

開放時間 Opening Hours : 星期一至五 Mon to Fri 17:30-22:30  
 星期六 Sat 09:30-22:30  
 星期日 Sun 09:30-18:30  
 公眾假期 Public Holiday CLOSE

查詢 Enquiry : 2782 6682  
 電郵 Email : kpcc@ymcahk.org.hk  
 網頁 Website : www.kpcc.ymcahk.org.hk  
 Facebook : www.facebook.com/YMCAKPCC  
 Instagram : www.instagram.com/kpcc\_ymcahk

## 上課地點 Venue Location:

油麻地加士居道 22 號 22 Gascoigne Road, Yau Ma Tei

1. KP Rink: 室外有蓋單線滾軸溜冰曲棍球場 Outdoor Covered Inline Hockey Rink
2. KP Wall: 室外攀石場 Outdoor Climbing Wall
3. KP Crt: 室外網球場 Outdoor Tennis Court
4. KP Function Room: 室內多用途活動室 Indoor Multi-purpose Function Room

## 學員注意事項 Reminders for Participants

報名程序現於網上進行，報名詳情請參考 P.2-4.

An online enrolment platform is available, please refer to P.2-4 for more details.

## 授課語言 Language

粵語輔以英語 Cantonese supplemented with English

## 儲物櫃 Use of locker

本會設有儲物櫃可供學員租用，請前往接待處查詢及辦理手續。

Locker rental service is available for all participants. Please proceed to our reception counter for details.

## 衣著 Dress Code

請穿舒適運動衣服，不脫色運動鞋 (運動攀登課程除外\*)。

Comfortable sportswear is recommended and non-marking sports shoes are required (except Climbing programme\*).

\* 運動攀登課程：請穿著薄底鞋

\*Sport Climbing Programmes: Participants are required to wear thin sole shoes

## 醫療建議 Medical Advice

本會建議在參與較劇烈的適能運動前，先諮詢你的家庭醫生，特別是平常較少運動或年過 40 及曾患有心臟病或關節毛病人士。

The YMCA recommends all participants, especially those aged over 40 or with a history of medical concerns, to consult their medical doctor to obtain physical and medical advice prior to participation in classes.

## 備註 Remarks:

1. 公眾假期不用上課 (星期日所舉辦的特別課程除外)  
No class on public holiday (except special class held on Sunday)
2. 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 (補課日期一般在課程完後的日期順延)。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 bad weather or other special circumstances, we reserve the right to arrange make-up classes at designated date and time (usually the make-up class is arranged upon the completion of the course chronologically). No refund will be provided for absences from the make-up class. If no make-up class can be arranged, fees paid will be refunded to participant E-Wallet on pro-rata basis after the completion of the programme.



## 京士柏戶外運動攀登 KPCC OUTDOOR SPORT CLIMBING



### SPORTS CLIMBING 戶外運動攀登

注意事項 Reminders :

- 1) 攀登器材由本會提供 Climbing equipment will be provided
- 2) 學員需穿著運動衣服及薄底鞋 Participants are required to wear sportswear and thin sole sneakers

## 兒童運動攀登課程

### Children Sport Climbing Training Course (Ages 6-8)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKCCHE 100101	Sat 12/10-14/12	11:00-13:00	10	KP Wall	\$2,550	\$3,000

### Children Sport Climbing Training Course (Ages 9-11)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKCCHE 100201	Sat 12/10-14/12	11:00-13:00	10	KP Wall	\$2,550	\$3,000

## 青少年運動攀登入門班

### Youth Sport Climbing Elementary Course (Ages 12-17)

學員將會學習基本防護及攀爬技巧，經測試合格後，將獲發評核咭並可到本會尖沙咀之室內攀石場使用。

Learn the basic techniques of belaying and climbing in a semi-private class setting. Upon completion of the course and passing a safety test assessment, students will be awarded an assessment card which can be used in our Indoor Climbing Wall at YMCA (TST) to climb on their own.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKCYOE 100101	Fri 18/10-20/12	17:00-19:00	10	KP Wall	\$2,600	\$3,050
24SKCYOE 100102	Sat 12/10-14/12	14:00-16:00	10	KP Wall	\$2,600	\$3,050

備註 Remarks :

1. 不須經驗 No experience is required
2. 請提供 2 張相片 Please provide 2 photos. Assessment is included

## 青少年運動攀登技術改良班

### Youth Sport Climbing Technique Improvement Course (Ages 12-17)

學員除透過課程提升攀爬技巧及體能外，更有機會代表本會參加比賽。 Besides enhancing their climbing technique and fitness, participant will also have the opportunity to participate in climbing competition on behalf of YMCA of Hong Kong.

