



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 : 室外攀石場 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 : 室內攀石場 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

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 Remarks

- 公眾假期不用上課(星期日所舉辦的特別課程除外)。No class on public holiday (except special class held on Sunday).
- 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。The lesson is cancelled owing to unfavorable 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 : 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)

這課程專為幼兒設計，透過使用迷你室內攀石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 4001	11/10-13/12 (Thu)	17:00-18:00	10	KP Indoor Wall	\$1,100	\$1,250
18KCC 4002	6/10-15/12 (Sat) 不用上課 No Class : 8/12	9:00-10:00	10	KP Indoor Wall	\$1,100	\$1,250
18KCC 4003	6/10-15/12 (Sat) 不用上課 No Class : 8/12	10:00-11:00	10	KP Indoor Wall	\$1,100	\$1,250

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
#18KCC 41001	8/10-10/12 (Mon)	17:00-19:00	10	KP Wall	\$1,950	\$2,240
#18KCC 41002	6/10-15/12 (Sat) 不用上課 No Class : 8/12	11:00-13:00	10	KP Wall	\$1,950	\$2,240
^18KCC 41003	11/10-13/12 (Thu)	17:00-19:00	10	KP Wall	\$1,950	\$2,240
^18KCC 41004	6/10-15/12 (Sat) 不用上課 No Class : 8/12	11:00-13:00	10	KP Wall	\$1,950	\$2,240

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石場使用。

Learn the basics technic 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，包括頂繩評核試 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
18KCC 42001	10/10-19/12 (Wed) 不用上課 No Class : 17/10	17:00-19:00	10	KP Wall	\$2,000	\$2,300
18KCC 42002	6/10-15/12 (Sat) 不用上課 No Class : 8/12	14:00-16:00	10	KP Wall	\$2,000	\$2,300

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.

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
18KCC 42101	10/10-19/12 (Wed) 不用上課 No Class : 17/10	17:00-19:00	10	KP Wall	\$2,000	\$2,300
18KCC 42102	6/10-15/12 (Sat) 不用上課 No Class : 8/12	16:00-18:00	10	KP Wall	\$2,000	\$2,300

攀登技術評核 — 頂繩 / 引繩

Climbing Assessment — Top Roping / Lead Climbing (Ages 14 & above)

為安全理由，凡使用本會之攀石場，需通過攀登評核測試方可使用。

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 who want to use our climbing wall, must pass the assessment first.

Top Roping — Passed the assessment and you can climb at YMCA Tsimshatsui Centre Indoor Climbing Wall

Lead Climbing — Passed the assessment and 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 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 two photos

	(頂繩 Top Rope)	(引繩 Lead Climb)
費用 Fee	會員 Mem / 非會員 NMem	\$250 / \$290

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 learning, use of belay device (GriGri), 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
18KCS 43401	28/10 (Sun)	10:30-13:30	1	KP Wall	\$300	\$340
18KCS 43402	30/12 (Sun)	10:30-13:30	1	KP Wall	\$300	\$340

運動攀登一級班 - 頂繩

Sport Climbing Course Level 1 — Top Roping (Ages 18 & above)

適合想認識更多攀爬技巧之學員，此課程內容包括學習 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
18KCC 43001	8/10-26/10 (Mon & Thu)	19:30-22:00	6	KP Wall	\$1,170	\$1,320
18KCC 43002	5/11-22/11 (Mon & Thu)	19:30-22:00	6	KP Wall	\$1,170	\$1,320
18KCC 43003	3/12-20/12 (Mon & Thu)	19:30-22:00	6	KP Wall	\$1,170	\$1,320

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 who have finished elementary course and need to improve their climbing abilities and get ready for lead climbing course. Professional instruction will be given according to the needs of 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. 學員必須自備攀石鞋 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
18KCC 43101	24/10-28/11 (Wed)	19:30-22:00	6	KP Wall	\$1,170	\$1,320

