

# 運動及體育課程 Sports & Physical Education Programme

## 辦公時間 Office Hours :

星期一至五 上午十時至下午六時

Mon-Fri 10:00-18:00

查詢 Enquiry : 2268 7087

電郵 Email : spe@ymcahk.org.hk

網頁 Website : www.ymcahk.org.hk/snr

## 地點 Venue Location

1. 港青 (尖沙咀) 二樓室內運動場 - (Gym) Gymnasium, 2/F, YMCA (TST)
2. 港青 (尖沙咀) 二樓舞蹈室 - (Dance Studio) Dance Studio, 2/F, YMCA (TST)
3. 港青 (尖沙咀) 二樓壁球室 - (Sq. Court) Squash Court, 2/F, YMCA (TST)

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.

## 技術評核 Skills Assessment

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技術評核，請於辦公時間內致電運動及體育組 2268 7087 預約。

費用: \$40 (請往大堂會員服務部櫃檯付款)

New applicants or those who do not have a valid report slips are required to join our Skills Assessment to enrol for our programmes bearing the ✂ symbol.

Please contact the Sports and Physical Education Unit at 2268 7087 during office hours for an appointment.

Fee : \$40 (Please settle payment at G/F Member Services counter)

## 彈網班 Trampoline

本課程教授彈網的基本技巧，包括直彈、坐彈、分腿跳等，訓練參加者的敏捷度和身體協調。

This programme aims at teaching the basic skills of trampoline, including straight jump, seat drop and pike straddle jump; to enhance participants' agility and body coordination.

### 兒童彈網班

#### Children Trampoline (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
26SSGCPC 010001	Thu (8/1-26/3) No Class 19/2	15:00-16:00	11	Gym	\$2,035	\$2,475

### 少年彈網班

#### Youth Trampoline (Ages 6-17)

完成兒童彈網班後如得本會教練特別推薦亦可參加。

Participants can join with our instructor's recommendation upon the completion of Children Trampoline.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSGCPY 010001	Thu (8/1-26/3) No Class 19/2	16:00-17:30	11	Gym	\$2,805	\$3,245

### 彈網精英訓練

#### Trampoline Elite Training (Ages 6-17)

通過技術評核或完成彈網班後並由本會教練推薦方可參加，教授比賽級別彈網動作，更為學員提供參加公開比賽之機會。

Participants can only join with our instructor's recommendation upon passing a skill assessment or completion of trampoline programme. Competitive level trampoline skills will be taught and participants will have the opportunity to participate in open competitions.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSGCPE 010101	Thu (8/1-26/3) No Class 19/2	17:30-19:00	11	Gym	\$2,805	\$3,245



香港基督教青年會獲二零二二至二三年度戴麟趾爵士康樂基金(主要基金)撥款資助非建設工程計劃下購置的體育/康樂用品。

YMCA of Hong Kong has been granted funding from the Sir David Trench Fund for Recreation (Main Fund) for 2022-23 to support its purchase of sports / recreational equipment under Non-Capital Works Projects. coordination.

## 學員注意事項 Reminders for participants :

- 語言 Language : 粵語輔以英語  
Cantonese supplemented with English
- 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.
- ♥ 適合先進會員 Suitable for Master Member

## 普及體操課程 General Gymnastics Programme

本課程教授體操的各種技巧，本會教練會以學員水平及興趣個別編排課程內容，學員可以學習包括翻滾、騰空跳躍及平衡等動作，適合不同運動水平、性別的人士參加，放鬆日常生活造成的肌肉繃緊。

This programme will be designed by our instructors according to the participants' levels and interests. Participants can expect to learn various gymnastics skills, including rolling, jumping and balancing. The programme is suitable for all people regardless of gender and sports background to help them relax muscle tension caused by daily routines.

### 少年普及體操課程

#### Youth General Gymnastics (Ages 6-17)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSGCXY 010001	Thu (8/1-12/2)	19:00-20:30	6	Gym	\$1,350	\$1,590
26SSGCXY 020001	Thu (26/2-26/3)	19:00-20:30	5	Gym	\$1,125	\$1,325

### 成人普及體操課程

#### Adult General Gymnastics (Ages 18 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSGCXA 010001	Wed (7/1-11/2)	19:15-21:15	6	Gym	\$1,740	\$1,980
26SSGCXA 020001	Wed (25/2-25/3)	19:15-21:15	5	Gym	\$1,450	\$1,650

## 競技體操課程 Artistic Gymnastics Programme

本會體操課程為滿 13 個月之寶寶而設，循序漸進地逐級學習至比賽級別水平。

Our gymnastics programme is designed for children 13 months of age and older, with gradual progression through the levels to the competition level.