入學條件：須持有本中心之攀登評核證  
Pre-requisite: Must be YMCA Climbing Assessment Cardholders

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKCYOI 100201	Fri 18/10-20/12	17:00-19:00	10	KP Wall	\$2,600	\$3,050
24SKCYOI 100202	Sat 12/10-14/12	16:00-18:00	10	KP Wall	\$2,600	\$3,050

備註 Remarks:  
學員必須穿著攀岩鞋  
Participants are required to wear climbing shoes

## 攀登技術評核 – 頂繩 / 引繩

### Climbing Assessment – Top Roping / Lead Climbing (Ages 14 or above)

為安全理由，凡使用本會之攀石場，需通過攀登評核測試方可使用。  
頂繩 – 合格後可使用本會尖沙咀之室內攀石場。  
引繩 – 合格後可使用本會京士柏之室外攀石場。  
For safety reasons, climbers who wish to use our climbing wall, must pass the assessment first.  
Top Roping – Climbers will be allowed to climb at YMCA (TST) Indoor Climbing Wall after passing the assessment.  
Lead Climbing – Climbers will be allowed to climb at YMCA King's Park Centenary Centre Outdoor Climbing Wall after passing the assessment.

	頂繩 Top Rope	引繩 Lead Climb
費用 Fee	會員 Mem / 非會員 Nmem \$285 / \$315	

備註 Remarks:  
1. 請致電 2782 6682 或電郵 kpcc@ymcahk.org.hk 預約  
Advance booking is required by Tel: 2782 6682 or email kpcc@ymcahk.org.hk  
2. 本會提供測試器材 Climbing equipment will be provided during assessment  
3. 請提供 2 張相片 Please provide 2 photos

## 運動攀登一級班 – 頂繩

### Sport Climbing Course Level 1 – Top Roping (Ages 18 & above)

適合想認識更多攀爬技巧之學員，此課程內容包括學習 8 字結、防護器材使用、攀爬技巧及安全意識。  
Participants will learn about the figure 8 knot, belay device (ATC & GriGri) use, fundamental climbing techniques and safety procedures.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKCATR 100101	Mon & Thu 7/10-24/10	19:30-22:00	6	KP Wall	\$1,530	\$1,770
24SKCATR 110101	Mon & Thu 4/11-21/11	19:30-22:00	6	KP Wall	\$1,530	\$1,770
24SKCATR 120101	Mon & Thu 2/12-19/12	19:30-22:00	6	KP Wall	\$1,530	\$1,770

備註 Remarks:  
1. 不須經驗 No experience is required.  
2. 請提供 2 張相片，包括評核試 Please provide 2 photos. Assessment is included

## 領攀預備班

### Lead Climbing Preparation & Technique Course (Ages 18 or above)

本課程是入門班之延續，主要提供場地、線路及駐場教練讓同學自行練習。特別為有興趣改善攀爬技巧及準備為進一步學習領攀之人士而設，教練會因應個別學員所需而提供適當的指導。  
This course is designed for climbers who have finished elementary course and wish to improve their climbing abilities in preparation for lead climbing course. Professional instruction will be given according to the needs of each individual.

入學條件：須持有本中心之攀登評核證  
Pre-requisite: Must be YMCA Climbing Assessment Cardholders

編號 Code	日期 Date	時間 Time	堂數	地點 Venue	會員 Mem	非會員 NMem
24SKCALC 100101	Wed 2/10-6/11	19:30-22:00	6	KP Wall	\$1,530	\$1,770
24SKCALC 110101	Wed 13/11-18/12	19:30-22:00	6	KP Wall	\$1,530	\$1,770

備註 Remarks:  
學員必須自備攀岩鞋  
Participants are required to bring their own climbing shoes

## 運動攀登二級班 – 領攀

### Sport Climbing Course Level 2 - Lead Climbing (Ages 18 or above)

本課程集中教授領攀技巧、領攀防護、如何避免受傷、身體移動及節省力量技巧。  
This class focuses on lead climbing, lead belaying, injury prevention, footwork, body movement, grips and energy saving techniques.

