

# 攀登及南丫島活動中心課程 Climbing and Lamma Centre 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 (Climbing) /  
lamma@ymcahk.org.hk (Lamma)

臉書 Facebook : climbingwithymca (Climbing) /  
YMCA Lamma (Lamma)

## 地點 Venue Location

1. 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况而取消，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，才能報讀有標記的課程，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.

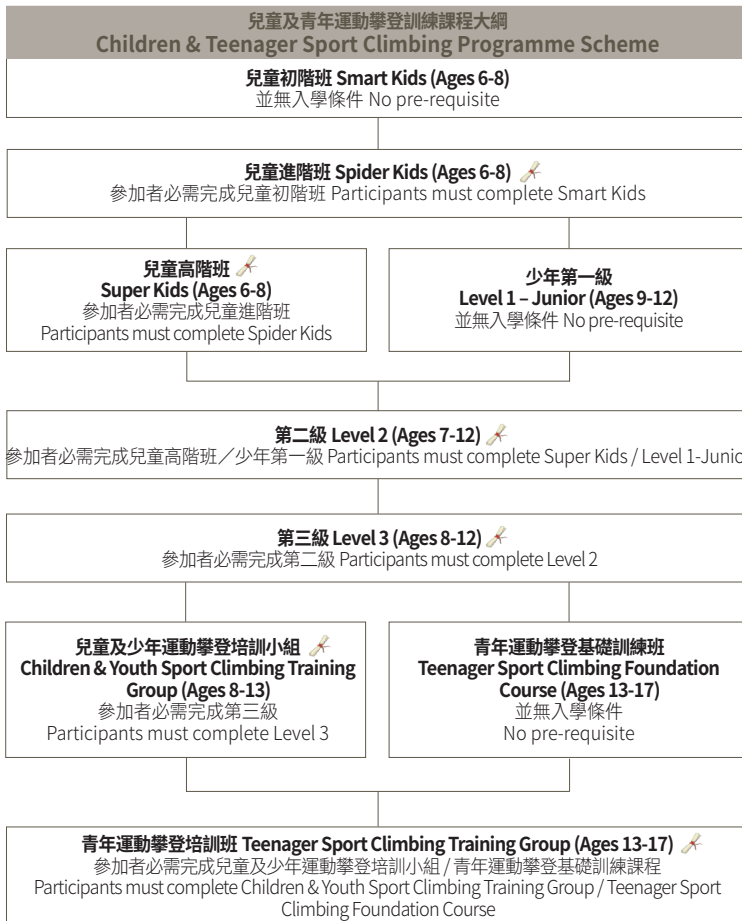
### 頂繩攀登技術評核 (13 歲或以上)

#### 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 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



## 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核。學員通過評核後，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券。

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石技巧。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核人士而設，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.

| 編號<br>Code      | 日期<br>Date  | (一) Mon     | (二) Tue     | (四) Thu     | (六) Sat     | (日) Sun     | 堂數<br>Sessions | 會員<br>Mem | 非會員<br>NMem |
|-----------------|-------------|-------------|-------------|-------------|-------------|-------------|----------------|-----------|-------------|
| 24SPSMAR 100101 | 7/10-9/12   | 16:30-17:30 |             |             |             |             |                |           |             |
| 24SPSMAR 100102 | 8/10-10/12  |             | 16:30-17:30 |             |             |             |                |           |             |
| 24SPSMAR 100103 | 10/10-12/12 |             |             | 16:30-17:30 |             |             |                |           |             |
| 24SPSMAR 100104 | 5/10-7/12   |             |             |             | 10:00-11:00 |             | 10             |           |             |
| 24SPSMAR 100105 | 5/10-7/12   |             |             |             | 11:00-12:00 |             |                |           |             |
| 24SPSMAR 100106 | 6/10-8/12   |             |             |             |             | 10:00-11:00 |                |           |             |
| 24SPSMAR 100107 | 6/10-8/12   |             |             |             |             | 11:00-12:00 |                |           |             |
| 24SPSPID 100201 | 7/10-9/12   | 16:30-17:30 |             |             |             |             |                |           |             |
| 24SPSPID 100202 | 8/10-10/12  |             | 16:30-17:30 |             |             |             |                |           |             |
| 24SPSPID 100203 | 10/10-12/12 |             |             | 16:30-17:30 |             |             |                |           |             |
| 24SPSPID 100204 | 5/10-7/12   |             |             |             | 10:00-11:00 |             | 10             | \$1,600   | \$1,800     |
| 24SPSPID 100205 | 5/10-7/12   |             |             |             | 11:00-12:00 |             |                |           |             |
| 24SPSPID 100206 | 6/10-8/12   |             |             |             |             | 10:00-11:00 |                |           |             |
| 24SPSPID 100207 | 6/10-8/12   |             |             |             |             | 11:00-12:00 |                |           |             |
| 24SPSUPE 100301 | 7/10-9/12   | 16:30-17:30 |             |             |             |             |                |           |             |
| 24SPSUPE 100302 | 8/10-10/12  |             | 16:30-17:30 |             |             |             |                |           |             |
| 24SPSUPE 100303 | 10/10-12/12 |             |             | 16:30-17:30 |             |             |                |           |             |
| 24SPSUPE 100304 | 5/10-7/12   |             |             |             | 10:00-11:00 |             | 10             |           |             |
| 24SPSUPE 100305 | 5/10-7/12   |             |             |             | 11:00-12:00 |             |                |           |             |
| 24SPSUPE 100306 | 6/10-8/12   |             |             |             |             | 10:00-11:00 |                |           |             |
| 24SPSUPE 100307 | 6/10-8/12   |             |             |             |             | 11:00-12:00 |                |           |             |

