

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] 參與二零二四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 2024 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	持續課程 On-going Programmes	成人班 Adult Programmes	泳術評核 Swimming Assessment	
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	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 鱈鯊班 Mako Shark 雙髻鯊班 Hammerhead Shark 大白鯊班 Great White Shark	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	凡報讀有 🏊 標誌的課程之新參加者或沒持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 2024年8月26日至9月6日 Schedule for Swimming Assessment: from 26 August to 6 September, 2024 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。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、鍛練腿部肌肉、學習平衡

Introduction to buoyancy, develop leg strength, balance in water



編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SATOTA 100101	Wed (9/10-18/12)	11:15-11:45	11	\$2,035	\$2,365
24SATOTA 100102	Sat (5/10-14/12)	09:30-10:00	11	\$2,035	\$2,365
24SATOTA 100103		15:00-15:30	11	\$2,035	\$2,365
24SATOTA 100104	Sun (6/10-15/12)	12:00-12:30	11	\$2,035	\$2,365
24SATOTA 100105		15:15-15:45	11	\$2,035	\$2,365

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 swimmer diaper

親子游泳班 Aqua-tots (Ages 19-35 months)

背浮、踢腳、吹泡泡換氣、水底拾物件

Floating, kicking, breath exchange and retrieving objects underwater

編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem
24SATOCB 100201	Sat (5/10-14/12)	08:30-09:00	11	\$2,035	\$2,365
24SATOCB 100202		09:00-09:30	11	\$2,035	\$2,365
24SATOCB 100203		14:30-15:00	11	\$2,035	\$2,365
24SATOCB 100204	Sun (6/10-15/12)	12:30-13:00	11	\$2,035	\$2,365
24SATOCB 100205		15:45-16:15	11	\$2,035	\$2,365
24SATOCB 100206		16:15-16:45	11	\$2,035	\$2,365

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 swimmer diaper

學前兒童游泳班第一級泳術提升班【小班教學 (1:4)】 Aqua-naut 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

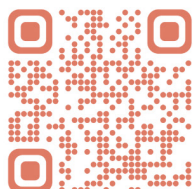
編號 Code	日期 Date	時間 Time	堂數 Sessions	會員 Mem	非會員 NMem	
24SANAAT 100101	Mon (7/10-16/12)	16:15-17:00	11	\$2,750	\$3,190	
24SANAAT 100102	Thu (3/10-12/12)	16:15-17:00	11	\$2,750	\$3,190	
24SANAAT 100103	Sat (5/10-14/12)	10:00-10:45	11	\$2,750	\$3,190	
24SANAAT 100104		10:45-11:30	11	\$2,750	\$3,190	
24SANAAT 100105		10:45-11:30	11	\$2,750	\$3,190	
24SANAAT 100106		11:30-12:15	11	\$2,750	\$3,190	
24SANAAT 100107		12:15-13:00	11	\$2,750	\$3,190	
24SANAAT 100108		13:00-13:45	11	\$2,750	\$3,190	
24SANAAT 100109		13:00-13:45	11	\$2,750	\$3,190	
24SANAAT 100110		13:45-14:30	11	\$2,750	\$3,190	
24SANAAT 100111		16:15-17:00	11	\$2,750	\$3,190	
24SANAAT 100112		Sun (6/10-15/12)	09:00-09:45	11	\$2,750	\$3,190
24SANAAT 100113			09:45-10:30	11	\$2,750	\$3,190
24SANAAT 100114	11:15-12:00		11	\$2,750	\$3,190	
24SANAAT 100115	13:00-13:45		11	\$2,750	\$3,190	
24SANAAT 100116	13:45-14:30		11	\$2,750	\$3,190	



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**



學前兒童游泳班第二級泳術提升班【小班教學 (1:4)】 Aqua-naut 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
24SANABT 100201	Mon (7/10-16/12)	17:00-17:45	11	\$2,750	\$3,190
24SANABT 100202	Thu (3/10-12/12)	17:45-18:30	11	\$2,750	\$3,190

