



香港中華基督教青年會
Chinese YMCA of Hong Kong

必列者士街會所
Bridges Street Centre

2024年11月至2025年1月
Nov 2024—Jan 2025

幼兒
兒童

游泳獎勵計劃

Pre-school Swimming Award Scheme

游泳獎勵計劃

Children Swimming Award Scheme

香港上環必列者士街會所 51 號一樓

1/F, 51 Bridges Street, Sheung Wan, Hong Kong

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2024 年 11 月至 2025 年 1 月 游泳班報名安排

Nov 2024 - Jan 2025 Swimming Course Application Arrangement

新生 New students

26/10/2024 10:00am 公開接受報名 Open Enrollment

本期生抽籤 Current students balloting

交表日期 Submission date

7/10/2024 - 20/10/2024 *只限參與本會所 2024 年 9 - 10 月之泳班學員
*Students of Swimming program in Sep - Oct 2024

請攜同**評核結果通知書**、**支票**及**泳班報名表**於一樓接待處提交。**只接受支票**
支票抬頭請寫「**香港中華基督教青年會**」或“**CHINESE YMCA OF HONG KONG**”；
支票背面請寫上學員姓名及聯絡電話，期票恕不接受。

Submit with **Swimming Application Form, Assessment Paper** and **CHEQUE** at 1/F.
Cheque payable to “**CHINESE YMCA OF HONG KONG**”, please also state the student name and contact number on the overleaf. Post-dated Cheque will not be accepted.

抽籤結果 Ballot result

25/10/2024 請瀏覽本會所網頁之最新消息。Please visit our webpage for the result.
<http://bsc.ymca.org.hk>

泳班報名截止後，已繳交的支票將陸續兌現，**請先確定有關賬戶內備有足夠款項**。另請於公開報名日後取回收據。

After the swimming class registration deadline, the submitted cheques will be gradually cashed. **Please ensure that there are sufficient funds in the relevant account.** The receipt is ready to collect after the Public Application Day.

備註 Remarks :

- 請仔細選擇及填寫最合適課程、日期及時間，**一經提交泳班報名表，因私人理由要求轉班或取消，須聯絡課程負責職員辦理手續，並需繳交每課程\$100 行政費。**
- 如填寫的第一選擇未能入選，會自動選取第二選擇而**不會另行通知**。請自行留意抽籤結果。
- 每張報名表只報讀一班，如報讀兩班，請每班分別填寫一張報名表。
- 除申請被拒或有關泳班取消外，已繳學費恕不退回，學費及學額亦不可轉讓他人。
- 凡進行抽籤報名必須為本會會友，抽籤報名成功與否，已繳會費恕不退回。
- Please choose the most appropriate course time and date. **Once the swimming class registration form is submitted, any change or cancel for personal reasons, an administrative fee of \$100 per course will be charged.** Please contact our staff to handle the procedures.
- When first choice is not successful, second choice will be automatically selected **without further notice. Please pay attention to the ballot result.**
- One application form is for one class only. Please fill in extra application form for enrolling 2 or more classes.
- All courses fees are non-refundable unless the application is rejected or the swimming class is canceled. Fees and vacancies are not non-transferable.
- Membership fee is non-refundable even cancellation or unsuccessful application.

2024年11月 - 2024年1月
 Nov 2024 - Jan 2025

本期生報名時段
 Application Period for current students

7/10 - 20/10/2024

抽籤結果
 Allotting Result



25/10/2024

公開報名日
 Public Application Day



26/10/2024

泳班日期
 Class Detail



3/11/2024 - 25/1/2025

| | 日 Sun | 一 Mon | 二 Tue | 三 Wed | 四 Thu | 五 Fri | 六 Sat |
|----------------|----------|----------|----------|----------|----------|----------|----------|
| 10月 OCT | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 10-11月 OCT-NOV | 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 11月 NOV | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 12月 DEC | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 12-1月 DEC-JAN | 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| 1月 JAN 2025 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | 19 | 20 | 21 | 22 | 23 | 24 | 25 |

本會所游泳教練 Our Swimming Coaches



譚梓皓 Mouse Sir
水中健體復康教練
Aqua-rehab



張柱輝 Cheung Sir
全職教練



陳楷富 Chan Sir



陳麗貞 Miss Chan



陳潔貞 Miss Chan



鄒榮煊 Chow Sir



高偉健 Ko Sir



羅嘉昇 Law Sir



梁中輝 Leung Sir



麥家熙 Mak Sir



王偉充 Wong Sir



楊逸三 Yeung Sir



葉麗娥 Miss Yip

“ Pre-school 幼兒 Swimming Award Scheme 游泳獎勵計劃 ”

【此計劃是讓本會 3 - 5 歲 之幼兒會友在安全衛生的環境、有系統的教學內容及資深教練帶領下熟悉水性及促進自然發育。透過青年會的教學法，培養幼兒自信自我認識，建立正面的價值觀及社交技巧，協助其全人發展。完成幼兒游泳獎勵計劃之泳員可繼續參加青年會兒童游泳獎勵計劃，全面學習四式技術。】

