

主辦機構:



中國香港游泳總會
Hong Kong China
Swimming Association

資助機構:



康樂及文化事務署
Leisure and Cultural
Services Department

青少年韻律泳推廣計劃 2022 – 2023 Youth Artistic Swimming Promotion Scheme 2022 – 2023

更新於 2022 年 9 月 22 日

Updated as at 22 Sep 2022

Basic Course (Star I - III) 基本課程 (一星至三星)訓練班

	Course Code 課程編號	Period 期間	Venue 地點	Date 日期	Time 時間	Lesson Date 上課日期
Phase I 第一季	SVPE-1	23/5 – 1/8/2022	Victoria Park Swimming Pool 維多利亞公園游泳池	Mon, Wed 星期一、三	1800-2000 (多用途池)	23, 25, 30/5; 1, 6, 8, 13, 15, 20, 22, 27, 29/6; 4, 6, 11, 13, 18, 20, 25, 27/7; 1/8/2022
Phase II 第二季	STKOE-2	11/7 – 21/9/2022	Tseung Kwan O Swimming Pool 將軍澳游泳池	Mon, Wed 星期一、三	1830-2030 (跳水池)	11, 13, 18, 20, 25, 27/7; 1, 3, 8, 10, 15, 17, 22, 24, 29, 31/8; 5, 7, 14, 19, 21/9/2022
	SKPE-2	14/6 – 30/8/2022	Kowloon Park Swimming Pool 九龍公園游泳池	Tue, Thu 星期二、四	1800-2000 (跳水池)	14, 16, 21, 23, 28, 30/6; 5, 7, 12, 14, 19, 21, 26/7; 2, 4, 9, 16, 18, 23, 25, 30/8/2022
Phase III 第三季	SVPE-3	26/9 – 5/12/2022	Victoria Park Swimming Pool 維多利亞公園游泳池	Mon, Wed 星期一、三	1800-2000 (多用途池)	26, 28/9; 3, 5, 10, 12, 17, 19, 24, 26, 31/10; 2, 7, 9, 14, 16, 21, 23, 28, 30/11; 5/12/2022
	SKPE-3	22/9 – 8/12/2022	Kowloon Park Swimming Pool 九龍公園游泳池	Tue, Thu 星期二、四	1700-1800 (彈網室) 1800-1900 (跳水池)	22, 27, 29/9; 6, 11, 13, 18, 20, 25, 27/10; 1, 3, 8, 15, 17, 22, 24, 29/11; 1, 6, 8/12/2022
Phase IV 第四季	SVPE-4	12/12/2022 – 14/3/2023	Victoria Park Swimming Pool 維多利亞公園游泳池	Mon, Wed 星期一、三	1800-2000 (多用途池)	12, 14, 19, 21, 28/12/2022; 4, 9, 11, 16, 18, 25, 30/1; 1, 6, 8/2/2023
			La Salle College Swimming Pool 喇沙書院游泳池	Tue 星期二	1900-2100 (主池)	7, 14, 21, 28/2/2023; 7, 14/3/2023
	SKPE-4	13/12/2022 – 28/2/2023	Kowloon Park Swimming Pool 九龍公園游泳池	Tue, Thu 星期二、四	1700-1800 (彈網室) 1800-1900 (跳水池)	13, 15, 20, 22, 29/12/2022; 3, 5, 10, 12, 17, 19, 26, 31/1; 2, 7, 9, 14, 16, 21, 23, 28/2/2023

*如有更改，本會將另行通知。

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Refinement Course (Star IV - VI) 改良班 (四星至六星) 訓練班

	Course Code 課程編號	Period 期間	Venue 地點	Date 日期	Time 時間	Lesson Date 上課日期
Phase I 第一季	SKPR-1	14/6 – 8/9/2022	Kowloon Park Swimming Pool 九龍公園游泳池	Tue, Thu 星期二、四	1800-2000 (跳水池)	14, 16, 21, 23, 28, 30/6; 5, 7, 12, 14, 19, 21, 26/7; 2, 4, 9, 16, 18, 23, 25, 30/8; 1, 6, 8/9/2022
	STKOR-1	5/7 – 27/9/2022	Tseung Kwan O Swimming Pool 將軍澳游泳池	Tue, Thu 星期二、四	1800-2000 (跳水池)	5, 7, 12, 14, 19, 21, 26, 28/7; 2, 4, 9, 11, 16, 18, 23, 25, 30/8; 1, 6, 8, 15, 20, 22, 27/9/2022
Phase II 第二季	SKPR-2	22/9 – 20/12/2022	Kowloon Park Swimming Pool 九龍公園游泳池	Tue, Thu 星期二、四	1700-1800 (彈網室) 1800-1900 (跳水池)	22, 27, 29/9; 6, 11, 13, 18, 20, 25, 27/10; 1, 3, 8, 15, 17, 22, 24, 29/11; 1, 6, 8, 13, 15, 20/12/2022
Phase III 第三季	SVPR-3	12/12/2022 – 28/3/2023	Victoria Park Swimming Pool	Mon, Wed 星期一、三	1800-2000 (多用途池)	12, 14, 19, 21, 28/12; 2023 4, 9, 11, 16, 18, 25, 30/1; 1, 6, 8/2
			La Salle College Swimming Pool 喇沙書院游泳池	Tue 星期二	1900-2100 (主池)	31/1/2023 7, 14, 21, 28/2/2023; 7, 14, 21, 28/3/2023
	SKPR-3	3/1 – 28/3/2023	Kowloon Park Swimming Pool 九龍公園游泳池	Tue, Thu 星期二、四	1700-1800 (彈網室) 1800-1900 (跳水池)	3, 5, 10, 12, 17, 19, 26, 31/1; 2, 7, 9, 14, 16, 21, 23, 28/2; 2, 7, 9, 14, 16, 21, 23, 28/3/2023

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