入學條件：須持有本中心之攀登評核證  
Pre-requisite: Must be YMCA Climbing Assessment Cardholders

編號 Code	日期 Date	時間 Time	堂數	地點 Venue	會員 Mem	非會員 NMem
24SKCALC 100201	Tue & Fri 8/10-29/10 No class on 11/10	19:30-22:00	6	KP Wall	\$2,040	\$2,310
24SKCALC 110201	Tue & Fri 5/11-22/11	19:30-22:00	6	KP Wall	\$2,040	\$2,310
24SKCALC 120201	Tue & Fri 3/12-20/12	19:30-22:00	6	KP Wall	\$2,040	\$2,310

備註 Remarks:  
1. 學員必須自備攀岩鞋  
Participants are required to buy own climbing shoes  
2. 請提供 2 張相片，包括評核試  
Please provide 2 photos. Assessment is included

# 推廣優惠：最高可享 7 折  
Special Offer: Max. 30% off

## 運動攀登私人教授

### Sport Climbing Private Coaching (Ages 6 or above)

本會教練樂意助你解決攀石疑難，針對你的需要給與指導，適合不同程度人士及可自由安排時間。  
Our experienced instructors are always available to help diagnose the problems, give new climbing tricks and cater for individual's climbing needs. Available to all levels of ability and special time arrangements can be made.

# 推廣優惠：單次預購私人教授 4-7 小時可享 8 折或 8-12 小時可享 7 折，需於三個月內完成，否則逾時作廢。  
Special Offer: For a single advanced purchase of private coaching service either of 4-7 hours or 8-12 hours, you can enjoy discounts of 20% and 30% respectively. Booking hours should be used within 3 months, otherwise they will be expired.

人數 Person	會員 Mem 每小時 / Per Hour	非會員 NMem 每小時 / Per Hour
1 人	\$620	\$690
2 人	\$780	\$850

請致電 2782 6682 或 kpcc@ymcahk.org.hk 預約。  
Advance booking is required by Tel: 2782 6682 or email kpcc@ymcahk.org.hk

## 網球 TENNIS



## 網球 TENNIS

**一級班**  
**Level 1**

介紹正確握拍，基本控球及擊球技術。  
Introduce the basic techniques, ball control, strokes and correct grip.

**二級班**  
**Level 2**

改良基本技術，強調擊球正確姿勢，步法及比賽規則。  
Improve basic skills, with emphasis on stroke improvement, footwork and rules of competition.

**三級班**  
**Level 3**

強調比賽戰術及技巧。  
Emphasize on tactics and formal game practice.

注意事項 Reminders：請自備網球拍 Please bring your own racquet

### 幼兒網球班 Tennis Tots (Ages 3-5)

介紹正確握拍，基本控球及擊球技術  
Introduce the basic techniques, ball control, strokes and correct grip

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKTTOT 100001	Fri 18/10-20/12	16:30-17:30	10	KP Crt / KP Function Room	\$1,500	\$1,750
24SKTTOT 100002	Sat 12/10-14/12	16:30-17:30	10	KP Crt / KP Function Room	\$1,500	\$1,750

### 兒童網球班 Children Tennis Course (Ages 6-12)

介紹正確握拍，基本控球及擊球技術。  
Introduce the basic techniques, ball control, strokes and correct grip.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKTCHT 100001	Fri 18/10-20/12	17:30-19:00	10	KP Crt	\$1,900	\$2,250
24SKTCHT 100002	Sat 12/10-14/12	11:00-12:30	10	KP Crt	\$1,900	\$2,250



### 成人網球班

### Adult Tennis Training Course (Ages 18 or above)

#### 一級班 Level 1

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKTATE 100101	Tue 8/10-10/12	19:30-21:30	10	KP Crt	\$2,300	\$2,700
24SKTATE 100102	Sat 12/10-14/12	17:30-19:30	10	KP Crt	\$2,300	\$2,700

### 成人網球班

### Adult Tennis Training Course (Ages 18 or above)

#### 二級班 Level 2

入學條件 Pre-requisite：完成一級班或同等課程  
Completed Level 1 or equivalent

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKTATI 100201	Mon 7/10-9/12	18:30-20:30	10	KP Crt	\$2,300	\$2,700
24SKTATI 100202	Tue 8/10-10/12	19:30-21:30	10	KP Crt	\$2,300	\$2,700
24SKTATI 100203	Wed 16/10-18/12	19:30-21:30	10	KP Crt	\$2,300	\$2,700



### 網球私人訓練

### Tennis Private Coaching

本會也提供初級至高級私人網球訓練以及比賽技巧，可配合個人程度及時間需要上課。

Private coaching is available for those who wish to have intensive training on all aspects of tennis game. It is tailor made to fit for your ability and specific training schedule.