This scheme allows members aged 3-5 to get used to water environment with systematic course contents and experienced coaches. Children will gain confidence and self-understandings, establish positive value and learn social skills. Members finishing Pre-school Swimming Award Scheme can continue to enroll in the Children Swimming Award Scheme of YMCA and further develop their skills on the 4 different strokes.

| 級別 Grade | 章別 Award | 課程內容 Contents | 備註*# Remarks |
|--------------------------------------|---------------------|--|---|
| 幼兒一班 Pre-school Swimming Class I | 螃蟹章 Crab | 進出水面 / 閉氣3秒 / 螃蟹走路 / 持板浮身還原起立 Water entry, breath holding for 3 seconds, crab walk, floating with float board and stand up. | 完成此兩個章別相等於魚苗章 Completion of the 2 levels is equivalent to the Baby Fish award. |
| | 章魚章 Sea spider | 閉氣5秒 / 水中呼吸 / 漂浮 3 米還原起立 / 持板踢腳 / 持板背泳浮身 / 站立跳水 / 潛水拾物 Water entry, breath holding for 5 seconds, breath control, front float for 3m and stand up, flutter kick with float board, back float with float board, feet first entry, pick up objects under water. | |
| | 水母章 Jellyfish | 水母漂浮 5 秒 / 水中站立 / 蹬牆漂浮 3 米 / 漂浮踢腳 3 米 / 背泳浮身 Jellyfish float for 5 seconds, push-off and float for 3m, flutter kick for 3m, back float. | 完成此兩個章別相等於水獺章 Completion of the 2 levels is equivalent to the Otter award. |
| 幼兒二班 Pre-school Swimming Class II | 海馬章 Seahorse | 漂浮打水5米 / 仰漂 3秒還原起立 / 閉氣捷泳5米 / 背泳仰浮踢腳 / 蹬牆仰漂 Flutter kick for 5m, float for 3 seconds and stand up, Freestyle for 5m holding breath, back float kicking, push-off and back float. | 完成此兩個章別相等於海豹章 Completion of the 2 levels is equivalent to the Seal award. |
| | 河豚章 Balloon-fish | 捷泳 6 - 8 米 / 換氣 2 口以上 / 仰浮踢腳3米 Freestyle for 6-8m, breath exchange twice, push-off and back float kicking for 3m. | |
| | 海星章 Sea Star | 捷泳 10 米連呼吸 / 仰浮踢腳 5 米 / 捷泳呼吸 Freestyle for 10m with breathing, push-off and back float kicking for 5m, Freestyle with rhythmic breathing. | |

※ 全期8堂(每堂50分鐘)

* 幼兒班泳員完成該級課程及通過評估，可獲取相等於該級兒童游泳獎勵計劃之證書；

* Upon completion of the course and assessment, swimmers will be awarded a certificate of the Pre-school Swimming Award Scheme.

完成海星章或整個幼兒游泳獎勵計劃之泳員可直接參加中一級之海豚章泳班。

Upon completion of the Sea Star badge course or the whole Pre-school Swimming Award Scheme, swimmers can join the Dolphin badge courses directly.

“ Children 兒童 Swimming Award Scheme 游泳獎勵計劃 ”

【此計劃的目的是鼓勵 6 - 16 歲 青少年會友按部就班，及有系統地學習各種游泳技巧。透過舉辦不同級別的游泳訓練班，讓會友可在資深教練指導下，按照各階段之課程內容學習各種游泳技巧。學員在訓練班完結時，均由任教導師按其表現作出評核，以確定其晉升級別。詳情如下：】

This scheme encourages children of 6 - 16 to learn swimming in a progressive manner. Under the instruction of our experienced coaches, children will learn the different strokes and skills as designed in each phase. Assessment will be made upon completion of each course as a confirmation for promotion.

