

# 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 (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

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

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登概念，培養其攀登興趣，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核人士而設，學員在改善攀登技術的同時，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<br>Code  | 日期<br>Date      | (一) Mon &<br>(四) Thu | (二) Tue &<br>(五) Fri | (一) Mon     | (二) Tue     | (四) Thu     | (六) Sat     | (日) Sun     | 堂數<br>Sessions | 會員<br>Mem | 非會員<br>NMEm |
|---|-----------------|----------------------|----------------------|-------------|-------------|-------------|-------------|-------------|----------------|-----------|-------------|
| 兒童運動攀登<br>訓練課程<br>Youth<br>Sport Climbing<br>Programme<br>兒童初階班<br>Smart Kids<br>(Ages 6-8) | 24SPSMAR 070101 | 15/7-15/8            | ☀️                   | 10:15-11:15 |             |             |             |             |                |           |             |
|   | 24SPSMAR 070102 | 15/7-15/8            | ☀️                   | 14:00-15:00 |             |             |             |             |                |           |             |
|   | 24SPSMAR 070103 | 16/7-16/8            | ☀️                   |             | 11:15-12:15 |             |             |             |                |           |             |
|   | 24SPSMAR 070104 | 16/7-16/8            | ☀️                   | 15:00-16:00 |             |             |             |             |                |           |             |
|   | 24SPSMAR 070105 | 6/7-7/9              |                      |             |             |             | 10:00-11:00 |             | 10             |           |             |
|   | 24SPSMAR 070106 | 6/7-7/9              |                      |             |             |             | 11:00-12:00 |             |                |           |             |
|   | 24SPSMAR 070107 | 7/7-8/9              |                      |             |             |             |             | 10:00-11:00 |                |           |             |
|   | 24SPSMAR 070108 | 7/7-8/9              |                      |             |             |             |             | 11:00-12:00 |                |           |             |
|   | 24SPSMAR 070109 | 8/7-9/9              |                      |             | 16:30-17:30 |             |             |             |                |           |             |
|   | 24SPSMAR 070110 | 9/7-10/9             |                      |             |             | 16:30-17:30 |             |             |                |           |             |
|   | 24SPSMAR 070111 | 11/7-12/9            |                      |             |             |             | 16:30-17:30 |             |                |           |             |
| 兒童進階班<br>Spider Kids<br>(Ages 6-8)  | 24SPSPID 070201 | 15/7-15/8            | ☀️                   | 10:15-11:15 |             |             |             |             |                |           |             |
|   | 24SPSPID 070202 | 15/7-15/8            | ☀️                   | 14:00-15:00 |             |             |             |             |                |           |             |
|   | 24SPSPID 070203 | 16/7-16/8            | ☀️                   |             | 11:15-12:15 |             |             |             |                |           |             |
|   | 24SPSPID 070204 | 16/7-16/8            | ☀️                   | 15:00-16:00 |             |             |             |             |                |           |             |
|   | 24SPSPID 070205 | 6/7-7/9              |                      |             |             |             | 10:00-11:00 |             | 10             |           |             |
|   | 24SPSPID 070206 | 6/7-7/9              |                      |             |             |             | 11:00-12:00 |             |                |           |             |
|   | 24SPSPID 070207 | 7/7-8/9              |                      |             |             |             |             | 10:00-11:00 |                |           |             |
|   | 24SPSPID 070208 | 7/7-8/9              |                      |             |             |             |             | 11:00-12:00 |                |           |             |
|   | 24SPSPID 070209 | 8/7-9/9              |                      |             | 16:30-17:30 |             |             |             |                |           |             |
|   | 24SPSPID 070210 | 9/7-10/9             |                      |             |             | 16:30-17:30 |             |             |                |           |             |
|   | 24SPSPID 070211 | 11/7-12/9            |                      |             |             |             | 16:30-17:30 |             |                |           |             |
| 兒童高階班<br>Super Kids<br>(Ages 6-8)   | 24SPSUPE 070301 | 15/7-15/8            | ☀️                   | 10:15-11:15 |             |             |             |             |                |           |             |
|   | 24SPSUPE 070302 | 15/7-15/8            | ☀️                   | 14:00-15:00 |             |             |             |             |                |           |             |
|   | 24SPSUPE 070303 | 16/7-16/8            | ☀️                   |             | 11:15-12:15 |             |             |             |                |           |             |
|   | 24SPSUPE 070304 | 16/7-16/8            | ☀️                   | 15:00-16:00 |             |             |             |             |                |           |             |
|   | 24SPSUPE 070305 | 6/7-7/9              |                      |             |             |             | 10:00-11:00 |             | 10             |           |             |
|   | 24SPSUPE 070306 | 6/7-7/9              |                      |             |             |             | 11:00-12:00 |             |                |           |             |
|   | 24SPSUPE 070307 | 7/7-8/9              |                      |             |             |             |             | 10:00-11:00 |                |           |             |
|   | 24SPSUPE 070308 | 7/7-8/9              |                      |             |             |             |             | 11:00-12:00 |                |           |             |
|   | 24SPSUPE 070309 | 8/7-9/9              |                      |             | 16:30-17:30 |             |             |             |                |           |             |
|   | 24SPSUPE 070310 | 9/7-10/9             |                      |             |             | 16:30-17:30 |             |             |                |           |             |
|   | 24SPSUPE 070311 | 11/7-12/9            |                      |             |             |             | 16:30-17:30 |             |                |           |             |

