Swimming Class 游泳班

Dec 十二月 2025

Course Enrollment starts from:
開始報名日期:

1 Nov 2025

Club Bel-Air 貝沙灣會所

Version 12.01

Scan QR code for more events and promotions.
掃瞄QR碼以了解更多活動及推廣。

For further information, please contact us at Arts & Sports Division hotline 2989 6516 during business hours 9am to 6pm (Monday to Friday except public holidays). If you need any immediate assistance, please visit Club Bel-Air Receptions in person or call 2989 9000 (Bay Wing)/ 2989 6500(Peak Wing).
如有查詢請致電 Arts & Sports Division 熱線 2989 6516（辦公時間：星期一至五上午9時至下午6時, 公眾假期除外)。如需即時協助，請親臨或致電貝沙灣灣畔會所（2989 9000），朗峰會所（2989 6500）接待處。

CLUB BEL-AIR

Note to Participant:

1. Each interest class organized by the Bel-Air Clubhouse ("Course") is exclusively open to Bel-Air residents and their guests. Enrollment is on a first-come, first-served basis, with priority given to residents. All guests must be accompanied by a resident and participate in the class together; individual registration by guests is not accepted. Each unit can invite up to 2 Guest(s) to join the Course, if there is any change in the accompanying resident participant, the guest's registration will be cancelled automatically. In case of any dispute, the Clubhouse reserves the right of final decision.
2. For details of the Course, please refer to the Club's interest class booklet. Unless there is special notification, those participant(s) who have enrolled are expected to be present at the time and the venue indicated on the interest class booklet. ***All the course fees are non-refundable or non-transferable, no matter whether the participants have attended the Course or not, upon confirmation of your enrolled course(s).***
3. All new students should **pay the course fee by cheque only 5 days in advance** before the commencement of the Course, made payable to "Island South Property Management Limited."
4. If current participants fail to settle the next full course fee of by 14th of each month, the reservation will be released.
5. Priority for full Course enrolment. If students enrol on the Course on a pro-rata basis, only 5 days before the commencement of the Course will be allowed.
6. Enrolment in a trial lesson of each Course is for only one lesson per month for each resident ***(new students only).***
7. For Residents who enrol partway, they may pay pro-rata for the remaining classes (except designed Course).
8. **NO REFUND** of course fee payment and **NO MAKE-UP COURSE** will be arranged for an unattended Course.
9. Neither absentees nor participants cannot object to the decisions made by instructors and him/ her regarding the rescheduling of a Course during the Course period.
10. No one is allowed to attend the enrolled Course other than the participant himself/ herself. In addition, participants are not allowed to switch to other sessions of the Course. Should this occur, Club Management reserves the right to terminate the participants' right to attend the Course and the Course fee will not be refunded.
11. Each unit can invite up to **2 Guest(s)**to join the Course.
12. Club Management reserves the right to amend the Course according to the time, venue and content offered whenever necessary. Club Management also reserves the right to cancel or rearrange the Course in case of inclement weather or inadequate enrolment.
13. Private coaching is not permitted inside the Club without prior approval from Club Management. Any unauthorised coaching in any manner may result in the coach and student being denied the use or access to the facility involved.
14. Inclement Weather Arrangements:

Weather Condition / Venue	Thunderstorm	Amber Rainstorm Warning Signal	Red Rainstorm Warning Signal	Black Rainstorm Warning Signal	Typhoon Signal No. 1	Typhoon Signal No. 3	Typhoon Signal No. 8 or above
Indoor Programmes	✓	✓	✓	×	✓	✓	×
Outdoor Programmes	✓	✓	×	×	✓	×	×

* ✓ = Attend × =Cancel

* In case of inclement weather/ thunderstorm or if an amber rainstorm warning is hoisted, participants should contact Club Reception 2 hours before the start of the programme for the latest arrangements. No make-up program/activity will be arranged when cancellation is caused by inclement weather. The refund will be arranged six to eight weeks after the month of the last lesson of the course.

15. Terms and conditions are subject to the final decision of Island South Property Management Ltd. Club Management reserves the right to make the final decision and participants may not object to this.