24SANABT 100203	Sat (5/10-14/12)	10:00-10:45	11	\$2,750	\$3,190
24SANABT 100204		10:45-11:30	11	\$2,750	\$3,190
24SANABT 100205		11:30-12:15	11	\$2,750	\$3,190
24SANABT 100206		12:15-13:00	11	\$2,750	\$3,190
24SANABT 100207		13:00-13:45	11	\$2,750	\$3,190
24SANABT 100208		15:30-16:15	11	\$2,750	\$3,190
24SANABT 100209		16:15-17:00	11	\$2,750	\$3,190
24SANABT 100210	Sun (6/10-15/12)	09:45-10:30	11	\$2,750	\$3,190
24SANABT 100211		10:30-11:15	11	\$2,750	\$3,190
24SANABT 100212		11:15-12:00	11	\$2,750	\$3,190
24SANABT 100213		13:45-14:30	11	\$2,750	\$3,190
24SANABT 100214		14:30-15:15	11	\$2,750	\$3,190

學前兒童游泳班第四級

Aqua-naut 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
24SANADT 100401	Mon (7/10-16/12)	16:15-17:15	11	\$2,453	\$2,893
24SANADT 100402	Sat (5/10-14/12)	11:30-12:30	11	\$2,453	\$2,893
24SANADT 100403		13:30-14:30	11	\$2,453	\$2,893
24SANADT 100404	Sun (6/10-15/12)	14:30-15:30	11	\$2,453	\$2,893

學前兒童游泳班第五級

Aqua-naut 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
24SANAET 100501	Sat (5/10-14/12)	14:30-15:30	11	\$2,453	\$2,893
24SANAET 100502	Sun (6/10-15/12)	13:30-14:30	11	\$2,453	\$2,893

學前兒童游泳班第三級泳術提升班【小班教學 (1:4)】

Aqua-naut 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
24SANACT 100301	Mon (7/10-16/12)	17:45-18:30	11	\$2,750	\$3,190
24SANACT 100302	Thu (3/10-12/12)	17:00-17:45	11	\$2,750	\$3,190
24SANACT 100303	Sat (5/10-14/12)	10:00-10:45	11	\$2,750	\$3,190
24SANACT 100304		11:30-12:15	11	\$2,750	\$3,190
24SANACT 100305		12:15-13:00	11	\$2,750	\$3,190
24SANACT 100306		15:30-16:15	11	\$2,750	\$3,190
24SANACT 100307	Sun (6/10-15/12)	09:00-09:45	11	\$2,750	\$3,190
24SANACT 100308		10:30-11:15	11	\$2,750	\$3,190
24SANACT 100309		13:00-13:45	11	\$2,750	\$3,190
24SANACT 100310		14:30-15:15	11	\$2,750	\$3,190

學前兒童游泳班第六級

Aqua-naut 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
24SANAFI 100601	Sat (5/10-14/12)	12:30-13:30	11	\$2,453	\$2,893
24SANAFI 100602	Sun (6/10-15/12)	13:30-14:30	11	\$2,453	\$2,893

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
24SACHOT 100001	Tue (8/10-17/12)	17:30-18:30	11	\$2,453	\$2,893
24SACHOT 100002	Fri (4/10-13/12) No class 11/10	17:00-18:00	10	\$2,230	\$2,630
24SACHOT 100003	Sat (5/10-14/12)	08:30-09:30	11	\$2,453	\$2,893
24SACHOT 100004		11:30-12:30	11	\$2,453	\$2,893
24SACHOT 100005		14:30-15:30	11	\$2,453	\$2,893
24SACHOT 100006	Sun (6/10-15/12)	09:30-10:30	11	\$2,453	\$2,893
24SACHOT 100007		11:30-12:30	11	\$2,453	\$2,893
24SACHOT 100008		12:30-13:30	11	\$2,453	\$2,893

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
24SACHDO 100001	Wed (9/10-18/12)	16:15-17:15	11	\$2,453	\$2,893
24SACHDO 100002	Fri (4/10-13/12) No class 11/10	17:00-18:00	10	\$2,230	\$2,630
24SACHDO 100003	Sat (5/10-14/12)	14:30-15:30	11	\$2,453	\$2,893
24SACHDO 100004		15:30-16:30	11	\$2,453	\$2,893
24SACHDO 100005	Sun (6/10-15/12)	09:30-10:30	11	\$2,453	\$2,893
24SACHDO 100006		11:30-12:30	11	\$2,453	\$2,893
24SACHDO 100007		14:30-15:30	11	\$2,453	\$2,893

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
24SACHAS 100101	Fri (4/10-13/12) No class 11/10	16:00-17:00	10	\$2,230	\$2,630
24SACHAS 100102	Sat (5/10-14/12)	15:30-16:30	11	\$2,453	\$2,893
24SACHAS 100103		16:30-17:30	11	\$2,453	\$2,893
24SACHAS 100104	Sun (6/10-15/12)	10:30-11:30	11	\$2,453	\$2,893

