

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 2023 – 2024 Youth Artistic Swimming Promotion Scheme 2023 – 2024

更新於 2023 年 10 月 10 日  
Updated as at 10 Oct 2023

### 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	26/4 - 12/7/2023	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)	26/4; 3, 8, 10, 15, 17, 22, 24, 29, 31/5; 5, 7, 12, 14, 19, 21, 26, 28/6; 3, 5, 10/7
	STKOE-1	18/4 - 29/6/2023	Tseung Kwan O Swimming Pool 將軍澳游泳池	Tue, Thu 星期二、四	1830-2030 (跳水池)	18, 20, 25, 27/4 2, 4, 9, 11, 16, 18, 23, 25, 30/5 1, 6, 8, 13, 15, 20, 27, 29/6
	SKPE-1	6/6 - 19/8/2023	Kowloon Park Swimming Pool 九龍公園游泳池	Tue 星期二	1700-1800 (彈網室) 1800-2000 (跳水池)	6, 13, 20, 27/6; 4, 11, 18, 25/7; 1, 8/8
				Sat 星期六	1200 - 1400 (跳水池)	10, 17, 24/6 8, 22/7 19/8
Phase II 第二季	STKOE-2	3/7 - 11/9/2023	Tseung Kwan O Swimming Pool 將軍澳游泳池	Mon, Wed 星期一、三	1800-2000 (跳水池)	3, 5, 10, 12, 17, 19, 24, 26, 31/7; 2, 7, 9, 14, 16, 21, 23, 28, 30/8; 4, 6, 11/9
	SKPE-2	7 - 9/2023	Kowloon Park Swimming Pool 九龍公園游泳池	Thu, Sat 星期四、六	0900-1200 (跳水池)	6, 8, 15, 20, 22, 27, 29/7; 17, 19, 24, 26/8; 9, 14, 16/9
	SVPE-2	12/7 - 20/9/2023	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, 17, 19, 24, 26, 31/7; 2, 7, 9, 14, 16, 21, 23, 28, 30/8; 4, 6, 11, 13, 18, 20/9
Phase III 第三季	SVPE-3	25/9 - 11/12/2023	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)	25, 27/9; 4, 9, 11, 16, 18, 25, 30/10; 1, 6, 8, 13, 15, 20, 22, 27, 29/11; 4, 6, 11/12
	SKPE-3	5/9 - 28/11/2023	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)	5, 12, 19, 26, 28/9; 3, 5, 10, 12, 17, 19, 24, 26, 31/10; 2, 7, 9, 14, 16, 21, 28/11
Phase IV 第四季	SVPE-4	11/12/2023 - 28/2/2024	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)	2023 11, 13, 18, 20, 27/12; 2024 3, 8, 10, 15, 17, 22, 24, 29, 31/1; 5, 7, 14/2
			Lai Chi Kok Park Swimming Pool 荔枝角公園游泳池	Mon, Wed 星期一、三	1900-2000 (副池)	2024 19/2
			Lai Chi Kok Park Swimming Pool 荔枝角公園游泳池	Mon, Wed 星期一、三	1800-2000 (副池)	2024 21, 26, 28/2

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	SKPE-4	5/12/2023 – 13/3/2024	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)	<u>2023</u> 5, 12, 14, 19, 28/12 <u>2024</u> 2, 9, 11, 16, 23, 30/1; 6, 13, 15, 20, 27, 29/2; 5, 12, 14, 19/3
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\*如有更改，本會將另行通知。

### 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	7 – 9/2023	Kowloon Park Swimming Pool 九龍公園游泳池	Thu, Sat 星期四、六	0900-1200 (跳水池)	24/6 6, 8, 15, 20, 22, 27, 29/7; 17, 19, 24, 26/8; 9, 14, 16, 23/9
Phase II 第二季	SKPR-2	1/8 – 2/11/2023	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)	1, 8, 15, 22, 29/8; 5, 12, 19, 26, 28/9; 3, 5, 10, 12, 17, 19, 24, 26, 31/10; 2, 7, 9, 14/11
	SVPR-2	25/9 - 20/12/2023	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)	25, 27/9; 4, 9, 11, 16, 18, 25, 30/10; 1, 6, 8, 13, 15, 20, 22, 27, 29/11; 4, 6, 11, 13, 18, 20/12
Phase III 第三季	SKPR-3	16/11/2023 – 19/3/2024	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)	<u>2023</u> 16, 21, 28/11 5, 12, 14, 19, 28/12 <u>2024</u> 2, 9, 11, 16, 23, 30/1; 6, 13, 15, 20, 27, 29/2; 5, 12, 14, 19/3

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