

幼兒學前·  
親子泳班  
Aqua-Tots,  
Toddler  
Swimming



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

VISION  
2030

幼兒·兒童  
游泳訓練  
Pre-school  
& Children  
Swimming

水中健體·  
成人泳班  
Hydro fitness,  
Adult swimming

青泳團·  
泳隊預備班  
Ching Wing Union  
Prep  
Swimming Team

2025年11月至2026年1月 Nov 2025 - Jan 2026



香港上環必列者士街51號一樓

1/F, 51 Bridges Street, Sheung Wan, H.K.



2540 0526



9685 3843



<http://bsc.ymca.org.hk>



[bscentre@ymca.org.hk](mailto:bscentre@ymca.org.hk)



# 本期生抽籤報名安排

## Arrangement for current students balloting registration

1. 泳班學員於本期生報名時段內提交報名表，將可直接預繳泳班費用以參加抽籤。
2. 預繳泳班費用並不等於正式取錄，未能抽中之學員將個別通知轉讀其他時段，如未能聯絡或未能安排適合時段之學員，需安排辦理退費手續。
3. 成功報讀之學員名單將於本會所網頁內公佈。學員可於公開報名日後到一樓接待處領取泳班收據。

1. Swim class applicants who submit their application forms within the current enrollment period can pay the class fee in advance to join the balloting.
2. Advance payment of the swim class fee does not guarantee admission. Applicants who are not selected will be notified individually to switch to another session. If can not be reach or arrange a suitable session, a refund will be arranged.
3. The list of successful applicants will be announced on the website. Applicants can collect receipt at the 1/F reception after the public enrollment day.

# 2025 年 9 至 10 月 游泳班報名安排

## Sep - Oct 2025 Swimming Course Application Arrangement

### 本期生抽籤報名 Current students balloting registration

報名日期 Submission date  
**6/10/2025 - 19/10/2025**

\*只限參與本會所 2025 年 9 至 10 月之泳班學員  
\*Students of Swimming program in Jul - Aug 2025

請攜同**評核結果通知書**及**泳班報名表**於一樓接待處報名。

於本期生抽籤報名日期內之報名，將進行抽籤以確定的否成功報讀，結果將於抽籤公報日期於本會網頁公報。如未能抽中之學員，需轉報其他時間或退回有關費用。

Please bring the **assessment result** and swimming class **application form** to register at 1/F.

For applications submitted during the current student balloting registration period, a balloting will be conducted to determine successful enrollment. The results will be announced on the website on the announcement date. For those participant failed to be selected, they may transfer to another available class or request a refund of the relevant fees.

### 抽籤結果公報 Ballot result announcement

**23/10/2025**

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>

### 新生 New students

**25/10/2025 10:00am** 公開接受報名 Open Enrollment

位置先到先得 Spots are allocated on a first-come, first-served basis.

#### 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.

## 2025 年 11 – 2025 年 1 月 Nov 2025 - Jan 2026

本期生報名時段

Application Period for current students

6/10/2025 - 19/10/2025

抽籤結果 Balloting Result



23/10/2025

公開報名日 Public Application Day



25/10/2025

泳班日期 Class Detail



7/11/2025 – 17/1/2026

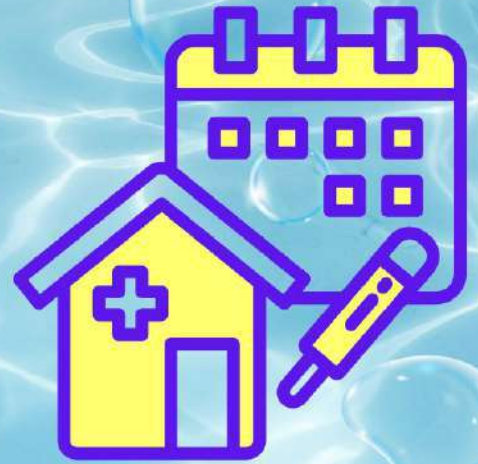
	日 Sun	一 Mon	二 Tue	三 Wed	四 Thu	五 Fri	六 Sat
10月 OCT	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
10-11月 OCT-NOV	26	27	28	29	30	31	1
11月 NOV	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
12月 DEC	30	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22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

# POOL



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

VISION  
2030



## 泳班病假補課須知 Make Up Class

# 1

申請病假補課必須呈交上課當日由註冊西醫或中醫簽發之病假證明信或預早出示學校必須出席之活動的通告。

Make up classes would only be offered to participants who are able to provide a medical certificate of the date of sick leave or compulsory school activities notice.