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
24SACHSE 100001	Tue (8/10-17/12)	16:30-17:30	11	\$2,453	\$2,893
24SACHSE 100002	Wed (9/10-18/12)	17:15-18:15	11	\$2,453	\$2,893
24SACHSE 100003	Sat (5/10-14/12)	10:30-11:30	11	\$2,453	\$2,893
24SACHSE 100004		11:30-12:30	11	\$2,453	\$2,893
24SACHSE 100005		13:30-14:30	11	\$2,453	\$2,893
24SACHSE 100006	Sun (6/10-15/12)	10:30-11:30	11	\$2,453	\$2,893
24SACHSE 100007		12:30-13:30	11	\$2,453	\$2,893
24SACHSE 100008		13:30-14:30	11	\$2,453	\$2,893
24SACHSE 100009		15:30-16:30	11	\$2,453	\$2,893

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
24SACHBS 100201	Fri (4/10-13/12) No class 11/10	16:00-17:00	10	\$2,230	\$2,630
24SACHBS 100202	Sat (5/10-14/12)	10:30-11:30	11	\$2,453	\$2,893
24SACHBS 100203		13:30-14:30	11	\$2,453	\$2,893
24SACHBS 100204		15:30-16:30	11	\$2,453	\$2,893
24SACHBS 100205		08:30-09:30	11	\$2,453	\$2,893
24SACHBS 100206	Sun (6/10-15/12)	10:30-11:30	11	\$2,453	\$2,893
24SACHBS 100207		15:30-16:30	11	\$2,453	\$2,893

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
24SACHCS 100301	Sat (5/10-14/12)	09:30-10:30	11	\$2,453	\$2,893
24SACHCS 100302		12:30-13:30	11	\$2,453	\$2,893
24SACHCS 100303		14:30-15:30	11	\$2,453	\$2,893
24SACHCS 100304	Sun (6/10-15/12)	11:30-12:30	11	\$2,453	\$2,893
24SACHCS 100305		17:30-18:30	11	\$2,453	\$2,893

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
24SACHGS 100401	Thu (3/10-12/12)	16:30-17:30	11	\$2,453	\$2,893
24SACHGS 100402	Sat (5/10-14/12)	13:30-14:30	11	\$2,453	\$2,893
24SACHGS 100403	Sun (6/10-15/12)	09:30-10:30	11	\$2,453	\$2,893
24SACHGS 100404		16:30-17:30	11	\$2,453	\$2,893

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
24SACHES 100501	Mon (7/10-16/12)	17:15-18:15	11	\$2,453	\$2,893
24SACHES 100502	Thu (3/10-12/12)	17:30-18:30	11	\$2,453	\$2,893
24SACHES 100503	Sat (5/10-14/12)	08:30-09:30	11	\$2,453	\$2,893
24SACHES 100504		12:30-13:30	11	\$2,453	\$2,893
24SACHES 100505	Sun (6/10-15/12)	12:30-13:30	11	\$2,453	\$2,893

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
24SACHFS 100601	Fri (4/10-13/12) No class 11/10	16:00-17:00	10	\$2,230	\$2,630
24SACHFS 100602	Sat (5/10-14/12)	09:30-10:30	11	\$2,453	\$2,893
24SACHFS 100603		16:30-17:30	11	\$2,453	\$2,893
24SACHFS 100604	Sun (6/10-15/12)	08:30-09:30	11	\$2,453	\$2,893
24SACHFS 100605		14:30-15:30	11	\$2,453	\$2,893

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
24SAOGMK 100101	Fri (4/10-13/12) No class 11/10	19:00-20:00	10	\$2,230	\$2,630
24SAOGMK 100102	Sat (5/10-14/12)	09:30-10:30	11	\$2,453	\$2,893
24SAOGMK 100103		11:30-12:30	11	\$2,453	\$2,893
24SAOGMK 100104	Sun (6/10-15/12)	15:30-16:30	11	\$2,453	\$2,893
24SAOGMK 100105		16:30-17:30	11	\$2,453	\$2,893

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
24SAOGHH 100201	Fri (4/10-13/12) No class 11/10	19:00-20:00	10	\$2,230	\$2,630
24SAOGHH 100202	Sat (5/10-14/12)	11:30-12:30	11	\$2,453	\$2,893
24SAOGHH 100203	Sun (6/10-15/12)	16:30-17:30	11	\$2,453	\$2,893