| 級別 Grade | 章別 Award | 參加資格 Qualifications | 課程內容 Contents |
|--------------------------|--------------------|--|---|
| 初班 Elementary Level | 魚苗章 Baby Fish | 完全不懂泳術 Completely beginners | 克服懼水心班 / 閉氣 5 秒 / 水中呼吸 / 輔助浮身 / 持板踢腳 / 仰浮 / 俯浮 / 水中滑行 Overcome aqua phobia / Holding breathe for 5 sec / Breathing techniques in water / Assisted floating / Tread with floating device / Float on the back / Float with face down / Front glide |
| | 水獺章 Otter | 已考獲魚苗章或可扶持浮身閉氣 5 秒 Members with Baby Fish Award; or float with support and hold breathe for 5 sec | 仰浮 / 俯浮 / 進入水中 / 捷泳手腳配合 / 捷泳 5 米 Float on the back / Float with face down / Crawl with arms and legs / Crawl stroke 5m |
| | 海豹章 Seal | 已考獲水獺章或能做閉氣捷泳 5 米 Members with Otter Fish Award; or Crawl stroke for 5m without breathing | 捷泳呼吸 / 捷泳手腳及呼吸配合 / 捷泳 10 米連呼吸 / 仰浮踢腳 5 米 Rotary breathing / Crawl stroke with rotary breathing / Crawl stroke 10m / Backstroke kick |
| 中班 Intermediate Level | 海豚章 Dolphin | 已考獲海豹章或能做仰浮踢腳 5 米及捷泳 10 米連呼吸 Members with Seal Award; or Backstroke 5m and Crawl stroke 10m | 淺跳 / 捷泳 25 米 / 背泳手腳配合 / 背泳 5 米 Shallow diving / Front Crawl 25m / Backstroke with arms and legs / Backstroke |
| | 飛魚章 Flying Fish | 已考獲海豚章或能游捷泳 25 米及背泳 5 米 Members with Dolphin Award; or Crawl stroke 25m and Backstroke 5m | 淺跳 / 踏水 / 背泳 10 米 / 捷泳 50 米 Shallow diving / Treading / Backstroke 10m / Crawl stroke 50m |
| | 泳員章 Swimmer | 已考獲飛魚章或能游捷泳 50 米及背泳 10 米 Members with Flying Fish Award; or Crawl stroke 50m and Backstroke 10m | 淺跳 / 踏水 / 前滾翻 / 背泳 25 米 / 捷泳 75 米 Shallow diving / Treading / Front rolling / Backstroke 25m / Crawl stroke 75m |

| 級別 Grade | 章別 Award | 參加資格 Qualifications | 課程內容 Contents |
|------------------------------|-----------------|--|--|
| 高班 Higher Level | 一星章 Star I | 已考獲泳員章或能游捷泳 75 米及背泳 25 米 Members with Swimmer Award; or Crawlstroke 75m and Backstroke 25m | 潛泳5米 / 踏水 / 捷泳75米 / 背泳50米 / 蛙泳基本動作 (划手及踢腳) Dive and swim 5m / Treading / Crawl stroke 75m and Backstroke 50m / Breaststroke basics |
| | 二星章 Star II | 已考獲一星章或能游捷泳 75 米及背泳 50 米及蛙泳基本動作 (划手及踢腳) Members with Star I Award; or Crawl stroke 75m, Backstroke 50m and Breaststroke basics | 蛙泳手腳及呼吸配合 / 蛙泳 25 米 / 背泳起跳 / 捷泳及背泳各 100 米 Breaststroke basics with rhythmic breathing / Breaststroke 25m / Backstroke Start / Crawlstroke and Backstroke 100m |
| | 三星章 Star III | 已考獲二星章或能游捷泳及背泳各 100 米及蛙泳 25 米 Members with Star II Award; or Crawl stroke 100m, Backstroke 100m and Breaststroke 25m | 捷泳轉身 / 蛙泳 50 米 / 蝶泳腳部及腰部技術 / 捷泳及背泳各 150 米 Crawl turn / Breaststroke 50m / Dolphin kick and Butterfly stroke waist / Crawl stroke and Backstroke 150m |
| 深造班 Advanced Level | 四星章 Star IV | 已考獲三星章或能游捷泳及背泳各 150 米及蛙泳 50 米，捷泳轉身及蝶泳腳部及腰部技術 Members with Star III Award; or Crawl stroke 150m, Backstroke 150m, Breaststroke 50m, Breaststroke turn, Butterfly Stroke waist and legs | 蝶泳手部技術及手腳配合 / 蝶泳 10 米 / 蛙泳100米 / 捷泳及背泳各200米 / 蛙泳轉身 Butterfly arm paddling and dolphin kick / Butterfly stroke 10m / Breaststroke 100m / Crawl stroke and Backstroke 200m / Crawl turn |
| | 五星章 Star V | 已考獲四星章或能游蝶泳 10 米，蛙泳轉身，蛙泳 100 米，捷泳及背泳各 200 米 Members with Star IV Award; or Butterfly stroke 10m, Breaststroke turn, Breaststroke 100m, Crawl stroke 200m, Backstroke 200m | 蝶泳25米 / 蛙泳200米 / 捷泳及背泳各300米 Butterfly stroke 25m / Breaststroke 200m / Crawl stroke and Backstroke 300m |
| | 六星章 Star VI | 已考獲五星章或能游蝶泳 25 米，蛙泳 200 米，捷泳及背泳各 300 米 Members with Star V Award; or Butterfly stroke 25m, Breaststroke 200m, Crawl stroke 300m, Backstroke 300m | 四式轉身 / 蝶泳50米 / 蛙泳300米 / 捷泳及背泳各 400 米 4 strokes turning / Butterfly stroke 50m / Breaststroke 300m / Crawl stroke and Back stroke 400m |

“ 游泳課程 ”

參加者注意事項 ”