\$1,600

\$1,800

| 室內攀石場系列<br>Indoor Climbing Wall                                     | 編號<br>Code   | 日期<br>Date       | (一) Mon &<br>(四) Thu | (二) Tue &<br>(五) Fri | (一) Mon     | (二) Tue     | (四) Thu     | (六) Sat     | (日) Sun     | 堂數<br>Sessions | 會員<br>Mem | 非會員<br>NMem |         |
|---|--|------------------|----------------------|----------------------|-------------|-------------|-------------|-------------|-------------|----------------|-----------|-------------|---------|
| 少年運動攀登<br>訓練課程<br>Youth<br>Sport Climbing<br>Programme              | 24SPJONE 070101  | 15/7-15/8 🌞      | 11:15-12:15          |                      |             |             |             |             |             |                |           |             |         |
|   | 24SPJONE 070102  | 15/7-15/8 🌞      | 15:00-16:00          |                      |             |             |             |             |             |                |           |             |         |
|   | 24SPJONE 070103  | 16/7-16/8 🌞      |                      | 10:15-11:15          |             |             |             |             |             |                |           |             |         |
|   | 24SPJONE 070104  | 16/7-16/8 🌞      |                      | 14:00-15:00          |             |             |             |             |             |                |           |             |         |
|   | 24SPJONE 070105  | 6/7-7/9          |                      |                      |             |             |             | 10:00-11:00 |             | 10             | \$1,600   | \$1,800     |         |
|   | 24SPJONE 070106  | 6/7-7/9          |                      |                      |             |             |             | 11:00-12:00 |             |                |           |             |         |
|   | 24SPJONE 070107  | 7/7-8/9          |                      |                      |             |             |             |             | 10:00-11:00 |                |           |             |         |
|   | 24SPJONE 070108  | 7/7-8/9          |                      |                      |             |             |             |             | 11:00-12:00 |                |           |             |         |
|   | 24SPJONE 070109  | 8/7-9/9          |                      |                      | 17:30-18:30 |             |             |             |             |                |           |             |         |
|   | 24SPJTWO 070201  | 15/7-15/8 🌞      | 16:00-17:15          |                      |             |             |             |             |             |                |           |             |         |
|   | 24SPJTWO 070202  | 16/7-16/8 🌞      |                      | 15:00-16:15          |             |             |             |             |             |                |           |             |         |
|   | 24SPJTWO 070203  | 6/7-7/9          |                      |                      |             |             |             | 12:00-13:15 |             | 10             | \$1,870   | \$2,070     |         |
|   | 24SPJTWO 070204  | 7/7-8/9          |                      |                      |             |             |             |             | 12:00-13:15 |                |           |             |         |
|   | 24SPJTWO 070205  | 9/7-10/9         |                      |                      |             | 17:30-18:45 |             |             |             |                |           |             |         |
| 24SPJTWO 070206   | 11/7-12/9  |                  |                      |                      |             | 17:30-18:45 |             |             |             |                |           |             |         |
| 第三級<br>Level 3<br>(Ages 7-12)                                       | 24SPJTRE 070301  | 15/7-15/8 🌞      | 16:00-17:15          |                      |             |             |             |             |             |                |           |             |         |
|   | 24SPJTRE 070302  | 16/7-16/8 🌞      |                      | 15:00-16:15          |             |             |             |             |             |                |           |             |         |
|   | 24SPJTRE 070303  | 6/7-7/9          |                      |                      |             |             |             | 12:00-13:15 |             | 10             | \$1,870   | \$2,070     |         |
|   | 24SPJTRE 070304  | 7/7-8/9          |                      |                      |             |             |             |             | 12:00-13:15 |                |           |             |         |
|   | 24SPJTRE 070305  | 9/7-10/9         |                      |                      |             | 17:30-18:45 |             |             |             |                |           |             |         |
|   | 24SPJTRE 070306  | 11/7-12/9        |                      |                      |             |             | 17:30-18:45 |             |             |                |           |             |         |
|   | 兒童及少年運動攀登培訓小組<br>Children & Youth Sport Climbing<br>Training Group (Ages 7-13)   | 24SPCYTG 070401  | 15/7-15/8            | 16:00-17:15          |             |             |             |             |             |                |           |             |         |
|   |  | 24SPCYTG 070402  | 16/7-16/8            |                      | 15:00-16:15 |             |             |             |             |                |           |             |         |
|   |  | 24SPCYTG 070403  | 6/7-7/9              |                      |             |             |             |             | 12:00-13:15 |                | 10        | \$1,760     | \$1,960 |
|   |  | 24SPCYTG 070404  | 7/7-8/9              |                      |             |             |             |             |             | 12:00-13:15    |           |             |         |
| 24SPCYTG 070405   |  | 9/7-10/9         |                      |                      |             | 17:30-18:45 |             |             |             |                |           |             |         |
| 24SPCYTG 070406   |  | 11/7-12/9        |                      |                      |             |             | 17:30-18:45 |             |             |                |           |             |         |
| 青年運動攀登<br>課程<br>Teenager<br>Sport Climbing<br>Scheme<br>(Ages13-17) |  | 24SPCTCFT 070101 | 7/7-8/9              |                      |             |             |             |             | 10:30-12:30 |                | 10        | \$2,300     | \$2,500 |
|   |  | 24SPCTCTG 070201 | 6/7-7/9              |                      |             |             |             |             | 10:30-12:30 |                | 10        | \$2,080     | \$2,280 |
|   | 青年運動攀登<br>基礎訓練班<br>Teenager Sport<br>Climbing Foundation<br>Training Course<br>青年運動攀登<br>培訓班<br>Teenager Sport<br>Climbing Training<br>Group |                  |                      |                      |             |             |             |             |             |                |           |             |         |
|   |  |                  |                      |                      |             |             |             |             |             |                |           |             |         |