# 2

如需申請病假補課，請連同病假證明信或學校通告 WhatsApp 到 **9685 3843** 通知泳班負責同工。

To apply for make up classes, please send your medical certificate or school notice via WhatsApp to **9685 3843** to inform the staff in charge of the swimming class.

# 3

補課將安排在同一期有空位之同級泳班內進行，補課日期一經確認，恕不更改。

Make up classes would only be arranged within the current term where vacancies of same grade are available. The date of the make up class will not be changed once the appointment is confirmed.

# 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
<b>高班</b> 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
<b>深造班</b> 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

# 青泳團

## CHING WING UNION



訓練組別  
GROUP

JCW

能完成 25 米自由泳及 5 米背泳

Able to complete 25m Freestyle & 5m Backstroke

(等同完成本會海豚章 Equal to achieved Dolphin Award)

CW

能完成 75 米自由泳、50 米背泳、蛙泳基本動作

Able to complete 75m Freestyle & 50m Backstroke  
and basics Breastroke

(等同完成本會一星章 Equal to achieved Star I Award)

日期・時間  
DATE & TIME

星期三 Wed

1900 - 2000

\$880 / 月

星期日 Sun

1630-1730

Monthly

每星期訓練兩天，選定後不能更改時間。  
每月可重新選擇時間，最少開班人數為 4 人。

Training will be held twice a week.

Once selected, the times cannot be changed.

The times can be reselect every month.

A minimum of 4 students is required to open a class.

公眾假期及泳班假期不設訓練  
No training on public holiday  
or swimming class holiday

1. 泳團訓練不設補堂。 No make up class for swimming team training.
2. 所有泳隊泳員必須註冊中國香港游泳總會之「競賽運動員」，2025-2026年費為\$100。  
All swimmers must be registered as "competition athletes" with Hong Kong China Swimming Association (HKGSA) yearly. 2025-2026 Annual Fee: \$100.
3. 訓練時必須配戴本會CYM中青泳帽，費用為\$40一頂。  
All swimmers must wear our CYM swimming cap (\$40 each) during training.

查詢/報名 ENQUIRY/REGISTER: 張SIR (MR. CHEUNG)  
2540 0526 / 9685 3843 (WHATSAPP)

# 幼兒學前游泳課程

## TODDLER SWIMMING PROGRAMME

### 學習內容 COURSE CONTENT :

- 水感認知 SENSE OF WATER
- 水上安全 WATER SAFETY
- 水中閉氣及呼吸  
BREATH HOLD & BREATH EXCHANGE
- 潛水 / 潛水拾物  
RETRIEVING OBJECTS UNDERWATER
- 跳水 JUMP INTO WATER
- 浮水 FLOATING
- 踢水 / 爬泳 KICKING / FRONT CRAWL



對象 ELIGIBILITY :  
24-36 個月幼兒會友  
MEMBERS AGES  
24-36 MONTHS

### 特點 :

- 1:2 小班教學 1:2 SMALL CLASS
- 淺水區上課  
LESSONS IN SHALLOW AREA
- 多元化游泳教學用具  
VARIOUS SWIMMING TOOLS
- 合資格專業教練授課  
EXPERIENCED SWIMMING COACH

12/11/2025 - 14/1/2026

(三 WED)

1500-1550

\$2750/10 堂 LESSONS

假期 HOLIDAY: N/A



滿2人可自由組班  
FORM A GROUP  
WITH MIN. 2 PEOPLE

查詢/報名 ENQUIRY/REGISTER: 張 SIR (MR. CHEUNG)

2540 0526 / 9685 3843 (WHATSAPP)

# 親子游泳班 Aqua-Tots



參加資格 Target:

2-4 歲本會會友及其成人同行者(須為本會會友)

Member aged 2-4 with 1 adult accompany

(Both parents and children shall be members of our Centre)

課程內容 Content:

此課程希望藉著有趣的遊戲及益智玩具,使幼兒能在父母親引領下熟習水性及掌握浮身呼吸動作。

With games and the use of swimming toys, children can learn the skills of floating and breathing under the guidance of their parents.