- 幼兒一、二班導師比例為1：4 - 6人，初、中、高、深造班導師比例為1：7 - 8人，習泳少年導師比例為1：8 - 10人。
- 不同班別有不同的上課時間。幼兒一、二班上課時間為50分鐘，初、中、高、深造、習泳等為1小時。
- 在第六或第七堂教練會為泳員進行評核。如當天未能上課，請預先通知負責同事或教練安排早一堂/ 下一堂進行測試。
- **超過 6 歲或身高超過 1.1 米之學員，請勿進入異性更衣室。**
- 所有幼兒及兒童游泳課程之費用不包括儲物櫃收費。學員如要使用儲物櫃，請到一樓接待處辦理租借手續，費用為每次\$5。
- 每次上堂都必須攜帶泳帽及泳鏡。學員必須自備泳衣、泳鏡及所需物品，並必須於上課時穿著合適之泳衣或泳褲，除膠拖鞋外，不得穿著任何鞋履進入池面範圍。
- 泳班病假補堂安排
 - 申請病假補堂必須呈交上課當日由註冊西醫或中醫簽發之病假證明信
 - 補堂將安排在同一期有空位之同級泳班內進行
 - 所有事假、身體檢查或非緊急手術恕不作退費及補堂安排
 - 如需申請病假補課，請將病假證明信交到一樓接待處辦理補堂手續

“ Swimming Course Guidelines ”

- For Pre-school Class I & II, tutor rate is 1: 4-6, Elementary to Advanced level is 1:7-8, Young Swimmers is 1:8-10.
- Pre-school Class I & II are 50 minutes per lesson, Elementary to Advanced Classes are 1 hour per lesson.
- Assessment will be given on the 6th or 7th lesson. If student is unable to attend the lesson on that day, please give prior notice to instructor or our staff for replacement of the assessment.
- **Children aged above 6 or exceeding 1.1m in height are not allowed to enter the changing rooms of the opposite sex.**
- Locker rental costs are not included in the course fees except adult swimming classes. Locker rental is available at the 1/F reception at \$5 per session.
- Participants are required to prepare their own swimsuits, goggles and other necessities. Only unsoiled rubber sandals (flip-flops), other footwear are not allowed in the pool area.
- Swimming Class Make Up Arrangement
 - Make up classes would only be offered to participants who are able to provide a medical certificate of the date of sick leave.
 - Make up classes would only be arranged within the current term where vacancies of same grade exist.
 - Physical examinations and non-emergency surgeries would not be accepted.
 - Please send the certificate of sick leave to 1/F office for arranging make up class.



香港中華基督教青年會

Chinese YMCA of Hong Kong

必列者士街會所
Bridges Street Centre



幼兒游泳班

Pre-school swimming classes



兒童游泳班

Pre-school swimming classes



成人 / 女子成人游泳班

Adult / Ladies swimming classes



水中健體修身班

Hydro fitness classes



水中運動治療班

Aquatic sports classes

星期一至日
均有泳班

Swimming classes
are available from
Monday - Sunday

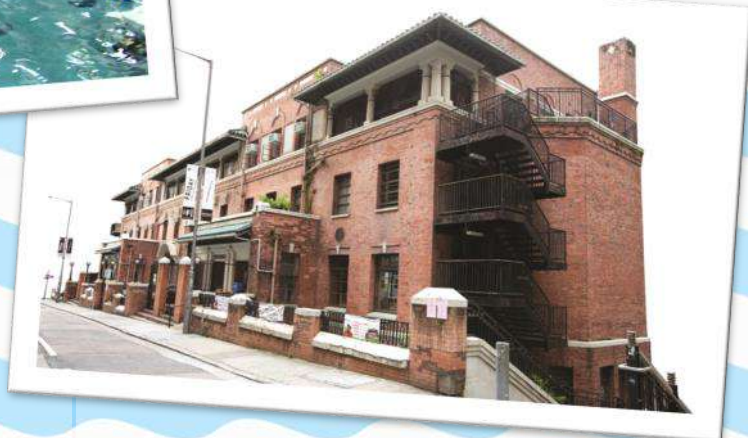


室內恆溫泳池
Indoor Heated Swimming Pool



Ready, Set,
Splash!

會所網頁
Centre
Website



香港上環必列者士街 51 號一樓
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幼兒游泳一班 + 初一班(魚苗章)

Pre-school Classes I

+

Elementary Classes I (Baby Fish Level)

| 對象 Target | 名額 Quota | 費用 Fee |
|-----------------------------------|-----------------|--|
| 3 - 16 歲會友 Members of aged 3 - 16 | 2 - 4 人 persons | \$ 1500 / 10 堂 Lessons \$ 1800 / 12 堂 Lessons |

