

# 2025 - 26 青少年賽艇推廣計劃 第一期 (四至六月)

## Youth Rowing Promotional Scheme 1<sup>st</sup> Phase (April to June)

### 平板賽艇課程 (一星) Board Rowing Course (Star 1)



⌚ 8 小時 hrs

### 雙槳賽艇課程 (二星) Sculling Course (Star 2)



⌚ 12 小時 hrs

### 海岸賽艇課程 (三星) Coastal Rowing Course (Star 3)



⌚ 8 小時 hrs

由淺入深介紹各種賽艇器材、基本技巧以及安全知識  
Introduction of sculling equipment, basic techniques and safety guidelines

⌚ 20 小時 hrs



延續雙槳賽艇課程 (四至五星)  
Continuous Sculling Course (Star 4-5)

⌚ 20 小時 hrs



融合單槳課程 (四至五星)  
Cross Over - Sweep Rowing Course (Star 4-5)

⌚ 20 小時 hrs



延續海岸賽艇課程 (四至五星)  
Continuous Coastal Course (Star 4-5)

**參加資格:** 年齡介乎11至18歲, 並能穿著衣服游泳50米。

**報名方法:** 請經 <http://hkcrj.justgo.com> 網頁報名。

**截止日期:** 上課前兩星期 或 額滿即止。

**上課地點:**

1. 賽馬會沙田賽艇中心 (新界沙田源禾路27號)
2. 賽馬會石門賽艇中心 (新界沙田安景街27號)

**注意:**

1. 所有課程一經報名將不作退款。如課程因人數不足而未能開班, 您可以在付費日起的6個月內調至其他班別。
2. 課程費用已包括由康文署資助的入學費(\$40/\$40/\$65/\$65/\$65)及中心設施使用費(\$85/\$130/\$240/\$310/\$310)。

**Eligibility:** Aged 11 to 18 and able to swim with clothes for at least 50 meters.

**Enrollment method:** Please visit <http://hkcrj.justgo.com> to enroll.

**Deadline:** Two weeks prior to the commencement of the course or the course is full.

**Venue:**

1. Jockey Club Sha Tin Rowing Centre (27 Yuen Wo Road, Sha Tin, N.T.)
2. Jockey Club Shek Mun Rowing Centre (27 On King Street, Sha Tin, N.T.)

**Reminder:**

1. All course will not be refunded once registered. If the course fails to start due to insufficient number of participants, you may transfer to another class within 6 months from the payment day.
2. The course fee is formed by entry fee (\$40/\$40/\$65/\$65/\$65) to LCSD Subvention and centre user fee (\$85/\$130/\$240/\$310/\$310).

如有查詢 For enquiries

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## Youth Rowing Promotional Scheme 1<sup>st</sup> Phase (April to June)

### 課程時間表及收費 Course Schedule and Entry Fee

| 平板賽艇課程 (一星) / Board Rowing Course (Star 1) |                 |            |                 |
|--|-----------------|------------|-----------------|
| 課程編號<br>Course Code                        | 日期<br>Date      | 時間<br>Time | 費用<br>Fees      |
| 2526/YBR01                                 | 5/4/2025 (Sat)  | 0900-1800  | <b>HK\$ 125</b> |
| 2526/YBR02                                 | 6/4/2025 (Sun)  |            |                 |
| 2526/YBR03                                 | 18/4/2025 (Fri) |            |                 |
| 2526/YBR04                                 | 19/4/2025 (Sat) |            |                 |
| 2526/YBR05                                 | 20/4/2025 (Sun) |            |                 |
| 2526/YBR06                                 | 21/4/2025 (Mon) |            |                 |
| 2526/YBR07                                 | 25/4/2025 (Fri) |            |                 |
| 2526/YBR08                                 | 26/4/2025 (Sat) |            |                 |
| 2526/YBR09                                 | 27/4/2025 (Sun) |            |                 |
| 2526/YBR10                                 | 3/5/2025 (Sat)  |            |                 |
| 2526/YBR11                                 | 10/5/2025 (Sat) |            |                 |
| 2526/YBR12                                 | 11/5/2025 (Sun) |            |                 |
| 2526/YBR13                                 | 24/5/2025 (Sat) |            |                 |
| 2526/YBR14                                 | 1/6/2025 (Sun)  |            |                 |
| 2526/YBR15                                 | 14/6/2025 (Sat) |            |                 |
| 2526/YBR16                                 | 15/6/2025 (Sun) |            |                 |
| 2526/YBR17                                 | 21/6/2025 (Sat) |            |                 |

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# 2025 - 26 青少年賽艇推廣計劃 第一期 (四至六月)