運動攀登二級班 - 領攀

Sport Climbing Course Level 2 — 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核證 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
18KCC 43201	9/10-26/10 (Tue & Fri)	19:30-22:00	6	KP Wall	\$1,560	\$1,782
18KCC 43202	6/11-23/11 (Tue & Fri)	19:30-22:00	6	KP Wall	\$1,560	\$1,782
18KCC 43203	4/12-21/12 (Tue & Fri)	19:30-22:00	6	KP Wall	\$1,560	\$1,782

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 diagnosing your problems, give new climbing tricks and cater 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 Level	教授內容 Content Content Content
初級班 Level 1	介紹握拍，基本擊球及技術 Introducing the basic techniques, strokes and correct grip
中級班 Level 2	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 Level 3	強調比賽戰術及技巧。 Emphasis on tactics and formal game practice
進階班 Intensive Clinic	教授進階比賽應用技術，並訓練學員體能 Enhance match playing practical skills and individual physical fitness

幼兒網球班 Mini-Tennis Tots (Ages 3-5)

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

初級班 Level 1

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KTC 40001	8/10-10/12 (Mon)	16:30-17:30	10	KP Crt / KP Function Room	\$1,100	\$1,260
18KTC 40002	13/10-29/12 (Sat)*	12:30-13:30	10		\$1,100	\$1,260
NEW 18KTC 40003	14/10-30/12 (Sun)#	10:30-11:30	10		\$1,100	\$1,260

中級班 Level 2

入學條件 Pre-requisite: 完成初級班或同等課程 Completed Level 1 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 40101	8/10-10/12 (Mon)	17:30-18:30	10	KP Crt / KP Function Room	\$1,100	\$1,260
18KTC 40102	13/10-29/12 (Sat)*	11:30-12:30	10		\$1,100	\$1,260
NEW 18KTC 40103	14/10-30/12 (Sun)#	11:30-12:30	10		\$1,100	\$1,260

* 不用上課 No class: 24/11, 8/12

不用上課 No class: 25/11, 2/12, 9/12

兒童網球班 Children's Tennis (Ages 6-12)

備註 Remarks: 本會只提供網球 Only tennis ball will be provided

初級班 Level 1

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KTC41001	7/10-30/12 (Sun)#	9:00-10:30	10	KP Crt	\$1,380	\$1,580
18KTC 41002	13/10-29/12 (Sat)*	10:30-12:00	10	KP Crt	\$1,380	\$1,580
18KTC 41003	10/10-19/12 (Wed)^	17:30-19:00	10	KP Crt	\$1,380	\$1,580

中級班 Level 2

入學條件 Pre-requisite: 完成初級班或同等課程 Completed Level 1 or equivalent.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KTC41101	7/10-30/12 (Sat)#	9:00-10:30	10	KP Crt	\$1,380	\$1,580
18KTC 41102	13/10-29/12 (Sat)*	12:00-13:30	10	KP Crt	\$1,380	\$1,580
18KTC 41103	10/10-19/12 (Wed)^	17:30-19:00	10	KP Crt	\$1,380	\$1,580

* 不用上課 No class: 24/11, 8/12

不用上課 No class: 25/11, 2/12, 9/12

^ 不用上課 No class: 17/10

兒童及青年網球進階班 Junior Tennis Intensive Clinic (Ages 6-14)

NEW

入學條件 Pre-requisite: 完成中級班或同等課程 Completed Level 2 or equivalent.

初級班 Level 1

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KTC 41401	7/10-23/12(Tue, Sun)~	17:30-19:30 (Tue), 14:30-16:30 (Sun)	20	KP Crt	\$3,680	\$4,210
18KTC 41402	11/10-27/12(Thu, Sat)+	17:30-19:30 (Thu), 8:30-10:30 (Sat)	20	KP Crt	\$3,680	\$4,210

~ 不用上課 No class: 25/11, 2/12, 9/12

+ 不用上課 No class: 24/11, 8/12, 22/12

青年網球班 Youth Tennis (Ages 13-17)

