



YALC Swimming Programme

Aged
1.5-15

語藝游泳訓練課程

YALC Swimming Programme is jointly organized by O-Sea Aquatics Academy and YALC.
《語藝游泳訓練課程》與奧斯游泳學院合辦。

Special Features of YALC Swimming Programme :

- Lessons will be conducted in the indoor swimming pool of Yew Chung International School (Secondary).
- Taught by qualified, professional & experienced coaches from O-Sea Aquatics Academy.
- Parents for the non-parent-child classes can wait in the audience balcony and watch the lesson.
- Small class size for better care and progress
- From parent-child to advanced training for competition will be available. Students who pass the progression test will be awarded a certificate.

Medium of instruction : Cantonese (supplemented with English)

《語藝游泳訓練課程》特色：

- 於耀中國國際學校(中學)全天候室內溫水泳池上課。
- 由奧斯游泳學院派出合資格教練，每位教練皆具有多項專業資格及豐富的教學經驗。
- 非親子班家長可於泳池旁的觀眾席觀看小朋友上課情形。
- 小組教學，教練容易掌握學員學習的進度。
- 由學前親子班至競賽精英訓練一條龍式系列化課程，並設立升級制度，成功完成之學員將獲頒授證書。

授課語言：粵語（輔以英語）

Parent-child Class 親子泳班

Course Code 課程編號	Target Group 對象	Date & Time 日期及時間	Fees 費用	Class Size 人數
123-S0081-A	Aged 19 ~ 35 months	7/7 ~ 11/8 (Sat) 11:00a.m. ~ 12:00noon	 HK\$1,680 (6 hrs) 1 child + 1 adult 1小童 + 1成人	8

Pre-Schoolers Swimming Course 學前幼兒泳班*

Course Code 課程編號	Target Group 對象	Date & Time 日期及時間	Fees 費用	Class Size 人數	Level 程度	
123-S0082-A	Aged 3 ~ 5	4/7 ~ 20/7 (Mon, Wed & Fri) 10:35a.m. ~ 11:35a.m.	HK\$1,840 (8 hrs)	4	Pre-school Elementary 幼兒學前初級 Children with no or little swimming experience 完全不懂泳術	
123-S0082-B		4/7 ~ 20/7 (Mon, Wed & Fri) 11:40a.m. ~ 12:40p.m.				
123-S0082-C		23/7 ~ 10/8 (Mon, Wed & Fri) 10:35a.m. ~ 11:35a.m.	HK\$2,070 (9 hrs)			
123-S0082-D		23/7 ~ 10/8 (Mon, Wed & Fri) 11:40a.m. ~ 12:40p.m.				
123-S0082-E		23/7 ~ 10/8 (Mon, Wed & Fri) 2:00p.m. ~ 3:00p.m.				
123-S0083-A		4/7 ~ 20/7 (Mon, Wed & Fri) 10:35a.m. ~ 11:35a.m.	HK\$1,840 (8 hrs)			Pre-school Intermediate 幼兒學前中級 (Children know basic floatation and propulsion skills) (懂簡單浮身推進技巧)
123-S0083-B		4/7 ~ 20/7 (Mon, Wed & Fri) 11:40a.m. ~ 12:40p.m.				
123-S0083-C		23/7 ~ 10/8 (Mon, Wed & Fri) 9:30a.m. ~ 10:30a.m.				
123-S0083-D		23/7 ~ 10/8 (Mon, Wed & Fri) 10:35a.m. ~ 11:35a.m.	HK\$2,070 (9 hrs)			
123-S0083-E		23/7 ~ 10/8 (Mon, Wed & Fri) 11:40a.m. ~ 12:40p.m.				

* There will be water game sessions in each lesson to help children overcome fear of water and arouse their interest in swim learning.

* 課程特別加入水上遊戲環節，以助幼兒克服怕水的心態，加強學習游泳興趣和動力。



Children & Youth Swimming Course 兒童及少年泳班

Course Code 課程編號	Target Group 對象	Date & Time 日期及時間	Fees 費用	Class Size 人數	Level 程度
123-S0084-A	Aged 6 ~ 9	4/7 ~ 20/7 (Mon, Wed & Fri) 2:00p.m. ~ 3:00p.m.	HK\$1,600 (8 hrs)	8	Children Elementary 兒童游泳初級 (Children with no or little swimming experience) (完全不懂泳術)
123-S0084-B		23/7 ~ 10/8 (Mon, Wed & Fri) 9:30a.m. ~ 10:30a.m.	HK\$1,800 (9 hrs)		
123-S0084-C		23/7 ~ 10/8 (Mon, Wed & Fri) 2:00p.m. ~ 3:00p.m.			
123-S0085-A		4/7 ~ 20/7 (Mon, Wed & Fri) 2:00p.m. ~ 3:00p.m.	HK\$1,600 (8 hrs)		Children Intermediate 兒童游泳中級 (Children can freestyle swim for 15m and backstroke for 10m) (能自由式游畢15米及背泳10米)
123-S0085-B					
123-S0086-A		23/7 ~ 10/8 (Mon, Wed & Fri) 2:00p.m. ~ 3:00p.m.	HK\$1,800 (9 hrs)		

Remarks : 1. Pool water temperature approximately 28°C - 29°C.
2. Parents will have to sign a consent form on safety issues.

備註：1. 池水溫度約為28°C - 29°C。
2. 家長需簽署學生安全守則。

Self-defense Martial Art for Children 兒童自衛術培訓班

Our course emphasizes character building as well as martial art skills. Through various challenging and interesting activities, children's self-confidence, discipline, sense of responsibility and concentration will be enhanced.

Medium of instruction : Cantonese



課程以「先品格，後武術」為宗旨，為兒童提供一項有益身心的運動課程。在訓練過程中，增加兒童的自信心及進取心，並積極培養他們的紀律、責任感、專注力、禮物品格及互助精神，從而達到身心健康。

授課語言：粵語

Aged
3 & up

Course Code 課程編號	Target Group 對象	Date 日期	Day 星期	Time 時間	Fees 費用
123-S0061-A	Aged 3 ~ 5	7/7 ~ 11/8	Sat	12:30p.m. ~ 1:30p.m.	HK\$1,140 (6 hrs)
123-S0062-A	Aged 5.5 & over			11:30a.m. ~ 12:30p.m.	

Taekwondo for Children 兒童跆拳道班

Taekwondo helps to develop children's spiritual and physical strength. Training is carefully structured to ensure good profession. With the guidance from qualified coach, children can enjoy Taekwondo learning in a safe manner.

Medium of instruction : Cantonese (supplemented with English)



跆拳道是一項發展體能與技能的運動，更能培養道德、智、體、群、美等健康品格，對學生身心發展有莫大幫助。所有訓練均有專業教練在旁指導及示範，讓學員在安全的環境下練習。

授課語言：粵語（輔以英語）

Aged
4-10

Course Code 課程編號	Target Group 對象	Date 日期	Day 星期	Time 時間	Fees 費用
123-S0051-A	Aged 4 ~ 6	7/7 ~ 11/8	Sat	9:15a.m. ~ 10:15a.m.	HK\$1,140 (6 hrs)
123-S0052-A	Aged 6.5 ~ 10			10:15a.m. ~ 11:15a.m.	