



# 京士柏百周年紀念中心 King's Park Centenary Centre

## 港青京士柏百周年紀念中心 YMCA King's Park Centenary Centre

辦公時間 Office Hours : 星期一至五 Mon-Fri 9:30-22:30  
星期六、日及公眾假期 Sat, Sun & Public Holiday 8:30-22:30  
查詢 Enquiry : 2782 6682  
電郵 Email : kpcc@ymcahk.org.hk  
網頁 Website : www.kpcc.ymcahk.org.hk

上課地點 Venue Location : 佐敦加士居道 22 號 22 Gascoigne Road, Jordan  
1. KP Rink : 室外有蓋單線曲棍球場 Outdoor Covered Inline Hockey Rink  
2. KP Wall : 室外攀岩場 Outdoor Climbing Wall  
3. KP Crt : 室外網球場 Outdoor Tennis Court  
4. KP Function Room : 室內多用途活動室 Indoor Multi-Function Room



### 學員注意事項 Reminders for Participants :

#### 語言 Language

粵語輔以英語 Cantonese supplemented with English

#### 第一課 First Lesson

請於上課時出示正式收據

Please bring along with an official receipt for sign in the class

#### 儲物櫃 Use of Locker

學員或港青會員如欲租用儲物櫃，請前往接待處查詢及辦理手續

Locker rental service is available for all participants. Please proceed to our reception counter for details.

#### 衣著 Dress Code

請穿舒適運動衣服，不脫色運動鞋(運動攀登課程除外)

Comfortable sportswear is recommended and non-marking sneakers are required (except Climbing programme).

\* 運動攀登課程：請穿著薄底鞋

Sport Climbing Programmes: Participants are required to wear thin sole sneakers

#### 暑假課程

Summer Special Programme

#### 醫療建議 Medical Advice

本會建議在參與較劇烈的適能運動前，先諮詢你的家庭醫生，特別是平常較少運動或年過 40 及曾患有心臟病或關節毛病人士

The YMCA recommends all participants, especially those over 40 or with a history of medical concerns, to consult with their medical doctor to obtain a complete physical and medical advice prior to participation in classes.

備註 : 1. 公眾假期不用上課(星期日所舉辦的特別課程除外)

2. 參加者不論任何理由缺席課堂，將不會安排補課及退款。

3. 退班 / 轉班申請，必須在開班前十四天辦理手續。每項申請需要繳交行政費用港幣 \$150。

4. 若課程受天氣影響而取消，本會有權安排於指定日子補課。若全體學員均不能出席補課，則在課程完結後，派發課程優惠券給予學員。

Remarks : 1. No class on public holiday. (except feature class held on Sunday)

2. There will be no make up class or refund for any absences

3. Course withdrawal / transfer application must be submitted 14 days before the course starts. An administration fee of HK\$150 will be applied for each application.

4. The lesson is cancelled owing to unfavourable weather, make-up class will be further arranged for whole class participants, otherwise, programme coupon will be issued after the whole course.

## 京士柏戶外運動攀登 KPCC Outdoor Sport Climbing

備註 Remarks : 攀登器材由本會提供 Climbing equipment will be provided  
學員需穿著運動衣服及薄底鞋 Participants are required to wear sportswear and thin sole sneakers

### 運動攀登體驗班 — 頂繩 Sport Climbing Introduction Course — Top Roping (Ages 18 & above)

體驗班於三小時內，學習 8 字結、防護器材 (GriGri) 使用、攀爬及下墮練習。  
This three-hour course will cover figure 8 knot, belay device (GriGri) use, climbing and falling practice.

