

學員注意事項 Reminders for Participants :

- 攀石器材由本會提供
Climbing equipment will be provided
- 衣著：請穿著輕便運動衫褲及薄底運動鞋
Dress code: Sportswear and thin sole sneakers

學員技術評核 Technical Assessment

凡持有逾期成績單之舊學員必須通過技術評核，才能報讀有 🧗 標誌的課程，請於辦公時間內致電運動及體育組 2268 7087 或電郵至 climbing@ymcahk.org.hk 預約。

Those with invalid report slips are required to join our technical assessment to enrol for our programmes bearing the 🧗 symbol. Please contact the Sports and Physical Education Unit at 2268 7087 during office hours or email to climbing@ymcahk.org.hk for appointment.

費用 Fee : \$100

頂繩攀登技術評核 (13 歲或以上) Top Roping Climbing Assessment (Ages 13 or above)

凡有經驗之攀爬人士使用，須通過頂繩攀登評核測試，方可購買入場券使用本會之室內攀石場，請於辦公時間內致電運動及體育組 2268 7087 或電郵至 climbing@ymcahk.org.hk 預約。

All experienced climbers need to pass the top roping assessment before using our Indoor Climbing Wall with day pass tickets. The fee is \$100. Please contact the Sports and Physical Education Unit at 2268 7087 during office hours or email to climbing@ymcahk.org.hk for appointment.

費用 Fee : \$100

兒童及青少年運動攀登訓練課程大綱 Children & Teenager Sport Climbing Programme Scheme

兒童初階班 Smart Kids (Ages 6-8)
並無入學條件 No pre-requisite

兒童進階班 Spider Kids (Ages 6-8)
參加者必需完成兒童初階級 Participants must complete Smart Kids 🧗

兒童第一級 Level 1 — Kids (Ages 6-8)
參加者必需完成兒童進階班
Participants must complete Spider Kids 🧗

少年第一級 Level 1 — Junior (Ages 9-12)
並無入學條件 No pre-requisite

第二級 Level 2
(Ages 8-12)
參加者必需完成兒童 / 少年第一級 Participants must complete Level 1 - Kids / Junior 🧗

第三級 Level 3
(Ages 8-12)
參加者必需完成第二級 Participants must complete Level 2 🧗

兒童及青少年運動攀登培訓小組
Children & Youth Sport Climbing Training Group
(Ages 8-13)
參加者必需完成第三級
Participants must complete Level 3 🧗

青少年運動攀登基礎訓練班
Teenager Sport Climbing Foundation Course
(Ages 13-17)
並無入學條件 No pre-requisite

青年運動攀登培訓班 Teenager Sport Climbing Training Group (Ages 13-17)
參加者必需完成兒童及青少年運動攀登培訓小組 / 青少年運動攀登基礎訓練課程
Participants must complete Children & Youth Sport Climbing Training Group / Teenager Sport Climbing Foundation Course 🧗



運動攀登訓練課程系列 Sport Climbing Programme Series

兒童及青少年運動攀登課程 Children and Youth Sport Climbing Course (Ages 6-12)

兒童及青少年透過課程學習基本攀爬技巧，訓練身體協調性，同時透過攀爬活動，提升學員之信心及合作精神。
Children and youth can learn the basic climbing skills and train their physical coordination through the programme. At the same time, they can enhance their confidence and team spirit through climbing activities.

兒童及青少年運動攀登培訓小組 Children and Youth Sport Climbing Training Group (Ages 8-13)

此運動攀登培訓小組專為延續完成三級訓練班之學員而設，學員除透過課程提升其體能狀況外，更可代表本會參加攀石比賽。
The Sport Climbing Training Group is specially designed for participants who have completed Level 3 training programme. Apart from improving their physical condition through the training, the participants can also take part in climbing competitions representing YMCA of Hong Kong.

青少年運動攀登課程 Teenager Sport Climbing Training Scheme (Ages 13-17)

課程旨在教導參加者正確的攀登概念，培養其攀登興趣，並有助建立其獨立及自信的性格。
The Training Scheme aims to teach participants the correct climbing concept, develop their climbing interests, and help build their independence and confidence.

