

暑假短道速滑課程

Summer Short Track Speed Skating Course

想知道短道速滑和花式溜冰的分別？今年暑假可選擇加入短道速滑入門課程，只要你掌握基礎溜冰技巧，就可感受短道速滑之新奇刺激體驗。

Want to know the difference between short track speed skating and figure skating?
Join the short track speed skating course this summer. As long as you have basic skating skills, you can experience the short track speed skating.

課程資料 Course Details

- 歡迎4至12歲人士報名
- 參加者需具備基本溜冰技巧(能無協助下簡單向前滑行)
- 課程分三天,共三堂
- 每堂75分鐘 (包括20分鐘陸地訓練或運動講解，10分鐘穿著短道速滑裝備及45分鐘冰面教授時間)
- 每位學員之收費為港幣\$1,350(包括課堂費及短道速滑裝備租用費)
- 截止報名日期為該節開課日前7天

- Age 4-12 are welcome to sign up
- Participants should have basic skating ability (able to march forward unassisted)
- Each course is 3 days, a total of 3 lessons
- Each lesson lasts 75 minutes (including 20 minutes of dryland training or sport presentation, 10 minutes of putting on skates and 45 minutes of on ice lesson)
- The fee for each participant is HKD \$1,350 (which includes lesson fees and short track speed skating equipment rental).
- The registration deadline is 7 days before the lessons commenced.

時間表 Schedules

課程編號 Course Code				
	星期 Days	課堂日期 Lesson Dates	時間 Time	截止報名日期 Enrolment Deadline
A	三至五 Wed to Fri	9/7 - 11/7	8:15am - 9:30am	2/7
B	一至三 Mon to Wed	14/7 - 16/7	8:15am - 9:30am	7/7

上課須知 General Guidelines

- 課程包括租借學員短道速滑裝備（短道速滑冰鞋、頭盔和手套），學員離開時請交還。
- 學員必須在上課前5分鐘到達溜冰場。
- 課堂必須按指定日期及時間開課及結束，缺席者將不予安排補課或退款。
- 當黑色暴雨警告，八號或更高的颱風訊號懸掛時，課堂將會取消，補課事宜將另行通知。缺席補課者將視作自動放棄處理，不設退款。
- 鑑於所有運動均帶有一定的危險性，無論是初學者或溜冰好手均有可能因其個人或其他溜冰人士的疏忽導致受傷。故此，有意報讀之學生及家長應先行評估上述的風險。溜冰場之營辦者、擁有人、管理層及香港滑冰學校將不承擔任何因課堂導致受傷的責任。
- 學員必須於上課前細心閱讀並簽署及遵守本溜冰場及香港滑冰學校的免責聲明及溜冰人士條例及規則。
- 家長在任何時間都不應讓年幼子女單獨留在溜冰場內，包括課堂進行時。在溜冰課堂開始及結束時，家長應於冰面出口處接送子女。
- 有關短道速滑入門課程資料及報名詳情，請掃以下二維碼了解及透過香港滑冰學校網頁報名。

- The course includes the rental of short track speed skating equipment (short track speed skates, helmet, and gloves.). The equipment must be returned when leaving.
- Students must arrive at the ice rink 5 minutes before class.
- Lessons must be conducted as scheduled. Absentees will not be rescheduled for makeup classes or refunds.
- Lessons will be cancelled when a Black Rainstorm Warning Signal or Typhoon Signal No.8 or above is hoisted. Students will be notified of the rescheduled lessons accordingly. Those who are absent from make-up classes will be deemed to have given up automatically and lesson fee will not be refunded.
- Accidents can occur during any sports activity, both beginners and high-level skaters are exposed to the risk of injury on or off the ice owing to the miscalculation of themselves other skaters. Interested parties should take this into full consideration before enrolment. The rink operators, owners, management and Hong Kong Skating School will not be liable for any injuries caused during lessons.
- Students must read, sign and comply with the liability and accident disclaimer of the skating rink and Hong Kong Skating School and safety rules and regulations for skaters before the lessons begin.
- Parents should not leave their young children alone in the rink at any time, including the duration of class from beginning to end. Parents are also recommended to drop off and pick up their children at the entrance of the ice rink.
- For course registration and detailed information, you can scan the QR code below to learn more about the class details and register through the Hong Kong Skating School website.