室內攀石場系列  
Indoor Climbing Wall

兒童及少年運動攀登 兒童初階班  
訓練課程  
Smart Kids  
(Ages 6-8)

Children & Youth  
Sport Climbing  
Programme

兒童進階班  
Spider Kids  
(Ages 6-8)

兒童高階班  
Super Kids  
(Ages 6-8)



| 編號<br>Code  | (六) Sat<br>5,12,19,26/10       | (日) Sun<br>20,27/10          | (六) Sat<br>2,9,16,23/11 | (日) Sun<br>17,24/11          | (日) Sun<br>8,15/12           | 堂數<br>Sessions | 會員<br>Mem | 非會員<br>NMem |
|---|--------------------------------|------------------------------|-------------------------|------------------------------|------------------------------|----------------|-----------|-------------|
| 成人運動攀登<br>訓練課程<br>(16歲或以上)<br>Adult Sport<br>Climbing<br>Programme<br>(Ages 16 or<br>above)   | 24SPADCC 100101<br>14:30-17:15 | 10:30-13:00 &<br>14:00-17:00 | 14:30-17:15             |                              |                              | 4              | \$890     | \$1,090     |
| 一級運動攀登訓練課程<br>(中國香港攀山及攀繩總會證書)*<br>Level 1 Sport Climbing Certificate<br>Course (recongized by CHKMCU)*                                |                                |                              |                         | 10:30-13:00 &<br>14:00-17:00 |                              | 2              |           |             |
| * 本課程之出席率必須為 100% 才可<br>獲准考試或總會證書<br>Participants must have full<br>attendance to be eligible for the<br>examination or certification |                                |                              |                         |                              |                              | 4              |           |             |
|   |                                |                              |                         | 10:30-13:00 &<br>14:00-17:00 |                              | 2              |           |             |
|   |                                |                              |                         |                              | 10:30-13:00 &<br>14:00-17:00 | 2              |           |             |

| 編號<br>Code  | 日期<br>Date | (三) Wed     | (六) Sat     | 堂數<br>Sessions | 會員/非會員<br>Mem/NMem |
|---|------------|-------------|-------------|----------------|--------------------|
| 成人運動攀登訓練課程<br>入門訓練班 (16歲或以上)<br>Adult Sport Climbing Programme<br>Introductory Course (Ages 16 & above) | 5/10       |             | 14:30-17:30 |                |                    |
|   | 9/10       | 18:45-21:45 |             |                |                    |
|   | 19/10      |             | 14:30-17:30 |                |                    |
|   | 23/10      | 18:45-21:45 |             |                |                    |
|   | 2/11       |             | 14:30-17:30 |                |                    |
|   | 6/11       | 18:45-21:45 |             | 1              | \$420              |
|   | 16/11      |             | 14:30-17:30 |                |                    |
|   | 20/11      | 18:45-21:45 |             |                |                    |
|   | 4/12       | 18:45-21:45 |             |                |                    |
|   | 7/12       |             | 14:30-17:30 |                |                    |
|   | 11/12      | 18:45-21:45 |             |                |                    |
|   | 14/12      |             | 14:30-17:30 |                |                    |

| 編號<br>Code  | (二) Tue<br>8,15,22,29/10 | (二) Tue<br>5,12,19,26/11 | (二) Tue<br>3,10,17,24/12 | 堂數<br>Sessions | 會員/非會員<br>Mem/NMem |
|---|--------------------------|--------------------------|--------------------------|----------------|--------------------|
| 成人運動攀登訓練課程<br>進階訓練班<br>(16歲或以上)   | 19:30-21:30              |                          |                          | 4              |                    |
| Adult Sport Climbing Programme<br>Progressive Course<br>(Ages 16 & above) |                          | 19:30-21:30              |                          | 4              | \$550              |
|   |                          |                          | 19:30-21:30              | 4              |                    |

## 親子活動 FAMILY EVENT

### 親子攀登同樂日

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

| 編號<br>Code      | 日期<br>Date  | 時間<br>Time  | 名額<br>Capacity |
|-----------------|-------------|-------------|----------------|
| 24SPFCFD 100001 | 12/10 (Sat) | 14:00-15:30 | 12             |
| 24SPFCFD 100002 | 20/10 (Sun) | 14:00-15:30 |                |
| 24SPFCFD 110001 | 9/11 (Sat)  | 14:00-15:30 |                |
| 24SPFCFD 110002 | 17/11 (Sun) | 14:00-15:30 |                |
| 24SPFCFD 120001 | 7/12 (Sat)  | 14:00-15:30 |                |
| 24SPFCFD 120002 | 15/12 (Sun) | 14:00-15:30 |                |

費用 (每位) Fee (per person) :  
Mem \$135 / NMem \$155

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<br>Code      | 日期<br>Date       | 時間<br>Time  | 堂數<br>Sessions | 名額<br>Capacity |
|-----------------|------------------|-------------|----------------|----------------|
| 24SPCWYK 100001 | 13 & 20/10 (Sun) | 14:00-16:00 | 2              | 8              |
| 24SPCWYK 110001 | 10 & 17/11 (Sun) |             |                |                |
| 24SPCWYK 120001 | 8 & 15/12 (Sun)  |             |                |                |

費用 (每位) Fee (per person) :  
Mem \$500 / NMem \$550

(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.