成人運動攀登訓練課程 Adult Sport Climbing Course (Ages 16 or above)

入門訓練課程 Introductory Course (3 hours)

介紹運動攀登之概念與基本技術，有助學員通過本會之頂繩攀登評核。學員通過評核後，可購買入場券使用本中心之攀石場。完成課程後更可獲發一星期之攀爬入場證。

Introducing basic climbing and belaying techniques for beginners to pass the climbing assessment of our indoor climbing wall. After passing the assessment, climbers can use the wall facilities with day pass tickets during operation hours. Remarks: Participants will receive a complimentary weekly pass.

一級訓練課程 Level 1 Climbing Course (11 hours)

學習運動攀登之概念與基本技術外，並可認識一些基本的頂繩攀登技巧。學員完成課程並通過考核後，可獲發中國香港攀山及攀登總會之一級運動攀登證書。
This is a basic "Top Rope" climbing certificate course. After successfully completing the course and passing the test, participants will receive Sport Climbing Level 1 Certificate from China Hong Kong Mountaineering and Climbing Union.

成人攀登深造課程 Adult Climbing Clinic (15 hours)

特別為有興趣參加運動攀登訓練課程人士而設，學員除可提升其體能狀況外，同時亦可改善攀登技術。
This course is designed for participants who want to further improve their climbing skills and to train the body condition for Level 2 lead climbing course.

個別攀登小組教授 Private Coaching

提供個人或小組攀登教授，可根據教練及場地之安排訂定課堂日期及時間。
Private coaching session provides tailor-made personal or group training according to coach and venue availability.

編號 Code	(一及四) Mon & Thu 15/7-15/8	(二及五) Tue & Fri 16/7-16/8	(三及六) Wed & Sat 17/7-17/8	(一) Mon 15/7-16/9	(二) Tue 16/7-17/9	(三) Wed 17/7-18/9	(四) Thu 18/7-19/9	(六) Sat 13/7-21/9 (No Class: 14/9)	堂數 Sessions	會員 Mem	非會員 Nmem
兒童及少年運動攀登訓練課程 Children & Youth Sport Climbing Programme	兒童初階班 Smart Kids (Ages 6-8)								10		
	19PBC 30101	13:15-14:15									
	19PBC 30102	11:30-12:30							10	\$1,210	\$1,340
	19PBC 30103	13:30-14:30							10		
兒童進階班 Spider Kids (Ages 6-8)	19PBC 30104				17:15-18:15				10		
	19PBC 30105	14:30-15:30							10		
	19PBC 30106	13:30-14:30							10	\$1,210	\$1,340
	19PBC 30107				17:15-18:15				10		
	19PBC 30108	14:30-15:45							10	\$1,210	\$1,340
	19PBC 30109						11:45-13:00		10		
	19PBC 30110	11:15-12:30							10		
少年第一級 Level 1-Junior (Ages 9-12)	19PBC 30111	16:00-17:15							10	\$1,210	\$1,340
	19PBC 30112	14:45-16:00							10	\$1,210	\$1,340
	19PBC 30113						11:45-13:00		10		
	19PBC 30114				17:15-18:30				10		
	19PBC 30115						17:15-18:30		10	\$1,400	\$1,520
	19PBC 30116							10:15-11:30	10		
第二級 (Ages 8-12) Level 2	19PBC 30117								10		
	19PBC 30118						17:15-18:30		10	\$1,400	\$1,520
	19PBC 30119							10:15-11:30	10		
	19PBC 30120				17:15-18:30				10	\$1,100	\$1,220
少年運動攀登培訓計劃 Youth Sport Climbing Training Group (Ages 8-13)	19PBC 30121					17:15-18:30			10		
	19PBC 30201	11:00-13:00							10	\$1,690	\$1,820
	19PBC 30202			11:00-13:00					10	\$1,210	\$1,330
成人運動攀登訓練課程 Adult Sport Climbing Programme (Ages 16 or above)	19PBC 30301	19:15-22:00									
	19PBC 30302	19:15-22:00	19:15-22:00						4	\$690	\$790
	19PBC 30303				19:15-22:00						
	19PBC 30304					19:15-21:45				\$950	\$1,080
	19PBC 30305						19:15-21:45		6		
								11:00-13:00	10	\$1,210	\$1,330