參加者須知:

1. 每項貝沙灣會所興趣班（「興趣班」）僅供貝沙灣住戶及其訪客參加，並以住戶優先、先到先得形式取錄。所有訪客必須由住戶陪同並一同報讀同一課程，恕不接受獨立報名。每單位最多可讓2位訪客參與課程，若住戶在課程上有任何變動，訪客之學位亦會自動被取消。若有任何爭議，會所保留最終決定權。
2. 每項課程的詳細資料請參閱會所興趣班小冊子。除非另行特別通知，否則所有獲取錄的參加者必須根據興趣班小冊子所列的時間及地點出席。***經獲課程取錄後，不論參加者出席與否，所有預繳及已繳之費用恕不退還。***
3. 所有新生必須於課程開始**前5天只以支票繳付有關課程費用**。支票抬頭為「南盈物業管理有限公司」。
4. 舊生如未能於每月14號或之前繳交下月之全期課程費用，則視作放棄學位，系統將自行釋放並讓其他會員報名。
5. 報讀全期課程者會獲優先。如果學員報讀部份課程，則需待課程開始前5天而該課程尚有餘額方可報名。
6. 每月每名住戶只限報讀同一課程的一堂體驗堂。***(只限新生)***
7. 如住戶於課程開始後中途插班，須按照比例繳交餘下課堂之費用。***(指定課程除外)***
8. 會所**概不安排補課或退還課程之費用**予缺席者。
9. 缺席者或參加者不能反對導師在課堂中就課堂編排與出席學生商討後所作之改動。
10. 只有參加者本人可以出席其獲取錄的課程，不能由他人替代。另參加者不得擅自轉換組別上課。如有此情況，會所管理人員有權終止其上課的權利，已繳之學費恕不退還。
11. 每單位最多可讓**2位訪客**參與課程。
12. 會所管理人員保留在有需要時更改課程時間、地點及有關內容之權利。如果因天氣惡劣或報名人數不足，會所管理人員保留取消或重新安排課程之權利。
13. 未得會所管理人員批准，所有人士不得於會所範圍內進行私人教授課程。會所管理人員有權拒絕任何進行未經許可私人教授課程的人士及其學員使用該項會所設施。
14. 惡劣天氣安排：

天氣情況 / 場地	雷暴警告訊號	黃色暴雨警告	紅色暴雨警告	黑色暴雨警告	一號颱風訊號	三號颱風訊號	八號或以上颱風訊號
室內活動/課程	✓	✓	✓	×	✓	✓	×
室外活動/課程	✓	✓	×	×	✓	×	×

- **✓ = 上課　　× =取消**
- 當發出惡劣天氣/雷暴警告或黃色暴雨警告時，參加者必須於活動及課程開始前兩小時聯絡會所接待處查詢有關活動及課程之最新安排。因天氣惡劣而取消的活動或課程，恕不另行補課。有關退款將於該課程最後一堂之月份完結後起計6至8個星期發放。

15. 條款及細則由南盈物業管理有限公司作出最後決定。會所管理人員保留最終決定權，參加者不得異議。

Private Coaching 私人課程

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Team S

Class venue：Indoor Swimming Pool Club Bel-Air Peak Wing/Bay Wing
上堂地點：朗峰/灣畔會所室內游泳池

Course Date 課程日期	Ratio 人數	Course Fee 課程費用 per lesson (per person) 每節學費 (每位)			Coach 教練 (Elite Coach 精英級教練)
		30 mins 分鐘	45 mins 分鐘	60 mins 分鐘	
Peak Wing 朗峰 : Only Tue, Thu, Sat (Except Public Holiday) 只限星期二、四、六 （公眾假期除外） **Bay Wing 灣畔:** Only Wed, Fri, Sun (Except Public Holiday) 只限星期三、五、日 （公眾假期除外）	1 vs 1	HK$ 505	HK$ 730	HK$ 965	Ronald Kwok Ifa Luk Tsui Lin Ho Mui Chen Pablo, Paul Bobo Chan Marcus Suen
	1 vs 2	HK$ 275	HK$ 400	HK$ 530	
	1 vs 3	HK$ 205	HK$ 310	HK$ 405	