| | 日期 DATE | 編號 CODE | 時間 TIME |
|------------|---|------------------|-------------|
| 星期一 MON | 4/11/2024 - 20/1/2025 (12 堂 lessons) 假期 Holiday: N/A | 4921.M1.2411.115 | 1500 - 1550 |
| | | 4921.M1.2411.116 | 1600 - 1650 |
| | | 4921.M1.2411.117 | 1700 - 1750 |
| | | 4921.M1.2411.118 | 1800 - 1850 |
| 星期二 TUE | 5/11/2024 - 21/1/2025 (12 堂 lessons) 假期 Holiday: N/A | 4921.M1.2411.215 | 1500 - 1550 |
| | | 4921.M1.2411.216 | 1600 - 1650 |
| | | 4921.M1.2411.217 | 1700 - 1750 |
| | | 4921.M1.2411.218 | 1800 - 1850 |
| 星期三 WED | 6/11/2024 - 22/1/2025 (10 堂 lessons) 假期 Holiday: (25/12, 1/1) | 4921.M1.2411.315 | 1500 - 1550 |
| | | 4921.M1.2411.316 | 1600 - 1650 |
| | | 4921.M1.2411.317 | 1700 - 1750 |
| | | 4921.M1.2411.318 | 1800 - 1850 |
| 星期四 THU | 7/11/2024 - 16/1/2025 (10 堂 lessons) 假期 Holiday: (26/12) | 4921.M1.2411.415 | 1500 - 1550 |
| | | 4921.M1.2411.416 | 1600 - 1650 |
| | | 4921.M1.2411.417 | 1700 - 1750 |
| | | 4921.M1.2411.418 | 1800 - 1850 |
| 星期五 FRI | 8/11/2024 - 24/1/2025 (12 堂 lessons) 假期 Holiday: N/A | 4921.M1.2411.515 | 1500 - 1550 |
| | | 4921.M1.2411.516 | 1600 - 1650 |
| | | 4921.M1.2411.517 | 1700 - 1750 |
| | | 4921.M1.2411.518 | 1800 - 1850 |



螃蟹章

CRAB



章魚章

SEA SPIDER



水母章

JELLYFISH



魚苗章

BABY FISH



幼兒游泳二班 + 初二、三班(水獺、海豹章)

Pre-school Classes II

+

Elementary Classes II, III (Otter, Seal Level)

| 對象 Target | 名額 Quota | 費用 Fee |
|---|------------------|--|
| 已達水母章/魚苗章程度之會友 Members who have reached the Jelly Fish/ Baby Fish Award | 2 - 4 人 persons | \$ 1500 / 10 堂 Lessons \$ 1800 / 12 堂 Lessons |
| 日期 DATE | 編號 CODE | 時間 TIME |
| 星期一 MON 4/11/2024 - 20/1/2025 (12 堂 lessons) 假期 Holiday: N/A | 4921.M2.2411.115 | 1500 - 1550 |
| | 4921.M2.2411.116 | 1600 - 1650 |
| | 4921.M2.2411.117 | 1700 - 1750 |
| | 4921.M2.2411.118 | 1800 - 1850 |
| 星期二 TUE 5/11/2024 - 21/1/2025 (12 堂 lessons) 假期 Holiday: N/A | 4921.M2.2411.215 | 1500 - 1550 |
| | 4921.M2.2411.216 | 1600 - 1650 |
| | 4921.M2.2411.217 | 1700 - 1750 |
| | 4921.M2.2411.218 | 1800 - 1850 |
| 星期三 WED 6/11/2024 - 22/1/2025 (10 堂 lessons) 假期 Holiday: (25/12, 1/1) | 4921.M2.2411.315 | 1500 - 1550 |
| | 4921.M2.2411.316 | 1600 - 1650 |
| | 4921.M2.2411.317 | 1700 - 1750 |
| | 4921.M2.2411.318 | 1800 - 1850 |
| 星期四 THU 7/11/2024 - 16/1/2025 (10 堂 lessons) 假期 Holiday: (26/12) | 4921.M2.2411.415 | 1500 - 1550 |
| | 4921.M2.2411.416 | 1600 - 1650 |
| | 4921.M2.2411.417 | 1700 - 1750 |
| | 4921.M2.2411.418 | 1800 - 1850 |
| 星期五 FRI 8/11/2024 - 24/1/2025 (12 堂 lessons) 假期 Holiday: N/A | 4921.M2.2411.515 | 1500 - 1550 |
| | 4921.M2.2411.516 | 1600 - 1650 |
| | 4921.M2.2411.517 | 1700 - 1750 |
| | 4921.M2.2411.518 | 1800 - 1850 |



海馬章



河豚章



海星章



水獺章



海豹章



兒童游泳中班 + 高班、深造班

Children Intermediate + Higher + Advanced Classes

| 對象 Target | 名額 Quota | 費用 Fee |
|---|-----------------|--|
| 已達海豹章或以上程度之會友 Members who have reached the Seal Award or above | 2 - 7 人 persons | \$ 1400 / 10 堂 Lessons \$ 1680 / 12 堂 Lessons |