請致電 2782 6682 或 kpcc@ymcahk.org.hk 查詢及預約

For enquiries and booking, please contact KPCC at 2782 6682 or email kpcc@ymcahk.org.hk



## 排球 VOLLEYBALL



授課語言：粵語

備註 Remarks：參加者須穿著運動服裝及不脫色運動鞋。  
Participants should wear sportswear and non-marking sports shoes.

### 兒童排球基礎班 (5-8 歲)

透過遊戲及大肌肉鍛煉，協助年幼學員在輕鬆的環境下，提升球感及體適能，同時為學員建立排球基礎技巧。

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKVCHE 100101	Sun 6/10-8/12	15:00-16:30	10	KP Rink	\$2,400	\$2,700

### 兒童排球全方位訓練班 (9-12 歲)

提升個人排球基礎技巧，鞏固技術，並培養團隊意識；透過多元化訓練，從而令學員保持新鮮感，以達至更全面發展。

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKVYOE 100101	Sun 6/10-8/12	16:30-18:00	10	KP Rink	\$2,400	\$2,700
24SKVYOE 100102	Fri 4/10-13/12 *no class 11/10	18:30-20:30	10	KP Rink	\$2,400	\$2,700

## 跆拳道 TAEKWONDO

跆拳道乃韓國的傳統國技，是一項集強身健體的武藝運動之外，也同是重視培育學員的品德及自律精神。此課程會以遊戲方式教授跆拳道的基本技巧，透過互動教學，可有助提升小朋友對跆拳道的興趣及學習尊師重道的精神。

Taekwondo is a form of Korean Martial Arts which not only consists of training body fitness, but also emphasises on self-discipline and determination aspects of training. Toddlers will learn the basic taekwondo skills through fun-filled games in an interactive learning format.



注意事項 Reminders：學員參與級別考核測試必須向本會導師購買 \$430 指定制服及練習靶  
Participants who are going to take Grading Examination are required to pay \$430 for the purchase of uniform and mitt

### 幼兒跆拳道 一級班

#### Taekwondo Tots – Level 1 (Ages 3-5)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKWTOT 100101	Sun 6/10-8/12	12:00-13:00	10	KP Function Rm / KP Rink	\$1,200	\$1,500

### 幼兒跆拳道 二級班

#### Taekwondo Tots – Level 2 (Ages 3-5)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKWTOT 100201	Sun 6/10-8/12	11:00-12:00	10	KP Function Rm / KP Rink	\$1,200	\$1,500

### 兒童及青少年跆拳道

#### Junior Taekwondo (Ages 6-12)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKWJUT 100001	Sun 6/10-8/12	09:30-11:00	10	KP Function Rm / KP Rink	\$1,800	\$2,100

## 單線滾軸溜冰 Inline Skating



### KPCC INLINE SKATING

## 單線滾軸溜冰



# 1

#### 一級班 LEVEL 1

平衡步法、基本前溜、後溜、前轉向、前交叉轉向介紹、前溜轉後溜、減速及制動技巧。  
Skills of balance, forward and backward skating, basic turning, introduction of forward crossover, forward/backward transition and stopping technique.

# 2

#### 二級班 LEVEL 2

強化平衡訓練、前溜進階轉向、前交叉轉向、後溜轉向、T字滑行前溜停、蛇形滑行、前溜外孤線/內孤線。  
Improve basic skills, advanced turning, forward crossover, backward stroke, T-stop, slalom, R.O.F - L.O.F/R.I.F - L.I.F.

# 3

#### 三級班 LEVEL 3

後溜交叉轉向、前轉後溜高速制動、基本跳躍技巧、起步、曲棍球及速度滑行介紹。Backward crossover, backward powers slide, advanced stopping, jumping, start-up, and introduction hockey and speed skating.

# 4

#### 選項 OPTION 1 >>>

推薦有潛質之學員加入香港代表隊接受訓練  
Recommend potential students to join the Hong Kong team for training

#### 選項 OPTION 2 >>>

學習單線滾軸曲棍球基本技巧和知識。  
Foundation of Inline Hockey basic skills and knowledge would be introduced.



#### 注意事項 Reminders :

單線滾軸溜冰學員需自備滾軸溜冰鞋及護具 ( 頭盔, 護腕, 護膝及護肘 ). Skaters are required to bring their own equipment (helmet, elbow pad, wrist guard and knee pad included).