備註 Remarks : 1. 不須經驗 No experience is required  
2. 不包括評核試 Assessment not inclusive

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KCS 33401	30/7 (Sun)	10:30-13:30	1	KP Wall	\$280	\$320
17KCS 33402	27/8 (Sun)	10:30-13:30	1	KP Wall	\$280	\$320
17KCS 33403	24/9 (Sun)	10:30-13:30	1	KP Wall	\$280	\$320

### 運動攀登一級班 — 頂繩 Sport Climbing Course Level I — Top Roping (Ages 18 & above)

適合對想認識更多攀爬技巧之起步課程，學員將會學習 8 字結、防護器材使用、攀爬技巧及安全意識。

The first step to enter the climbing field, participants will learn about the figure 8 knot, belay device (ATC & GriGri) use, fundamental climbing techniques and safety procedures.

備註 Remarks : 1. 不須經驗 No experience is required  
2. 請提供 2 張相片，包括評核試 Please submit 2 photos, Assessment inclusive

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KCC 33001	3/7-20/7 (Mon & Thu)	19:30-22:00	6	KP Wall	\$1,020	\$1,170
17KCC 33002	7/8-24/8 (Mon & Thu)	19:30-22:00	6	KP Wall	\$1,020	\$1,170
17KCC 33003	3/9-17/9 (Sun)	10:30-13:00 & 14:00-16:30	6	KP Wall	\$1,020	\$1,170

### 領攀預備班 Lead Climbing Preparation & Technique Course (Ages 18 & above)

本課程是入門班之延續，主要提供場地、線路及駐場教練讓同學自行練習。特別為有興趣改善攀爬技巧及準備為進一步學習領攀之人士而設，教練會因應個別學員所需而提供適當的指導。

This course is designed for those climbers finished elementary course. Need to improve their climbing abilities and get ready for lead climbing course. Professional instruction will be given according to the needs of the individual.

備註 Remarks : 1. 學員必須持有本中心之攀登評核證 Participants must be YMCA Climbing Assessment Cardholders.  
2. 學員必須自備攀岩鞋 Participants are required to bring their own climbing shoes

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KCC 33101	9/7-23/7 (Sun)	10:30-13:00 & 14:00-16:30	6	KP Wall	\$1,020	\$1,170
17KCC 33102	9/8-13/9 (Wed)	19:30-22:00	6	KP Wall	\$1,020	\$1,100

## 運動攀登二級班 — 領攀 Sport Climbing Course Level II — Lead Climbing (Ages 18 & above)

本課程集中教授領攀技巧、領攀防護、如何避免受傷、身體移動及節省力量技巧。This class focuses on lead climbing, lead belaying, injury prevention, footwork, body movement, grips and energy saving techniques.

備註 Remarks : 1. 學員必須持有本中心之攀登評估卡 Participants must be YMCA Climbing Assessment Cardholders.  
2. 學員必須自備攀石鞋 Participants are required to buy own climbing shoes  
3. 請提供 2 張相片，包括評核試 Please submit 2 photos, Assessment inclusive.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KCC 33201	8/8-25/8 (Tue & Fri)	19:30-22:00	6	KP Wall	\$1,350	\$1,560
17KCC 33202	3/9-17/9 (Sun)	10:30-13:00 & 14:00-16:30	6	KP Wall	\$1,350	\$1,560

## 兒童運動攀登課程 Children Sport Climbing Training Course (Ages 6-11)

本課程介紹運動攀登給兒童，學習基本攀爬動作。These classes are designed to introduce basic sport climbing skills to children.

# Ages 6-8, △ Ages 9-11

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
#17KCC 30001	24/7-24/8 (Mon & Thu)	11:00-13:00	10	KP Wall	\$1,800	\$2,070
#17KCC 30002	24/7-24/8 (Mon & Thu)	14:00-16:00	10	KP Wall	\$1,800	\$2,070
#17KCC 30003	10/7-11/9 (Mon)	16:00-18:00	10	KP Wall	\$1,800	\$2,070
#17KCC 30004	15/7-16/9 (Sat)	11:00-13:00	10	KP Wall	\$1,800	\$2,070
△17KCC 31001	25/7-25/8 (Tue & Fri)	11:00-13:00	10	KP Wall	\$1,800	\$2,070
△17KCC 31002	25/7-25/8 (Tue & Fri)	14:00-16:00	10	KP Wall	\$1,800	\$2,070
△17KCC 31003	13/7-14/9 (Thu)	16:00-18:00	10	KP Wall	\$1,800	\$2,070
△17KCC 31004	15/7-16/9 (Sat)	11:00-13:00	10	KP Wall	\$1,800	\$2,070

