

# 恆常訓練程序

Training courses

- 01** 所有課堂費用按月計算，學員必須繳交完整一期費用。如於月底前仍未繳交下月學費者，則視作放棄繼續報讀課程，並將由後補人士補上；  
All courses are charged on a monthly basis and in full sessions. If the fee for next month has not been paid by the end of the current month, it will be regarded as withdrawal from the course. Applicants on the waiting list will take up the place;
- 02** 學員缺席課堂之學費並不會按比例退回，亦不能累積作繳交下期學費之用；  
No refunds are issued on a pro-rata basis for missed classes or no-shows and the fees cannot be carried over to another term;
- 03** 凡報讀本會所課程，而出席率達到80%或以上的學員，可申請聽講證書，申請期限為該課程完結後，三個月內辦理有關申請，每張證書費用為港幣\$20；  
An attendance certificate is available within 3 months after the completion of the course for participants whose attendance is above 80% at the cost of \$20;
- 04** 所有訓練程序參加者須年滿6歲，如未滿6歲則其家庭會友會籍內需有介乎6-24歲的家庭成員，方合資格參加；  
Only participants aged 6 or above are eligible for the training courses. If the participant is under the age of 6 or above 24, he/ she must be affiliated with a family member aged 6-24 holding a valid YMCA's membership;
- 05** 參加者未滿12歲，須於報名表上選擇接送安排。  
If the participant is under the age of 12, please choose the leave method on the programme enrollment form.

## 『接放幼兒之安排』

Arrangement for Children Pick-up

為確保幼兒之安全，請家長/ 接放者準時到課室接回幼兒，同時導師亦會核實有關家長或接放者之身份。

To ensure the safety of children, please pick them up at the classroom punctually. Parents' / guardians' identities will be verified by the tutors.



### 好消息！早鳥優惠！

凡於**每月25日或之前**繳交下月學費，

可獲每堂**減\$5**之優惠。

Good news! Early Birds Discount!

Pay the fee before 25th of every month and get a \$5 discount per lesson.




**星期一 Monday**

## 兒童創意畫室

### Children's Creative Drawing

 活動編號  
Code

T01

內容 Content	繪畫有助啟發兒童的創意，教授繪畫之基本技巧，如線條的運用，幾何圖形、十字分析等由淺入深，培養繪畫興趣。 Drawing can help inspire children's creativity and teach them basic drawing skills, such as the use of lines, geometric figures, cross analysis, etc., from simple to advanced levels, and cultivate interest in drawing.
日期 Date	按當月日數而定 Depending on the number of days in the month
時間 Time	4:00pm-5:00pm
對象 Target	4-10歲 / Aged 4-10
費用 Fee	\$155 / 堂 \$155 / Session
名額 Quota	8名 / 8 Participants
備註 Notes	請自備鉛筆、擦膠、畫簿及木顏色筆。 Please bring your own pencils, erasers, drawing books and wooden color pens

## iPad繪畫教室

### iPad Painting Classroom

 活動編號  
Code

T02

內容 Content	繪畫有助啟發兒童的創意，配合科技發展，教授使用平板電腦繪畫的技巧，讓參加者由淺入深學習運用電子科技繪畫。 Drawing helps inspire children's creativity, teach them the skills of using iPad to draw, and how to use electronic technology to draw from the basic to the advanced.
日期 Date	按當月日數而定 Depending on the number of days in the month
時間 Time	5:15pm-6:15pm
對象 Target	4-10歲 / Aged 4-10
費用 Fee	\$155 / 堂 \$155 / Session
名額 Quota	8名 / 8 Participants
備註 Notes	請自備平板電腦及筆。 Please bring your own iPad and pen.


**星期三 Wednesday**

## 奧數思維訓練班

### Olympiad Math Training Class

 活動編號  
Code

T03

內容 Content	「奧數」能將數學生活化，提高學生對數學科參與及興趣，提升學生智商、邏輯思維、推理力、分析力及解題能力。 Olympiad Math can make mathematics more practical in daily life, increase students' participation and interest in the subject, enhance their intelligence quotient, logical thinking, reasoning ability, analytical skills, and problem-solving capabilities.
日期 Date	按當月日數而定 Depending on the number of days in the month
時間 Time	4:15pm-5:15pm
對象 Target	6-12歲 / Aged 6-12
費用 Fee	\$155 / 堂 \$155 / Session
名額 Quota	8名 / 8 Participants

## 兒童日語學堂

### Children's Japanese Learning Center

 活動編號  
Code

T04

內容 Content	"五十音"是日文學習的基礎，通過學習"五十音"圖，可以快速地記住和掌握日文，導師主要教導生活化詞彙，令學生可在日常生活中應用。 The "Hiragana" (Japanese Phonetic Script) is the foundation of learning Japanese. By learning the "Hiragana" chart, students can quickly memorize and master the Japanese language. The instructors primarily teach practical and daily-life vocabulary, enabling students to apply it in their everyday life.
日期 Date	按當月日數而定 Depending on the number of days in the month
時間 Time	5:30pm-6:30pm
對象 Target	6-12歲 / Aged 6-12
費用 Fee	\$155 / 堂 \$155 / Session
名額 Quota	8名 / 8 Participants



## 星期四 Thursday

### 花式跳繩學堂 Fancy Rope Skipping

活動編號  
Code

T05

內容  
Content

課程會教授不同花式跳繩技巧。花式跳繩能強健心肺功能，有助提升身心健康發展。

The course will teach different jumping rope techniques. Fancy rope skipping can strengthen cardiopulmonary function and help improve physical and mental health development.

