



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 : 油麻地加士居道 22 號

22 Gascoigne Road, Yau Ma Tei

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
5. KP Indoor Wall : 室內攀岩場 Indoor Climbing Wall



學員注意事項 Reminders for Participants :

授課語言 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

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. 若課程受天氣影響或其他特殊情況而取消，本會有權安排指定日子及時間補課，若全體學員均不能出席補課或本會不能提供補課安排，則在課程完結後，將按比例派發課程代用券給予學員。參加者若缺席補課，將不會安排課程代用券或退款。

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. If the lesson is cancelled owing to unfavorable weather or other unforeseen circumstance, make-up class will be further arranged on a specific date and time for whole class participants. Otherwise, programme coupon on pro-rata basis will be issued after the course completion for final no make-up class can be arranged. No refund or programme coupon will be provided for absences on make-up class after the whole course

京士柏戶外運動攀登 KPCC Outdoor Sport Climbing

備註 Remarks : 1. 攀登器材由本會提供 Climbing equipment will be provided
2. 學員需穿著運動衣服及薄底鞋 Participants are required to wear sportswear and thin sole sneakers

幼兒室內攀登課程

Indoor Climbing Tots (Ages 3-5)

New

這課程專為幼兒設計，透過使用迷你室內攀岩牆及其他身體平衡器材，以遊戲方式讓小朋友們體驗運動攀登的樂趣，在學習基本攀爬動作之同時又可提升身體協調性，以及強健體質。

This course is specially designed for toddlers to experience fun of sport climbing through playing games drills on mini indoor climbing wall and other body balance co-ordination tools. Not only arouse their interest on climbing, but also enhance body co-ordination and fitness.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KCC 10001	6/1-24/3(Sat) (不用上課 No Class : 3/2, 17/2)	10:00-11:00	10	KP Indoor Wall	\$900	\$1,040
18KCC 10002	11/1-29/3 (Thu) (不用上課 No Class : 1/2, 15/2)	17:00-18:00	10	KP Indoor Wall	\$900	\$1,040

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，教授基本安全攀爬知識和動作。

These classes will introduce sport climbing to children and teach them basic safety and climbing skills.

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
#18KCC 11001	9/1-13/3 (Tue)	17:00-19:00	10	KP Wall	\$1,800	\$2,070
#18KCC 11002	6/1-24/3 (Sat) (不用上課 No Class : 3/2, 17/2)	11:00-13:00	10	KP Wall	\$1,800	\$2,070
△18KCC 11003	5/1-23/3 (Fri) (不用上課 No Class : 2/2, 16/2)	17:00-19:00	10	KP Wall	\$1,800	\$2,070
△18KCC 11004	6/1-24/3 (Sat) (不用上課 No Class : 3/2, 17/2)	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 Course (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，將獲發評核咭到本會尖沙咀之室內攀岩場使用。

Learn the basic skills 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.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KCC 12001	10/1-14/3 (Wed)	17:00-19:00	10	KP Wall	\$1,900	\$2,185
18KCC 12002	6/1-24/3 (Sat) (不用上課 No class : 3/2, 17/2)	14:00-16:00	10	KP Wall	\$1,900	\$2,185

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 provide 2 photos, Assessment inclusive

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 behalf of YMCA of Hong Kong.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KCC 12101	10/1-14/3 (Wed)	17:00-19:00	10	KP Wall	\$1,640	\$1,900
18KCC 12102	6/1-24/3 (Sat) (不用上課 No Class : 3/2, 17/2)	16:00-18:00	10	KP Wall	\$1,640	\$1,900

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. 學員必須穿著攀岩鞋 Participants are required to wear climbing shoes

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

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

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KCS 13401	28/1 (Sun)	10:30-13:30	1	KP Wall	\$280	\$320
18KCS 13402	18/2 (Sun)	10:30-13:30	1	KP Wall	\$280	\$320
18KCS 13403	25/3 (Sun)	10:30-13:30	1	KP Wall	\$280	\$320