所有資料如有更改，恕不另行通知。 All information is subject to change without prior notice.

了解詳情 Learn more:



太古城中心冰上皇宮 CITYPLAZA ICE PALACE

太古城太古城道18號
太古城中心一樓
1/F Cityplaza,
18 Taikoo Shing Road,
Taikoo Shing

查詢 FOR ENQUIRIES:

2844 8688 (售票處Box Office)
2844 8633 (溜冰學校Skate School)
icepalace@swireproperties.com

f CityplazaHK.IcePalace

ICE PALACE
cityplaza



冰面飛翔，旋轉花樣，穿上一雙溜冰鞋，這一切再不是夢想。
冰上新視野新冰訓練營，帶來適合不同年齡、技巧、語言人士的密集課程，
在一星期內，助你逐步掌握溜冰基礎技巧，讓你享受更多冰上樂趣。
這個夏天，在冰上飛吧！

Imagine yourself flying on ice, doing an axel jump in the air, and landing on your ice skates. Now that dream can come true.
The Rookie programme offers a variety of intensive courses for people of different ages and levels.
You may even select the language of your choice. In just one week, you can gradually master your skills and experience the joy of skating on ice.
So make this a cool summer and let's fly on ice!

課程資料 Course Details

- 歡迎3至16歲人士報名
- 教授語言可選廣東話、英語或普通話
- 課程共5堂，學員需於指定日期及時間上課
- 每堂55分鐘 (包括30分鐘教授時間及25分鐘練習時間) (第一堂及第二堂不設練習時間)
- 每位學員之收費為港幣\$1,250(包括冰面使用費及溜冰鞋租用費)
- 截止報名日期為該節開課日前7天
- 畢業學員獲頒授花式溜冰課程證書
- 課程期間學員購買溜冰場入場券可享優惠

- Age 3-16 are welcome to sign up
- Choose teaching language from Cantonese, English, or Putonghua
- For a total of 5 lessons, students are required to attend classes on the specified dates and times
- Each lesson is 55 minutes (including 30 minutes of teaching and 25 minutes of practice time; no practice time for the 1st and 2nd lesson)
- The fee for each student is HK\$1,250 (including ice rink usage and skate rental)
- The registration deadline is 7 days before the lessons commence
- Graduated students will receive an Ice-Skating certificate
- Enrolled students can enjoy discounts for admission tickets to the rink

時間表 Schedules

課程編號 Course Code						
星期 Days	課堂日期 Lesson Dates	10:00 am	11:00 am	12:30 pm	1:30 pm	截止報名日期 Enrolment Deadline
一至五 Mon to Fri	7/7 - 11/7	A10	A11	A12	A13	30/6
	14/7 - 18/7	B10	B11	B12	B13	7/7
	21/7 - 25/7	C10	C11	C12	C13	14/7
	28/7 - 1/8	D10	D11	D12	D13	21/7
	4/8 - 8/8	E10	E11	E12	E13	28/7
	11/8 - 15/8	F10	F11	F12	F13	4/8
	18/8 - 22/8	G10	G11	G12	G13	11/8
	25/8 - 29/8	H10	H11	H12	H13	18/8

首次報名學員優惠 Exclusive Privileges For First Time Enrolment



買一送一電子入場券5張
5x Buy 1 Get 1 Free
Electronic Entry Tickets



溜冰手套1對
A Pair of Gloves



冰上皇宮
購物優惠券1張
1x Shopping Coupon
of Ice Palace



首次報讀新冰訓練營及
本年度9月或10月之
其他常規課程(5節課)，
可豁免港幣\$50行政費
New students of Rookie Programme
and other regular courses (5 lessons)
during September or October this year
can enjoy an administration fee
waiver of HK\$50