初級班 Level 1

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KTC 42001	7/10-30/12 (Sun)#	10:30-12:00	10	KP Crt	\$1,380	\$1,580
NEW 18KTC 42002	6/10-29/12 (Sat)*	15:30-17:00	10	KP Crt	\$1,380	\$1,580

中級班 Level 2

入學條件 Pre-requisite: 完成初級班或同等課程 Completed Level 1 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 42101	7/10-30/12 (Sun)#	10:30-12:00	10	KP Crt	\$1,380	\$1,580
NEW 18KTC 42102	6/10-29/12 (Sat)*	17:00-18:30	10	KP Crt	\$1,380	\$1,580

高級班 Level 3

入學條件 Pre-requisite: 完成中級班或同等課程 Completed Level 2 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 42201	7/10-30/12(Sun)#	10:30-12:00	10	KP Crt	\$1,380	\$1,580

不用上課 No class: 25/11, 2/12, 9/12

* 不用上課 No class: 24/11, 8/12, 22/12

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

初級班 Level 1

NEW

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KTC 43001	6/10-29/12 (Sat)*	18:30-20:30	10	KP Crt	\$1,800	\$2,070
18KTC 43002	7/10-30/12 (Sun)#	16:30-18:30	10	KP Crt	\$1,800	\$2,070
18KTC 43003	9/10-11/12(Tue)	9:30-11:30	10	KP Crt	\$1,800	\$2,070
18KTC 43004	11/10-13/12(Thu)	9:30-11:30	10	KP Crt	\$1,800	\$2,070

中級班 Level 2

入學條件 Pre-requisite: 完成初級班或同等課程 Completed Level 1 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 43101	8/10-17/12 (Mon)^	18:30-20:30	10	KP Crt	\$1,800	\$2,070
18KTC 43102	10/10-19/12 (Wed)~	19:30-21:30	9	KP Crt	\$1,620	\$1,863
NEW 18KTC 43103	9/10-11/12(Tue)	11:30-13:30	10	KP Crt	\$1,800	\$2,070
18KTC 43104	11/10-13/12(Thu)	11:30-13:30	10	KP Crt	\$1,800	\$2,070

* 不用上課 No class: 24/11, 8/12, 22/12

不用上課 No class: 25/11, 2/12, 9/12

^ 不用上課 No class: 26/11

~ 不用上課 No class: 17/10, 28/11

網球私人教授 Tennis Private Coaching

本會也提供初級至高級私人網球訓練以及比賽技巧，可配合個人程度及時間需要上課。

Private coaching is available for those who want to gain intensive training on all aspects of tennis game, and suit all levels of ability and special training time schedule. 請致電: 2782 6682 或 kpcc@ymcahk.org.hk 查詢及預約

For enquiries and booking, please contact KPCC at 2782 6682 or email kpcc@ymcahk.org.hk

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 40001	5/10-28/12 (Fri)~	16:00-17:00	10	KP Rink/ KP Crt	\$980	\$1,130
18KLC 40002	13/10-15/12 (Sat)*	14:00-15:00	8	KP Crt	\$784	\$904

~ 不用上課 No class: 16/11, 23/11, 21/12

* 不用上課 No class: 10/11, 17/11, 24/11, 8/12, 22/12



兒童棍網班 Junior Lacrosse (Ages 6-12)

級別	教授內容
初級班 Level 1	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 Level 2	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 Level 3	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.

初級班 Level 1

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KLC 41001	5/10-28/12 (Fri)~	17:00-18:30	10	KP Rink/ KP Crt	\$1,380	\$1,580
18KLC 41002	13/10-15/12 (Sat)*	15:00-16:30	8	KP Rink/ KP Crt	\$784	\$904

~ 不用上課 No class: 16/11, 23/11, 21/12

* 不用上課 No class: 10/11, 17/11, 24/11, 8/12, 22/12

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 sport has a special feature of having three teams to play at the same time during competition, and emphasizing on team co-operation, team spirit and good fitness.