| | 日期 DATE | 編號 CODE | 時間 TIME |
|------------|---|------------------|-------------|
| 星期一 MON | 4/11/2024 - 20/1/2025 (12 堂 lessons) 假期 Holiday: N/A | 4921.M3.2411.115 | 1500 - 1600 |
| | | 4921.M3.2411.116 | 1600 - 1700 |
| | | 4921.M3.2411.117 | 1700 - 1800 |
| | | 4921.M3.2411.118 | 1800 - 1900 |
| 星期二 TUE | 5/11/2024 - 21/1/2025 (12 堂 lessons) 假期 Holiday: N/A | 4921.M3.2411.215 | 1500 - 1600 |
| | | 4921.M3.2411.216 | 1600 - 1700 |
| | | 4921.M3.2411.217 | 1700 - 1800 |
| | | 4921.M3.2411.218 | 1800 - 1900 |
| 星期三 WED | 6/11/2024 - 22/1/2025 (10 堂 lessons) 假期 Holiday: (25/12, 1/1) | 4921.M3.2411.315 | 1500 - 1600 |
| | | 4921.M3.2411.316 | 1600 - 1700 |
| | | 4921.M3.2411.317 | 1700 - 1800 |
| | | 4921.M3.2411.318 | 1800 - 1900 |
| 星期四 THU | 7/11/2024 - 16/1/2025 (10 堂 lessons) 假期 Holiday: (26/12) | 4921.M3.2411.415 | 1500 - 1600 |
| | | 4921.M3.2411.416 | 1600 - 1700 |
| | | 4921.M3.2411.417 | 1700 - 1800 |
| | | 4921.M3.2411.418 | 1800 - 1900 |
| 星期五 FRI | 8/11/2024 - 24/1/2025 (12 堂 lessons) 假期 Holiday: N/A | 4921.M3.2411.515 | 1500 - 1600 |
| | | 4921.M3.2411.516 | 1600 - 1700 |
| | | 4921.M3.2411.517 | 1700 - 1800 |
| | | 4921.M3.2411.518 | 1800 - 1900 |



海豚章



飛魚章



泳員章



一星章



二星章



三星章



四星章



五星章



六星章



幼兒游泳一班

Pre-school Classes I

| 對象 Target | 名額 Quota | 費用 Fee |
|---------------------------------|-----------------|------------------------|
| 3 - 5 歲會友 Members of aged 3 - 5 | 2 - 4 人 persons | \$ 1800 / 12 堂 Lessons |

| | 日期 DATE | 編號 CODE | 時間 TIME |
|------------|--|--------------------|-------------|
| 星期六 SAT | 9/11/2024 - 25/1/2025 假期 Holiday: / | 4921.B1.2411.609 | 0900 - 0950 |
| | | 4921.B1.2411.610 | 1000 - 1050 |
| | | 4921.B1.2411.611 | 1100 - 1150 |
| | | 4921.B1.2411.612 | 1200 - 1250 |
| | | 4921.B1.2411.613 | 1300 - 1350 |
| | | 4921.B1.2411.614 | 1400 - 1450 |
| | | 4921.B1.2411.615 | 1500 - 1550 |
| | | 4921.B1.2411.616 | 1600 - 1650 |
| | | 4921.B1.2411.617 | 1700 - 1750 |
| 星期日 SUN | 3/11/2024 - 19/1/2025 假期 Holiday: / | 4921.B1.2411.71030 | 1030 - 1120 |
| | | 4921.B1.2411.71130 | 1130 - 1220 |
| | | 4921.B1.2411.71230 | 1230 - 1320 |
| | | 4921.B1.2411.71530 | 1530 - 1620 |



螃蟹章

CRAB



章魚章

SEA SPIDER



水母

JELLYFISH





幼兒游泳二班

Pre-school Classes II

| 對象 Target | 名額 Quota | 費用 Fee |
|---|-----------------|------------------------|
| 已達水母章程度之會友 Members who have reached the Jelly Fish Award | 2 - 4 人 persons | \$ 1800 / 12 堂 Lessons |

| | 日期 DATE | 編號 CODE | 時間 TIME |
|------------|--|--------------------|-------------|
| 星期六 SAT | 9/11/2024 - 25/1/2025 假期 Holiday: / | 4921.B2.2411.609 | 0900 - 0950 |
| | | 4921.B2.2411.610 | 1000 - 1050 |
| | | 4921.B2.2411.611 | 1100 - 1150 |
| | | 4921.B2.2411.612 | 1200 - 1250 |
| | | 4921.B2.2411.613 | 1300 - 1350 |
| | | 4921.B2.2411.614 | 1400 - 1450 |
| | | 4921.B2.2411.615 | 1500 - 1550 |
| | | 4921.B2.2411.616 | 1600 - 1650 |
| | | 4921.B2.2411.617 | 1700 - 1750 |
| 星期日 SUN | 3/11/2024 - 19/1/2025 假期 Holiday: / | 4921.B2.2411.71030 | 1030 - 1120 |
| | | 4921.B2.2411.71130 | 1130 - 1220 |
| | | 4921.B2.2411.71230 | 1230 - 1320 |
| | | 4921.B2.2411.71430 | 1430 - 1520 |
| | | 4921.B2.2411.71630 | 1630 - 1720 |



海馬章



河豚章



海星章





兒童游泳初班

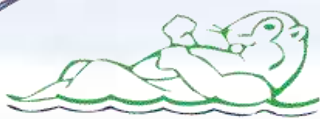
Children Elementary Classes

| 對象 Target | 名額 Quota | 費用 Fee |
|-----------------------------------|-----------------|------------------------|
| 6 - 16 歲會友 Members of aged 6 - 16 | 2 - 7 人 persons | \$ 1680 / 12 堂 Lessons |

