

攀登及南丫島活動中心課程 Climbing & 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) /
 YMCALamma (Lamma)

地點 Venue Location

- 港青 (尖沙咀) 二樓室內攀石場
Indoor Climbing Walls, 2/F, YMCA (TST)
- 港青南丫島戶外活動中心
YMCA Lamma Island Outdoor Centre

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
 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.

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🧗標誌的課程，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)

凡有經驗之攀爬人士使用，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. The fee is \$110. Please contact us at 2268 7062 during office hours or email to climbing@ymcahk.org.hk for appointment.
 費用 Fee : \$110

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 8-12) 🧗
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爬技巧，訓練身體協調性，同時透過攀爬活動，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爬入場證。
 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.

室內攀石場系列 Indoor Climbing Wall	編號 Code	Course Date	(一) Mon	(二) Tue	(四) Thu	(六) Sat	(日) Sun	堂數 Sessions	會員 Mem	非會員 NMMem	
兒童及少年運動攀 兒童初階班 Smart Kids Children & Youth Sport Climbing Programme	23SPSMAR 040101	17/4-26/6 No class 1/5	16:30-17:30					10			
	23SPSMAR 040102	11/4-13/6	16:30-17:30								
	23SPSMAR 040103	13/4-15/6	16:30-17:30								
	23SPSMAR 040104	15/4-17/6			10:00-11:00						
	23SPSMAR 040105				11:00-12:00						
	23SPSMAR 040106	16/4-18/6					10:00-11:00				11:00-12:00
	23SPSMAR 040107										
	23SPSPID 040201	17/4-26/6 No class 1/5	16:30-17:30								
	23SPSPID 040202	11/4-13/6	16:30-17:30								
	23SPSPID 040203	13/4-15/6	16:30-17:30								
23SPSPID 040204	15/4-17/6			10:00-11:00							
23SPSPID 040205				11:00-12:00							
23SPSPID 040206	16/4-18/6					10:00-11:00	11:00-12:00				
23SPSPID 040207											
兒童高階班 Super Kids (Ages 6-8)	23SPSUPE 040301	17/4-26/6 No class 1/5	16:30-17:30					10	\$1,450	\$1,650	
	23SPSUPE 040302	11/4-13/6	16:30-17:30								
	23SPSUPE 040303	13/4-15/6	16:30-17:30								
	23SPSUPE 040304	15/4-17/6			10:00-11:00						
	23SPSUPE 040305				11:00-12:00						
	23SPSUPE 040306	16/4-18/6					10:00-11:00				11:00-12:00
	23SPSUPE 040307										

室內攀岩系列
Indoor Climbing Wall

編號 Code	Course Date	(一) Mon	(二) Tue	(三) Wed	(四) Thu	(六) Sat	(日) Sun	堂數 Sessions	會員 Mem	非會員 N/Mem
少年第一級 Level 1 - Junior (Ages 9-12)	17/4-26/6 No class 1/5	17:30-18:30								
	12/4-14/6		16:15-17:15					10	\$1,450	\$1,650
	15/4-17/6					10:00-11:00				
						11:00-12:00				
	16/4-18/6						10:00-11:00 11:00-12:00			
第二級 Level 2 (Ages 8-12)	11/4-13/6		17:30-18:45							
	13/4-15/6				17:30-18:45			10	\$1,650	\$1,850
	15/4-17/6					12:00-13:15				
	16/4-18/6						12:00-13:15			
第三級 Level 3 (Ages 8-12)	11/4-13/6		17:30-18:45							
	13/4-15/6				17:30-18:45			10	\$1,650	\$1,850
	15/4-17/6					12:00-13:15				
	16/4-18/6						12:00-13:15			
兒童及少年運動攀登培訓小組 Children & Youth Sport Climbing Training Group (Ages 8-13)	11/4-13/6		17:30-18:45							
	13/4-15/6				17:30-18:45			10	\$1,550	\$1,750
	15/4-17/6					12:00-13:15				
青年運動攀登課程 Teenager Sport Climbing Scheme (Ages 13-17)	11/4-13/6									
	13/4-15/6				17:30-18:45			10	\$1,550	\$1,750
	15/4-17/6					12:00-13:15				
青年運動攀登培訓班 Teenager Sport Climbing Foundation Training Course (Ages 13-17)	15/4-17/6					10:30-12:30		10	\$2,050	\$2,250
	15/4-17/6					10:30-12:30		10	\$1,850	\$2,100