競技體操 / 彈網課程報名處理優先次序簡介 (2026 年第 1 季) :

Procedure of Priority Application Processing of Artistic Gymnastics/ Trampoline Programme (2026 Quarter 1):

會員舊生 (2025Q4) > 會員新生 > 非會員舊生 (2025Q4) > 非會員新生

Current Students of 2025Q4 (Mem) > New Applicants (Mem) >

Current Students of 2025Q4 (Non-Mem) > New Applicants (Non-Mem)

## 親子體操班

### Gym Tots (Ages 13-35 Months)

家長與小孩可於此課程一起學習及享受體操活動的樂趣，從而增進嬰兒四肢發展。一位家長／監護人須陪同小孩上堂。

This programme aims to provide an opportunity for parents to share the joy of learning gymnastics with their kids and enhance the development of the baby's body through basic movements. One parent/guardian is required to accompany the child during the lesson.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSGCTT 010001	Wed (7/1-11/2)	15:15-16:15	6	Gym	\$1,020	\$1,260
26SSGCTT 020001	Wed (25/2-25/3)	15:15-16:15	5	Gym	\$850	\$1,050

## 恆常競技體操課程

### Regular Artistic Gymnastics Programme (Ages 3-15)

#### 第一級 入門課程 Level 1 Beginners Level (Ages 3-5)

入門體操動作，例如：在平衡木上行走、前滾翻等等，訓練學員平衡力。Beginner gymnastics skills, such as walking on a balance beam and forward roll, etc., will be introduced to train the participants' balance.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSGCAG 010101	Tue (6/1-24/3) No Class 17/2	16:15-17:15	11	Gym	\$1,980	\$2,420
26SSGCAG 010102	Thu (8/1-26/3) No Class 19/2	16:30-17:30	11	Gym	\$1,980	\$2,420
26SSGCAG 010103	Sat (10/1-28/3) No Class 21/2	09:00-10:00	11	Gym	\$1,980	\$2,420

#### 第二至四級 Level 2 to 4

基礎體操動作，例如拱橋、側手翻等，為學員持續學習打好根基。Elementary gymnastics skills, such as bridge and cartwheel, etc., will be introduced to build the fundamentals for the participants' future learning.

#### 第二級 Level 2 (Ages 3-5)

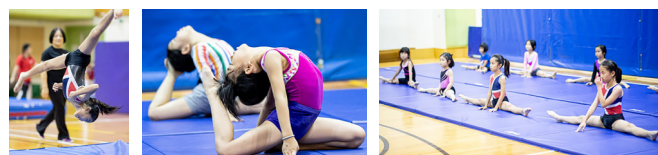
編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSGCAG 010201	Tue (6/1-24/3) No Class 17/2	16:15-17:15	11	Gym	\$1,980	\$2,420
26SSGCAG 010202	Sat (10/1-28/3) No Class 21/2	09:00-10:00	11	Gym	\$1,980	\$2,420

#### 第三級 Level 3 (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
26SSGCAG 010301	Tue (6/1-24/3) No Class 17/2	15:00-16:15	11	Gym	\$2,310	\$2,750
26SSGCAG 010302	Sat (10/1-28/3) No Class 21/2	10:00-11:15	11	Gym	\$2,310	\$2,750

#### 第四級 Level 4 (Ages 3-6)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSGCAG 010401	Tue (6/1-24/3) No Class 17/2	15:00-16:15	11	Gym	\$2,310	\$2,750
26SSGCAG 010402	Sat (10/1-28/3) No Class 21/2	10:00-11:15	11	Gym	\$2,310	\$2,750



#### 第五級 入門課程 Level 5 Beginners Level (Ages 6-15)

改良體操動作，例如：後滾翻、原地跳轉三百六十度等等，強化學員的身體控制。

Intermediate gymnastics skills, such as backward roll, jumping with full turn, etc., will be introduced to train the participants' body control.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSGCGG 010501	Wed (7/1-25/3) No Class 18/2	16:15-17:45	11	Gym	\$2,475	\$2,915
26SSGCGG 010502	Sat (10/1-28/3) No Class 21/2	11:15-12:45	11	Gym	\$2,475	\$2,915
26SSGCGG 010503	Sat (10/1-28/3) No Class 21/2	14:15-15:45	11	Gym	\$2,475	\$2,915

#### 第六至十級 Level 6 to 10

進階體操動作，例如倒立接前滾翻、分腿跳箱等，為學員提供更高水平訓練。

Advanced gymnastics skills, such as handstand forward roll, straddle jump over vault, etc. will be introduced to provide high-level training for the participants.

#### 第六級 Level 6 (Ages 6-15)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSGCGG 010601	Wed (7/1-25/3) No Class 18/2	16:15-17:45	11	Gym	\$2,475	\$2,915
26SSGCGG 010602	Sat (10/1-28/3) No Class 21/2	11:15-12:45	11	Gym	\$2,475	\$2,915
26SSGCGG 010603	Sat (10/1-28/3) No Class 21/2	14:15-15:45	11	Gym	\$2,475	\$2,915

#### 第七級 Level 7 (Ages 6-15)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSGCGG 010701	Wed (7/1-25/3) No Class 18/2	16:15-17:45	11	Gym	\$2,475	\$2,915
26SSGCGG 010702	Sat (10/1-28/3) No Class 21/2	11:15-12:45	11	Gym	\$2,475	\$2,915
26SSGCGG 010703	Sat (10/1-28/3) No Class 21/2	14:15-15:45	11	Gym	\$2,475	\$2,915