兒童健球 — 初級班 Children Kin-Ball-Level 1 (Ages 6-12)

介紹及練習基本控球技巧 Introducing the basic ball handling skills

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KNC 41001	6/10-29/12 (Sat)*	15:30-17:00	10	KP Crt/ KP Rink	\$1,380	\$1,580

* 不用上課 No class: 24/11, 8/12, 22/12

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 a 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 43601 18KNS 43602 18KNS 43603 18KNS 43604	4/10 11/10 18/10 25/10	18:30-20:30	4	KP Rink	\$232	\$264					
18KNS 43605 18KNS 43606 18KNS 43607 18KNS 43608	1/11 8/11 15/11 29/11										
18KNS 43609 18KNS 43610 18KNS 43611	6/12 13/12 27/12						18:30-20:30	3	KP Rink	\$174	\$198

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 \$68(會員)或 \$78(非會員)。On-Spot enrolment or single day enrolment is welcomed. Each session: \$68(Mem); \$78(NMem)

籃球 Basketball

級別 Level	內容 Content
初級班 Level 1	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 Level 2	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

幼兒籃球初級班 Basketball Tots-Level 1 (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 40001	7/10-16/12(Sun)#	9:30-10:30	10	KP Crt/ KP Rink	\$1,000	\$1,150
18KBC 40002	7/10-16/12(Sun)#	11:30-12:30	10		\$1,000	\$1,150
18KBC 40003	9/10-11/12(Tue)	10:00-11:00	10		\$1,000	\$1,150

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KBC 40101	7/10-16/12(Sun)#	10:30-11:30	10	KP Crt/ KP Rink	\$1,000	\$1,150

兒童籃球初級班 Children Basketball-Level 1 (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 41001	14/10-23/12(Sun)#	12:30-14:00	10	KP Rink	\$1,500	\$1,720
18KBC 41002	12/10-28/12(Fri)~	17:00-18:30	10		\$1,500	\$1,720

兒童籃球中級班 Children Basketball-Level 2 (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 41101	14/10-23/12(Sun)#	16:30-18:00	10	KP Rink	\$1,500	\$1,720

不用上課 No class: 2/12

~ 不用上課 No class: 23/11, 21/12

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. 可獲免費贈送足球衣一件(教練於第一堂派發)。
A "FREE" football tee will be given out (It will be distributed from the instructor in the 1st lesson).
2. 於課程完結後，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之技術。
A "Mini-competition Game" will be arranged on last lesson of the course.

級別 Level	內容 Content
幼兒初級班 Tots - Level 1	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 - Level 2	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 初級班 Children - Level 1	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 - Level 1 (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 40001	6/10-29/12 (Sat)*	14:00-15:00	10	KP Cr/ KP Rink	\$1,400	\$1,610
18KFC 40002	11/10-13/12 (Thu)	16:00-17:00	10	KP Cr/ KP Rink	\$1,400	\$1,610

兒童足球初班 Children Football - Level 2 (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
18KFC 41001	6/10-29/12 (Sat)*	15:00-16:30	10	KP Cr/ KP Rink	\$2,100	\$2,420
18KFC 41002	11/10-13/12 (Thu)	17:00-18:30	10	KP Cr/ KP Rink	\$2,100	\$2,420

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導師重道的精神。

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 40001	7/10-16/12(Sun)#	11:00-12:00	10	KP Function Room	\$920	\$1,060

幼兒跆拳道 — 中級班 Taekwondo Tots — Immediate (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 40101	7/10-16/12(Sun)#	12:00-13:00	10	KP Function Room	\$920	\$1,060

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 41001	7/10-16/12(Sun)#	9:30-11:00	10	KP Function Room	\$1,350	\$1,550

不用上課 No class: 2/12

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 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
18KKC 43401	9/10-11/12 (Tue)	20:00-21:30	10	KP Function Room	\$1,050	\$1,200

泰拳 Thai Boxing

幼兒泰拳體驗班 Thai Boxing Tots Introductory Course (Ages 3-5)

泰拳運動不單只訓練肢體協調性，更能提昇學員紀律性及敏捷度。
Thai Boxing not only train up your body coordination, but also improves toddlers' discipline and agility.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KPC 40001	13/10-10/11 (Sat)	10:00-11:00	5	KP Function Room	\$550	\$630
18KPC 40002	17/11-15/12 (Sat)	10:00-11:00			\$550	\$630

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.