### 兒童單線滾軸溜冰一級班

#### Children Inline Skating - Level 1 (Ages 5-12)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKICST 100101	Sun 13/10-1/12	10:30-11:30	8	KP Rink	\$1,360	\$1,560
24SKICST 100102	Tue 15/10-3/12	17:30-18:30	8	KP Rink	\$1,360	\$1,560
24SKICST 100103	Thu 10/10-28/11	16:30-17:30	8	KP Rink	\$1,360	\$1,560

### 兒童單線滾軸溜冰二級班

#### Children Inline Skating - Level 2 (Ages 5-12)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKICST 100201	Sun 13/10-1/12	11:30-12:30	8	KP Rink	\$1,360	\$1,560
24SKICST 100202	Thu 10/10-28/11	17:30-18:30	8	KP Rink	\$1,360	\$1,560

### 兒童單線滾軸溜冰三級班

#### Children Inline Skating - Level 3 (Ages 5-12)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKICST 100301	Sun 13/10-1/12	12:30-13:30	8	KP Rink	\$1,360	\$1,560



### 青少年及成人單線滾軸溜冰體驗班 (16歲或以上)

#### Youth and Adult Inline Skating - Intensive Class (Ages 16 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKICSI 100101	Tue 15/10-5/11	19:00-20:00	4	KP Rink	\$680	\$780
24SKICSI 110101	Tue 12/11-3/12	19:00-20:00	4	KP Rink	\$680	\$780

## 單線滾軸曲棍球 Inline Hockey

### INLINE HOCKEY 單線滾軸曲棍球



**一級班 LEVEL 1**  
適合從未接觸單線滾軸溜冰 / 曲棍球的參加者。教授滾軸溜冰基本技巧 (基本平衡, 前溜, 轉向, 制動), 以及介紹單線滾軸曲棍球基本技巧和知識。  
It is suitable for participants who have never learnt inline skating/hockey before. Foundation of inline skating skills (basic balance, forward, turns & stop), and Inline Hockey basic skills and knowledge would be introduced.

**二級班 LEVEL 2**  
預備姿勢, 單線滾軸溜冰技巧, 基本控球, 前向後溜運球, 基本正手傳球和接球, 射球介紹。  
Ready position, skating control, basic puck control, basic stance, forward to backward dribble, foundation passing and receiving, introduction of wrist shot.

**三級班 LEVEL 3**  
控球技巧, 射球手法, 基本快速射球, 射球重心轉移, 球隊團體行動, 進攻概念, 防守位置, 守龍門簡介和基本球例規則介紹。  
Puck protection, wrist shot, basic snap shot, shooting with weight transfer, team play, offensive concepts, defensive position, face off techniques, goaltending and basic rules.

### 兒童單線滾軸曲棍球 CHILDREN INLINE HOCKEY



**頭盔及面罩  
HELMET W/  
FULL CAGE**

**護肘  
ELBOW PAD**

**手套  
GLOVE**

**保護短褲  
INLINE GIRDLE**

**球桿  
STICK**

**護脛  
SHIN GUARD**

**曲棍球裝備清單  
HOCKEY EQUIPMENT LIST**

#### 注意事項 Reminders :

1. 本會只為一級班之學員提供限量滾軸溜冰鞋及護具 (頭盔, 護肘, 手套, 護脛), 其他級別的學員請自備滾軸溜冰鞋及護具。學員如有需要, 本中心可提供租借服務。

Inline skates and protective gear(helmet, elbow pad, glove, shin guard) will be provided on a limited stock basis for **LEVEL 1 COURSE** only. We strongly recommend participants to bring their own inline skates and protective gear as this will provide a better skating experience. Equipment rental service is available in our centre.

### 單線滾軸 曲棍球 INLINE HOCKEY KPPC

JOIN US



#### 兒童單線滾軸曲棍球一級班

#### Children Inline Hockey - Level 1 (Ages 5-12)

本課程適合有興趣但從未接觸滾軸溜冰無須經驗的人士參加。

This course is suitable for anyone who is interested in inline skating without prior experience.

