

幼兒
Pre-school

游泳獎勵計劃 Swimming Award Scheme

【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-understanding, 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.	
	河豚章 Balloonfish	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.	完成此兩個章別 相等於海豹章 Completion of the 2 levels is equivalent to the Seal award.

※ 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.

兒童
Children

游泳獎勵計劃 Swimming Award Scheme

【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，均由任教練按其表現作出評核，以確定其晉升级別。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 phrase. 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 / 捷泳手脚配合 / 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 / 捷泳手脚及呼吸配合 / 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 / 背泳手脚配合 / 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.