#### 第八級 Level 8 (Ages 6-15)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSGCGG 010801	Wed (7/1-25/3) No Class 18/2	17:45-19:15	11	Gym	\$2,475	\$2,915
26SSGCGG 010802	Sat (10/1-28/3) No Class 21/2	12:45-14:15	11	Gym	\$2,475	\$2,915

#### 第九級 Level 9 (Ages 6-15)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSGCGG 010901	Wed (7/1-25/3) No Class 18/2	17:45-19:15	11	Gym	\$2,475	\$2,915
26SSGCGG 010902	Sat (10/1-28/3) No Class 21/2	12:45-14:15	11	Gym	\$2,475	\$2,915

#### 第十級 Level 10 (Ages 6-15)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSGCGG 011001	Wed (7/1-25/3) No Class 18/2	17:45-19:15	11	Gym	\$2,475	\$2,915
26SSGCGG 011002	Sat (10/1-28/3) No Class 21/2	12:45-14:15	11	Gym	\$2,475	\$2,915

## 持續競技體操課程

### On-going Artistic Gymnastics Programme (Ages 6-15)

為完成競技體操課程而又有興趣作持續訓練的學員而設

On-going Artistic Gymnastics Programme is for participants who have successfully completed our Artistic Gymnastics Programme, and are interested in continuing training.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSGCGG 010001	Sat (10/1-28/3) No Class 21/2	14:15-15:45	11	Gym	\$2,475	\$2,915

## 體操隊及體操預備隊

### Gymnastics Team & Junior Team

完成第十級課程後並由本會教練推薦方可參加，教授比賽級別體操動作，更為學員提供參加公開比賽之機會。

Participants can only join with our instructor's recommendation upon the completion of level 10. Competitive level gymnastics skills will be taught and participants will have the opportunity to participate in open competitions.

#### 體操預備隊 Gymnastics Junior Team (Ages 6-17)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem
26SSGYTJ 010001	Tue (6/1-31/3) No Class 17/2	17:15-19:15	12	Gym	\$3,100
26SSGYTJ 010002	Fri (2/1-27/3) No Class 20/2	15:45-17:15	12	Gym	\$2,700
26SSGYTJ 010003	Tue (6/1-31/3) No Class 17/2	17:15-19:15	12	Gym	\$3,100

#### 體操隊 Gymnastics Team (Ages 6-17)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem
26SSGYTS 010001	Mon (5/1-30/3) No Class 16/2	16:15-19:15	12	Gym	\$3,470
26SSGYTS 010002	Fri (2/1-27/3) No Class 20/2	17:15-19:15	12	Gym	\$3,190

## 羽毛球課程 Badminton Programme

備註：學員須自備球拍

Remarks: Participants are required to bring their own racket

### 兒童及少年基礎班

#### Children and Youth Elementary

教授基礎技術，包括球感、正手握拍、基本步法、上手擲球、正手發球、上手擊球及前後場步法。

Introduction of basic badminton skills, including ball sense, forehand gripping, basic footwork, overhead throwing, forehand serving, overhead volley as well as forecourt and backcourt footwork, etc.

#### 基礎班 U9 Elementary (Ages 6-9)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSDCCE 010101	Sat (10/1-28/3) No Class 21/2	15:00-16:30	11	Gym	\$1,980	\$2,420
26SSDCCE 010102	Sun (11/1-29/3) No Class 22/2	13:30-15:00	11	Gym	\$1,980	\$2,420
26SSDCCE 010103	Thu (8/1-26/3) No Class 19/2	17:00-18:30	11	Gym	\$1,980	\$2,420

#### 基礎班 U17 Elementary (Ages 10-17)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSDCYE 010101	Sat (10/1-28/3) No Class 21/2	13:30-15:00	11	Gym	\$1,980	\$2,420
26SSDCYE 010102	Sun (11/1-29/3) No Class 22/2	13:30-15:00	11	Gym	\$1,980	\$2,420
26SSDCYE 010103	Wed (7/1-25/3) No Class 18/2	17:30-19:00	11	Gym	\$1,980	\$2,420

### 兒童及少年改良班

#### Children and Youth Improvement

改善學員的技術及教授進階技術，包括正反手握拍、前後場步法、正手發高遠球、前後場擊球及正反手網前球。

To refine the basic skills and introduce intermediate skills including forehand and backhand gripping, forecourt and backcourt footwork, forehand high clear serving, forecourt and backcourt hitting as well as forehand and backhand net shot, etc.