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

運動攀登一級班 - 頂繩 Sport Climbing Course Level I — Top Roping (Ages 18 or 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.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KCC 13001	8/1-25/1 (Mon & Thu)	19:30-22:00	6	KP Wall	\$1,020	\$1,170
18KCC 13002	1/2-26/2 (Mon & Thu) (不用上課 No Class : 15/2, 19/2)	19:30-22:00	6	KP Wall	\$1,020	\$1,170
18KCC 13003	5/3-22/3 (Mon & Thu)	19:30-22:00	6	KP Wall	\$1,020	\$1,170

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 provide 2 photos, Assessment inclusive

領攀預備班 Lead Climbing Preparation & Technique Course (Ages 18 or 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.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KCC 13101	3/1-7/2 (Wed)	19:30-22:00	6	KP Wall	\$1,020	\$1,170
18KCC 13102	21/2-28/3 (Wed)	19:30-22:00	6	KP Wall	\$1,020	\$1,170

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

運動攀登二級班 - 領攀 Sport Climbing Course Level II — Lead Climbing (Ages 18 or 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.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KCC 13201	9/1-26/1 (Tue & Fri)	19:30-22:00	6	KP Wall	\$1,350	\$1,560
18KCC 13202	6/2-27/2 (Tue & Fri) (不用上課 No Class : 16/2)	19:30-22:00	6	KP Wall	\$1,350	\$1,560
18KCC 13203	6/3-23/3 (Tue & Fri)	19:30-22:00	6	KP Wall	\$1,350	\$1,560

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 buy own climbing shoes
3. 請提供 2 張相片，包括評核試 Please provide 2 photos, Assessment inclusive

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

為安全理由，凡使用本會之攀岩場，需通過攀登評核測試方可使用。
For safety reasons, climbers wanting to use our climbing wall need to pass the assessment first.

頂繩 Top Roping- 合格後可使用本會尖沙咀之室內攀岩場。Once assessed you can climb at YMCA Tsimshatsui Centre Indoor Climbing Wall only.

引繩 Lead Climbing- 合格後可使用本會京士柏之室外攀岩場。Once assessed you can climb at YMCA King's Park Centenary Centre Outdoor Climbing Wall.

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

備註 Remarks : 1. 請致電 2782 6682 或 samy@ymcahk.org.hk 預約
Booking in advance is required 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 2 photos

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岩疑難，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.

請致電 2782 6682 或 samy@ymcahk.org.hk 預約
Booking in advance is required by Tel: 2782 6682 or email samy@ymcahk.org.hk.



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

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

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
18KTC 10001	8/1-19/3 (Mon) (不用上課 No Class : 19/2)	16:30-17:30	10	KP Crt / KP	\$900	\$1,040
18KTC 10002	13/1-24/3 (Sat) (不用上課 No Class : 17/2)	12:30-13:30	10	Function Room	\$900	\$1,040

中級班 Intermediate

入學條件 Pre-requisite: 完成初級班 Completed Beginner Level

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KTC 10101	13/1-24/3 (Sat) (不用上課 No Class : 17/2)	13:30-14:30	10	KP Crt / KP Function Room	\$900	\$1,040

兒童網球班 Children's 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
18KTC 11001	7/1-18/3 (Sun) (不用上課 No Class : 18/2)	9:00-10:30	10	KP Crt	\$1,230	\$1,440
18KTC 11002	13/1-24/3 (Sat) (不用上課 No Class : 17/2)	10:30-12:00	10	KP Crt	\$1,230	\$1,440
18KTC 11003	10/1-14/3 (Wed)	17:00-18:30	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
18KTC 11101	7/1-18/3 (Sun) (不用上課 No Class : 18/2)	9:00-10:30	10	KP Crt	\$1,230	\$1,440
18KTC 11102	13/1-24/3 (Sat) (不用上課 No Class : 17/2)	10:30-12:00	10	KP Crt	\$1,230	\$1,440

青年網球班 Youth Tennis (Ages 13-17)