日期  
Date 按當月日數而定  
Depending on the number of days in the month

時間  
Time 5:00pm-6:00pm

對象  
Target 5-12歲 / Aged 5-12

費用  
Fee \$155 / 堂 \$155 / Session

名額  
Quota 8名 / 8 Participants

備註  
Notes 請穿著輕便服裝、運動鞋，自備毛巾及飲用水。  
Please wear casual clothing, sports shoes, and bring your own towel and drinking water.

### Aikido學堂 Aikido Class

活動編號  
Code

T06

內容  
Content

以現代化的方式教授合氣道，讓小朋友學習禮儀及紀律，同時學習踢腳、翻滾和落地等技巧，有助提升小朋友的體能和身體素質。

Let children learn etiquette and discipline from Aikido, as well as skills of kicking, rolling and landing, which will help improve children's physical fitness and fitness.

日期  
Date 按當月日數而定  
Depending on the number of days in the month

時間  
Time 6:30pm-7:30pm

對象  
Target 5-12歲 / Aged 5-12

費用  
Fee \$155 / 堂 \$155 / Session

名額  
Quota 8名 / 8 Participants

備註  
Notes 1. 上課時須穿著合氣道袍。 Aikido robes should be worn during class.  
2. 請自備毛巾及飲用水。 Please bring your own towel and drinking water.



## 星期五 Friday

### Funky Jazz

活動編號  
Code

T07

內容  
Content

透過節奏強勁的音樂及舞步，加強兒童的節奏感及身體協調性；舞步較自由讓兒童可發揮創意；排練團體舞蹈，有助加強小朋友的團體合作性。

Through powerful rhythmic music and dance steps, children's sense of rhythm and body coordination are enhanced; the freer dance steps allow children to express their creativity; group dance rehearsals help strengthen children's teamwork.

日期  
Date 按當月日數而定  
Depending on the number of days in the month

時間  
Time 3:45pm-4:45pm

對象  
Target 5-12歲 / Aged 5-12

費用  
Fee \$155 / 堂 \$155 / Session

名額  
Quota 12名 / 12 Participants

備註  
Notes 請穿著輕便服裝、運動鞋，自備毛巾及飲用水。  
Please wear casual clothing, sports shoes, and bring your own towel and drinking water.

### K-Pop Dance

活動編號  
Code

T08

內容  
Content

教授流行的韓國音樂，教導小朋友的基礎舞蹈技巧，訓練身體的協調及靈活性，透過舞步培養小朋友的節奏感。

Teaching children popular Korean music, basic dance skills, train body coordination and flexibility, and develop their sense of rhythm through dance steps.

日期  
Date 按當月日數而定  
Depending on the number of days in the month

時間  
Time 5:00pm-6:00pm

對象  
Target 5-12歲 / Aged 5-12

費用  
Fee \$155 / 堂 \$155 / Session

名額  
Quota 12名 / 12 Participants

備註  
Notes 請穿著輕便服裝、運動鞋，自備毛巾及飲用水。  
Please wear casual clothing, sports shoes, and bring your own towel and drinking water.



## 恆常鋼琴課程 Regular Piano Lessons

編號 Number	課程名稱 / Name	星期 / Week
T20A	鋼琴研習A / Piano Lessons A	一/ Monday(個別預約/Individual reservation)
T20B	鋼琴研習B / Piano Lessons B	二/ Tuesday(個別預約/Individual reservation)
T20C	鋼琴研習C / Piano Lessons C	四/ Thursday(個別預約/Individual reservation)
T20D	鋼琴研習D / Piano Lessons D	五/ Friday(個別預約/Individual reservation)
T20E	鋼琴研習E / Piano Lessons E	六/ Saturday(個別預約/Individual reservation)

## 鋼琴研習費用 Fee of Piano Lessons

級別 Grade	30分鐘/Minutes	45分鐘/Minutes	60分鐘/Minutes
初級/Initial Grade	\$160	\$200	
一級/Grade 1	\$165	\$210	
二級/Grade 2	\$185	\$220	
三級/Grade 3		\$230	\$290
四級/Grade 4		\$240	\$315
五級/Grade 5 五級樂理/Grade 5 Theory		\$260	\$330
六級/Grade 6		\$295	\$335
七級/Grade 7		\$305	\$375
八級/Grade 8 八級樂理/Grade 8 Theory			\$425
演奏級/Diploma			\$475

對象為5歲以上；導師與學員比例為1:1，經導師評核可代報考試。

The target candidates are age 5 and above; the ratio of tutors to students is 1:1, and students can apply for the exam after evaluation by the tutor.