Course Date 課程日期	Ratio 人數	Course Fee 課程費用 per lesson (per person) 每節學費 (每位)			Coach 教練 (Experience Coach 專業級教練)
		30 mins 分鐘	45 mins 分鐘	60 mins 分鐘	
Peak Wing 朗峰 : Only Tue, Thu, Sat (Except Public Holiday) 只限星期二、四、六 （公眾假期除外） **Bay Wing 灣畔:** Only Wed, Fri, Sun (Except Public Holiday) 只限星期三、五、日 （公眾假期除外）	1 vs 1	HK$ 300	HK$ 450	HK$ 600	Sunny Chan
	1 vs 2	HK$ 170	HK$ 255	HK$ 340	
	1 vs 3	HK$ 130	HK$ 190	HK$ 255	

Private Coaching 私人課程

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Team B

Class venue：Indoor Swimming Pool Club Bel-Air Bay Wing
上堂地點：灣畔會所室內游泳池

Course Date 課程日期	Ratio 人數	Course Fee 課程費用 **per lesson (per person) 每節學費 (每位)**				Coach 教練
		Regular Lesson 一般課堂		Trial Lesson 體驗堂		
		30 mins 分鐘	60 mins 分鐘	30 mins 分鐘	60 mins 分鐘	
Only Mon, Tue, Wed, Thu, Sat (Except Public Holiday) 只限 星期一、二、三、四、六 （公眾假期除外）	1 vs 1	HK$ 370	HK$ 525	HK$ 445	HK$ 595	Tracy Wu Allen Lau Kenneth Ng Chemp Lee
	1 vs 2	HK$ 280	HK$370	HK$ 340	HK$ 445	
	1 vs 3	HK$ 205	HK$ 260	HK$ 275	HK$ 340	
	1 vs 4	NA	HK$ 210	NA	NA	

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Private Coaching 私人課程

Team E

Class Venue：Indoor Swimming Pool Club Bel-Air Peak Wing
上堂地點：朗峰會所室內游泳池

Course Date 課程日期	Ratio 人數	Course Fee 課程費用 per lesson (per person) 每節學費 (每位)			Coach 教練
		30 mins 分鐘	45 mins 分鐘	60 mins 分鐘	
Only Monday, Wednesday, Friday, Sunday 只限星期一、三、五、日	1 vs 1	HK$ 330	HK$ 490	HK$ 545	Wai Wing Hong, Mark Leung Wai Mei, May
	1 vs 2	HK$ 192	HK$ 290	HK$ 385	
	1 vs 3	HK$ 155	HK$ 230	HK$ 295	

Important notes 重要事項

- For cancellation, the club will arrange make-up lesson only when the student delivers the cancellation request to us no less than 24 hours before lesson start. (Private Class Only)
  如欲請假，必須在上堂前 24 小時通知才可以順延或補堂。 (只限私人泳班)
- For sick leave, the club will arrange make-up lesson only when the student provides an official doctor note and delivers the cancellation request to us no less than 3 hours before lesson start. (Private Class Only)
  如欲請病假，必須在上堂前 3 小時通知及提供醫生證明書才可以順延或補堂。 (只限私人泳班)
- For arrangement of private / customize your own swimming lesson,
  please contact Club Bel-Air or approach main reception for further information.
  如欲安排私人或自訂團體泳班課堂，請致電或親臨貝沙灣會所。
- All the private course fees are non-refundable or non-transferable no matter the participants have attended the course or not upon confirmation of your enrolled course(s).
  私人教授課程一經報名後，不論參加者出席與否，所有預繳及已繳之費用恕不退還。
- For detail, please read our coaches' bio. 有關詳情請參閱教練簡歷。
- Priority will be given to current students. 現有學生可優先報名。