日期 Date: 15/11/2025-17/11/2026  
(六 Sat)

時間 Time: 1600-1700

費用 Fee: \$1500 / 10 堂 lessons

假期 Holiday: ✕

滿2人可自由組班  
FORM A GROUP  
WITH MIN. 2 PEOPLE

查詢 Enquiry: 張Sir (Mr. Cheung)  
2540 0526 / 9685 3843 (WHATSAPP)



# 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	\$ 1240 / 8 堂 Lessons \$ 1550 / 10 堂 Lessons

	日期 DATE	編號 CODE	時間 TIME
星期一 MON	10/11/2025 - 12/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.M1.2511.115	1500 - 1550
		4921.M1.2511.116	1600 - 1650
		4921.M1.2511.117	1700 - 1750
		4921.M1.2511.118	1800 - 1850
星期二 TUE	11/11/2025 - 13/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.M1.2511.215	1500 - 1550
		4921.M1.2511.216	1600 - 1650
		4921.M1.2511.217	1700 - 1750
		4921.M1.2511.218	1800 - 1850
星期三 WED	12/11/2025 - 14/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.M1.2511.315	1500 - 1550
		4921.M1.2511.316	1600 - 1650
		4921.M1.2511.317	1700 - 1750
		4921.M1.2511.318	1800 - 1850
星期四 THU	13/11/2025 - 15/1/2026 (8 堂 lessons) 假期 Holiday: (25/12, 1/1)	4921.M1.2511.415	1500 - 1550
		4921.M1.2511.416	1600 - 1650
		4921.M1.2511.417	1700 - 1750
		4921.M1.2511.418	1800 - 1850
星期五 FRI	7/11/2025 - 16/1/2026 (10 堂 lessons) 假期 Holiday: (26/12)	4921.M1.2511.515	1500 - 1550
		4921.M1.2511.516	1600 - 1650
		4921.M1.2511.517	1700 - 1750
		4921.M1.2511.518	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	\$ 1240 / 8 堂 Lessons \$ 1550 / 10 堂 Lessons	
	日期 DATE	編號 CODE	時間 TIME
星期一 MON	10/11/2025 - 12/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.M2.2511.115	1500 - 1550
		4921.M2.2511.116	1600 - 1650
		4921.M2.2511.117	1700 - 1750
		4921.M2.2511.118	1800 - 1850
星期二 TUE	11/11/2025 - 13/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.M2.2511.215	1500 - 1550
		4921.M2.2511.216	1600 - 1650
		4921.M2.2511.217	1700 - 1750
		4921.M2.2511.218	1800 - 1850
星期三 WED	12/11/2025 - 14/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.M2.2511.315	1500 - 1550
		4921.M2.2511.316	1600 - 1650
		4921.M2.2511.317	1700 - 1750
		4921.M2.2511.318	1800 - 1850
星期四 THU	13/11/2025 - 15/1/2026 (8 堂 lessons) 假期 Holiday: (25/12, 1/1)	4921.M2.2511.415	1500 - 1550
		4921.M2.2511.416	1600 - 1650
		4921.M2.2511.417	1700 - 1750
		4921.M2.2511.418	1800 - 1850
星期五 FRI	7/11/2025 - 16/1/2026 (10 堂 lessons) 假期 Holiday: (26/12)	4921.M2.2511.515	1500 - 1550
		4921.M2.2511.516	1600 - 1650
		4921.M2.2511.517	1700 - 1750
		4921.M2.2511.518	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	\$ 1160 / 8 堂 Lessons \$ 1450 / 10 堂 Lessons