語言 Language: 粵語 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
18KTC 12001	7/1-18/3 (Sun) (不用上課 No Class : 18/2)	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
18KTC 12101	7/1-18/3 (Sun) (不用上課 No Class : 18/2)	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
18KTC 12201	7/1-18/3 (Sun) (不用上課 No Class : 18/2)	10:30-12:00	10	KP Crt	\$1,230	\$1,440

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
18KTC 13001	8/1-19/3 (Mon) (不用上課 No Class : 19/2)	20:30-22:30	10	KP Crt	\$1,640	\$1,920
18KTC 13002	7/1-18/3 (Sun) (不用上課 No Class : 18/2)	19:30-21:30	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
18KTC 13101	10/1-14/3 (Wed)	19:30-21:30	10	KP Crt	\$1,640	\$1,920
18KTC 13102	8/1-19/3 (Mon) (不用上課 No Class : 19/2)	18:30-20:30	10	KP Crt	\$1,640	\$1,920

田徑 Athletics

港青飛達幼兒綜合田徑培訓課程 YMCA Pacers Athletics Tots Programme (Ages 3-5)

New

幼兒綜合田徑培訓課程與“飛達田徑會”合辦, 課程特別為幼小兒童設計, 以著重提高參與及趣味性的田徑遊戲練習基本技巧, 如跑步、跳遠、投擲等, 讓小朋友可從小培養全方位體能訓練。

This programme is in cooperation with the "Pacers Athletics Club", which is specially designed for tiny tots that encompasses skills based games that are focused on participation and fun. The fundamental skills of running, jumping and throwing would be taught in a setting of track and field training drills and all-round physical training is an emphasis through the exercise.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KAC 10001	19/1-9/2 (Fri)	16:00-17:00	4	KP Rink	\$720	\$828
18KAC 10002	2/3-23/3 (Fri)	16:00-17:00	4	KP Rink	\$720	\$828

棍網球 Lacrosse

棍網球是美加印第安民族培養部落英雄的傳統運動，近代不少美加日的學校都用棍網球來訓練學生的紀律性及團體合作精神。透過本課程學員會學習到獨有的運球、鏟球、傳接、射門等等。學員透過遊戲、訓練、競賽，親身體驗最快的雙足跑打球類運動。

Lacrosse is a traditional sport of Indian tribes in North America and uses to train heroes. Nowadays, American, Canadian and Japanese schools offer lacrosse classes to build the students' discipline and team work. This course will teach the fundamentals including cradling, scooping, passing and shooting. Participants will experience "the fastest sport in two feet" through the games and trainings.



幼兒棍網班 Lacrosse Tots (Ages 3-5)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KLC 10001	11/1-29/3 (Thu) (不用上課 No Class : 15/2, 22/2)	16:00-17:00	10	KP Crt/ KP Rink	\$900	\$1,040
18KLC 10002	6/1-24/3 (Sat) (不用上課 No Class : 17/2, 24/2)	14:00-15:00	10		\$900	\$1,040

兒童棍網初班 Junior Lacrosse-Beginners (Ages 6-12)

級別	教授內容
初級班 Beginner	球桿應用入門，如運球、鏟球、傳接及射門；學習防守企位及動作；介紹對牆傳接球及一對一攻防。Basic stick skills include cradling, scooping, passing and shooting; Basic defensive stance and handling; Introduction of "Wall Ball" and 1 on 1 matchup.
中級班 Intermediate	介紹各類射術及快傳；強化防守，如接觸及引導；傳授進攻盤扭步法及雙人戰術。Introduction of different shooting techniques and quick pass; Improve defense skills by proper contact and direct; Teaching dodging skills and "Two-man" game.
高級班 Advanced	介紹團體防守，如補位及復位；增加進攻效率，傳授團體進攻模式，如快攻。Introduction of team defense, i.e. slide and recover. Advance the winning efficiency by team offensive play, i.e. fast break.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KLC 11001	11/1-29/3 (Thu) (不用上課 No Class : 15/2, 22/2)	17:00-18:30	10	KP Crt/ KP Rink	\$1,260	\$1,450
18KLC 11002	6/1-24/3 (Sat) (不用上課 No Class : 17/2, 24/2)	15:00-16:30	10		\$1,260	\$1,450

健球 Kin-Ball

健球運動始於 1986 年加拿大，現已發展成為國際性的運動。此新興運動的特點是全球唯一一項三隊同時作賽的球類運動，強調團隊合作，體育精神及體格訓練。

Kin-ball is created in Canada in 1986 and has been developed to an international level sports. This new sports has a special feature of having three teams to play at the same time during competition, and emphasis on team co-operation, team spirit and good fitness.