## 青少年運動攀登 — 入門班 Youth Sport Climbing — Elementary (Ages 12-17)

學員將會學習基本防護及攀爬技巧，於課程經測試合格後，將獲發評估卡到本會尖沙咀之室內攀石場使用。

Learn the basics of belaying and climbing in a semi-private class setting. Upon completion of the course and passed a safety test assessment, students will be awarded an assessment card which could be used in our Indoor Climbing Wall at TST YMCA to climb on their own.

備註 Remarks : 1. 不須經驗 No experience is required  
2. 請提供 2 張相片，包括評核試 Please submit 2 photos, Assessment inclusive

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KCC 32001	12/7-13/9 (Sat)	16:30-18:30	10	KP Wall	\$1,900	\$2,185
17KCC 32002	15/7-16/9 (Sat)	14:00-16:00	10	KP Wall	\$1,900	\$2,185
17KCC 32003	25/7-25/8 (Tue & Fri)	16:00-18:00	10	KP Wall	\$1,900	\$2,185

## 青少年運動攀登技術改良班 Youth Sport Climbing Technique Improvement Course (Ages 12-17)

學員除透過課程提升攀爬技巧及體能外，更有機會代表本會參加比賽。Enhance participant's climbing technique and fitness. Have opportunity to participate climbing competition on half of YMCA of Hong Kong.

備註 Remarks : 1. 學員必須持有本中心之攀登評估卡 Participants must be YMCA Climbing Assessment Cardholders  
2. 學員必須穿著攀石鞋 Participants are required to wear climbing shoes

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KCC 32101	12/7-13/9 (Wed)	16:30-18:30	10	KP Wall	\$1,640	\$1,900
17KCC 32102	15/7-16/9 (Sat)	16:00-18:00	10	KP Wall	\$1,640	\$1,900
17KCC 32103	25/7-25/8 (Tue & Fri)	16:00-18:00	10	KP Wall	\$1,640	\$1,900

## 攀登技術評核 — 頂繩 / 引繩 Climbing Assessment — Top Roping / Lead Climbing (Ages 14 & above)

基於安全理由，凡使用本會之攀石場，需通過攀登評估卡測試方可使用。頂繩 - 合格後可使用本會尖沙咀之室內攀石場。引繩 - 合格後可使用本會京士柏之室外攀石場。

For safety reasons, climbers want to use our climbing wall need to pass the assessment first.

Top Roping — Once assessed you can climb at YMCA Tsimshatsui Centre Indoor Climbing Wall only.

Lead Climbing — Once assessed you can climb at YMCA King's Park Centenary Centre Outdoor Climbing Wall.

備註 Remarks : 1. 請致電 2782 6682 或 samy@ymcahk.org.hk 預約 Booking in advance by Tel: 2782 6682 or email samy@ymcahk.org.hk  
2. 本會提供測試器材 Climbing equipment will be provided during assessment.  
3. 請提供 2 張相片 Please provide two photos

	(頂繩 Top Rope)	(引繩 Lead Climb)
費用 Fee	會員 Mem / 非會員 Nmem \$230 / \$270	

## 運動攀登私人教授 Sport Climbing Private Coaching (Ages 6 or above)

本會教練樂意助你解決攀石疑難，針對你的需要給與指導，適合不同程度及可自由安排時間。

Our experienced instructors are always available to help you diagnose problems, give new climbing tricks and cater to your climbing needs. Available for all levels of ability and special time arrangements can be made.

