

# 室內攀登課程 Indoor Climbing Programme

辦公時間 Office Hours : 星期一至五 Mon-Fri 10:00-18:00

查詢 Enquiry : 2268 7062

電郵 Email : climbing@ymcahk.org.hk

Facebook : climbingwithymca / Instagram: ymcahk\_indoor\_climbing

地址 : 港青 (尖沙咀) 二樓室內攀石場, Indoor Climbing Walls, 2/F, YMCA (TST)

## 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

若課程因惡劣天氣或其他特殊情況而取消, 本會有權安排指定日子及時間補課。若本會未能提供補課之安排, 則在課程完結後, 學費將按比例退回至學員的電子錢包。學員若缺席補課, 將不會安排退款。

If any lesson is cancelled due to inclement weather or other special circumstances, we reserve the right to arrange a make-up class on a designated date and time. If no make-up class can be arranged, fees paid will be refunded to participant

E-Wallet on pro-rate basis after the completion of the programme. No refund will be provided for absences from the make-up class

學員需要達到 80% 出席率才可以參加升班考試和申請完成課程書  
 The applicants can only attend the progression assessment and applying the course certificate when 80% of the minimum attendance requirement is completed.

## 學員技術評估 Technical Assessment

凡持有逾期成績單之舊學員必須通過技術評估, 才能報讀有標誌的課程, 請於辦公時間內致電 2268 7062 或電郵至 climbing@ymcahk.org.hk 預約。

Those without valid report slips are required to join our technical assessment to enrol for our programmes bearing the symbol. Please contact us at 2268 7062 during office hours or email to climbing@ymcahk.org.hk for appointment.

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

凡有經驗之攀石人士使用, 須通過頂繩攀登評估測試, 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 2268 7062 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. Please contact us at 2268 7062 during office hours or email to climbing@ymcahk.org.hk for appointment.

費用 Fee : \$120

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

兒童入門班 Active Kids (Ages 4-5)  
並無入學條件 No pre-requisite

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班 Participants must complete Smart Kids

兒童高階班   
Super 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 7-12)   
參加者必需完成兒童高階班 / 少年第一級 Participants must complete Super Kids / Level 1-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少年運動攀登培訓小組 / 青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

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

兒童及少年透過課程可學習基本攀石技巧, 訓練身體協調性, 同時透過攀石活動, 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, participants can also take part in climbing competitions representing YMCA of Hong Kong.

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

課程旨在教導參加者正確的攀石概念, 培養其攀石興趣, 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 helps build 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估。學員通過評估後, 可購買入場券使用本中心之攀石場。備註: 完成課程後更可獲發一星期之攀石入場證。  
 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 operating hours.

#### 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。不設任何私人原因的補課安排。

This is a basic "Top Rope" climbing certificate course. After successfully completing the course and passing the test, participants will receive the Sport Climbing Level 1 Certificate from China Hong Kong Mountaineering and Climbing Union. There are no make-up arrangements for personal reasons.

#### 成人運動攀登訓練課程 - 進階訓練課程 Adult Sport Climbing Course - Progressive Course (8 hours)

特別為已完成技術評估人士而設, 學員在改善攀石技術的同時, 亦可與其他愛好者交流。

This course is designed for participants who have completed skill assessment. Participants can also communicate with other enthusiasts while improving their skills.