#### 改良班 U9 Improvement (Ages 6-9)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSDCCI 010201	Sun (11/1-29/3) No Class 22/2	15:00-16:30	11	Gym	\$1,980	\$2,420

### 改良班 U17 Improvement (Ages 10-17)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSDCYI 010201	Sun (11/1-29/3) No Class 22/2	15:00-16:30	11	Gym	\$1,980	\$2,420

### 兒童及少年高級班

#### Children and Youth Advanced (Ages 10-17)

簡單固學員的技術及教授進階技巧，如對打高遠球、正反手挑球等，進一步強化對打能力。

To consolidate the participants' skills and teach higher-level skills, such as high clear, forehand and backhand underarm clear and so forth, so as to further strengthen the competitiveness and ability to rally.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSDCYA 010301	Sun (11/1-29/3) No Class 22/2	16:30-18:30	11	Gym	\$2,530	\$2,970

### 兒童及少年深造班

#### Children and Youth Clinic (Ages 10-17)

教授學員在比賽應用已學習的技術，同時強化技術的質量，增強學員的體能和介紹相關的戰術運用。

Participants will be taught to apply the techniques they have learnt in competition while strengthening the quality of the techniques, enhancing their physical fitness and introducing relevant tactical applications.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSDCYC 010401	Sun (11/1-29/3) No Class 22/2	16:30-18:30	11	Gym	\$2,530	\$2,970

### 成人初級班

#### Adult Elementary (Ages 18 or above)

介紹正確的握拍及基本擊球技術

Basic techniques, stroke and proper grip will be introduced.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSDCAE 010101	Thu (8/1-26/3) No Class 19/2	18:30-20:00	11	Gym	\$1,980	\$2,420
26SSDCAE 010102	Sun (11/1-29/3) No Class 22/2	12:00-13:30	11	Gym	\$1,980	\$2,420

### 成人改良班

#### Adult Improvement (Ages 18 or above)

改良學員的基本技術，改善擊球姿勢、步法及比賽規則。

Improve participants' basic skills with emphasis on stroke stance, footwork and competition rules.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSDCAI 010201	Thu (8/1-26/3) No Class 19/2	20:00-21:30	11	Gym	\$1,980	\$2,420
26SSDCAI 010202	Sun (11/1-29/3) No Class 22/2	18:30-20:30	11	Gym	\$2,530	\$2,970

### 港青 x adidas 羽毛球隊

#### YMCA x adidas Badminton Team

由前羽毛球港隊成員任教，為隊員提供高強度體能及技術訓練，以應付各全港性比賽。隊員必需為 YMCA 會員，並需參加甄選及通過技術測試。

The team is trained by former representative of the Hong Kong National Badminton Team. Through high-intensity physical and badminton skills training, the team members will be able to compete in territory-wide competitions. To become a team member, participant is required to be a member of YMCA, and passed the assessment arranged by our coaches.

#### 羽毛球隊 Team (Ages 18 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem
26SSDYTA 010001	Fri (2/1-27/3) No Class 20/2	20:30-22:30	12	Gym	\$2,800



## 羽毛球組

### Badminton Group

為各學員提供認識其他羽毛球愛好者的機會，教練亦會根據學員的擊球姿勢、步法作出相應的指導。

Provide more opportunities to meet other badminton lovers and learn from each other. Stroke stance and footwork will be instructed by coach accordingly.

#### 成人羽毛球組 Adult Badminton Group (Ages 18 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSDCGA 010501	Wed (7/1-25/3) No Class 18/2	14:00-15:30	11	Gym	\$1,595	\$2,035

#### 成人羽毛球技術研習組

#### Adult Badminton Skills Study Group (Ages 18 or above)

為學員提供一個競賽的平台，學員將透過指導下對打增進技術，同時和其他羽毛球愛好者交流。

The study group provides a competitive platform for participants to improve their skills under instructions, and interacting with other badminton lovers.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSDCGA 010502	Mon (12/1-30/3) No Class 16/2	20:30-22:30	11	Gym	\$2,255	\$2,695
26SSDCGA 010503	Thu (8/1-26/3) No Class 19/2	11:30-13:30	11	Gym	\$2,255	\$2,695



## 足球課程 Soccer Programme

此課程會將基本的足球技巧融入課程之中。同時以玩樂的方式上課，讓小朋友更容易適應課堂，培養對足球的興趣。

Basic soccer skills are integrated into the programme through a fun and enjoyable curriculum, making it easy for children to adapt to the lessons and cultivate their interest in soccer.

### 幼兒啟蒙班

#### Soccer Tots (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
26SSSXTT 012001	Sat (10/1-28/3) No Class 21/2	11:30-12:30	11	Gym	\$2,365	\$2,805

### U8 足球班

#### U8 Soccer (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
26SSSXC 012101	Sat (10/1-28/3) No Class 21/2	12:30-13:30	11	Gym	\$2,365	\$2,805



## 壁球課程

### Squash Programme

此課程教授壁球的基礎技術，包括控球，直線球及發球，循序漸進地改良學員技術，改善擊球姿勢、步法及比賽規則。

備註：本會只提供課程使用之壁球，學員須自備球拍及建議配戴護目罩。

The programme teaches basic squash skills, including ball control, straight shot and serving. Participants can improve their skills progressively with emphasis on stroke stance, footwork and competition rules.

Remarks: Squash balls will be provided. Participants are required to bring their own racket and are recommended to wear sports goggles.