報名請致電 2782 6682 京士柏百周年紀念中心  
Please contact us at Tel. 2782 6682 for registration

## 網球 Tennis

備註 Remarks : 請自備網球拍，本中心只提供有限度租借服務  
Please bring your own racquet, limited provision at reception counter for rental



級別 Grade	教授內容 Content
初級班 Beginners	介紹握拍，基本擊球及技術 Introducing the basic techniques, strokes and correct grip
中級班 Intermediate	改良基本技術，強調擊球正確姿勢、步法及比賽規則 Improve the basic skills, emphasis on stroke improvement, footwork and rules of competition
高級班 Advanced	強調比賽戰術及技巧 Emphasis on tactics and formal game practice

## 成人網球班 Adult Tennis (Ages 18 or above)

### 初級班 Beginners

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KTC 33001	10/7-11/9 (Mon)	20:30-22:30	10	KP Crt	\$1,640	\$1,920
17KTC 33002	15/7-16/9 (Sat)	19:30-21:30	10	KP Crt	\$1,640	\$1,920
17KTC 33003	16/7-17/9 (Sun)	12:30-14:30	10	KP Crt	\$1,640	\$1,920

### 中級班 Intermediate

入學條件 Pre-requisite : 完成初級班或同等課程  
Completed Beginner level or equivalent

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KTC 33101	12/7-13/9 (Wed)	19:30-21:30	10	KP Crt	\$1,640	\$1,920
17KTC 33102	10/7-11/9 (Mon)	18:30-20:30	10	KP Crt	\$1,640	\$1,920
17KTC 33103	16/7-17/9 (Sun)	10:30-12:30	10	KP Crt	\$1,640	\$1,920

## 青年網球班 Youth Tennis (Ages 13-17)

語言 : 粵語 Language : Cantonese

### 初級班 Beginners

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KTC 32001	16/7-17/9 (Sun)	10:30-12:00	10	KP Crt	\$1,230	\$1,440

### 中級班 Intermediate

入學條件 Pre-requisite : 完成初級班或同等課程  
Completed Beginner Level or equivalent

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KTC 32101	16/7-17/9 (Sun)	10:30-12:00	10	KP Crt	\$1,230	\$1,440

### 高級班 Advanced

入學條件 Pre-requisite : 完成中級班或同等課程  
Completed Intermediate Level or equivalent

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KTC 32201	16/7-17/9 (Sun)	10:30-12:00	10	KP Crt	\$1,230	\$1,440

## 兒童網球班 Children Tennis (Ages 6-12)

### 初級班 Beginners

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KTC 31001	16/7-17/9 (Sun)	9:00-10:30	10	KP Crt	\$1,230	\$1,440
17KTC 31002	15/7-16/9 (Sat)	10:30-12:00	10	KP Crt	\$1,230	\$1,440
17KTC 31003	10/7-16/8 (Mon & Wed)	10:30-12:00	12	KP Crt	\$1,476	\$1,728
17KTC 31004	11/7-17/8 (Tue & Thu)	10:30-12:00	12	KP Crt	\$1,476	\$1,728

### 中級班 Intermediate

入學條件 Pre-requisite : 完成初級班或同等課程  
Completed Beginner level or equivalent

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KTC 31101	16/7-17/9 (Sun)	9:00-10:30	10	KP Crt	\$1,230	\$1,440
17KTC 31102	15/7-16/9 (Sat)	10:30-12:00	10	KP Crt	\$1,230	\$1,440
17KTC 31103	10/7-16/8 (Mon & Wed)	17:00-18:30	12	KP Crt	\$1,476	\$1,728

## 幼兒網球班 Mini-Tennis Tots (Ages 3-5)

備註 Remarks : 球拍由本中心提供 Mini-tennis racket will be provided

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KTC 30001	10/7-11/9 (Mon)	16:30-17:30	10	KP Crt / KP	\$900	\$1,040
17KTC 30002	15/7-16/9 (Sat)	12:30-13:30	10		\$900	\$1,040
17KTC 30003	10/7-16/8 (Mon & Wed)	9:30-10:30	12	Function Room	\$1,080	\$1,248
17KTC 30004	11/7-17/8 (Tue & Thu)	9:30-10:30	12		\$1,080	\$1,248