編號 Code	(一及四) Mon & Thu 15/7-25/7	(一及四) Mon & Thu 5/8-15/8	(一及四) Mon & Thu 9/9-19/9	(三) Wed 3/7-7/8	(三) Wed 14/8-18/9	堂數 Sessions	會員 Mem	非會員 Nmem
一級運動攀登訓練課程 (中國香港攀山及攀登總會證書)* Level 1 Sport Climbing Certificate Course (recoignized by CHAMCU)*	19:15-22:00	19:15-22:00	19:15-22:00			4	\$690	\$790
成人攀登深造課程 Adult Climbing Clinic			19:15-21:45		19:15-21:45	6	\$950	\$1,080

備註 Remarks:

- 成人運動攀登一級訓練課程之出席率必須為 100% 才可獲准考試或總會證書。For Adult Level 1 Climbing Certificate Course, participants must have full attendance to be eligible for the examination or certification.
- 成人運動攀登訓練課程歡迎自選時段包班，人數最少四位起，費用為原本課程收費另加百分之五手續費。有關時段安排及詳情可在辦公時間內與運動及體育組聯絡。For Adult Sport Climbing Programmes, we offer tailor-made schedule for group application with at least 4 participants. An additional 5% administration fee will be charged on top of the original programme fee. Please contact Sports and Physical Education Unit during office hours for schedule arrangement and details.

運動及體育課程

Sports & Physical Education Programme

	編號 Code	日期 Date	(二) Tue	(六) Sat	堂數 Sessions	會員 / 非會員 Mem / NMem
成人運動攀登訓練課程 入門訓練班 (16歲或以上) Adult Sport Climbing Programme Introductory Course (Ages 16 or above)	19PBC 30320	6/7		14:30-17:30	1	\$300
	19PBC 30321	9/7	18:45-21:45			
	19PBC 30322	13/7		14:30-17:30		
	19PBC 30323	16/7	18:45-21:45			
	19PBC 30324	20/7		14:30-17:30		
	19PBC 30325	23/7	18:45-21:45			
	19PBC 30326	27/7		14:30-17:30		
	19PBC 30327	30/7	18:45-21:45			
	19PBC 30328	3/8		14:30-17:30		
	19PBC 30329	6/8	18:45-21:45			
	19PBC 30330	10/8		14:30-17:30		
	19PBC 30331	13/8	18:45-21:45			
	19PBC 30332	17/8		14:30-17:30		
	19PBC 30333	20/8	18:45-21:45			
	19PBC 30334	24/8		14:30-17:30		
	19PBC 30335	27/8	18:45-21:45			
	19PBC 30336	31/8		14:30-17:30		
	19PBC 30337	3/9	18:45-21:45			
	19PBC 30338	7/9		14:30-17:30		
	19PBC 30339	10/9	18:45-21:45			
19PBC 30340	17/9	18:45-21:45				
19PBC 30341	21/9		14:30-17:30			

親子活動 Family Based Event

親子攀登同樂日 Family Climbing Fun Day

編號 Code	日期 Date	時間 Time	截止日期 Deadline
19PBC 30401	21/7 (Sun)	16:00-18:00	14/7
19PBC 30402	28/7 (Sun)		21/7
19PBC 30403	11/8 (Sun)		4/8
19PBC 30404	18/8 (Sun)		11/8

費用 Fee(每位 per person) :
Mem\$95 NMem\$105 (Ages 6-13)
Mem\$115 NMem\$125 (Ages 14-17)
Mem\$115 NMem\$125 (Parents 家長)

學員需由家長陪同參與
Children / youth must be accompanied by parent

地點 Venue :
二樓室內攀石場 2/F Indoor Climbing Wall



親子攀登訓練班 Climb With Your Kids

編號 Code	日期 Date	時間 Time	堂數 Session
19PBC 30405	21/7, 28/7 (Sun)	13:00-15:30	2
19PBC 30406	11/8, 18/8 (Sun)		2

費用 Fee(每位 per person) :
Mem \$440 NMem \$460
(小童需由家長陪同參與，每名成人最多可攜同兩名 6-12 歲小童上課)
Children ages 6-12 must be accompanied by parent.
Maximum number of children per adult is 2.

地點 Venue :
二樓室內攀石場 2/F Indoor Climbing Wall

備註 Remarks :
家長於完成課程及通過評核後，可獲發本會室內攀石場之評核證及一週通行證
After completing of the course and passing the assessment, parent / guardian will be issued an Indoor Climbing Wall Assessment Card and Weekly Pass.