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
24SAOGGW 100301	Fri (4/10-13/12) No class 11/10	19:00-20:00	10	\$2,230	\$2,630
24SAOGGW 100302	Sat (5/10-14/12)	10:30-11:30	11	\$2,453	\$2,893
24SAOGGW 100303		19:00-20:00	11	\$2,453	\$2,893

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
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第一組 Group One

24SAOGCT 100101	Wed (2/10-18/12)	16:30-18:00	12	\$4,250
	Sat (5/10-14/12)	16:30-18:00	11	

第二組 Group Two

24SAOGCT 100201	Wed (2/10-18/12)	16:30-18:00	12	\$4,250
	Sun (6/10-15/12)	17:30-19:00	11	

泳隊 B 組

Swimming Team B (Ages 6 – 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
24SAOGBT 100101	Tue (8/10-17/12) No class 1/10	16:30-18:30	11	\$4,600
	Thu (3/10-12/12)	16:30-18:30	11	
	Sun (6/10-15/12)	16:30-18:30	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
24SAOGAT 100101	Mon (7/10-16/12)	18:15-20:00	11	\$4,900
	Wed (2/10-18/12)	18:15-20:00	12	
	Fri (4/10-13/12) No class 11/10	17:00-19:00	10	
	Sat (5/10-14/12)	17:00-19:00	11	
Land Training	Sun (6/10-15/12)	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
24SAOGTM 100101	Mon (7/10-16/12)	20:00-21:45	11	\$3,000
	Wed (2/10-18/12)	20:00-21:45	12	
	Fri (4/10-13/12) No class 11/10	20:00-21:45	10	

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)

24SAADTB 100101	Tue (8/10-17/12)	19:30-20:30	11	\$2,376	\$2,805
24SAADTB 100102	Wed (9/10-18/12)	10:00-11:00	11	\$2,376	\$2,805
24SAADTB 100103	Thu (3/10-12/12)	15:00-16:00	11	\$2,376	\$2,805
24SAADTB 100104	Sun (6/10-15/12)	18:30-19:30	11	\$2,376	\$2,805
24SAADTB 100105		19:30-20:30	11	\$2,376	\$2,805

女子班 Ladies (Ages 16-54)

24SAADLB 100101	Tue (8/10-17/12)	20:30-21:30	11	\$2,376	\$2,805
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先進班 Master (Ages 55 or above)

24SAADMB 100101	Tue (8/10-17/12)	12:15-13:15	11	\$1,518	\$1,870
24SAADMB 100102	Wed (9/10-18/12)	15:00-16:00	11	\$1,518	\$1,870

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)

24SAADTI 100201	Tue (8/10-17/12)	18:30-19:30	11	\$2,376	\$2,805
24SAADTI 100202		19:30-20:30	11	\$2,376	\$2,805

先進班 Master (Ages 55 or above)

24SAADMI 100201	Wed (9/10-18/12)	09:00-10:00	11	\$1,518	\$1,870
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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)

24SAADTA 100301	Tue (8/10-17/12)	20:30-21:30	11	\$2,376	\$2,805
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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
24SAAAMA 100001	Mon (7/10-16/12)	14:00-15:00	11	\$1,518	\$1,870
24SAAAMA 100002	Wed (2/10-18/12)	11:15-12:15	12	\$1,656	\$2,040
24SAAAMA 100003	Fri (4/10-13/12) No class 11/10	11:15-12:15	10	\$1,380	\$1,700

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
24SAAQMA 100001	Tue (8/10-17/12)	10:00-11:00	11	\$1,518	\$1,870
24SAAQMA 100002		11:15-12:15	11	\$1,518	\$1,870
24SAAQMA 100003	Thu (3/10-12/12)	10:00-11:00	11	\$1,518	\$1,870
24SAAQMA 100004		11:00-12:00	11	\$1,518	\$1,870
24SAAQMA 100005	Fri (4/10-13/12) No class 11/10, 29/11	12:20-13:20	9	\$1,242	\$1,530
24SAAQMA 100006		13:20-14:20	9	\$1,242	\$1,530

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
24SAAQUA 100001	Tue (8/10-17/12)	18:30-19:30	11	成人 Adult \$1,848	成人 Adult \$2,255
				先進 Master \$1,518	先進 Master \$1,870
24SAAQUA 100002	Thu (3/10-12/12)	18:30-19:30	11	成人 Adult \$1,848	成人 Adult \$2,255
				先進 Master \$1,518	先進 Master \$1,870