## 中國武術 Chinese Martial Arts

### 醒獅班 Lion Dance

醒獅是中國傳統藝術之一，透過舞獅可了解更多中國文化，訓練包括：舞獅套路、鑼、鼓、鈸及型態演練，可體驗團隊合作精神增強溝通能力，更可提高肌肉靈活性及音樂感。

Lion Dance is one of the Chinese Traditional Arts which helps participant to learn more about Chinese cultural through practicing. Training includes lion dance pattern mixing with a variety of Chinese instruments. Learning lion dance not only helps to improve your muscular flexibility, but also enhance better team spirit communication skills.



### 兒童醒獅班 Children Lion Dance (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
17KPC 31401	15/7-16/9 (Sat)	11:00-12:00	10	KP Function Room	\$800	\$920
17KPC 31402	18/7-17/8 (Tue & Thu)	11:30-12:30	10		\$800	\$920

### 青年及成人醒獅班 Youth & Adult Lion Dance (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
17KPC 33401	10/7-11/9 (Mon)	20:00-21:30	10	KP Function Room	\$1,200	\$1,380

### 幼兒花鼓國術班 Chinese Drum Martial Arts Kids (Ages 4-7)

透過小遊戲讓幼兒輕鬆愉快環境下，學習及掌握花鼓和中國功夫的基本技術，從而有助小朋友學習群體合作和強身健康。

Toddlers will be taught with a blending series of traditional Chinese drum and Chinese Kung Fu pattern through interesting game practise. This course may comprehensively enhance kid's social cooperation and body fitness.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KPC 30401	15/7-16/9 (Sat)	9:00-10:00	10	KP Function Room	\$900	\$1,040
17KPC 30402	18/7-17/8 (Tue & Thu)	10:30-11:30	10	KP Function Room	\$900	\$1,040







## 兒童足球初班 Children Football — Beginners (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
17KFC 31001	15/7-30/9 (Sat) except 22/7, 12/8	15:00-16:30	10	KP Rink	\$1,950	\$2,240
17KFC 31002	16/7-17/9 (Sun)	16:30-18:00	10	KP Rink	\$1,950	\$2,240
17KFC 31003	13/7-14/9 (Thu)	17:00-18:30	10	KP Rink	\$1,950	\$2,240
17KFC 31004	5/7-21/7 (Mon, Wed, Fri)	11:00-12:30	8	KP Rink	\$1,560	\$1,792
17KFC 31005	7/8-25/8 (Mon, Wed, Fri) except 18/8	11:00-12:30	8	KP Rink	\$1,560	\$1,792

## 兒童足球守門員特訓班 Children Football Goalkeeper Technic Training (Ages 6-12)

訓練接地波、中腰波、高波技術、練習準備動作和移步技巧，同時訓練守門員用手發球和基礎安全落地練習。  
Training includes technic on ball saving from different levels' ready position and moving foot works. Ball handling and ball saving safety position will also be emphasized.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KFC 31401	15/7-30/9(Sat) Except 22/7, 12/8	15:00-16:30	10	KP Rink	\$1,950	\$2,240

## 成人足球對賽實踐工作坊 Adult Football — Practical Workshop (Ages 30 or above)

提供專項技術改良，使學員於比賽中更具競爭性。內容著重對抗練習，從而改善用球決定，走位和實踐戰術運用。為提升比賽表現，訓練中加插核心肌群訓練，高強度間歇訓練 (HIIT)，塑身之餘又可強化身體對抗性。訓練於硬地圍板場進行，學員須自備球鞋及穿著運動服飾。