#### 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.



### 暑期課程 Summer Programme

編號 Code	日期 Date	(一) Mon & (四) Thu	(二) Tue & (五) Fri	(一) Mon	(二) Tue	(四) Thu	(六) Sat	(日) Sun	堂數 Sessions	會員 Mem	非會員 NMem
兒童運動攀登 訓練課程 Youth Sport Climbing Programme 兒童初階班 Smart Kids (Ages 6-8)	26SPSMAR070101	13/7-20/8	10:15-11:15						12	\$2,040	\$2,400
	26SPSMAR070102	13/7-20/8	14:00-15:00								
	26SPSMAR070103	14/7-21/8	11:15-12:15								
	26SPSMAR070104	14/7-21/8	15:00-16:00								
	26SPSMAR070105	13/7-14/9	16:30-17:30								
	26SPSMAR070106	7/7-8/9			16:30-17:30						
	26SPSMAR070107	16/7-17/9				16:30-17:30					
	26SPSMAR070108	11/7-12/9					10:00-11:00		10	\$1,700	\$2,000
	26SPSMAR070109	11/7-12/9					11:00-12:00				
	26SPSMAR070110	12/7-20/9 (No Class: 13/9)						10:00-11:00			
	26SPSMAR070111	12/7-20/9 (No Class: 13/9)						11:00-12:00			
	兒童進階班 Spider Kids (Ages 6-8)	26SPSPID070201	13/7-20/8	10:15-11:15							
26SPSPID070202		13/7-20/8	14:00-15:00								
26SPSPID070203		14/7-21/8	11:15-12:15						12	\$2,040	\$2,400
26SPSPID070204		14/7-21/8	15:00-16:00								
26SPSPID070205		13/7-14/9	16:30-17:30								
26SPSPID070206		7/7-8/9			16:30-17:30						
26SPSPID070207		16/7-17/9				16:30-17:30					
26SPSPID070208		11/7-12/9					10:00-11:00		10	\$1,700	\$2,000
26SPSPID070209		11/7-12/9					11:00-12:00				
26SPSPID070210		12/7-20/9 (No Class: 13/9)						10:00-11:00			
26SPSPID070211		12/7-20/9 (No Class: 13/9)						11:00-12:00			
兒童高階班 Super Kids (Ages 6-8)		26SPSUP070301	13/7-20/8	10:15-11:15							
	26SPSUP070302	13/7-20/8	14:00-15:00								
	26SPSUP070303	14/7-21/8	11:15-12:15						12	\$2,040	\$2,400
	26SPSUP070304	14/7-21/8	15:00-16:00								
	26SPSUP070305	13/7-14/9	16:30-17:30								
	26SPSUP070306	7/7-8/9			16:30-17:30						
	26SPSUP070307	16/7-17/9				16:30-17:30					
	26SPSUP070308	11/7-12/9					10:00-11:00		10	\$1,700	\$2,000
	26SPSUP070309	11/7-12/9					11:00-12:00				
	26SPSUP070310	12/7-20/9 (No Class: 13/9)						10:00-11:00			
	26SPSUP070311	12/7-20/9 (No Class: 13/9)						11:00-12:00			
	兒童入門班 Active Kids (Ages 4-5)	26SPTIVE070101	13/7-20/8	09:15-10:15						12	\$2,040
26SPTIVE070102		14/7-21/8	10:15-11:15								
26SPTIVE070103		13/7-14/9		15:30-16:30							
26SPTIVE070104		16/7-17/9				15:30-16:30					
26SPTIVE070105		11/7-12/9					09:00-10:00		10	\$1,700	\$2,000
26SPTIVE070105	12/7-20/9 (No Class: 13/9)						09:00-10:00				

室內攀石場系列 Indoor Climbing Wall	編號 Code	日期 Date	(一) Mon & (四) Thu	(二) Tue & (五) Fri	(一) Mon	(二) Tue	(四) Thu	(六) Sat	(日) Sun	堂數 Sessions	會員 Mem	非會員 NMem
少年運動攀登 訓練課程 Youth Sport Climbing Programme	26SPJONE070101	13/7-20/8 🌞	11:15-12:15									
	26SPJONE070102	13/7-20/8 🌞	15:00-16:00							12	\$2,040	\$2,400
	26SPJONE070103	14/7-21/8 🌞		11:15-12:15								
	26SPJONE070104	14/7-21/8 🌞		15:00-16:00								
	26SPJONE070105	13/7-14/9			17:30-18:30							
	26SPJONE070106	11/7-12/9					10:00-11:00					
	26SPJONE070107	11/7-12/9					11:00-12:00			10	\$1,700	\$2,000
	26SPJONE070108	12/7-20/9 (No Class: 13/9)					10:00-11:00					
	26SPJONE070109	12/7-20/9 (No Class: 13/9)					11:00-12:00					
	26SPJTWO070201	13/7-20/8 🌞	16:00-17:15									
26SPJTWO070202	14/7-21/8 🌞			15:00-16:15								
26SPJTWO070203	7/7-8/9				17:30-18:45							
26SPJTWO070204	16/7-17/9					17:30-18:45						
26SPJTWO070205	11/7-12/9						12:00-13:15			10	\$2,000	\$2,300
26SPJTWO070206	12/7-20/9 (No Class: 13/9)							12:00-13:15				
26SPJTRE070301	13/7-20/8 🌞	16:00-17:15										
26SPJTRE070302	14/7-21/8 🌞			15:00-16:15								
26SPJTRE070303	7/7-8/9				17:30-18:45							
26SPJTRE070304	16/7-17/9					17:30-18:45						
26SPJTRE070305	11/7-12/9						12:00-13:15			10	\$2,000	\$2,300
26SPJTRE070306	12/7-20/9 (No Class: 13/9)							12:00-13:15				
兒童及少年運動攀登培訓小組 Children & Youth Sport Climbing Training Group (Ages 7-13)	26SPCYTG070401	13/7-20/8 🌞	16:00-17:15									
	26SPCYTG070402	14/7-21/8 🌞		15:00-16:15								
	26SPCYTG070403	7/7-8/9				17:30-18:45						
	26SPCYTG070404	16/7-17/9					17:30-18:45					
	26SPCYTG070405	11/7-12/9						12:00-13:15			\$1,900	\$2,200
	26SPCYTG070406	12/7-20/9 (No Class: 13/9)							12:00-13:15			
青年運動攀登 課程 Teenager Sport Climbing Scheme (Ages 13-17)	26SPCTCT070101	11/7-12/9						10:30-12:30			\$2,450	\$2,750
	26SPCTCT070201	11/7-12/9						10:30-12:30			\$2,200	\$2,500