## Youth Rowing Promotional Scheme 1<sup>st</sup> Phase (April to June)

### 課程時間表及收費 Course Schedule and Entry Fee

| 雙槳賽艇課程 (二星) / Sculling Course (Star 2) |                 |            |                 |
|--|-----------------|------------|-----------------|
| 課程編號<br>Course Code                    | 日期<br>Date      | 時間<br>Time | 費用<br>Fees      |
| 2526/YS01                              | 19/4/2025 (Sat) | 0900-1800  | <b>HK\$ 170</b> |
|  | 26/4/2025 (Sat) | 0900-1300  |                 |
| 2526/YS02                              | 25/4/2025 (Fri) | 0900-1800  |                 |
|  | 26/4/2025 (Sat) | 1400-1800  |                 |
| 2526/YS03                              | 10/5/2025 (Sat) | 1400-1800  |                 |
|  | 11/5/2025 (Sun) | 0900-1800  |                 |
| 2526/YS04                              | 24/5/2025 (Sat) | 0900-1800  |                 |
|  | 25/5/2025 (Sun) | 0900-1300  |                 |
| 2526/YS05                              | 1/6/2025 (Sun)  | 0900-1800  |                 |
|  | 7/6/2025 (Sat)  | 0900-1300  |                 |
| 2526/YS06                              | 15/6/2025 (Sun) | 0900-1800  |                 |
|  | 21/6/2025 (Sat) | 1400-1800  |                 |

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# 2025 - 26 青少年賽艇推廣計劃 第一期 (四至六月)

## Youth Rowing Promotional Scheme 1<sup>st</sup> Phase (April to June)

### 課程時間表及收費 Course Schedule and Entry Fee

| 海岸賽艇課程 (三星) / Coastal Rowing Course (Star 3) |                 |            |                 |
|--|-----------------|------------|-----------------|
| 課程編號<br>Course Code                          | 日期<br>Date      | 時間<br>Time | 費用<br>Fees      |
| 2526/YC01                                    | 12/4/2025 (Sat) | 0900-1800  | <b>HK\$ 305</b> |
| 2526/YC02                                    | 18/4/2025 (Fri) |            |                 |
| 2526/YC03                                    | 25/4/2025 (Fri) |            |                 |
| 2526/YC04                                    | 26/4/2025 (Sat) |            |                 |
| 2526/YC05                                    | 27/4/2025 (Sun) |            |                 |
| 2526/YC06                                    | 24/5/2025 (Sat) |            |                 |
| 2526/YC07                                    | 7/6/2025 (Sat)  |            |                 |
| 2526/YC08                                    | 22/6/2025 (Sun) |            |                 |

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# 2025 - 26 青少年賽艇推廣計劃 第一期 (四至六月)

## Youth Rowing Promotional Scheme 1<sup>st</sup> Phase (April to June)

### 課程時間表及收費 Course Schedule and Entry Fee

| 延續雙槳賽艇課程 (四至五星)                         |                 |            |                 |
|---|-----------------|------------|-----------------|
| Continuous Sculling Course (Star 4 - 5) |                 |            |                 |
| 課程編號<br>Course Code                     | 日期<br>Date      | 時間<br>Time | 費用<br>Fees      |
| 2526/YCS01                              | 18/4/2025 (Fri) | 0900-1800  | <b>HK\$ 375</b> |
|   | 19/4/2025 (Sat) | 1400-1800  |                 |
|   | 20/4/2025 (Sun) | 0900-1800  |                 |
| 2526/YCS02                              | 24/5/2025 (Sat) | 0900-1800  |                 |
|   | 25/5/2025 (Sun) | 1400-1800  |                 |
|   | 7/6/2025 (Sat)  | 0900-1800  |                 |
| 2526/YCS03                              | 14/6/2025 (Sat) | 0900-1800  |                 |
|   | 15/6/2025 (Sun) | 1400-1800  |                 |
|   | 21/6/2025 (Sat) | 0900-1800  |                 |

注意：凡報讀延續或融合課程(四至五星)者必須先取得海岸賽艇課程(三星)的及格資格。

Remarks: applicants who would like to apply continuous or cross over courses (star4-5) must pass of coastal rowing course (star 3).

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主辦機構:  
Organized by:



資助機構:  
Subvented by:



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## Youth Rowing Promotional Scheme 1<sup>st</sup> Phase (April to June)

主辦機構:  
Organized by:

資助機構:  
Subvented by:

### 課程時間表及收費 Course Schedule and Entry Fee

| 延續海岸賽艇課程 (四至五星)<br>Continuous Coastal Course (Star 4 - 5) |                 |            |                 |
|---|-----------------|------------|-----------------|
| 課程編號<br>Course Code                                       | 日期<br>Date      | 時間<br>Time | 費用<br>Fees      |
| 2526/YCC01  | 18/4/2025 (Fri) | 0900-1800  | <b>HK\$ 375</b> |
|   | 21/4/2025 (Mon) | 1400-1800  |                 |
|   | 26/4/2025 (Sat) | 0900-1800  |                 |
| 2526/YCC01  | 27/4/2025 (Sun) | 0900-1800  |                 |
|   | 24/5/2025 (Sat) | 1400-1800  |                 |
|   | 7/6/2025 (Sat)  | 0900-1800  |                 |

注意：凡報讀延續或融合課程(四至五星)者必須先取得海岸賽艇課程(三星)的及格資格。

Remarks: Applicants who would like to apply Continuous or Cross Over Courses (Star4-5) must pass of Coastal Rowing Course (Star 3).

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