級別 Level	內容
幼兒迷你健球班 Omnikin Tots	此課程以遊戲方式教授健球的基本技巧，透過互動教學，可有助提升小朋友對健球的興趣及學習團隊合作的精神。 Toddlers will be taught with a series of omnikin fun games, which helps them not only to learn kin-ball basic skills, but also enhance their hand-eye motor skills and co-operation.
兒童健球初級班 Children -Beginners	介紹及練習基本控球技巧 Introducing the basic ball handling skills

幼兒迷你健球 Omnikin Tots (Ages 3-5)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KNC 10001	13/1-24/3 (Sat) (不用上課 No Class : 17/2)	16:30-17:30	10	KP Function Rm	\$900	\$1,040

兒童健球初班 Children Kin-Ball-Beginners (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
18KNC 11001	13/1-24/3 (Sat) (不用上課 No Class : 17/2)	17:30-19:00	10	KP Crt/ KP Rink	\$1,260	\$1,450

青年及成人健球初班 Youth & Adult Kin-Ball-Beginners (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
18KNC 13001	16/1-20/3 (Tue)	19:00-20:30	10	KP Rink	\$1,260	\$1,450

健球推廣練習計劃 Kin-Ball Clinic Practice Programme (Ages 16 or above)

本推廣計劃旨在提供固定場地予對健球運動有基本認識的人士參與，透過練習和對賽從而促進健球愛好者彼此間的交流。

This Programme aims at providing a stable practice platform to those who have fundamental skills of Kinball, and to cultivate an Kinball friendship atmosphere through regular practice and friendly match.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	月費 / Monthly	
					會員 Mem	非會員 NMem
18KNS 13601	16/1	18:30-20:30	3	KP Rink	\$165	\$180
18KNS 13602	23/1					
18KNS 13603	30/1					
18KNS 13604	6/2	18:30-20:30	4	KP Rink	\$220	\$240
18KNS 13605	13/2					
18KNS 13606	20/2					
18KNS 13607	27/2					
18KNS 13608	6/3	18:30-20:30	4	KP Rink	\$220	\$240
18KNS 13609	13/3					
18KNS 13610	20/3					
18KNS 13611	27/3					

備註 Remarks : 歡迎即場報名或以單次練習方式報名參加，每堂收費為\$65(會員)或\$75(非會員)。On-Spot enrolment or single day enrolment is welcomed. Each session: \$65(Mem); \$75(NMem)

健球私人團體班 Kin-Ball Private Group (Ages 13 or above)

歡迎各組織或公司開辦健球團體班，享有更彈性的上課日子及時間，詳情可致電 2782 6682 查詢。

Organization or company are welcomed to hold a tailor-made kin-ball group class to fit your schedule. Please contact us at 2782 6682 for further arrangement.

籃球 Basketball

級別 Level	內容 Content
初級班 Beginners	介紹及練習基本步法，球感及運球技術 Introducing the basic footwork, ball senses, passing and dribbling
中級班 Intermediate	改良基本技術，加強運球技巧，步法及投籃技術 Improve the basic skills, enhance dribbling, footwork and shooting skills

幼兒籃球初班 Basketball Tots-Beginners (Ages 3-5)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KBC 10001	14/1-25/3 (Sun) (不用上課 No Class : 18/2)	9:30-10:30	10	KP Crt/ KP Rink	\$900	\$1,040
18KBC 10002	16/1-20/3 (Tue)	10:00-11:00	10		\$900	\$1,040