### 小型壁球

#### Mini-Squash (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
26SSQCEC 010101	Thu (8/1-26/3) No Class 19/2	17:00-18:00	11	Sq. Court	\$1,485	\$1,815

### 成人壁球

#### Adult Squash (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
26SSQCEA 010101	Sat (10/1-28/3) No Class 21/2	16:45-18:15	11	Sq. Court	\$2,200	\$2,695

## 乒乓球課程 Table Tennis Programme

本課程根據香港乒乓球總會章別計劃編排，教授銅章內容，如正手發球、正反手推擋、正手對攻球等等。

備註：本會只提供課程使用之乒乓球，學員須自備球拍。

The programme aligns with the Badge Scheme of Hong Kong Table Tennis Association and teaches Bronze Badge skills such as forehand serving, forehand and backhand half volley with push, as well as forehand and backhand attack and counter, etc.

Remarks: Table-tennis balls will be provided. Participants are required to bring their own racket.

### 兒童乒乓球基礎班

#### Children Table Tennis Elementary (Ages 6-12)

教授乒乓球基礎技術。

Introduction of basic table tennis skills.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSTCEC 010101	Sun (11/1-29/3) No Class 22/2	09:30-10:30	11	Sq. Court	\$1,320	\$1,650

### 兒童乒乓球改良班

#### Children Table Tennis Improvement (Ages 6-12)

透過有系統的訓練，改善學員的基本技術及教授更多進階技術，包括反手推擋、攻防步法等，令學員基礎技術得以鞏固。

To improve and consolidate the participants' skills and teach higher-level skills, such as backhand block, footwork, etc. through systematic training.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSTCIC 010201	Sun (11/1-29/3) No Class 22/2	10:30-12:00	11	Sq. Court	\$1,925	\$2,255

## 港青 X ASG 籃球學院 YMCA X ASG Basketball Academy

亞洲體育集團團隊對體育充滿熱誠，專注於籃球的專業訓練。我們期望在安全及良好管控的環境下提供全面而有系統的教學課程。我們的團隊追求共同價值：團隊精神、尊重、自主性、勤奮及謙卑，並期望將這些價值灌輸到孩子的成長，達至美滿的生活態度。

語言：英語輔以粵語

### 【幼兒組 PEE WEE (AGES 4-6 歲)】

培育幼苗期對於一個年輕球員的未來來說是很重要的階段，當你的孩子完成我們的課程後，他/她會能夠：準確地以雙手傳送及接應彈地及胸前傳球、運球時保持球在腰部以下，頭部抬高及眼睛注視前方及理解"BEEF"的投籃姿勢概念。Nurturing the children from the roots is critical for a young basketball player's career and road to stardom. Therefore, we find it crucial to lay down a good foundation for the children to build on.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSBXPW 011101	Tue (6/1-24/3) No Class 17/2	15:00-16:00	11	Sq. Court	\$2,475	\$2,915
26SSBXPW 011102	Fri (9/1-27/3) No Class 20/2	16:00-17:00	11	Sq. Court	\$2,475	\$2,915
26SSBXPW 011103	Sat (10/1-28/3) No Class 21/2	09:30-10:30	11	Sq. Court	\$2,475	\$2,915
26SSBXPW 011104	Sat (10/1-28/3) No Class 21/2	10:30-11:30	11	Sq. Court	\$2,475	\$2,915
26SSBXPW 011105	Sun (11/1-29/3) No Class 22/2	12:30-13:30	11	Sq. Court	\$2,475	\$2,915
26SSBXPW 011106	Sun (11/1-29/3) No Class 22/2	13:30-14:30	11	Sq. Court	\$2,475	\$2,915

### 【種子組 SEEDLING (AGES 7-9 歲)】

這個課程專為 7 至 9 歲的初學者而設，提供由基礎至初中階的籃球訓練，幫助小球員建立穩固的技術根基，提升自信與球感。This program is designed for young beginners aged 7 to 9, offering foundational to early intermediate basketball training. Through fun and structured sessions, players will build essential skills and confidence on the court.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSBXSL 011101	Tue (6/1-24/3) No Class 17/2	16:00-17:30	11	Gym	\$2,915	\$3,355
26SSBXSL 011102	Sat (10/1-28/3) No Class 21/2	09:00-10:00	11	Gym	\$2,915	\$3,355

ASG has designed a systemic training protocol according to players' ages and skill levels with English instructions. The programme introduces skills development, knowledge, use of techniques and personal values, such as teamwork, respect, autonomy, hard work and humility. ASG's director and coaching team will closely monitor every player's learning progress throughout the programme.