Group Courses 小組課程

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Team S

Venue：Indoor Swimming Pool, Club Bel-Air Bay Wing
地點 ：灣畔會所室內游泳池

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
BABY & PARENT 親子班	**9 – 36 months**	**MBP251201**	7,14,21,28/ 12	Sun 星期日	8:30 am – 9 am	4	3 pairs	**$600** --- **$150 per trial**
Elementary 初班	3-5	**MBE251203**	7,14,21,28/ 12	Sun 星期日	9 am – 10 am		3-4	**$1100** --- **$275 per trial**
		MBE251204			10 am – 11 am			
		MBE251201	3,10,17,24,31/ 12	Wed 星期三	3 pm – 4 pm	5		**$1375** --- **$275 per trial**
Beginner 初班	6+	**MBB251202**	7,14,21,28/ 12	Sun 星期日	2 pm - 3 pm	4	3-4	**$1100** --- **$275 per trial**
		MBB251203			3 pm - 4 pm			
# Intermediate 中班	6+	**MBI251206**	3,10,17,24,31/ 12	Wed 星期三	5 pm - 6 pm	5	3-4	**$1375** --- **$275 per trial**
# Preparation Team 泳隊預備班	6+	**MBPT251201**	7,14,21,28/ 12	Sun 星期日	5 pm - 6 pm	4	4-10	**$1100** --- **$275 per trial**
# Swimming Team 泳隊		**MBT251203**	5,12,19/ 12 (No class on 26/12)	Fri 星期五	7:30 pm – 9 pm	3	5-12	**$1065** --- **$355 per trial**
Adult 成人	18 yrs+	**MBD251201**		Fri 星期五	10 am – 11 am		3-4	**$825** --- **$275 per trial**

Remarks 附註:
Bone conduction headsets may be used for coaching if necessary.
課堂上將有機會使用骨傳導耳機授課。

Group Courses 小組課程

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Team S

Venue：Indoor Swimming Pool, Club Bel-Air Peak Wing
地點：朗峰會所室內游泳池

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Elementary 初班	3-5	**MPE251202**	4,11,18/ 12 (No class on 25/12)	Thu 星期四	3 pm – 4 pm	3	3-4	**$825** ---------- **$275** **per trial**
Beginner 初班	6+	**MPB251202**	4,11,18/ 12 (No class on 25/12)	Thu 星期四	4 pm - 5 pm	3	3-4	**$825** ---------- **$275** **per trial**
# Intermediate 中班	6+	**MPI251201**	6,13,20,27/ 12	Sat 星期六	5 pm – 6 pm	4	3-4	**$1100** ---------- **$275** **per trial**
# Advance 高班	6+	**MPA251201**	4,11,18/ 12 (No class on 25/12)	Thu 星期四	6 pm – 7 pm	3	3-6	**$825** ---------- **$275** **per trial**
Adult 成人	18 yrs+	**MPD251201**	4,11,18/ 12 (No class on 25/12)	Thu 星期四	7 pm – 8 pm	3	3-4	**$825** ---------- **$275** **per trial**

Remarks 附註:
Bone conduction headsets may be used for coaching if necessary.
課堂上將有機會使用骨傳導耳機授課。

Team S

Class Content 課程內容

Class 程度	Basic Requirement 基本要求	Skills to Learn 課堂內容
Elementary 幼兒初班	Listen and respond to instructions	• Build self-confidence, basic safety aspects of entry and exit the pool • Control breathing in the water, learning body position, freestyle and backstroke technique with board
Beginner 初班	Listen and respond to instructions	• Build self-confidence, basic safety aspects of entry and exit the pool • Control breathing in the water, learning body position, freestyle and backstroke technique with board
Intermediate 中班	Master the co-ordination of freestyle and backstroke	• Continue learn the basics of freestyle and backstroke, correct body and head position • Introduce breaststroke technique • Able to swim at least 15m-25m in freestyle and backstroke swimming
Advance 高班	Swim freestyle, backstroke for a minimum of 50m continuously and breaststroke 25m	• Developing the correct techniques of breaststroke, maintaining correct stroke technique in freestyle, backstroke and breaststroke. • Dolphin or butterfly kick will be introduced • Develop the fundamentals skill and techniques on all four different strokes (freestyles, backstroke, breaststroke and butterfly) for the promotion to the Preparatory Team level
Preparation Team 泳隊預備班	Swim freestyles and backstroke for minimum of 100m continuously and breaststroke 50m	• Identification of basic morphological criteria (e.g., body type, proportions, height, weight, buoyancy) and some elementary characteristics of motor talent for swimming • Develop sufficient ability and stamina to cope with the intensive training in the swimming Team
Swimming Team 泳隊	Swim freestyle and backstroke for minimum of 150m continuously, breaststroke 50m and butterfly 25m	• Development of general motor abilities and a functional foundation for swimming. • Development the skills on starting (diving), turning (flipping) and finishing (final touch to the wall) • Identification of the most gifted young swimmers on the basis of morphological criteria, indications of endurance, and pulling strength of a general and specific nature • Perfection of technical swimming skills in all strokes with gradual specialization in at least two strokes. • Strengthening of physical & mental abilities
Baby & Parents 親子班	Participating with Parents' accompany	• Techniques to assist baby to float • Bubbles with mouth in water • Interactive games • Injecting musical elements
Adult 成人班	Any level, beginner to advance	• Stretching • Stroke correction, breathing Technique • Improve fitness