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
24SAAQDA 100001	Thu (3/10-12/12)	19:30-21:00	11	成人 Adult \$2,728	成人 Adult \$3,135
				先進 Master \$2,277	先進 Master \$2,596

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
24SAAQAS 100001	Tue (8/10-17/12)	19:00-20:00	11	成人 Adult \$2,288	成人 Adult \$2,695
				先進 Master \$1,892	先進 Master \$2,233
24SAAQAS 100002	Thu (3/10-12/12)	12:00-13:00	11	成人 Adult \$2,288	成人 Adult \$2,695
				先進 Master \$1,892	先進 Master \$2,233

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

Utilizing 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
24SAAQLB 100001	Tue (8/10-17/12)	16:30-17:30	11	成人 Adult \$2,288	成人 Adult \$2,695
				先進 Master \$1,892	先進 Master \$2,233

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: 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
Utilizing 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 (24/9 或之前 or before)	正價 Original Price
24SASEHS 100001	Wed (9/10-6/11)	10:30-11:15	5	會員 Mem \$700	會員 Mem \$800
				非會員 NMem \$825	非會員 NMem \$950
24SASEHS 110001	Wed (13/11-18/12) No class 27/11	10:30-11:15	5	會員 Mem \$700	會員 Mem \$800
				非會員 NMem \$825	非會員 NMem \$950

水中膝健班

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
Utilizing 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 (24/9 或之前 or before)	正價 Original Price
24SASEKS 100001	Wed (9/10-6/11)	12:15-13:15	5	會員 Mem \$875	會員 Mem \$1,000
				非會員 NMem \$1,063	非會員 NMem \$1,200
24SASEKS 110001	Wed (13/11-18/12) No class 27/11	12:15-13:15	5	會員 Mem \$875	會員 Mem \$1,000
				非會員 NMem \$1,063	非會員 NMem \$1,200

水中運動班: 類風濕關節炎

Aqua Aerobics for Rheumatoid Arthritis

透過水的特性及各式的協調運動, 舒緩不適感, 改善關節活動範圍和靈活性, 從而增強肌肉的力量, 提供更好的支撐和保護關節

Utilizing the properties of water and a variety of coordinated movements, relieve discomfort, improve joint range of motion and flexibility, thereby enhancing muscle strength, and providing better support and protection for the joints

編號 Code	日期 Date	時間 Time	堂數 Sessions	早鳥優惠 Early Bird (24/9 或之前 or before)	正價 Original Price
24SASEIS 100001	Tue (8/10-29/10)	17:30-18:30	4	會員 Mem \$740	會員 Mem \$840
				非會員 NMem \$880	非會員 NMem \$1,000
24SASEIS 110001	Tue (5/11-26/11)	17:30-18:30	4	會員 Mem \$740	會員 Mem \$840
				非會員 NMem \$880	非會員 NMem \$1,000
24SASEIS 120001	Tue (3/12-17/12)	17:30-18:30	3	會員 Mem \$555	會員 Mem \$630
				非會員 NMem \$660	非會員 NMem \$750

水中運動班: 坐骨神經痛・寒背・脊椎側彎

Aqua Aerobics for Sciatica, Rounded Back, Scoliosis



改善腰部活動能力, 舒緩坐骨神經痛

Improve waist mobility



改善核心肌耐力, 提高身體的支撐力, 舒緩寒背

Improve core muscle endurance



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

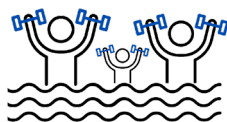
Strengthen joints, provide better support and protect joints

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
8/10-17/12	Every Tue	18:30-19:30	1	\$190/ lesson	\$230/ lesson
3/10-12/12	Every Thu	18:30-19:30	1	\$190/ lesson	\$230/ 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
8/10-17/12	Every Tue	19:00-20:00	1	\$230/ lesson	\$275/ 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
3/10-12/12	Every Thu	19:30-21:00	1	\$280/ lesson	\$320/ 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
Utilizing 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
8/10-17/12	Every Tue	16:30-17:30	4	\$880	\$1,060

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

備註 Remarks:
部份試玩班報名參加一堂, 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 in specific trial classes! (This offer is limited to one per person.)

6 - 35 months B B 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**

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
24SASEAS 100001	Thu (3/10-24/10)	13:00-14:00	4	\$840	\$1,000
24SASEAS 100002	Thu (31/10-21/11)	13:00-14:00	4	\$840	\$1,000