Language : English supplemented with Cantonese

### 【少年組 JUNIOR (10-12 歲)】

這個課程會繼續加強球員本身已理解的技術，並不斷加入新的技巧及元素，幫助他們提升個人能力與比賽表現。ASG 團隊致力於讓球員在技術、戰術及場上意識方面全面進步，為更高階的籃球挑戰做好準備。This program builds on the skills players already know and introduces new techniques to expand their basketball abilities. At ASG, we focus on developing well-rounded athletes by enhancing their technical skills, tactical understanding, and court awareness.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSBXYS 011101	Fri (9/1-27/3) No Class 20/2	17:00-18:30	11	Gym	\$2,915	\$3,355
26SSBXYS 011102	Sat (10/1-28/3) No Class 21/2	10:00-11:30	11	Gym	\$2,915	\$3,355
26SSBXYS 011103	Sun (11/1-29/3) No Class 22/2	10:30-12:00	11	Gym	\$2,915	\$3,355

### 【青年組 YOUTH (13-16 歲)】

這個課程是球員由少年成長至青年的重要過渡階段。課程將進一步鞏固球員已掌握的技術，並持續加入進階技巧與戰術元素，幫助他們提升個人能力、修正弱點，邁向更高層次的比賽表現。This program marks a key transition from junior to youth level. It is designed to push players to their limits, refine weaknesses, and expand their skill set with advanced techniques and game strategies.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSBXJR 011101	Sun (11/1-29/3) No Class 22/2	10:30-12:00	11	Gym	\$2,915	\$3,355

### 【YMCA x ASG BASKETBALL TEAM (Ages 7-16) 🏀】

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem
26SSBYTJ 010001	Sun (4/1-29/3) No Class 22/2	08:30-10:30	12	Gym	\$2,700

## 空手道課程 Karate Programme

空手道技術著重訓練上肢和手部功夫，課程內容包括有套拳，手、肘打擊、腿擊、自由搏擊、肌肉力量訓練等，通過武術訓練可增強學員自信，律己修德，並能學習禮待他人及尊師重道之精神。

Karate techniques focus on the training of upper limbs and hands. This training programme includes patterns, hand and elbow strikes, kicking, self-defence techniques and fitness training. Through the training, participants not only enhance their self-confidence and self-discipline but also the spirit of being courteous to others, honouring teachers and holding onto the truth.

### 幼兒空手道

#### Karate Tots (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
26SSKXTT 010001	Sun (4/1-29/3) No Class 22/2	11:00-12:00	12	Dance Studio	\$1,320	\$1,800

### 兒童空手道 - 延續班

#### Children's Karate Training Clinic (Ages 5-13)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSKXCC 010201	Sun (4/1-29/3) No Class 22/2	12:00-13:30	12	Dance Studio	\$2,340	\$2,820

### 少年及成人空手道

#### Youth & Adult Karate (Ages 13 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSKXYA 010301	Sun (4/1-29/3) No Class 22/2	13:30-15:00	12	Dance Studio	\$2,100	\$2,580



## 跆拳道課程 Taekwondo Programme

跆拳道乃韓國的傳統國技，著重訓練下肢腿部功夫，是一項集強身、健體、自衛的武藝運動。課程內容包括有套拳、踢腿、拳擊及擋隔技巧、自衛術及搏擊術。同時亦重視培育學員的品德及自律精神。

備註：除親子班和幼兒一級外，其他新學員須於第一堂向本會導師購買 \$430 指定制服及靶。

Taekwondo is a traditional form of Korean Martial Arts that emphasizes on lower limbs training. It combines physical fitness, workout, and self-defence. The programme consists of patterns, kicking, punching, blocking, self-defence and sparring techniques. It also stresses the importance of fostering the moral character and self-discipline of the participants.

Remarks : Except Playgroup and Taekwondo Tots Level 1, each new participant will be required to pay \$430 for uniform and mitt on the first lesson



### 幼兒跆拳道 - 第一級

#### 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
26SSWCTT 010101	Sat (3/1-28/3) No Class 21/2	13:30-14:30	12	Sq. Court	\$1,500	\$1,980
26SSWCTT 010102	Sat (3/1-28/3) No Class 21/2	15:30-16:30	12	Sq. Court	\$1,500	\$1,980

### 幼兒跆拳道 - 第二級

#### 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
26SSWCTT 010201	Sat (3/1-28/3) No Class 21/2	13:30-14:30	12	Sq. Court	\$1,500	\$1,980
26SSWCTT 010202	Sat (3/1-28/3) No Class 21/2	14:30-15:30	12	Sq. Court	\$1,500	\$1,980

### 幼兒跆拳道 - 第三級

#### Taekwondo Tots – Level 3 (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
26SSWCTT 010301	Sat (3/1-28/3) No Class 21/2	14:30-15:30	12	Sq. Court	\$1,500	\$1,980
26SSWCTT 010302	Sat (3/1-28/3) No Class 21/2	15:30-16:30	12	Sq. Court	\$1,500	\$1,980

### 青少年跆拳道

#### Junior Taekwondo (Ages 6-14)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSWCJR 010401	Sat (3/1-28/3) No Class 21/2	09:30-11:30	12	Dance Studio	\$2,940	\$3,420
26SSWCJR 010402	Sat (3/1-28/3) No Class 21/2	11:30-13:30	12	Dance Studio	\$2,940	\$3,420
26SSWCJR 010403	Sat (3/1-28/3) No Class 21/2	16:30-18:30	12	Gym	\$2,940	\$3,420



## 成人跆拳道

### Senior Taekwondo (Ages 15 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSWCSR 010501	Sat (3/1-28/3) No Class 21/2	18:00-20:00	12	Gym	\$2,580	\$3,060

## 劍擊課程 Fencing Programme

劍擊能鍛煉反應及提升身體協調能力，對戰過程中亦需要在有限時間內觀察對手並迅速作出反應，是一項極為刺激的運動。部分劍擊課程由香港劍擊代表成員任教。透過有趣的遊戲讓小朋友能夠在輕鬆的環境認識劍擊的基礎技巧。學員間亦會互相切磋以累積經驗，培養對劍擊的興趣。

Fencing is an exciting, fast-paced sport that develops reflexes and coordination. Some of our introductory fencing courses are taught and led by representatives of the Hong Kong Fencing Team with the aim to equip children with a basic understanding of fencing and skills, including both physical and technical, in a relaxed environment. Fencing can bring you an interesting experience with a myriad of engaging and fun mini sports games!