Group Courses 小組課程

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Team B

Venue：Indoor Swimming Pool, Club Bel-Air Bay Wing
地點 ：灣畔會所室內游泳池

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Baby Class 幼兒班	1-3	BSP251201	1,8,15,22,29/ 12	Mon 星期一	2 pm – 3 pm	5	2-3 pairs	**$1325** ---------- **$265** **per trial**
Elementary Level 學前幼兒 游泳初班	3-5	BSE251208	4,11,18/ 12 (No class on 25/12)	Thu 星期四	4 pm – 5 pm	3	2-4	**$795** ---------- **$265** **per trial**
Beginner Level 兒童游泳 初班	6-12	BSB251204			8 pm – 9 pm		3-4	**$495** ---------- **$165** **per trial**
Adult 成人	16+	BSD251201	6,13,20,27/ 12	Sat 星期六		4		**$660** ---------- **$165** **per trial**

Team B

Course Requirement and Content 課程要求及內容

Class 程度	Basic Requirement 基本要求	Skills to Learn 課堂內容
Elementary **幼兒初班**	Children under age of 6 MUST BE in this level unless the child can swim a certain length with confidence on back and front and can climb from in & out of the pool without assistant.	• Enjoy playing in water; show trust & confidence to the instructor. Able to put face into water, to hold breath and blow bubbles • Face submerged, hold breath, bubbling & front-floating
Beginner **初班**	Suitable for naïve swimmer, 6 years old or above	• 15 meters freestyle • Basic freestyle technique, including arm-stroke; flutter-kick; breathing technique; body positioning and coordination
Intermediate 1 **中班 1**	Able to swim a distance of 15 meters in freestyle, or completed Beginner level, 6 year old or above	• 15 meters backstroke, 25 meters freestyle • Backstroke technique, including arm-stroke; backstroke-kick; backstroke breathing technique; body positioning and coordination
Intermediate 2 **中班 2**	Able to swim a distance of 15 meters in freestyle, or completed Intermediate level 1, 6 year old or above	• 15 meters breaststroke, 25 meters backstroke & 50 meters freestyle • Breaststroke technique, including arm-stroke; wrap-kick; breathing technique; body positioning and coordination
Advance 1 **高班 1**	Able to swim 3 stroke including freestyle, able to swim a distance of 50 meters in freestyle, 25 meters in backstroke & 15 meters breaststroke or completed our Intermediate level 2, 6 year old or above	• 300 meters non-stop swimming using 3 strokes; not necessary to swim in full speed, but need to do it in correct stroke • Improve forms; enhance explosive & endurance; introduce & correct common errors; introduce starting & turning skill. This level starts to emphasize in speed and time tracking.
Advance 2 **高班 2**	Able to swim 3 stroke, able to swim a distance of 50 with any strokes, or completed our Advance level, 6 year old or above	• Able to swim 600 meters non-stop, 25 meters butterfly-stroke. • Increase amount of the endurance and sprint training in 3 strokes. Butterfly stroke technique, arm-stroke and dolphin-kick; breathing technique; body position; coordination of arms and legs movement

Swimming Team
泳隊
	Complete Advance Level 2; or recommended by our coach	• Capable to join swimming competitions, to surmount personal record
		• Student in this level will have team training in threes main areas:
		  • **Fitness training**: Students in this stage need to build up a good fitness level in order to become a competitive swimmer. Instructor will train candidates in the aspects of endurance, sprint, strength and explosive power
		  • **Psychological training**: Students in this stage need to learn how to overcome an increasing load of training. Instructor trains candidates in the aspects of motivation, goal setting and the right mind setting so that they can become an athlete.
		  • **Technique training**: Students in this stage need to build up competitive techniques. Instructor trains candidates to build up techniques that help them to handle competitions, and to perform at their very best.

