



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 2025-2026

DATE	TIME	VENUE	CONTENT	LECTURER
26/10/2025 (Sun)	10:00	HKSI (52m) Pool	Water Test	YKT

CLASS A

DATE	TIME	VENUE	CONTENT	LECTURER
07/12/2025 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Freestyle)	FM
	10:30-12:30	OH (Lecture Theatre)	Lecture (Mechanics)	AYSL
	15:00-17:00	HKSI (25m Pool)	Practical (Freestyle)	FM
14/12/2025 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Breaststroke)	FM
	10:30-12:30	OH (Lecture Theatre)	Lecture (Physiology)	YWP
	15:00-17:00	HKSI (25m Pool)	Practical (Breaststroke)	FM
21/12/2025 (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
28/12/2025 (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
04/01/2026 (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
08/01/2026 (Thur)	19:00-21:00	OH (Lecture Theatre)	Examination	YKT

CLASS B

DATE	TIME	VENUE	CONTENT	LECTURER
18/01/2026 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Freestyle)	FM
	10:30-12:30	OH (Lecture Theatre)	Lecture (Mechanics)	AYSL
	15:00-17:00	HKSI (25m Pool)	Practical (Freestyle)	FM
25/01/2026 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Breaststroke)	FM
	10:30-12:30	OH (Lecture Theatre)	Lecture (Physiology)	YWP
	15:00-17:00	HKSI (25m Pool)	Practical (Breaststroke)	FM
01/02/2026 (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
15/02/2026 (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
22/02/2026 (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
26/02/2026 (Thur)	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)
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CLASS C

DATE	TIME	VENUE	CONTENT	LECTURER
08/03/2026 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Freestyle)	FM
	10:30-12:30	OH (Lecture Theatre)	Lecture (Mechanics)	AYSL
	15:00-17:00	HKSI (25m Pool)	Practical (Freestyle)	FM
15/03/2026 (Sun)	08:30-10:30	OH (Lecture Theatre)	Lecture (Breaststroke)	FM
	10:30-12:30	OH (Lecture Theatre)	Lecture (Physiology)	YWP
	15:00-17:00	HKSI (25m Pool)	Practical (Breaststroke)	FM
22/03/2026 (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
29/03/2026 (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
05/04/2026 (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
09/04/2026 (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，浮板及夾腳浮泡)

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. 新界
沙田香港體育學院