

主辦機構:



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

資助機構:



青少年韻律泳推廣計劃 2024 – 2025

Youth Artistic Swimming Promotion Scheme 2024 – 2025

更新於 2024 年 12 月 3 日
Updated as at 3 Dec 2024

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	22/4 - 15/7/2024	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)	22, 24, 29/4; 6, 8, 13, 20, 27, 29/5; 3, 12, 17, 19, 24, 26/6; 3, 8, 10, 15/7
	STKOE-1	18/4 - 27/6/2024	Tseung Kwan O Swimming Pool 將軍澳游泳池	Tue, Thu 星期二、四	1830-2030 (跳水池)	18, 23, 25, 30/4; 2, 7, 9, 14, 16, 21, 23, 28, 30/5; 4, 6, 11, 13, 18, 20, 25, 27/6
Phase II 第二季	STKOE-2	16/7 - 26/9/2024	Tseung Kwan O Swimming Pool 將軍澳游泳池	Tue, Thur 星期二、四	1830-2030 (跳水池)	16, 18, 23, 25, 30/7; 6, 8, 13, 15, 20, 22, 27, 29/8; 3, 5, 10, 12, 17, 19, 24, 26/9
	SKPE-2.1	7 - 9/2024	Kowloon Park Swimming Pool 九龍公園游泳池	Thu, Sat 星期四、六	0900-1200 (跳水池)	4, 6, 11, 13, 18, 25, 27/7; 15, 17, 22, 24, 29, 31/8; 5/9
	SKPE-2.2	7 - 9/2024	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)	16, 18, 23, 25, 30/7; 6, 8, 13, 15, 20, 22, 27/8; 3, 12, 17, 19, 24/9
				Thu 星期四	0900-1200 (跳水池)	22/8
				Tue, Thu 星期二、四	1700-1800 (彈網室) 1800-2000 (跳水池)	5/9, 10/9
	SVPE-2	17/7 - 30/9/2024	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)	17, 22, 24, 29, 31/7; 5, 7, 12, 14, 19, 21, 26, 28/8; 2, 4, 9, 11, 16, 23, 25, 30/9
Phase III 第三季	SVPE-3	2/10 - 11/12/2024	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)	2,7, 9, 14, 16, 21, 23, 28, 30/10 4, 6, 11, 13, 18, 20, 25, 27/11 2, 4, 9, 11/12
	SKPE-3	3/10 - 19/12/2024	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)	3, 8, 10, 15, 17, 22, 24, 29, 31/10 5, 7, 12, 14, 19, 26, 28/11 3, 10, 12, 17, 19/12
Phase IV 第四季	SVPE-4	12/2024 - 3/2025	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)	18, 23, 30/12 6, 8, 13, 15, 20, 22, 27/1 3, 5, 10, 12/2
			Wan Chai Swimming Pool 灣仔游泳池	Sun 星期日	1800-2000 (主池)	2, 9, 16, 23/2 9, 16, 23/3

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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 2024 – 2025 Youth Artistic Swimming Promotion Scheme 2024 – 2025

SKPE-4	12/2024 – 3/2025	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)	2024 24, 31/12; 2025 7, 14, 21, 28/1; 4, 11, 18, 25/2
			Thu 星期四	1700-1800 (彈網室) 1800-1900 (跳水池)	2024 19/12; 2025 2, 16/1; 13, 20/2; 6/3

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 – 10/2024	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)	16, 18, 23, 25, 30/7; 6, 8, 13, 15, 20, 22, 24, 27, 29/8; 3, 5, 10, 12, 17, 19, 24/9, 26/9, 3, 8/10
				Sat 星期六	0900-1200 (跳水池)	24/8
Phase II 第二季	SKPR-2	3/10 – 2/1/2025	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, 8, 10, 15, 17, 22, 24, 29, 31/10 5, 7, 12, 14, 19, 26, 28/11 3, 10, 12, 17, 19, 24, 31/12, 2/1
	SVPR-2	2/10 – 23/12/2024	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)	2, 7, 9, 14, 16, 21, 23, 28, 30/10 4, 6, 11, 13, 18, 20, 25, 27/11 2, 4, 9, 11, 16, 18, 23/12
Phase III 第三季	SKPR-3	12/2024 – 3/2025	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)	2024 24, 31/12; 2025 7, 14, 21, 28/1; 4, 11, 18, 25/2; 4, 11, 18/3
				Thu 星期四	1700-1800 (彈網室) 1800-1900 (跳水池)	2025 2, 16/1; 13, 20/2; 6/3

*如有更改，本會將另行通知。