	日期 DATE	編號 CODE	時間 TIME
星期一 MON	10/11/2025 - 12/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.M3.2511.115	1500 - 1600
		4921.M3.2511.116	1600 - 1700
		4921.M3.2511.117	1700 - 1800
		4921.M3.2511.118	1800 - 1900
星期二 TUE	11/11/2025 - 13/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.M3.2511.215	1500 - 1600
		4921.M3.2511.216	1600 - 1700
		4921.M3.2511.217	1700 - 1800
		4921.M3.2511.218	1800 - 1900
星期三 WED	12/11/2025 - 14/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.M3.2511.315	1500 - 1600
		4921.M3.2511.316	1600 - 1700
		4921.M3.2511.317	1700 - 1800
		4921.M3.2511.318	1800 - 1900
星期四 THU	13/11/2025 - 15/1/2026 (8 堂 lessons) 假期 Holiday: (25/12, 1/1)	4921.M3.2511.415	1500 - 1600
		4921.M3.2511.416	1600 - 1700
		4921.M3.2511.417	1700 - 1800
		4921.M3.2511.418	1800 - 1900
星期五 FRI	7/11/2025 - 16/1/2026 (10 堂 lessons) 假期 Holiday: (26/12)	4921.M3.2511.515	1500 - 1600
		4921.M3.2511.516	1600 - 1700
		4921.M3.2511.517	1700 - 1800
		4921.M3.2511.518	1800 - 1900



海豹章



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	\$ 1550 / 10 堂 Lessons

	日期 DATE	編號 CODE	時間 TIME
星期六 SAT	15/11/2025 - 17/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.B1.2511.609	0900 - 0950
		4921.B1.2511.610	1000 - 1050
		4921.B1.2511.611	1100 - 1150
		4921.B1.2511.612	1200 - 1250
		4921.B1.2511.613	1300 - 1350
		4921.B1.2511.614	1400 - 1450
		4921.B1.2511.615	1500 - 1550
		4921.B1.2511.616	1600 - 1650
		4921.B1.2511.617	1700 - 1750
星期日 SUN	9/11/2025 - 11/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.B1.2511.71030	1030 - 1120
		4921.B1.2511.71130	1130 - 1220
		4921.B1.2511.71330	1330 - 1320
		4921.B1.2511.71530	1530 - 1620



螃蟹章



章魚章



水母





# 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	\$ 1550 / 10 堂 Lessons

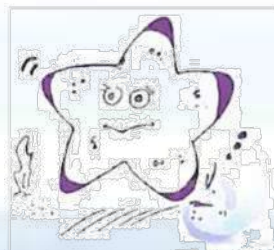
	日期 DATE	編號 CODE	時間 TIME
星期六 SAT	15/11/2025 - 17/1/2026 (10 堂 lessons)  假期 Holiday: N/A	4921.B2.2511.609	0900 - 0950
		4921.B2.2511.610	1000 - 1050
		4921.B2.2511.611	1100 - 1150
		4921.B2.2511.612	1200 - 1250
		4921.B2.2511.613	1300 - 1350
		4921.B2.2511.614	1400 - 1450
		4921.B2.2511.615	1500 - 1550
		4921.B2.2511.616	1600 - 1650
		4921.B2.2511.617	1700 - 1750
		星期日 SUN	9/11/2025 - 11/1/2026 (10 堂 lessons)  假期 Holiday: N/A
4921.B2.2511.71130	1130 - 1220		
4921.B2.2511.71230	1230 - 1320		
4921.B2.2511.71430	1430 - 1520		



海馬章



河豚章



海星章



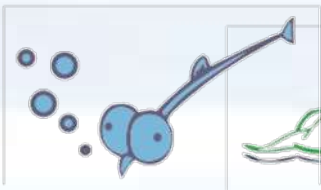


# 兒童游泳初班

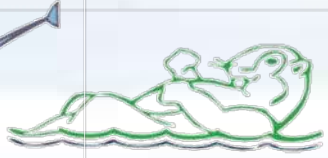
## Children Elementary Classes

對象 Target	名額 Quota	費用 Fee
6 - 16 歲會友 Members of aged 6 - 16	2 - 7 人 persons	\$ 1450 / 10 堂 Lessons