編號 Code	(六) Sat 11,18, 25/7	(日) Sun 8,15/8	(六) Sat 5,12,19/9	堂數 Sessions	會員 Mem	非會員 NMem
26SPADCC070101	14:00-17:40			3	\$940	\$1,120
26SPADCC080101		10:30-13:00 & 14:00-17:00		2		
26SPADCC090101			14:00-17:40	3		

成人運動攀登訓練課程  
(16歲或以上)

一級運動攀登訓練課程  
(中國香港攀山及攀岩總會證書)\*  
Level 1 Sport Climbing Certificate Course (recongized by CHKMCU)\*

\* 本課程之出席率必須為 100% 才可  
獲准考試或總會證書  
Participants must have full  
attendance to be eligible for the  
examination or certification

編號 Code	日期 Date	(三) Wed	堂數 Sessions	會員/非會員 Mem / NMem
26SPADIC070101	8/7			
26SPADIC070102	15/7			
26SPADIC080101	5/8			
26SPADIC080102	12/8	18:45-21:45	1	\$445
26SPADIC090101	2/9			
26SPADIC090102	9/9			

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 & above)

本訓練課程歡迎自選時段包班，人數最少四位起。  
有關時段安排及詳情可在辦公時間內與我們聯絡。

This programme offers tailor-made schedule for  
group application with at least 4 participants. Please  
contact us during office hours for more details with  
the schedule arrangement.

編號 Code	(二) Tue 7/7-28/7	(二) Tue 4/8-25/8	(二) Tue 1/9-22/9	堂數 Sessions	會員/非會員 Mem / NMem
26SPADPC070201	19:30-21:30			4	\$585
26SPADPC080201		19:30-21:30		4	\$585
26SPADPC090201			19:30-21:30	4	\$585

成人運動攀登訓練課程  
進階訓練班

Adult Sport Climbing Programme  
Progressive Course  
(Ages 16 & above)

## 親子活動 FAMILY EVENT

### 親子攀登同樂日

#### Family Climbing Fun Day (Ages 6 or above)

編號 Code	日期 Date	時間 Time	名額 Capacity
26SPFCFD070001	11/7 (Sat)	14:00-15:30	12
26SPFCFD070002	19/7 (Sun)	14:00-15:30	
26SPFCFD080001	8/8 (Sat)	14:00-15:30	
26SPFCFD080002	16/8 (Sun)	14:00-15:30	
26SPFCFD090001	12/9 (Sat)	14:00-15:30	
26SPFCFD090002	13/9 (Sun)	14:00-15:30	

費用 (每位) Fee (per person) :  
Mem \$150 / NMem \$180

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

備註 Remarks :

12歲以下參加者必須由家長陪同參與，每名成人最多可攜同兩名6-12歲小童上課。小童及家長也需各自報名及付款。  
Children ages 6-12 must be enrolled with parent. Maximum number of children per adult is 2. Children and parents need to register and make payment separately.



### 親子攀登訓練班

#### Climb With Your Kids (Ages 6 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	名額 Capacity
26SPCWYK070001	5 & 12/7 (Sun)	14:00-16:00	2	8
26SPCWYK080001	2 & 9/8 (Sun)			
26SPCWYK090001	20 & 27/9 (Sun)			

費用 (每位) Fee (per person) :  
Mem \$530 / NMem \$590

(小童須由家長陪同參與，每名成人最多可攜同兩名6-12歲小童上課。小童及家長也需各自報名及付款。)  
(Children ages 6-12 must be enrolled with parent. Maximum number of children per adult is 2. Children and parents need to register and make payment separately.)

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

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  
After completing the course and passing the assessment, parent / guardian will be issued with an Indoor Climbing Wall Assessment Card.