## 兒童劍擊

### Children Fencing (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
26SSFXTT 010001	Sat (10/1-28/3) No Class 21/2	09:30-10:30	11	Sq. Court	\$2,750	\$3,135
26SSFXTT 010002	Sun (11/1-29/3) No Class 22/2	09:00-10:00	11	Dance Studio	\$2,750	\$3,135

## 少年劍擊

### Youth Fencing (Ages 9-12)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSFEC 010101	Sat (10/1-28/3) No Class 21/2	10:30-11:30	11	Sq. Court	\$2,750	\$3,135
26SSFEC 010102	Sun (11/1-29/3) No Class 22/2	10:00-11:00	11	Sq. Court	\$2,750	\$3,135



## 攻防箭課程 Archery Tag Programme

攻防箭課程讓學員於安全的環境下體驗有趣及特別的射箭活動，從而提升手眼協調性、大小肌肉發展及反應力。與一般射箭活動相比，攻防箭課程更加入對戰元素，為課堂帶來更多樂趣。

備註：課程使用之器材由本會提供

Archery Tag Programme offers a safe, fun, and unique archery experience to participants and also improves their hand-eye coordination, muscle development and reflexes. Compared with general archery activities, Archery Tag adds elements of competition to bring more fun to the class.

Remarks: All training equipment will be provided

## 兒童及少年攻防箭

### Children and Youth Archery Tag (Ages 8-15)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSAXAT 010101	Sun (11/1-29/3) No Class 22/2	12:30-13:30	11	Sq. Court	\$1,925	\$2,255

## 新興運動課程 NEW

### Newly Emerged Sports Programme

新興運動定義是指近年來流行起來的運動形式，通常具創新性、娛樂性，結合現代技術和時尚元素，吸引年輕參與者。新興運動好處有助於提升身體素質，增強社交互動，激發創造力，並提供多樣化的娛樂選擇，適合各年齡層參與。

備註：課程使用之器材由本會提供

The definition of Newly Emerged Sports refers to sports forms that have become popular in recent years, typically characterized by innovation and entertainment, combining modern technology and fashion elements to attract young participants. The benefits of emerging sports include enhancing physical fitness, boosting social interaction, stimulating creativity, and providing diverse entertainment options suitable for participants of all ages.

Remarks: All training equipment will be provided

## 圓網球 NEW

### Spikeball (Ages 8-12)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSSBEC 010001	Sun (11/1-29/3) No Class 22/2	13:30-14:30	11	Sq. Court	\$2,200	\$2,420

## 布袋球 NEW

### Cornhole (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
26SSCHEC 010001	Sun (11/1-29/3) No Class 22/2	14:30-15:30	11	Sq. Court	\$2,200	\$2,420

## 地壺 NEW

### Floor Curling (Ages 8-15)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSFCEC 010001	Sat (10/1-28/3) No Class 21/2	12:00-13:00	11	Sq. Court	\$2,200	\$2,420

## 成人匹克球班 NEW

### Adult Pickleball Class (Ages 18 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSPXAE 010001	Sun (4/1-25/1)	12:00-13:30	4	Gym	\$1,000	\$1,200
26SSPXAE 020001	Sun (1/2-1/3) No Class 22/2	12:00-13:30	4	Gym	\$1,000	\$1,200
26SSPXAE 030001	Sun (8/3-29/3)	12:00-13:30	4	Gym	\$1,000	\$1,200

## 先進匹克球班 NEW

### Master Pickleball Class (Ages 55 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSPXME 010001	Tue (6/1-27/1)	10:30-12:00	4	Gym	\$1,000	\$1,200
26SSPXME 020001	Tue (3/2-3/3) No Class 17/2	10:30-12:00	4	Gym	\$1,000	\$1,200
26SSPXME 030001	Tue (10/3-31/3)	10:30-12:00	4	Gym	\$1,000	\$1,200

## 太極課程 Tai Chi Programme

### 太極拳健身班

#### Tai Chi Chuen Fitness Course

本課程教授太極拳運動的各種技巧，教練會以學員水平及興趣個別編排課程內容，學員主要學習太極拳架二十四式及四十八式，亦會涉獵其他內容，包括太極健身功、太極基本功及八段錦等等，適合不同運動水平和性別的人士參加，以達致健身之效。初學者須先修讀太極拳健身班（二十四式）。This programme is designed according to the participants' levels and interests, which is suitable for all people regardless of gender and sports background. Participants will mainly learn Tai Chi Chuen 24 and 48 forms, as well as other contents such as basic skills of Tai Chi, Baduanjin to strengthen their abilities. Beginner are required to learn Tai Chi Chuen Fitness Course (24 Forms) first.