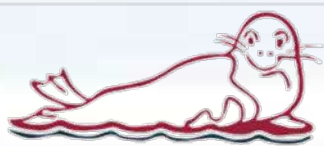
	日期 DATE	編號 CODE	時間 TIME
星期六 SAT	15/11/2025 - 17/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.CL.2511.609	0900 - 1000
		4921.CL.2511.610	1000 - 1100
		4921.CL.2511.611	1100 - 1200
		4921.CL.2511.612	1200 - 1300
		4921.CL.2511.614	1400 - 1500
		4921.CL.2511.615	1500 - 1600
		4921.CL.2511.617	1700 - 1800
星期日 SUN	9/11/2025 - 11/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.CL.2511.71130	1130 - 1230
		4921.CL.2511.71330	1330 - 1430



魚苗章  
BABY FISH



水獺章  
OTTER



海豹章  
SEAL





# 兒童游泳中班

## Children Intermediate Classes

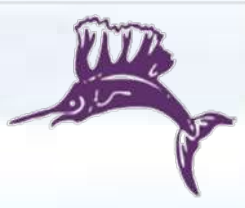
對象 Target	名額 Quota	費用 Fee
已達海豹章程度之會友 Members who have reached the Seal Award	2 - 7 人 persons	\$ 1450 / 10 堂 Lessons

	日期 DATE	編號 CODE	時間 TIME
星期六 SAT	15/11/2025 - 17/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.CM.2511.609	0900 - 1000
		4921.CM.2511.610	1000 - 1100
		4921.CM.2511.611	1100 - 1200
		4921.CM.2511.615	1500 - 1600
		4921.CM.2511.617	1700 - 1800
星期日 SUN	9/11/2025 - 11/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.CM.2511.71030	1030 - 1130
		4921.CM.2511.71230	1230 - 1330
		4921.CM.2511.71430	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	\$ 1450 / 10 堂 Lessons

	日期 DATE	編號 CODE	時間 TIME
星期六 SAT	15/11/2025 - 17/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.CH.2511.609	0900 - 1000
		4921.CH.2511.610	1000 - 1100
		4921.CH.2511.612	1200 - 1300
		4921.CH.2511.614	1400 - 1500
		4921.CH.2511.615	1500 - 1600
		4921.CH.2511.616	1600 - 1700
星期日 SUN	9/11/2025 - 11/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.CH.2511.70930	0930 - 1030
		4921.CH.2511.71130	1130 - 1230
		4921.CH.2511.71530	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	\$ 1450 / 10 堂 Lessons

	日期 DATE	編號 CODE	時間 TIME
星期六 SAT	15/11/2025 - 17/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.CA.2511.611	1100 - 1200
		4921.CA.2511.613	1300 - 1400
		4921.CA.2511.616	1600 - 1700
		4921.CA.2511.618	1800 - 1900
星期日 SUN	9/11/2025 - 11/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.CA.2511.70930	0930 - 1030
		4921.CA.2511.71230	1230 - 1330
		4921.CA.2511.71630	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	\$ 1400 / 10 堂 Lessons

	日期 DATE	編號 CODE	時間 TIME
星期六 SAT	15/11/2025 - 17/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.CF.2511.613	1300 - 1400
		4921.CF.2511.618	1800 - 1900
星期日 SUN	9/11/2025 - 11/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.CF.2511.70930	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	\$ 1060 / 8 堂 Lessons \$ 1325 / 10 堂 Lessons

		日期 DATE	編號 CODE	時間 TIME
成人游泳班 Adult Swimming Classes	星期三 WED	12/11/2025 - 14/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.AD.2511.319	1900 - 2000
	星期五 FRI	7/11/2025 - 16/1/2026 (10 堂 lessons) 假期 Holiday: (26/12)	4921.AD.2511.519	1900 - 2000
	星期六 SAT	15/11/2025 - 17/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.AD.2511.608	0800 - 0900
4921.AD.2511.619			1900 - 2000	
成人游泳改良班 Adult Swimming Enrichment Classes	星期一 MON	10/11/2025 - 12/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.AM.2511.119	1900 - 2000
	星期四 THU	13/11/2025 - 15/1/2026 (8 堂 lessons) 假期 Holiday: (25/12, 1/1)	4921.AM.2511.419	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	\$ 1175/ 10 堂 Lessons
日期 DATE	編號 CODE	時間 TIME
星期二 TUE 11/11/2025 - 13/1/2026 (10 堂 lessons) 假期 Holiday: N/A	4921.AA.2511.219	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.