

# 暑期特別游泳工作坊

## Summer Swimming Workshops

7月至8月 July to August

### BrainSwim Workshop

Ages 18歲+



- 針對不懂游泳的成人  
Caters for non-swimmer adults
- 教授預防遇溺的技巧  
Teaches drowning prevention skills
- 注重培養水中呼吸，身體平衡，情緒控制  
Emphasis on breathing, balance & emotional control

### 游泳競賽工作坊 Competition Workshop

Ages 6 – 17歲



- 教授游泳四式競賽規則及技巧  
Focuses on competitive swimming skills and regulations
- 針對起跳、轉身、觸池等動作進行訓練  
Emphasis on starting, turning and finishing
- 學員須完成海豚班或以上級別之學員；或能以捷泳/背泳/蛙泳/蝶泳游畢25米  
Participants must have completed Dolphin Level or above, or able to swim front crawl/ back crawl/ breaststroke/ butterfly 25 m

ROOKIE  
LIFEGUARD

### 救生新兵工作坊

### Rookie Lifesaving Workshop

Ages 10 – 14歲



- 教授拯救生命的技巧  
Teaches lifesaving skills
- 課程由擁有英國皇家拯溺會授權教練主持  
This course will be taught by an instructor authorised by the Royal Life Saving Society UK
- 學員須能以蛙泳游畢25米  
Participants must be able to swim breaststroke 25 m

### 泳式改良班 Stroke Refinement Workshop

Ages 6 – 17歲



- 協助學員改善四式動作  
Focuses on refinement of the four strokes
- 提升耐力及速度  
Enhancement of endurance and speed
- 學員須完成海豹班或以上級別之學員；或能以捷泳/背泳/蛙泳/蝶泳游畢15米  
Participants must have completed Seal Level or above, or able to swim front crawl/ back crawl/ breaststroke/ butterfly 15 m

備註 Remarks :

有關工作坊詳情，請參閱港青游泳學院課程時間表  
Please refer to the YMCA Swimming Academy Programme Schedule for the details of workshops

水運組 Aquatics Unit

查詢 Enquiry: 2268 7010

電郵 Email: [aquatics@ymcahk.org.hk](mailto:aquatics@ymcahk.org.hk)

# 暑期特別游泳工作坊 Summer Swimming Workshops

## Brainswim Workshop (Ages 18 or above)

針對不懂游泳的成人，教授預防遇溺的技巧

Designed for adults who do not have swimming ability, teaching drowning prevention skills

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAS 30106	Tue & Thu (2/7-11/7)	18:30-20:30	4	\$1,200	\$1,440
19PAS 30107	Tue & Thu (6/8-15/8)	18:30-20:30	4	\$1,200	\$1,440

## 泳式改良班

### Stroke Refinement Workshop (Ages 6-17)

協助學員改善四式動作，提升耐力及速度

Focuses on refinement of the four strokes, and enhancement of endurance and speed

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAS 30110	Wed (17/7-21/8)	15:00-17:00	6	\$1,200	\$1,440
19PAS 30111	Fri (19/7-23/8)	9:00-11:00	6	\$1,200	\$1,440
19PAS 30112	Fri (19/7-23/8)	14:00-16:00	6	\$1,200	\$1,440
19PAS 30113	Sun (14/7-18/8)	18:30-20:30	6	\$1,200	\$1,440

- 完成海豹班或以上級別之學員，或 Completed Seal Level or above, or
- 能以捷泳 / 背泳 / 蛙泳 / 蝶泳游畢 15 米 Able to swim front crawl / back crawl / breaststroke / butterfly 15m

## 救生新兵工作坊

### Rookie Lifesaving Workshop (Ages 10-14)

教授拯救生命的技巧，由擁有英國皇家拯溺會授權教練教授。

Learn lifesaving skills and taught by an instructor under the authority of the Royal Life Saving Society UK

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAS 30114	Mon (15/7-5/8)	16:00-18:00	4	\$1,200	\$1,440
19PAS 30115	Fri (2/8-23/8)	10:00-12:00	4	\$1,200	\$1,440

- 能以蛙泳游畢 25 米 Able to swim breaststroke 25m

## 游泳競賽工作坊

### Competition Workshop (Ages 6 -17)

教授游泳四式競賽規則及技巧，針對起跳、轉身、觸池等動作進行訓練

Focuses on competitive swimming skills and regulations, emphasis on starting, turning and finishing

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
19PAS 30108	Mon (29/7-19/8)	16:00-18:00	4	\$1,200	\$1,440
19PAS 30109	Fri (2/8-23/8)	14:00-16:00	4	\$1,200	\$1,440

- 完成海豚班或以上級別之學員，或 Completed Dolphin Level or above
- 能以捷泳 / 背泳 / 蛙泳 / 蝶泳游畢 25 米 Able to swim front crawl / back crawl / breaststroke / butterfly 25m

康樂及運動部  
Sports and Recreation Section  
**修正啟示 Amendment Notice**

二零一九年度第三季「港青智選」港青游泳學院之部分課程資訊需有所修正。詳情如下：

For your kind attention, details of the amendments made on 3<sup>rd</sup> Quarter 2019 Y's Choices – YMCA Swimming Academy Programmes are as follow:

	更正項目 Amendment Item	修正前之資訊 Before Amendment	修正後之資訊 After Amendment
P.14	<b>Brainswim Workshop (Ages 18 or above) Tue &amp; Thu (2/7-11/7) 18:30-20:30</b>	課程編號 <b>Course Code : 19PAC30106</b>	課程編號 <b>Course Code : 19PAC30116</b>
P.18	泳隊 C 組 <b>Swimming Team C 第一組 Group One (Ages 6-10)</b>	課程編號 <b>Course Code : 19PAC36001</b>	課程編號 <b>Course Code : 19PPA36001</b>

如有任何查詢，歡迎於辦公時間內致電 2268-7010 與水運組聯絡。不便之處，敬請原諒。

二零一九年五月七日

Should you have any enquiries, please feel free to contact the Aquatics Unit at 2268-7010 during office hour. We apologize for any inconvenience caused.

May 7, 2019