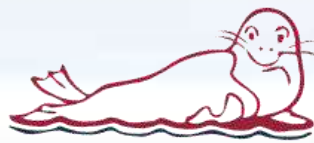
| | 日期 DATE | 編號 CODE | 時間 TIME |
|------------|--|--------------------|-------------|
| 星期六 SAT | 9/11/2024 - 25/1/2025 假期 Holiday: / | 4921.CL.2411.609 | 0900 - 1000 |
| | | 4921.CL.2411.610 | 1000 - 1100 |
| | | 4921.CL.2411.611 | 1100 - 1200 |
| | | 4921.CL.2411.612 | 1200 - 1300 |
| | | 4921.CL.2411.614 | 1400 - 1500 |
| | | 4921.CL.2411.615 | 1500 - 1600 |
| | | 4921.CL.2411.617 | 1700 - 1800 |
| 星期日 SUN | 3/11/2024 - 19/1/2025 | 4921.CL.2411.71030 | 1030 - 1130 |
| | | 4921.CL.2411.71330 | 1330 - 1430 |



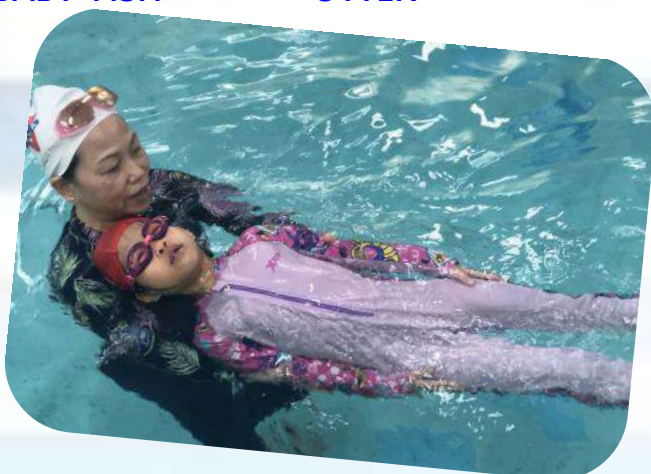
魚苗章
BABY FISH



水獺章
OTTER



海豹章
SEAL





兒童游泳中班

Children Intermediate Classes

| 對象 Target | 名額 Quota | 費用 Fee |
|---|-----------------|------------------------|
| 已達海豹章程度之會友 Members who have reached the Seal Award | 2 - 7 人 persons | \$ 1680 / 12 堂 Lessons |

| | 日期 DATE | 編號 CODE | 時間 TIME |
|------------|--|--------------------|-------------|
| 星期六 SAT | 9/11/2024 - 25/1/2025 假期 Holiday: / | 4921.CM.2411.609 | 0900 - 1000 |
| | | 4921.CM.2411.610 | 1000 - 1100 |
| | | 4921.CM.2411.611 | 1100 - 1200 |
| | | 4921.CM.2411.615 | 1500 - 1600 |
| | | 4921.CM.2411.616 | 1600 - 1700 |
| 星期日 SUN | 3/11/2024 - 19/1/2025 假期 Holiday: / | 4921.CM.2411.71030 | 1030 - 1130 |
| | | 4921.CM.2411.71130 | 1130 - 1230 |
| | | 4921.CM.2411.71230 | 1230 - 1330 |
| | | 4921.CM.2411.71430 | 1430 - 1530 |



海豚章

DOLPHIN



飛魚章

FLYING FISH



泳員章

SWIMMER





兒童游泳高班

Children Higher Classes

| 對象 Target | 名額 Quota | 費用 Fee |
|--|-----------------|------------------------|
| 已達泳員章程度之會友 Members who have reached the Swimmer Award | 2 - 7 人 persons | \$ 1680 / 12 堂 Lessons |

| | 日期 DATE | 編號 CODE | 時間 TIME |
|------------|--|--------------------|-------------|
| 星期六 SAT | 9/11/2024 - 25/1/2025 假期 Holiday: / | 4921.CH.2411.609 | 0900 - 1000 |
| | | 4921.CH.2411.610 | 1000 - 1100 |
| | | 4921.CH.2411.612 | 1200 - 1300 |
| | | 4921.CH.2411.614 | 1400 - 1500 |
| | | 4921.CH.2411.615 | 1500 - 1600 |
| | | 4921.CH.2411.616 | 1600 - 1700 |
| 星期日 SUN | 3/11/2024 - 19/1/2025 假期 Holiday: / | 4921.CH.2411.70930 | 0930 - 1030 |
| | | 4921.CH.2411.71130 | 1130 - 1230 |
| | | 4921.CH.2411.71530 | 1530 - 1630 |