級別 Level	內容 Content Content
初級班 Level 1	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 Level 2	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 Level 3	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 in 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 basis for **LEVEL 1 & 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 — Level 1 (Ages 5-14)

#Ages 5-9, ^Ages 10-14

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
#18KIC 41001	14/10-16/12 (Sun)	10:30-11:30	KP Rink	10	\$1,280	\$1,470
#18KIC 41002	11/10-27/12 (Thu) 不用上課 No Class : 22/11, 20/12	16:30-17:30	KP Rink	10	\$1,280	\$1,470
#18KIC 41003	9/10-11/12 (Tue)	16:30-17:30	KP Rink	10	\$1,280	\$1,470
^18KIC 42001	9/10-11/12 (Tue)	16:30-17:30	KP Rink	10	\$1,280	\$1,470

兒童及青少年單線滾軸溜冰中級班 Children and Youth Inline Skating — Level 2 (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 inline skating level 1 and recommendation slip is required or equivalent.

#Ages 5-9, ^Ages 10-14

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
#18KIC 41101	14/10-16/12 (Sun)	11:30-12:30	KP Rink	10	\$1,280	\$1,470
#18KIC 41102	11/10-27/12 (Thu) 不用上課 No Class : 22/11, 20/12	17:30-18:30	KP Rink	10	\$1,280	\$1,470
^18KIC 42101	9/10-11/12 (Tue)	17:30-18:30	KP Rink	10	\$1,280	\$1,470

兒童及青少年單線滾軸溜冰高級班 Children and Youth Inline Skating — Level 3 (Ages 5-14)

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 inline skating level 2 and recommendation slip is required or equivalent.

#Ages 5-9, ^Ages 10-14

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
#18KIC 41201	14/10-16/12 (Sun)	12:30-13:30	KP Rink	10	\$1,280	\$1,470
#18KIC 41202	11/10-27/12 (Thu) 不用上課 No Class : 22/11, 20/12	17:30-18:30	KP Rink	10	\$1,280	\$1,470
^18KIC 42201	9/10-11/12 (Tue)	17:30-18:30	KP Rink	10	\$1,280	\$1,470

聖誕兒童單線滾軸溜冰體驗班 Christmas Children's In-line Skating Intensive Introductory (Ages 6-11)



語言 Language : 粵語輔以英語 Cantonese supplemented with English
內容 Content : 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 and backward skating and basic turning
備註 Remarks: 本會只為學員提供有限的護具，我們建議學員自行購買單線滾軸溜冰鞋和其他裝備。Limited protective gear will be provided if necessary. We strongly recommend participants to buy their own inline skates as this will provide a better quality skating experience



編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KIC 41401	26/12-28/12 (Wed - Fri)	11:00-12:30	KP Rink	3	\$585	\$675
18KIC 41402	26/12-28/12 (Wed - Fri)	14:30-16:00	KP Rink	3	\$585	\$675

親子家庭溜冰樂 Family Skating Fun Course

對象 : 5-14 歲兒童及青少年 及 18 歲或以上家長 / 監護人
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		額外成人 / 兒童 Extra Per Person	
					會員 Mem	非會員 NMem	會員 Mem	非會員 NMem
18KIC 44001	14/10-18/11 (Sun)	9:30-10:30	6	KP Rink	\$888	\$1,020	Nil	Nil
18KIC 44001E					Nil	Nil	\$450	\$516

成人滾軸溜冰初級班 Adult Inline Skating — Level 1 (Ages 16 or above)