This is a specialised training which aims at enhancing the competitiveness of students in a football game. Training includes ball handling decision making, positioning and implementation of small group tactic. Core muscle training and HIIT exercises will also be included in order to enhance body endurance and strength. Training will be conducted in hard ground court. Students should dress in sports attire and bring your hard ground sport shoes.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KFC 33401	6/7-27/7(Thu)	20:30-22:30	4	KP Rink	\$800	\$960
17KFC 33402	3/8-24/8(Thu)	20:30-22:30	4	KP Rink	\$800	\$960

## 單線滾軸溜冰 Inline Skating

### 特別優惠 Special Offer

凡報讀本會舉辦的單線滾軸溜冰 / 曲棍球課程系列，憑課程收據在京士柏中心購買精選指定單線滾軸溜冰 / 曲棍球用品可獲最高 5 折優惠，詳情可致電 2782 6682 查詢。

When enrolling in any Inline Skating/Hockey programmes, up to 50% special discount would be enjoyed to purchase skating / hockey equipment. Just simply present your course official receipt when you make the purchase. For details, please contact us at 2782 6682.

初級班 Beginner	平衡步法、基本前溜、後溜、前轉向、前交叉轉向介紹、前溜轉後溜、減速及制動技巧。 Skills of balance, forward and backward skating, basic turning, introduction forward crossover, forward/backward transition and stopping technique.
中級班 Intermediate	強化平衡訓練、前溜進階轉向、前交叉轉向、後溜轉向、T 字滑行前溜停、蛇形滑行、前溜外孤線 / 內孤線。 Improve basic skills, advanced turning, forward crossover, backward stroke, T-stop, slalom, R.O.F - L.O.F/R.I.F — L.I.F.
高級班 Advanced	後溜交叉轉向、前轉後溜高速制動、基本跳躍技巧、起步、曲棍球及速度滑行介紹。 Backward crossover, backward powers slide, advanced stopping, jumping, start-up, and introduction hockey and speed skating.

### 備註 Remarks :

- 課程最後一堂進行評估。An assessment will be held on the last lesson.
- 本會只為初級班及體驗班之學員提供限量滾軸溜冰鞋及護具，其他級別的學員請自備滾軸溜冰鞋及護具。學員如有需要，本中心可提供租借服務。Inline skates and protective gear will be provided on a limited stock for BEGINNER & INTENSIVE INTRODUCTORY classes only. We strongly recommend participants to buy their own inline skates and protective gear, as this will provide a better skating experience. Equipment rental service is available in our Centre.

## 兒童及青少年單線滾軸溜冰初級班 Children and Youth Inline Skating — Beginners (Ages 5-15)

#Ages 5-10 △ Ages 11-15

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
#17KIC 31001	9/7-27/8 (Sun)	10:30-11:30	8	KP Rink	\$960	\$1,104
#17KIC 31002	13/7-31/8 (Thu)	16:30-17:30	8	KP Rink	\$960	\$1,104
#17KIC 31003	4/7-29/8 (Tue) except 11/7	16:30-17:30	8	KP Rink	\$960	\$1,104
△17KIC 32001	4/7-29/8 (Tue), except 11/7	16:30-17:30	8	KP Rink	\$960	\$1,104

## 兒童及青少年單線滾軸溜冰中級班 Children and Youth Inline Skating — Intermediate (Ages 5-15)

入學條件 Pre-requisite : 完成單線滾軸溜冰初級班以及需要推薦書或同等課程  
Completed beginner level and recommendation slip is required or equivalent.

#Ages 5-10 △ Ages 11-15

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
#17KIC 31101	9/7-27/8 (Sun)	11:30-12:30	8	KP Rink	\$960	\$1,104
#17KIC 31102	13/7-31/8 (Thu)	17:30-18:30	8	KP Rink	\$960	\$1,104
△17KIC 32101	4/7-29/8 (Tue), except 11/7	17:30-18:30	8	KP Rink	\$960	\$1,104

## 兒童及青少年單線滾軸溜冰高級班 Children and Youth Inline Skating — Advanced (Ages 5-15)

入學條件 Pre-requisite : 完成單線滾軸溜冰中級班及需要推薦書或同等課程  
Completed intermediate level and recommendation slip is required or equivalent.