一星章
STAR I



二星章
STAR II



三星章
STAR III





兒童游泳深造班

Children Advanced Classes

| 對象 Target | 名額 Quota | 費用 Fee |
|--|--------------------|------------------------|
| 已達三星章程度之會友 Members who have reached the Star III award | 2 - 7 人 persons | \$ 1680 / 12 堂 Lessons |
| 日期 DATE | 編號 CODE | 時間 TIME |
| 星期六 SAT 9/11/2024 - 25/1/2025 假期 Holiday: / | 4921.CA.2411.611 | 1100 - 1200 |
| | 4921.CA.2411.613 | 1300 - 1400 |
| | 4921.CA.2411.616 | 1600 - 1700 |
| | 4921.CA.2411.618 | 1800 - 1900 |
| 星期日 SUN 3/11/2024 - 19/1/2025 假期 Holiday: / | 4921.CA.2411.70930 | 0930 - 1030 |
| | 4921.CA.2411.71230 | 1230 - 1330 |
| | 4921.CA.2411.71630 | 1630 - 1730 |



四星章



五星章



六星章



習泳少年 Young Swimmers

| 對象 Target | 名額 Quota | 費用 Fee |
|---|-----------------|------------------------|
| 16 歲或以下會友已達六星章 程度之會友 Members who have reached Star VI age under 16 | 2 - 8 人 persons | \$ 1620 / 12 堂 Lessons |

| 日期 DATE | 編號 CODE | 時間 TIME |
|--|--------------------|-------------|
| 星期六 SAT 9/11/2024 - 25/1/2025 假期 Holiday: / | 4921.CF.2411.613 | 1300 - 1400 |
| | 4921.CF.2411.618 | 1800 - 1900 |
| 星期日 SUN 3/11/2024 - 19/1/2025 假期 Holiday: / | 4921.CF.2411.70930 | 0930 - 1030 |

AD, AM

成人游泳班

Adult Swimming Classes

| 對象 Target | 名額 Quota | 費用 Fee |
|--|-----------------|--|
| 16 歲或以上會友 Members of aged 16 or above | 5 - 7 人 persons | \$ 1275 / 10 堂 Lessons \$ 1530 / 12 堂 Lessons |

| | | 日期 DATE | 編號 CODE | 時間 TIME |
|---|------------|---|--------------------------------------|----------------------------|
| 成人游泳班 Adult Swimming Classes | 星期三 WED | 6/11/2024 - 22/1/2025 (10 堂 lessons) 假期 Holiday: (25/12, 1/1) | 4921.AD.2411.319 | 1900 - 2000 |
| | 星期五 FRI | 8/11/2024 - 24/1/2025 (12 堂 lessons) 假期 Holiday: N/A | 4921.AD.2411.519 | 1900 - 2000 |
| | 星期六 SAT | 9/11/2024 25/1/2025 (12 堂 lessons) 假期 Holiday: / | 4921.AD.2411.608 4921.AD.2411.619 | 0800 - 0900 1900 - 2000 |
| 成人游泳改良班 Adult Swimming Enrichment Classes | 星期一 MON | 4/11/2024 - 20/1/2025 (12 堂 lessons) 假期 Holiday: N/A | 4921.AM.2411.119 | 1900 - 2000 |
| | 星期四 THU | 7/11/2024 - 16/1/2025 (10 堂 lessons) 假期 Holiday: (26/12) | 4921.AM.2411.419 | 1900 - 2000 |

- 游泳班 (成人泳班除外) 不設儲物櫃。如有需要，請到一樓接待處辦理租借手續，費用為每次\$5。
- Lockers rental costs are not included in the course fees (except Adult Swimming Classes). Locker rentals is available at 1/F reception at \$5 per lesson.

AA

水中健體修身班

Hydro Fitness

| 對象 Target | 名額 Quota | 費用 Fee |
|--|--|---------------------------------|
| 16 歲或以上會友 Members of aged 16 or above | 3 - 15 人 persons | \$ 1356/ 12 堂 Lessons |
| 日期 DATE | 編號 CODE | 時間 TIME |
| 星期二 TUE | 5/11/2024 - 21/1/2025 (12 堂 lessons) 假期 Holiday: N/A | 4921.AA.2411.219 1900 - 2000 |

PA

個別專教游泳班

Private Coaching

| 對象 Target | 名額 Quota | 費用 Fee |
|--|-----------------|--|
| 3 歲或以上會友 Members of aged 3 or above | 1 - 2 人 persons | (1:1) \$500 / 堂 Lesson / 每學員 per person (1:2) \$400 / 堂 Lesson / 每學員 per person |
| 堂數 Section: 按月收費 (每堂一小時) Monthly Payment (1 hour / lesson) | |  |
| 上課期及時間 Schedule: 個別協商 Negotiable | | |
| 查詢 Enquiry: 2540 0526 張 Sir (Mr. Cheung) | | |

備註 Remarks

- 如學員因事未能上課，需於上課前 24 小時通知本會職員，否則不會補堂。
For student is unable to attend the lesson on that day, please give notice to our staff at least 24 hours before lesson start. Otherwise no make up class can be arranged.
- 如學員因病未能上課，需提交上課當日由註冊西醫或中醫病簽發之病假證明信。
Due to the sick reason, make up class would be offered to participants who are able to provide a medial certificate of the date of sick leave.
- 每次交易只可安排一堂補堂。 Every transaction allow for 1 make up class only.