兒童籃球初班 Children Basketball-Beginners (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
18KBC 11001	14/1-25/3 (Sun) (不用上課 No Class : 18/2)	10:30-12:00	10	KP Rink	\$1,350	\$1,550
18KBC 11002	19/1-23/3 (Fri) (不用上課 No Class : 16/2)	17:00-18:30	9	KP Crt/ KP Rink	\$1,215	\$1,395

兒童籃球中班 Children Basketball-Intermediate (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
18KBC 11101	14/1-25/3 (Sun) (不用上課 No Class : 18/2)	16:30-18:00	10	KP Rink	\$1,350	\$1,550

足球 Football

港青京士柏足球訓練計劃希望透過有系統漸進式的趣味性練習，讓小朋友可從小培養對足球的興趣。並在持續性的訓練下，提升足球競技水平和歸屬感之餘，也可享受團體運動的樂趣。出色表現的學員更有機會獲選拔成為本會足球隊隊員，出外參加比賽。

YMCA KPCC football training scheme aims for cultivating participants' interest of playing football through systematic progressive & interactive practices. Participants' football skills would be enhanced with a sustainable training, and achieve sense of belonging with team sport spirit. For those who has good performance may be selected to join the KPCC Football Team, participate into external football matches with joy.

課程特色 Programme Features :

1. 可免費獲贈足球衣一件(教練於第一堂派發)。
 - A "FREE" football tee will be given out (It will be distributed by the instructor in the 1st lesson)
2. 於課程完成後，可獲學員“訓練冊”記錄，供家長回顧其小朋友在課堂表現及技巧進度。
 - A "Training Log Book" will be provided for parents' review the training progress and performance of their children.
3. 每季課程最後一堂設小型比賽，讓學員能學以致使用學堂所學的技术。
 - A "Mini-competition Game" will be arranged on last lesson of the course.

級別	教授內容
幼兒初級班 Tots-Beginners	以遊戲模式進行，建立身體協調性、平衡力、球感和基本足球概念。Games based training. Building up body coordination, balance, sense of ball control and basic football concept.
幼兒進階班 Tots - Improvement	深化遊戲及附以正規足球訓練模式進行，建立基本技術，如傳接球、盤球和射球等；重視在小型對抗賽中的運用。Intensifying game with formal football training based. Building up basis football skills such as passing and control, dribbling and shooting...etc; Focusing on "how to perform" in the mini-game.
兒童足球初班 Children-Beginners	開始以正規訓練模式進行，加強基本技術和運用，重視對抗性訓練，培養小型比賽概念。Start to emphasis on formal training based. Strengthening the use of basic skills. Focusing on competitive training and so to cultivate the concept of performing mini game.

幼兒足球初班 Football Tots-Beginners (Ages 3-5)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KFC 10001	13/1-24/3 (Sat) (不用上課 No Class : 17/2)	14:00-15:00	10	KP Crt/ KP Rink	\$1,300	\$1,500
18KFC 10002	18/1-29/3 (Thu) (不用上課 No Class : 15/2)	16:00-17:00	10		\$1,300	\$1,500



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
18KFC 11001	13/1-24/3 (Sat) (不用上課 No Class : 17/2)	15:00-16:30	10	KP Crt/ KP Rink	\$1,950	\$2,240
18KFC 11002	18/1-29/3 (Thu) (不用上課 No Class : 15/2)	17:00-18:30	10		\$1,950	\$2,240

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
18KFC 11401	13/1-24/3 (Sat) (不用上課 No Class : 17/2)	15:00-16:30	10	KP Crt/ KP Rink	\$1,950	\$2,240

成人足球對賽實踐工作坊 Adult Football-Practical Workshop (Ages 30 and above)

提供專項技術改良，使學員於比賽中更具競爭性，內容著重對抗賽練習，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球場進行，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
18KFC 13401	18/1-22/2 (Thu) (不用上課 No Class : 15/2)	20:30-22:30	4	KP Rink	\$800	\$960
18KFC 13402	1/3-29/3 (Thu)	20:30-22:30	5	KP Rink	\$1,000	\$1,200