#Ages 5-10 △ Ages 11-15

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
#17KIC 31201	9/7-27/8 (Sun)	12:30-13:30	8	KP Rink	\$960	\$1,104
#17KIC 31202	13/7-31/8 (Thu)	17:30-18:30	8	KP Rink	\$960	\$1,104
△17KIC 32201	4/7-29/8 (Tue), except 11	17:30-18:30	8	KP Rink	\$960	\$1,104

## 暑期兒童單線滾軸溜冰體驗班 Summer Children Inline Skating Intensive Fundamental Training (Ages 5-11)

語言 Language : 粵語輔以英語 Cantonese supplemented with English  
內容 : 平衡步法、基本前溜、前溜轉向、制動技巧、後溜介紹  
Skills of balance, basic forward skating, basic turning and stopping technique, introduction of back skating

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KIC 31401	10/7-13/7 (Mon-Thu)	10:30-12:00	4	KP Rink	\$720	\$828
17KIC 31402	17/7-20/7 (Mon-Thu)	15:00-16:30	4	KP Rink	\$720	\$828
17KIC 31403	24/7-27/7 (Mon-Thu)	15:00-16:30	4	KP Rink	\$720	\$828
17KIC 31404	31/7-3/8 (Mon-Thu)	15:00-16:30	4	KP Rink	\$720	\$828
17KIC 31405	7/8-10/8 (Mon-Thu)	15:00-16:30	4	KP Rink	\$720	\$828

## 親子家庭溜冰樂 (5-17 歲兒童及青少年及 18 歲或以上家長 / 監護人)

### Family Skating Fun Course (Children Ages 5-17 & Parents/Guardians Ages 18 and above)

此課程既可給與家長跟子女們一齊學習單線滾軸溜冰。技巧包括平衡步法、基本前溜、基本後溜、前溜轉向、前交叉轉向介紹制動技巧，更可一同享受家庭樂，建立親子關係。

The course not only provide an opportunity for parents and children to learn basic skills of balance, basic forward and backward skating, basic turning and stopping technique of inline skating, but also strengthen communication between family members.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	1 成人 + 1 兒童 1 Adult + 1 Child		額外每人收費 Extra Per Person	
					Mem	NMem	Mem	NMem
17KIC 34001	9/7-13/8 (Sun)	9:30-10:30	6	KP Rink	\$810	\$930	Nil	Nil
17KIC 34001E					Nil	Nil	\$402	\$462

## 成人滾軸溜冰 — 初級班 Adult Inline Skating — Beginners (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
17KIC 33001	10/7-28/8 (Mon)	19:30-20:30	8	KP Rink	\$960	\$1,104

## 成人滾軸溜冰 — 中級班 Adult Inline Skating — Intermediate (Ages 16 or above)

入學條件 Pre-requisite : 完成單線滾軸溜冰初級班或同等課程  
Completed Beginner level or equivalent.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KIC 33101	10/7-28/8 (Mon)	19:30-20:30	8	KP Rink	\$960	\$1,104

## 成人滾軸溜冰 — 高階班 Adult Inline Skating — Advanced (Ages 16 or above)

入學條件 Pre-requisite : 完成單線滾軸溜冰中級班或同等課程  
Completed Intermediate level or equivalent.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KIC 33201	10/7-28/8 (Mon)	19:30-20:30	8	KP Rink	\$960	\$1,104

## 單線滾軸曲棍球 Inline Hockey

備註 Remarks : 本會只為一級班及二級班，之學員提供限量滾軸溜冰鞋及護具，其他級別的學員請自備滾軸溜冰鞋及護具。學員如有需要，本中心可提供租借服務。

Inline skates and protective gear will be provided on a limited stock for LEVEL I & II COURSES only. We strongly recommend participants to buy their own inline skates and protective gear, as this will provide a better skating experience. Equipment rental service is available in our centre.