Group Courses 小組課程

Team E

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Venue：Indoor Swimming Pool, Club Bel-Air Peak Wing
地點：朗峰會所室內游泳池

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Elementary Level 學前幼兒游泳初班	3-5	EX251228	7,14/ 12 (No class on 21,28/12)	Sun 星期日	9 am – 10 am	2	2 - 4	**$450** --- **$225** **per trial**
		EX251231	5,12/ 12 (No class on 19,26/12)	Fri 星期五	11 am – 12 nn			
		EX251229			3 pm – 4 pm			
		EX251230	3,10/ 12 (No class on 17,24,31/12)	Wed 星期三	10 am – 11 am			
Beginner Level 兒童游泳初班	6-15	EX251236	3,10/ 12 (No class on 17,24,31/12)	Wed 星期三	11 am – 12 nn	2	2-4	**$450** --- **$225** **per trial**
		EX251232			4 pm – 5 pm			
		EX251233	5,12/ 12 (No class on 19,26/12)	Fri 星期五				
		EX251235	7,14/ 12 (No class on 21,28/12)	Sun 星期日	10 am – 11 am			

Starting from July 2010, participant who promote to the upper level will be issued a course certificate (Except private lesson).
由2010年7月起, 參加者在小組課程晉級, 將會獲發證書乙張(私人教授班除外) 。

Group Courses 小組課程
Team E

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Venue：Indoor Swimming Pool, Club Bel-Air Peak Wing
地點：朗峰會所室內游泳池

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Intermediate Level 中級訓練班	6-15	EX251241	3,10/ 12 (No class on 17,24,31/12)	Wed 星期三	5 pm – 6 pm	2	2-4	$300 ---------- $150 per trial
		EX251242	5,12/ 12 (No class on 19,26/12)	Fri 星期五				
		EX251243			6 pm - 7 pm			
Advance Level 高級訓練班	6-15	EX251262	5,12/ 12 (No class on 19,26/12)	Fri 星期五	7 pm – 8 pm	2	3-10	$300 ---------- $150 per trial
	6-15	EX251263						

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Elderly Class 銀髮班	55+	EX251281	5,12/ 12 (No class on 19,26/12)	Fri 星期五	10 am – 11 am	2	2-6	$300 ---------- $150 per trial

Team E

Course Requirement and Content 課程要求及內容

Class 程度	Basic Requirement 基本要求	Skills to Learn 課堂內容
Baby Class **嬰兒課程**	• For new students. 適齡並從未報讀本會親子游泳課程之新生 • Each participants accompanied by an adult. 每名嬰兒需由一位家長陪同下水	• Water awareness/water safety/water confidence/assisted floats on back/basic movements 水感認知/水中安全技巧/熟習水性/家長雙手輔助背浮/嬰兒手握池邊移動/水中潛泳到池邊 • Water confidence/minimum assisted floats on back/survival back float/basic crawl/basic submerging 熟習水性/建立水中活動的自信/家長單手輔助背浮/背浮轉俯卧翻身/基本爬泳/水中潛泳
Elementary **幼兒初班**	/	• Aquatic breathing/floats and regain feet/basic freestyle and backstroke 水中呼吸/浮身及站立/基本自由泳及仰泳
Beginner **初班**	• Successful completion of Elementary level. 成功完成幼兒初班	• Aquatic breathing/floats and regain feet/basic freestyle and backstroke 水中呼吸/浮身及站立/基本自由泳及仰泳
Intermediate **中班**	• Participants must be able to swim 25m Freestyle and Backstroke. 參加者需游畢25米自由泳及仰泳	• Freestyle, Backstroke improvement and introduction of Breaststroke. 改善自由泳及仰泳並教授蛙泳
Advance **高班**	• Participants must be able to swim 50m Freestyle, Backstroke and 25m Breaststroke. 參加者需游畢50米自由泳,仰泳及25米蛙泳	• Freestyle, Backstroke, Breaststroke improvement and introduction of Butterfly. 改善自由泳,仰泳, 蛙泳並教授蝶泳
Improvement **泳術改良班**	• Successful completion of Advance level. 成功完成高班	• Technical skills improvement and basic endurance training to develop cardio and aerobic abilities. 技術改良並提高心肺有氧能力
Swimming Team 泳隊	• Water test 水試	• Formal training to further develop swimmers for future competition. 正規訓練提高整體水平
Adult Class 成人初班	/	• Aquatic breathing/floats and regain feet/choice of stroke 水中呼吸/浮身及站立/自由選擇泳式