21:30	11	\$1,210	\$1,430

地點 Venue: 舞蹈室 Dance Studio

備註 Remarks: 費用並不包括學員訓練用手帶。一雙五米長手帶約 \$88。Hand straps are not included in the fee. The cost of a pair of 5-meter long hand straps is around \$88.

花式跳繩課程 Rope Skipping Programme

兒童花式跳繩入門課程 (四至七歲) / (八至十二歲) Children Rope Skipping Programme Beginners Level (Ages 4-7) / (Ages 8-12)

入門課程主要供沒有學習過花式跳繩的學員報讀。此課程教授基本單人花式、雙人花式和團體花式，從以增強學員身體協調、肌肉耐力、節奏感和心肺功能。
Programme is mainly for participants who have never learnt rope skipping before. This programme introduces the basic skills of rope skipping in single, pair and team. It helps improve body coordination, muscle endurance, sense of rhythm and strengthen cardiopulmonary functions.

花式跳繩課程 ROPE SKIPPING PROGRAMME	編號 Code	(六) Sat 13/7-21/9 (No class: 14/9)	堂數 Sessions	會員 Mem	非會員 NMem
兒童花式跳繩入門課程 Children Rope Skipping	Ages 4-7 19PSC 31701	9:30-10:30	10	\$1,000	\$1,200
	Ages 8-12 19PSC 31702	10:30-11:30			

地點 Venue: 壁球室 Sq. Court

備註 Remarks: 課程使用之繩子由本會提供 Skipping ropes will be provided



旋風球課程 Flyball Training Programme

旋風球是集合羽毛球、棒球及網球於一身的新型運動。透過比賽及訓練提升手眼協調、肌肉耐力及團體合作。
Flyball is a new sport which is a combination of tennis, badminton and baseball. It improves hand-eye coordination, physical prowess, accuracy, and team work through competition and training.

旋風球課程 FLYBALL TRAINING PROGRAMME	編號 Code	(四) Thu 11/7-19/9	(五) Fri 19/7-23/8	堂數 Sessions	會員 Mem	非會員 NMem
青年旋風球 (暑期班) Summer Teen Flyball (Ages 8-15)	19PSC 32101		17:30-19:00	6	\$900	\$1,020
青年旋風球 Teen Flyball (Ages 8-15)	19PSC 32102	16:30-18:00		11	\$1,650	\$1,870

地點 Venue: 室內運動場 Gym

備註 Remarks: 課程使用之器材由本會提供 All training equipment will be provided



攻防箭課程 Archery Tag Programme

攻防箭課程讓學員於安全的環境下體驗有趣及特別的射箭活動，從而提升手眼協調性、大小肌肉發展及反應力。與一般射箭活動相比，攻防箭課程更加加入對戰元素，為課堂帶來更多樂趣。

Archery Tag Programme offers a safe, fun, and unique archery experience to participants and improves their hand-eye coordination, muscle development and responsiveness. Compared with general archery activities, Archery Tag adds elements of competition to bring more fun to the class.

攻防箭課程 ARCHERY TAG PROGRAMME	編號 Code	(五) Fri 12/7-20/9	(日) Sun		堂數 Sessions	會員 Mem	非會員 NMem
			14/7-18/8	1/9-29/9			
兒童及少年攻防箭 Children & Youth Archery Tag (Ages 8-15)	19PSC 30401		15:00-16:00		6	\$900	\$960
	19PSC 30402			15:00-16:00	5	\$750	\$800
青年及成人攻防箭 Teen & Adult Archery Tag (Ages 16-25)	19PSC 30403	18:00-19:00			11	\$1,815	\$1,980
成人攻防箭 Adult Archery Tag (Ages 26 or above)	19PSC 30404	19:00-20:00				\$1,650	\$1,760

地點 Venue: 壁球室 Sq. Court

備註 Remarks: 課程使用之器材由本會提供 All training equipment will be provided

箭藝課程 Archery Programme

本課程教授基本射箭技巧及提升學員射箭的準確及穩定程度，從而改善專注力及個人耐力。

This programme teaches fundamental archery skills and enhances the archery accuracy and stability of participants, thereby improving concentration and personal endurance.

箭藝課程 ARCHERY PROGRAMME		編號 Code	(四) Thu 11/7-19/9	(日) Sun 14/7-29/9 (No Class: 25/8)	堂數 Sessions	會員 Mem	非會員 NMem
兒童及青年箭藝 Children & Youth Archery	Ages 6-10						
	Ages 11-17	19PSC 32402		13:00-14:00			
成人箭藝 Adult Archery (Ages 18 or above)		19PSC 32403	18:30-19:30		11	\$1,650	\$1,870

地點 Venue: 壁球室 Sq. Court

備註 Remarks: 課程使用之器材由本會提供 All training equipment will be provided

YMCA x NIKE BASKETBALL CLINIC - SUMMER

- Coached by ISG / NIKE Sports Clinic Professional Coach
- Nike Basketball Clinic Training Tee
- Nike Basketball Clinic Cooling Towel / Nike Basketball Clinic Basketball
- YMCA x NIKE Basketball Clinic Certificate

Target	Language	Enrolment Date	Deadline	CODE	DATE	TIME	VENUE	MEM	NMEM
: Ages 5-15	: English	: 13/6	: 12/8	19PSS 30126	26-27 Aug	12:00-15:00	2/F GYM	\$1,440	\$1,600
				19PSS 30127	28-30 Aug	12:00-15:00	2/F GYM	\$2,160	\$2,400

Remarks: First Come First Served

SPE Unit | Enquiry: 2268 7087 Email: spe@ymcahk.org.hk