適合沒有溜冰經驗人士參加，現在就前來體驗溜冰的樂趣吧！
Learn to skate! No Experience is needed and everyone is welcomed, let's 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 43001	19/10-28/12 (Fri) 不用上課 No Class : 16/11, 23/11, 21/12	19:30-20:30	KP Rink	8	\$1,024	\$1,176

成人滾軸溜冰中級班 Adult Inline Skating — Level 2 (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 inline skating level 1 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 43101	19/10-28/12 (Fri) 不用上課 No Class : 16/11, 23/11, 21/12	19:30-20:30	KP Rink	8	\$1,024	\$1,176

成人滾軸溜冰高級班 Adult Inline Skating — Level 3 (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 inline skating level 2 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 43201	19/10-28/12 (Fri) 不用上課 No Class : 16/11, 23/11, 21/12	19:30-20:30	KP Rink	8	\$1,024	\$1,176

單線滾軸曲棍球 Inline Hockey

學員注意事項 Reminders for Participants :

- 本會只為初級班及中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 & 2 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.
- 課程最後一堂會進行評核。An assessment will be held in the last lesson.



級別 Level	內容 Content
單線滾軸曲棍球初級班 Inline Hockey Level 1 Course	初級班適合從未接觸單線滾軸溜冰 / 曲棍球的參加者。教授滾軸溜冰基本技巧(基本平衡, 前溜, 轉向, 制動), 以及介紹單線滾軸曲棍球基本技巧和知識。 Level 1 is suitable for participants who never learn inline skating/hockey before. Foundation of inline skating skills (basic balance, forward, turns & stop), and Inline Hockey basic skills and knowledge would be taught.
單線滾軸曲棍球中級班 Inline Hockey Level 2 Course	預備姿勢, 單線滾軸溜冰技巧, 基本控球, 前向後溜連球, 基本正手傳球和接球, 射球介紹 Ready position, skating control, basic puck control, basic stance, forward to backward dribble, foundation passing and receiving, introduction of wrist shot.
單線滾軸曲棍球高級班 Inline Hockey Level 3 Course	控護球桿, 射球手法, 基本快速射球, 射球重心轉移, 球隊團體行動, 進攻概念, 防守位置, 守門簡介和基本規則介紹。 Puck protection, wrist shot, basic snap shot, shooting with weight transfer, team play, offensive concepts, defensive position, face off techniques, goaltending and basic rules.

兒童單線滾軸曲棍球初級班 Children Inline Hockey — Level 1 (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 interested in inline skating with no experience.

課程前五課部分教授單線滾軸溜冰基本技巧如前溜、左右轉向、制動, 後五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 five sessions focus on teaching basic inline skating skill, whereas the last five 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. Learn basic skills through fun games drills and practices that are taught by the coaches.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
18KHC 31001	14/10-16/12 (Sun)	13:00-14:00	10	KP Rink	\$1,450	\$1,650
18KHC 31002	5/10-28/12 (Fri) 不用上課 No Class : 16/11, 23/11, 21/12	17:00-18:00	10	KP Rink	\$1,450	\$1,650

兒童單線滾軸曲棍球中級班 Children Inline Hockey — Level 2 (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 2. 完成單線滾軸曲棍球初級班
Completed Inline Skating Level 2 or above course or equivalent or 2. 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 31101	14/10-16/12 (Sun)	14:00-15:15	10	KP Rink	\$1,800	\$2,060

兒童單線滾軸曲棍球高級班 Children Inline Hockey — Level 3 (Ages 5-11)

入學條件 Pre-requisite : 完成單線滾軸曲棍球中級班或以上之同等課程
Completed Inline Hockey Level 2 course 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。在安全並富有趣味性的環境中, 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
18KHC 41201	14/10-16/12 (Sun)	15:15-16:30	10	KP Rink	\$1,800	\$2,060

成人單線滾軸曲棍球體驗班 Adult Inline Hockey Introductory Course (Ages 16 or above)

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 interested 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 43001	19/10-28/12 (Fri) 不用上課 No Class : 16/11, 23/11, 21/12	21:30-22:30	8	KP Rink	\$1,160	\$1,320