



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 2024-2025

DATE	TIME	VENUE	CONTENT	LECTURER
22/09/2024 (Sun)	10:00	HKSI (52m) Pool	Water Test	YKT

CLASS A

01/12/2024 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Mechanics)	AYSL
	10:30-12:30	OH (Lecture Theatre)	Lecture (Freestyle)	FM
	15:00-17:00	HKSI (25m Pool)	Practical (Freestyle)	FM
08/12/2024 (Sun)	08:30-16:30	OH (Lecture Theatre)	Lecture (Physiology)	YWP
	10:30-12:30	OH (Lecture Theatre)	Lecture (Breaststroke)	FM
	15:00-17:00	HKSI (25m Pool)	Practical (Breaststroke)	FM
15/12/2024 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Butterfly)	FWT
	10:30-12:30	OH (Lecture Theatre)	Lecture (Management)	FY
	15:00-17:00	HKSI (25m Pool)	Practical (Butterfly)	FWT
22/12/2024 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Backstroke)	FWT
	10:30-12:30	OH (Lecture Theatre)	Lecture (Teaching Method)	FY
	15:00-17:00	HKSI (25m Pool)	Practical (Backstroke)	FWT
29/12/2024 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Swimming Rules)	STPH
	10:30-12:30	OH (Lecture Theatre)	Lecture (Teaching Method)	FY
	15:00-17:00	HKSI (25m Pool)	Practical (Water Safety)	FY
02/01/2025 (Thur)	19:00-21:00	OH (Lecture Theatre)	Examination	YKT

CLASS B

05/01/2025 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Mechanics)	AYSL
	10:30-12:30	OH (Lecture Theatre)	Lecture (Freestyle)	FM
	15:00-17:00	HKSI (25m Pool)	Practical (Freestyle)	FM
12/01/2025 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Physiology)	YWP
	10:30-12:30	OH (Lecture Theatre)	Lecture (Breaststroke)	FM
	15:00-17:00	HKSI (25m Pool)	Practical (Breaststroke)	FM
19/01/2025 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Butterfly)	FWT
	10:30-12:30	OH (Lecture Theatre)	Lecture (Management)	FY
	15:00-17:00	HKSI (25m Pool)	Practical (Butterfly)	FWT
26/01/2025 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Backstroke)	FWT
	10:30-12:30	OH (Lecture Theatre)	Lecture (Teaching Method)	FY
	15:00-17:00	HKSI (25m Pool)	Practical (Backstroke)	FWT
02/02/2025 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Swimming Rules)	STPH
	10:30-12:30	OH (Lecture Theatre)	Lecture (Teaching Method)	FY
	15:00-17:00	HKSI (25m Pool)	Practical (Water Safety)	FY
06/02/2025 (Thur)	19:00-21:00	OH (Lecture Theatre)	Examination	YKT

CLASS C

23/02/2025 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Mechanics)	AYSL
	10:30-12:30	OH (Lecture Theatre)	Lecture (Freestyle)	FM
	15:00-17:00	HKSI (25m Pool)	Practical (Freestyle)	FM
02/03/2025 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Physiology)	YWP
	10:30-12:30	OH (Lecture Theatre)	Lecture (Breaststroke)	FM
	15:00-17:00	HKSI (25m Pool)	Practical (Breaststroke)	FM
09/03/2025 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Butterfly)	FWT
	10:30-12:30	OH (Lecture Theatre)	Lecture (Management)	FY
	15:00-17:00	HKSI (25m Pool)	Practical (Butterfly)	FWT
16/03/2025 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Backstroke)	FWT
	10:30-12:30	OH (Lecture Theatre)	Lecture (Teaching Method)	FY
	15:00-17:00	HKSI (25m Pool)	Practical (Backstroke)	FWT
23/03/2025 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Swimming Rules)	STPH
	10:30-12:30	OH (Lecture Theatre)	Lecture (Teaching Method)	FY
	15:00-17:00	HKSI (25m Pool)	Practical (Water Safety)	FY
27/03/2025 (Thur)	19:00-21:00	OH (Lecture Theatre)	Examination	YKT

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

OH – Olympic House, 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)

HKSI (52m / 25m Pool) – Hong Kong Sports Institute, Shatin, New Territories. 香港沙田體育學院

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