課程前四課部分教授單線滾軸溜冰基本技巧如前溜、左右轉向、制動, 後四課 (無需穿著滾軸曲棍鞋) 介紹曲棍球裝備及曲棍球基本技巧。完成本課程後可繼續參與單線滾軸曲棍球二級班。

This course focuses on teaching basic inline skating skill in first four sessions, and covers basic hockey skills and knowledge in the last four sessions(Off skates). Upon completion of this course, participants will be eligible to continue into the Inline Hockey Level 2 Course. They will learn basic skills through fun games, drills and practices.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKICHY 100101	Sat 12/10-30/11	11:30-12:30	8	KP Rink	\$1,520	\$1,760

#### 兒童單線滾軸曲棍球二級班

#### Children Inline Hockey - Level 2 (Ages 5-12)

入學條件 Pre-requisite : 完成單線滾軸溜冰二級班或以上之同等課程, 或完成單線滾軸曲棍球一級班及需要推薦書或同等課程。

Completed Inline Skating Level 2 or above course or equivalent or completed Inline Hockey Level 1 course and recommendation slip or equivalent are required.

本會教練將教授單線滾軸曲棍球的基本球例及基本技巧, 如曲棍球棒的運用、傳球、接球技巧及基本射球方法。學員可透過各類活動及遊戲學以致用, 增加學員參與度及樂趣。

Experienced coaches will teach the rules and basic fundamental skills of Inline Hockey, including stick handling, passing, shooting and team play. Through activities and games, all players will enhance their participation and enjoyment.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKICHY 100201	Sat 12/10-30/11	13:00-14:30	8	KP Rink	\$2,240	\$2,560



## 京士柏特別活動推介 King's Park Special Programme Series

如你想與摯愛小朋友度過一個不一樣的周末，好好享受不同體育運動的樂趣，並藉此增進親子溝通，請立即報名參加本中心下列的親子運動同樂日啦！

Do you want to have a special weekend with your beloved kids? It is a good idea to have a healthy sports day with your family at King's Park. Through playing sports together, you will enhance your interaction with other family members, and enjoy an unforgettable family fun weekend. Act now to enrol in Family Sport Fun Day Series!



### 攀登同樂日

### Climbing Fun Day

編號 Code	日期 Date	時間 Time	地點 Venue	會員 Mem		非會員 NMem	
				兒童 Children	青少年 及成人 Y & A	兒童 Children	青少年及 成人 Y & A
24SKCCFD 100001	Sun 20/10	14:00- 16:30	KP Wall	\$185		\$210	
24SKCCFD 100002	Sun 20/10	14:00- 16:30	KP Wall		\$235		\$260
24SKCCFD 110001	Sun 17/11	14:00- 16:30	KP Wall	\$185		\$210	
24SKCCFD 110002	Sun 17/11	14:00- 16:30	KP Wall		\$235		\$260
24SKCCFD 120001	Sun 15/12	14:00- 16:30	KP Wall	\$185		\$210	
24SKCCFD 120002	Sun 15/12	14:00- 16:30	KP Wall		\$235		\$260



### 親子家庭溜冰樂

### (5-11 歲兒童及青少年及 18 歲或以上家長 / 監護人) Family Skating Fun (Children Ages 5-11 & Parents/Guardians Ages 18 and above)

此課程既可讓家長跟子女們一齊學習單線滾軸溜冰。包括平衡步法、基本前溜、制動技巧，更可一同享受家庭樂，建立親子關係。

The course provides an opportunity for parents and children to learn basic skills of balance, basic forward and stopping technique of inline skating, but also allows interaction among family members.

單線滾軸溜冰學員需自備滾軸溜冰鞋及護具 (頭盔, 護腕, 護膝及護肘)

Skater are required to bring their own equipment (helmet, elbow pad, wrist guard and knee pad included)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	1名成人+1名兒童 1 Adult + 1 Child.		額外每個成人/兒童 Extra Per Person	
					Mem	NMem	Mem	NMem
24SK ICSF12 0001	Sun 8/12-22/12	11:00	3	KP Rink	\$750	\$870	Nil	Nil
24SK ICSX12 0001		12:30			Nil	Nil	\$375	\$435



### 聖誕兒童單線滾軸溜冰體驗班

### X'mas Children Inline Skating Intensive Workshop (Ages 5-12)

單線滾軸溜冰學員需自備滾軸溜冰鞋及護具 (頭盔, 護腕, 護膝及護肘)。

Skaters are required to bring their own equipment (helmet, elbow pad, wrist guard and knee pad included).

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
24SKSECS 120001	Thu, Fri, Sat 26/12-28/12	11:00-12:30	3	KP Rink	\$1,000	\$1,160
24SKSECS 120002	Thu, Fri, Sat 26/12-28/12	14:00-15:30	3	KP Rink	\$1,000	\$1,160