#### 二十四式 24 Forms (Ages 18 or above) 🧡

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSMCTF 012401	Tue (6/1-24/3) No Class 17/2	18:00-19:00	11	Sq. Court	\$1,045	\$1,375

#### 四十八式 48 Forms (Ages 18 or above) 🧡 🗡️

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSMCTF 014801	Tue (6/1-24/3) No Class 17/2	19:00-20:00	11	Sq. Court	\$1,045	\$1,375

### 楊家太極拳、劍、刀

#### Yang-style Tai Chi Chuen, Sword, Broadsword (Ages 18 or above)

「楊家太極拳」

Yeung-Style Tai Chi Chuen

最合適一般人去學習的一家拳法。它要求學員立身中正，四平八穩，鬆而不懈。

The most suitable set of boxing for ordinary people to learn. It requires students to stand upright, be steady, relaxed and unremitting.

「楊家太極劍」

Yeung-Style Tai Chi Sword

玩法有快有慢，講究轉折纏繞，動靜相間，它和太極拳一樣具有很高的健身價值。

It can be fast or slow, with emphasis on twists and turns, alternating movement and stillness. Like Tai Chi, it has high fitness value.

「楊家太極刀」

Yeung-Style Broadsword

包括砍、劈、帶、撩、纏頭、裸腦等動作，能增進個人動作靈活鍛鍊腦筋，對健康有莫大的幫助。

Including chopping, splitting, leading, vexing, wrapping the head, bare brain and other actions, it can improve personal movement flexibility and exercise the brain, which is a great help to health.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSMCTS 013201	Fri (9/1-27/3) No Class 20/2	09:00-10:00	11	Dance Studio	\$1,265	\$1,650

### 簡化太極拳

#### Simplified Tai Chi Chuen Course

太極拳乃其中一項用以強身健體的中國武術。它的特點是動作柔和，緩慢均勻，圓活連貫及松靜輕靈，故適合男女老少學習。

Tai Chi Chuen is a kind of the Chinese martial arts for physical fitness, which is characterized by soft, slow and uniform stances, lively and coherent movements as well as light and quiet temperament. It is suitable for everyone regardless of age and gender.

#### 先修課程 Beginners Course (Ages 18 or above) 🧡

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSMCST 010001	Wed (7/1-25/3) No Class 18/2	19:00-20:00	11	Sq. Court	\$1,045	\$1,375

#### 二十四式 24 Forms (Ages 18 or above) 🧡

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSMCST 012401	Wed (7/1-25/3) No Class 18/2	18:00-19:00	11	Dance Studio	\$1,045	\$1,375

### 綜合太極拳 (四十八式)

#### Integrated Tai Chi Chuen (48 Forms) (Ages 18 or above) 🗡️

報讀要求 Entry Requirement：必須曾修讀簡化太極拳（二十四式）Completed Simplified Tai Chi Chuen (24 Forms)

凡學習過二十四式簡化太極拳的人，都希望對太極拳有進一步的了解，提高自己的技術水平。四十八式包含了多種掌法、步法和腳法，齊集了五家（陳、楊、孫、武、吳）特有的招式。活動起來輕鬆柔和，圓活自然，實在是學習完二十四式簡化太極拳後另一套必學的拳套。

Integrated Tai Chi Chuen (48 Forms) is based on the "main structure" exercise of the simplified 24-form Tai Chi Chuen. It integrates the elements of other martial arts styles (Chan, Yang, Suen, Woo and Wu) to form its own characteristics. Its arrangement is relaxing and natural, while the movements are coordinated and smooth. It is for those who have learnt the simplified 24-form Tai Chi Chuen.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSMCIT 014801	Mon (12/1-30/3) No Class 16/2	19:00-20:00	11	Sq. Court	\$1,045	\$1,375

### 八段錦

#### Baduanjin (Ages 18 or above)

八段錦是一種優秀的中國傳統保健氣功。八段錦健身氣功形成於十二世紀，後在歷代流傳中形成許多練法和風格各具特色的流派，它動作簡單易行，功效顯著。古人把這套動作比喻為「錦」，意為動作舒展優美，如錦緞般優美、柔順，又因為功法共為八段，每段一個動作，故名為「八段錦」。Baduanjin is an excellent traditional Chinese health care qigong exercise. It was created in the twelfth century and was later expanded into a number of schools with different methods and styles which were simple and effective. The ancients compared this set of movements to "Jin (brocade)", which means that the movements are beautiful and supple like brocade. As this qigong exercise has eight sections and each contains one movement, hence it is named "Baduanjin (Eight Pieces of Brocade)".

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
26SSMCBJ 010001	Mon (12/1-30/3) No Class 16/2	18:00-19:00	11	Sq. Court	\$1,045	\$1,375