跆拳道 Taekwondo

跆拳道乃韓國的傳統國技，是一項集強身健體的武藝運動之外，也同是重視培育學員的品德及自律精神。此課程會以遊戲方式教授跆拳道的基本技巧，透過互動教學，可有助提升小朋友對跆拳道的興趣及學習尊師重道的精神。

Taekwondo is a form of Korean Martial Arts which not only consists of training body fitness, but also emphasis self-discipline and determination aspects of training. Toddlers will learn the basic taekwondo skills through fun-filled games in an interactive learning format.



備註 Remarks: 學員參與級別考核測試必須向本會導師購買 \$430 指定制服及練習靶。

Participants who are going to take Grading Examination are required to pay \$430 for the purchase of uniform and mitt.

幼兒跆拳道 - 初級班 Taekwondo Tots — Beginners (Ages 3-5)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KWC 10001	7/1-18/3 (Sun) (不用上課 No Class : 18/2)	10:30-11:30	10	KP Function Room	\$800	\$920

幼兒跆拳道 - 中級班 Taekwondo Tots — Intermediate (Ages 3-5)

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
18KWC 10101	7/1-18/3 (Sun) (不用上課 No Class : 18/2)	9:30-10:30	10	KP Function Room	\$800	\$920

兒童及青少年跆拳道 Junior Taekwondo (Ages 6-14)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KWC 11001	7/1-18/3 (Sun) (不用上課 No Class : 18/2)	11:30-13:00	10	KP Function Room	\$1,200	\$1,380

空手道 Karate

本課程不論性別、體質、體格、年齡人士均可參加，教練會對每位學員作配合式訓練。學員不單可增強體力，更可透過空手道糾正身體不良姿勢。透過集訓、交流比賽、升級考試，學員可增強對人和事之協調性、勇氣、面對困難的能力、培育自信、責任感及意志力。

Experienced instructors will provide training to each student in accordance of his/her ability. The training not only help to strengthen student's physical fitness, but also helps to correct their improper posture, enhance courage, self-confidence and determination to tackle difficulties during daily life.

極真空手道班 Karate Course (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
18KKC 13401	9/1-13/3 (Tue)	20:00-21:30	10	KP Function Room	\$900	\$1,040

兒童及青少年武術 Children & Youth Martial Arts

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
18KPC 10401	7/1-18/3 (Sun) (不用上課 No Class : 18/2)	13:00-14:00	10	KP Function Room	\$900	\$1,040

兒童及青少年中國功夫班 Children & Youth Chinese Kung Fu (Ages 6-15)

此課程教授北方劈掛拳術，特點長橋大馬，大開大合。內容包括：拳術套路、器械對練、長短兵器及自衛術訓練費，參加訓練後可加強身體靈活度、協調性，同時鍛鍊自信心及紀律性。

This course will be taught in the Northern Chinese style, specializing in cultivates your body flexibility and motor co-ordination. It also improves your self-confidence and self-discipline in the meanwhile.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KPC 11402	7/1-18/3 (Sun) (不用上課 No Class : 18/2)	15:00-16:00	10	KP Function Room	\$800	\$920

備註 Remarks : 制服費用另計 Cost of uniform is not included

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 help to improve your muscular flexibility, but also enhance better team spirit communication skills.



兒童醒獅班 Children Lion Dance Course (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
18KPC 11401	7/1-18/3 (Sun) (不用上課 No Class : 18/2)	14:00-15:00	10	KP Function Room	\$800	\$920

青年及成人醒獅班
Youth & Adult Lion Dance Course
(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
18KPC 13401	8/1-19/3 (Mon) (不用上課 No Class : 19/2)	20:00-21:30	10	KP Function Room	\$1,200	\$1,380

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.