## 兒童單線滾軸曲棍球一級班 Children Inline Hockey — Level I (Ages 5-11)

本課程適合有興趣但從沒有接觸滾軸溜冰的人士參加。  
This course is suitable for anyone who is interesting in inline skating with no experience.

課程前四課教授單線滾軸溜冰基本技巧如前溜、左右轉向、制動，後四課介紹曲棍球裝備及曲棍球基本技巧。完成本課程後可繼續參與單線滾軸曲棍球二級班  
First four sessions focus on teaching basic inline skating skill, whereas the next four sessions will cover basic hockey skills and knowledge, arouse participants in hockey. Upon completion of this class will be eligible to continue into the Inline Hockey Level II Course.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KHC 31001	9/7-27/8 (Sun)	13:00-14:00	8	KP Rink	\$1,080	\$1,240
17KHC 31002	10/7-28/8 (Mon)	17:30-18:30	8	KP Rink	\$1,080	\$1,240

## 兒童單線滾軸曲棍球 — 二級班 Children Inline Hockey — Level II (Ages 5-11)

入學條件 Pre-requisite : 完成單線滾軸溜冰中級班或以上之同等課程 或 完成單線滾軸曲棍球一級班  
Completed Inline Skating Intermediate or above course or equivalent or Completed Inline Hockey Level 1 course.

本會教練將教授單線滾軸曲棍球的基本球例及基本技巧，如曲棍球棒的運用、傳球、接球技巧及基本射球方法。學員可透過各類活動及遊戲學以致用，增加學員參與性及樂趣。

This is a great introduction into the sport of Inline Hockey. Experienced coaches will teach the rules and basic fundamental skills essential for Inline Hockey including stick handling, passing, shooting and team play. Skills are learnt and developed through participation in activities and games which are structured in such a way that ensures all players experience enhanced involvement, success and enjoyment.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KHC 31101	9/7-27/8 (Sun)	14:00-15:15	8	KP Rink	\$1,080	\$1,240

## 兒童單線滾軸曲棍球 — 三級班 Children Inline Hockey — Level III (Ages 5-11)

入學條件 Pre-requisite : 完成單線滾軸曲棍球二級班或以上之同等課程  
Completed Inline Hockey Level II or above course or equivalent

本課程適合有意改善單線滾軸曲棍球技巧的人士。本會教練將透過強化訓練，讓學員可學習在比賽場上不可少單線滾軸曲棍球技巧。在安全並富趣味性的環境中，讓學員的技術得以改良及運用，提高學員的參與性及自信心。完成此課程後，學員已有足夠的基礎參與單線滾軸曲棍球聯賽經驗。(學員請自備滾軸溜冰鞋及護具)

This course is developed for those eager to take those basic skills of Inline Hockey to the next level. Experienced coaches will teach advanced techniques and skills essential to prepare the player for the competitive game play. This course is designed to be safe and fun while building confidence and emphasizing participation, correct technique and implementation of skills in game based situations. The player will be ready to participate in the Inline Hockey League Games upon completion of this level. (Students need to bring their own skate and equipment)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KHC 31201	9/7-27/8 (Sun)	15:15-16:30	8	KP Rink	\$1,080	\$1,240

## 成人單線滾軸曲棍球體驗班 Adult Inline Hockey Fundamental Course

本課程適合有興趣但從沒有接觸滾軸溜冰的人士參加。  
This course is suitable for anyone who is interesting in inline skating with no experience.

適合所有初學者。課程包括教授滾軸溜冰基本技巧，介紹曲棍球裝備及曲棍球基本技巧。

Beginners are welcomed to join this course which is designed for those who want to experience and are just starting out in hockey. Participant will focus to learn and perfect some of inline hockey core skills in the areas of skating and stickhandling.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
17KHC 33001	10/7-14/8 (Mon)	20:30-21:30	6	KP Rink	\$870	\$990