



HONG KONG SWIMMING COACHES ASSOCIATION LIMITED

香港游泳教練會有限公司

HKSCA Coach Accreditation Programme – Level 1 Coaching Course 2022-2023

DATE	TIME	VENUE	CONTENT	LECTURER
25/09/2022 (Sun)	18:00	SMVSP	Water Test	YKT

CLASS A

DATE	TIME	VENUE	CONTENT	LECTURER
30/10/2022 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Mechanics)	AYSL
	10:30-12:30	OH (Lecture Theatre)	Lecture (Freestyle)	FM
	15:30-16:30 (1-50) 16:30-17:30 (51-100)	King George V School 25 M Outdoor Heated Pool	Practical (Freestyle)	FM
13/11/2022 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Physiology)	YWP
	10:30-12:30	OH (Lecture Theatre)	Lecture (Breaststroke)	FM
	15:30-16:30 (1-50) 16:30-17:30 (51-100)	King George V School 25 M Outdoor Heated Pool	Practical (Breaststroke)	FM
20/11/2022 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Butterfly)	FWT
	10:30-12:30	OH (Lecture Theatre)	Lecture (Management)	FY
	15:30-16:30 (1-50) 16:30-17:30 (51-100)	King George V School 25 M Outdoor Heated Pool	Practical (Butterfly)	FWT
27/11/2022 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Backstroke)	FWT
	10:30-12:30	OH (Lecture Theatre)	Lecture (Teaching Method)	FY
	15:30-16:30 (1-50) 16:30-17:30 (51-100)	King George V School 25 M Outdoor Heated Pool	Practical (Backstroke)	FWT
04/12/2022 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Swimming Rules)	STPH
	10:30-12:30	OH (Lecture Theatre)	Lecture (Teaching Method)	FY
	15:30-16:30 (1-50) 16:30-17:30 (51-100)	King George V School 25 M Outdoor Heated Pool	Practical (Water Safety)	FY
13/12/2022 (Tue)	19:00-21:00	OH (Lecture Theatre)	Examination	YKT

CLASS B

DATE	TIME	VENUE	CONTENT	LECTURER
05/02/2023 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Mechanics)	AYSL
	10:30-12:30	OH (Lecture Theatre)	Lecture (Freestyle)	FM
	15:30-16:30 (1-50) 16:30-17:30 (51-100)	King George V School 25 M Outdoor Heated Pool	Practical (Freestyle)	FM
12/02/2023 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Physiology)	YWP
	10:30-12:30	OH (Lecture Theatre)	Lecture (Breaststroke)	FM
	15:30-16:30 (1-50) 16:30-17:30 (51-100)	King George V School 25 M Outdoor Heated Pool	Practical (Breaststroke)	FM
19/02/2023 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Butterfly)	FWT
	10:30-12:30	OH (Lecture Theatre)	Lecture (Management)	FY
	15:30-16:30 (1-50) 16:30-17:30 (51-100)	King George V School 25 M Outdoor Heated Pool	Practical (Butterfly)	FWT
26/02/2023 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Backstroke)	FWT
	10:30-12:30	OH (Lecture Theatre)	Lecture (Teaching Method)	FY
	15:30-16:30 (1-50) 16:30-17:30 (51-100)	King George V School 25 M Outdoor Heated Pool	Practical (Backstroke)	FWT
05/03/2023 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Swimming Rules)	STPH
	10:30-12:30	OH (Lecture Theatre)	Lecture (Teaching Method)	FY
	15:30-16:30 (1-50) 16:30-17:30 (51-100)	King George V School 25 M Outdoor Heated Pool	Practical (Water Safety)	FY
14/03/2023 (Tue)	19:00-21:00	OH (Lecture Theatre)	Examination	YKT

Mailing Address (郵寄地址): P.O. Box 80019, Cheung Sha Wan Post Office, Kowloon (九龍長沙灣郵政信箱 80019 號)

Form 1205, Form 1205, Form 1205, 250 King George V School, Tsim Sha Tsui, HK (香港九龍尖沙咀250號北角城中區1205室)

TEL(電話): 2512 2315 FAX(傳真): 2512 2486 WHATSAPP: 5238 7545 E-MAIL(電郵): coach@hksc.org.hk



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CLASS C

DATE	TIME	VENUE	CONTENT	LECTURER
19/03/2023 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Mechanics)	AYSL
	10:30-12:30	OH (Lecture Theatre)	Lecture (Freestyle)	FM
	15:30-16:30 (1-50)	King George V School 25 M Outdoor Heated Pool	Practical (Freestyle)	FM
	16:30-17:30 (51-100)			
26/03/2023 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Physiology)	YWP
	10:30-12:30	OH (Lecture Theatre)	Lecture (Breaststroke)	FM
	15:30-16:30 (1-50)	King George V School 25 M Outdoor Heated Pool	Practical (Breaststroke)	FM
	16:30-17:30 (51-100)			
02/04/2023 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Butterfly)	FWT
	10:30-12:30	OH (Lecture Theatre)	Lecture (Management)	FY
	15:30-16:30 (1-50)	King George V School 25 M Outdoor Heated Pool	Practical (Butterfly)	FWT
	16:30-17:30 (51-100)			
09/04/2023 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Backstroke)	FWT
	10:30-12:30	OH (Lecture Theatre)	Lecture (Teaching Method)	FY
	15:30-16:30 (1-50)	King George V School 25 M Outdoor Heated Pool	Practical (Backstroke)	FWT
	16:30-17:30 (51-100)			
23/04/2023 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Swimming Rules)	STPH
	10:30-12:30	OH (Lecture Theatre)	Lecture (Teaching Method)	FY
	15:30-16:30 (1-50)	King George V School 25 M Outdoor Heated Pool	Practical (Water Safety)	FY
	16:30-17:30 (51-100)			
02/05/2023 (Tue)	19:00-21:00	OH (Lecture Theatre)	Examination	YKT

10-12 Mar 2023 Age Group Short Course Champ , 15-16 Apr 2023 Festival of Sports

Please bring your own swimming cap, kickboard and pullbuoy during the practical session.自備游泳用具(泳帽, 浮板及夾腳浮泡)

King George V School , 2 Tin Kwong Road Kowloon (Argyle Street→Tin Kwong Road→Sheung Kin Street)

英皇佐治五世學校, 九龍何文田天光道 2 號 (亞皆老街→天光道→常健街)

OH – Olympic House (Lecture Theatre), Stadium Path, 1, So Kon Po, Causeway Bay, Hong Kong.香港銅鑼灣掃桿埔奧運大樓(政府大球場隔鄰)

SMVSP – Shing Mun Valley Swimming Pool, 21 Shing Mun Road, Tsuen Wan, N. T. 城門谷游泳池, 新界荃灣城門道 21 號

Mailing Address (郵寄地址): P.O.BOX 80019, Cheung Sha Wan Post Office, Kowloon (九龍長沙灣郵政信箱 80019 號)

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