學員注意事項 Reminders for Participants :

- 課程最後一堂進行評核。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 5-14)

#Ages 5-10 △ Ages 11-14

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
#18KIC 11001	14/1-11/3 (Sun), (不用上課 No Class : 18/2)	10:30-11:30	8	KP Rink	\$960	\$1,104
#18KIC 11002	18/1-22/3 (Thu), (不用上課 No Class : 15/2 & 22/2)	16:30-17:30	8	KP Rink	\$960	\$1,104
#18KIC 11003	16/1-6/3 (Tue)	16:30-17:30	8	KP Rink	\$960	\$1,104
△18KIC 12001	16/1-6/3 (Tue)	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 5-14)

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 11-14

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
#18KIC 11101	14/1-11/3 (Sun), (不用上課 No class : 18/2)	11:30-12:30	8	KP Rink	\$960	\$1,104
#18KIC 11102	18/1-22/3 (Thu), (不用上課 No Class : 15/2 & 22/2)	17:30-18:30	8	KP Rink	\$960	\$1,104
△18KIC 12101	16/1-6/3 (Tue)	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 5-14)

入學條件 Pre-requisite : 完成單線滾軸溜冰中級班以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 11-14

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
#18KIC 11201	14/1-11/3 (Sun), (不用上課 No class : 18/2)	12:30-13:30	8	KP Rink	\$960	\$1,104
#18KIC 11202	18/1-22/3 (Thu), (不用上課 No Class : 15/2 & 22/2)	17:30-18:30	8	KP Rink	\$960	\$1,104
△18KIC 12201	16/1-6/3 (Tue)	17:30-18:30	8	KP Rink	\$960	\$1,104

親子家庭溜冰樂 (5-14 歲兒童及青少年 及
18 歲或以上家長 / 監護人)
Family Skating Fun Course (Children Ages
5-14 & 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的平衡步法、基本前溜、基本後溜、前溜轉向、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	
					會員 Mem	非會員 NMem	會員 Mem	非會員 NMem
18KIC 14001	14/1-25/2 (Sun)	9:30-10:30	6	KP Rink	\$810	\$930	Nil	Nil
18KIC 14001E	(不用上課 No class : 18/2)				Nil	Nil	\$402	\$462

青年及成人單線滾軸溜冰 — 體驗班
Youth and Adult Inline Skating —
Beginners (Ages 15 or above)

Learn to skate! No Experience is need and everyone is welcome, let get your gear on.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KIC 13001	19/1-23/3 (Fri) (不用上課 No Class : 16/2 & 23/2)	19:30-20:30	8	KP Rink	\$960	\$1,104

成人滾軸溜冰 — 中級班 Adult Inline Skating — Intermediate Course (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
18KIC 13101	19/1-23/3 (Fri) (不用上課 No Class : 16/2 & 23/2)	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
18KIC 13201	19/1-23/3 (Fri) (不用上課 No Class : 16/2 & 23/2)	19:30-20:30	8	KP Rink	\$960	\$1,104

單線滾軸曲棍球 Inline Hockey

學員注意事項 Reminders for Participants :

- 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 1 & 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.
- 課程最後一堂進行評核。
An assessment will be held on the last lesson.

兒童單線滾軸曲棍球一級班 Children Inline Hockey — Level 1 Course (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
18KHC 11001	14/1-11/3 (Sun) (不用上課 No Class : 18/2)	13:00-14:00	8	KP Rink	\$1,080	\$1,240
18KHC 11002	15/1-12/3 (Mon) (不用上課 No Class : 19/2)	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 2 Course (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
18KHC 11101	14/1-11/3 (Sun) (不用上課 No Class : 18/2)	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 3 Course (Ages 5-11)

入學條件 Pre-requisite : 完成單線滾軸溜冰高級班或以上之同等課程或完成單線滾軸曲棍球二級班
Completed Inline Skating Advanced or above course or equivalent or Completed Inline Hockey Level II course.

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 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
18KHC 11201	14/1-11/3 (Sun) (不用上課 No Class : 18/2)	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曲棍球的人士參加。
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
18KHC 13001	19/1-23/3 (Fri) (不用上課 No Class : 16/2 & 23/2)	21:30-22:30	8	KP Rink	\$1,080	\$1,240