| 編號<br>Code      | (六) Sat<br>6/7, 13/7, 20/7, 27/7 | (三) Wed<br>7/8, 14/8, 21/8, 28/8 | (六) Sat<br>7/9, 14/9, 21/9, 28/9 | 堂數<br>Sessions | 會員<br>Mem | 非會員<br>NMem |
|-----------------|----------------------------------|----------------------------------|----------------------------------|----------------|-----------|-------------|
| 24SPADCC 070101 | 14:30-17:15                      |                                  |                                  | 4              |           |             |
| 24SPADCC 080101 |                                  | 19:00-21:45                      |                                  | 4              | \$890     | \$1,090     |
| 24SPADCC 090101 |                                  |                                  | 14:30-17:15                      | 4              |           |             |

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<br>Code      | 日期<br>Date | (三) Wed     | (六) Sat     | 堂數<br>Sessions | 會員/非會員<br>Mem / NMem |
|-----------------|------------|-------------|-------------|----------------|----------------------|
| 24SPADIC 070101 | 13/7       |             | 14:30-17:30 |                |                      |
| 24SPADIC 070102 | 17/7       | 18:45-21:45 |             |                |                      |
| 24SPADIC 070103 | 20/7       |             | 14:30-17:30 |                |                      |
| 24SPADIC 070104 | 24/7       | 18:45-21:45 |             |                |                      |
| 24SPADIC 080101 | 7/8        | 18:45-21:45 |             |                |                      |
| 24SPADIC 080102 | 10/8       |             | 14:30-17:30 | 1              | \$420                |
| 24SPADIC 080103 | 14/8       | 18:45-21:45 |             |                |                      |
| 24SPADIC 080104 | 17/8       | 18:45-21:45 |             |                |                      |
| 24SPADIC 090101 | 7/9        |             | 14:30-17:30 |                |                      |
| 24SPADIC 090102 | 14/9       |             | 14:30-17:30 |                |                      |
| 24SPADIC 090103 | 21/9       |             | 14:30-17:30 |                |                      |

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.

成人運動攀登訓練課程  
進階訓練班  
(16歲或以上)

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

| 編號<br>Code      | (二) Tue<br>16/7, 23/7, 30/7, 6/8 | (二) Tue<br>20/8, 27/8, 3/9, 10/9 | 堂數<br>Sessions | 會員/非會員<br>Mem / NMem |
|-----------------|----------------------------------|----------------------------------|----------------|----------------------|
| 24SPADPC 070201 | 19:30-21:30                      |                                  | 4              |                      |
| 24SPADPC 080201 |                                  | 19:30-21:30                      | 4              | \$550                |

## 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 070001 | 21/7 (Sat) | 14:00-15:30 | 12             |
| 24SPFCFD 070002 | 28/7 (Sat) | 14:00-15:30 |                |
| 24SPFCFD 080001 | 18/8 (Sun) | 14:00-15:30 |                |
| 24SPFCFD 080002 | 25/8 (Sun) | 14:00-15:30 |                |
| 24SPFCFD 090001 | 7/9 (Sat)  | 14:00-15:30 |                |
| 24SPFCFD 090002 | 14/9 (Sat) | 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 070001 | 14 & 27/7 (Sun) | 14:00-16:00 | 2              | 8              |
| 24SPCWYK 080001 | 4 & 24/8 (Sun)  |             |                |                |
| 24SPCWYK 090001 | 7 & 22/9 (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.