編號 Code	(六) Sat 15, 22 & 29/4	(日) Sun 16 & 23/4	(六) Sat 6, 13 & 20/5	(日) Sun 14 & 21/5	(六) Sat 3, 10 & 17/6	(日) Sun 11 & 18/6	堂數 Sessions	會員 Mem	非會員 NMem
成人運動攀登訓練課程 (16 歲或以上) Adult Sport Climbing Programme (Ages 16 or above) 一級運動攀登訓練課程 (中國香港攀山及攀登總會證書)* 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	23SPADCC 040101	14:15-17:55					3		
	23SPADCC 040102		10:30-16:00				2		
	23SPADCC 050101			14:15-17:55			3	\$850	\$980
	23SPADCC 050102				10:30-16:00		2		
	23SPADCC 060101					14:15-17:55	3		
	23SPADCC 060102						2		
							10:30-16:00		

	編號 Code	日期 Date	(三) Wed	堂數 Sessions	會員 / 非會員 Mem / NMem
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.	23SPADIC 040101	12/4	18:45-21:45	1	\$390
	23SPADIC 040102	19/4	18:45-21:45		
	23SPADIC 040103	26/4	18:45-21:45		
	23SPADIC 050101	3/5	18:45-21:45		
	23SPADIC 050102	10/5	18:45-21:45		
	23SPADIC 050103	17/5	18:45-21:45		
	23SPADIC 050104	24/5	18:45-21:45		
	23SPADIC 050105	31/5	18:45-21:45		
	23SPADIC 060101	7/6	18:45-21:45		
	23SPADIC 060102	14/6	18:45-21:45		
	23SPADIC 060103	21/6	18:45-21:45		
	23SPADIC 060104	28/6	18:45-21:45		

	編號 Code	(三) Wed 3, 10, 17 & 24/5	(三) Wed 7, 14, 21 & 28/6	堂數 Sessions	會員 / 非會員 Mem / NMem
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)	23SPADPC 050201	19:00-21:00		4	\$500
	23SPADPC 060201		19:00-21:00	4	

親子活動 FAMILY EVENT

親子攀登同樂日

Family Climbing Fun Day (Ages 6 or above)

編號 Code	日期 Date	時間 Time	名額 Capacity
23SPFCFD 040001	23/4 (Sun)	14:00-15:30	12
23SPFCFD 040002	30/4 (Sun)	14:00-15:30	
23SPFCFD 050001	20/5 (Sat)	14:00-15:30	
23SPFCFD 050002	27/5 (Sat)	14:00-15:30	
23SPFCFD 060001	10/6 (Sat)	14:00-15:30	
23SPFCFD 060002	18/6 (Sun)	14:00-15:30	

費用 (每位) Fee (per person) :
Mem \$125 / NMem \$145

地點 Venue :
二樓室內攀石場
2/F Indoor Climbing Walls.

備註 Remarks :
12 歲以下參加者必須至少由一位成人報名共同參與
Participant who is under 12 years old must be enrolled with an adult.



親子攀登訓練班

Climb With Your Kids (Ages 6 or above)

編號 Code	日期 Date	時間 Time	堂數 Sessions	名額 Capacity
23SPCWYK 040001	22 & 29/4 (Sat)	14:00-16:00	2	8
23SPCWYK 050001	21 & 28/5 (Sun)			
23SPCWYK 060001	17 & 24/6 (Sat)			

費用 (每位) Fee (per person) :
Mem \$480 / NMem \$530
(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)
(Children ages 6-12 must be enrolled with parent. Maximum number of children per adult is 2.)

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.



天然岩場攀登體驗日

Natural Rock Climbing Fun Day (Ages 8 or above)

We provides the opportunity for participants to experience rock climbing in the natural environment. Participants would not only gain the climbing experience, but also enjoy the exciting in natural rock.

編號 Code	日期 Date	名額 Capacity	會員 Mem	非會員 NMem
23SPSEOT 040001	30/4 (Sun)	16	\$480 per person	\$580 per person
23SPSEOT 050001	28/5 (Sun)			

備註 Remarks :

1. 地點 Venue: 薄扶林水塘 / 布力徑 (暫定) Pok Fu Lam Reservoir/ Black's Link (tentatively)
2. 集合 Assembly: 09:00 二樓室內攀石場 2/F Indoor Climbing Wall
3. 解散 Dismissal: 14:30 港青大堂 YMCA Lobby
4. 價錢包括 Price includes:
交通, 攀石裝備 Transportation, climbing gear
5. 12 歲以下參加者必須至少由一位成人報名共同參與
Participant who is under 12 years old must be enroled with an adult.