續報學員優惠 Exclusive Privileges For Re-Enrolment

- 凡報讀兩個或以上新冰訓練營課程，可享常規課程（5節課）8折優惠1次。
*8折優惠有效期由2025年9月1日至10月31日。
- Students enrolling in two or more Rookie Programme course are also entitled to skate school 20% discount for one regular course (5 lessons).
*20% discount is valid from 1 September to 31 October 2025.

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親子溜冰體驗班 Family Skating Trial Lesson

親子溜冰體驗班是單堂課程，為家庭而設計的，在暑假學習新技能。在親子溜冰體驗班中，
您將享受及促進親子合作、溝通和樂趣的活動。

Family Skating Trial lesson is single-class designed for families to learn new skills during the summer.
In Family Skating Trial lesson, you will enjoy activities that promote parent-child cooperation,
communication and fun.

課程資料 Course Details

- 歡迎小童為3歲以上之家庭報名
- 一個家庭為一班
- 人數上限為 3人
- 每堂30分鐘 (不設練習時間)
- 小童之收費為港幣\$320 及大人之收費為港幣\$160 (包括冰面使用費及溜冰鞋租用費)
- 只限星期六及日開班 (可選下午13:30- 14:00、下午14:00- 14:30)
- 畢業學員獲頒授花式溜冰課程證書
- 截止報名日期為開課日前7天
- Families with children over 3 years old are welcome to sign up
- One family per class
- Maximum capacity at 3 persons
- 30 minutes per class (no practice time)
- The fee for children is HK\$320 and for adults is HK\$160 (including ice surface usage fee and skate rental fee)
- Classes are only open on Saturdays and Sundays (optional: 13:30-14:00, 14:00-14:30)
- The deadline for registration is 7 days before the course start date

上課須知 General Guidelines

- 所有年齡在12歲或以下之年幼溜冰學員於首次報名課堂時將獲發2個家長/陪同人士二維碼，以便家長/陪同人士進出本場。未能出示有效家長/陪同人士二維碼將不會獲准進入本場。遺失或忘記帶二維碼者需繳付\$5手續費。學生卡持有人離開溜冰場後，將需要購買門票以再次進入溜冰場。
- 學員請自備手套，並穿著襪子、長袖衛衣及運動褲；學員需出示學生卡以借用溜冰鞋，請於離開時交還。
- 學員應在上課前15分鐘到達溜冰場。
- 學員於上課日須以學生卡進出溜冰場，忘記攜帶學生卡之學生須繳付港幣\$10之行政費。一旦遺失學生卡，本校將收取港幣\$50作補發新卡之費用。
- 憑學生卡可於溜冰場售票處以港幣\$15租用日租電子儲物櫃。
- 除溜冰學校未能為學生組成合適班別或課程收生人數不足之原因外，已繳交之學費將不獲退回或轉讓予第三者使用。
- 課堂必須按指定日期及時間開課及結束，缺席者將不予安排補課。
- 當黑色暴雨警告，八號或更高的颱風訊號懸掛時，課堂將會取消，補課事宜將另行通知。缺席補課者將視作自動放棄處理，不設退款。
- 關於新冰訓練營，為確保延續課程順利開課，本校建議學員於第四堂時預先繳交延續課程的學費。
- 鑑於所有運動均帶有一定的危險性，無論是初學者或溜冰好手均有可能因其個人或其他溜冰人士的疏忽導致受傷。故此，有意報讀之學生及家長應先行評估上述的風險。溜冰場之營辦者、擁有人及管理層將不承擔任何因課堂導致受傷的責任。
- 學員必須於上課前細心閱讀並遵守本溜冰場的免責聲明及溜冰人士條例及規則。
- 家長在任何時間都不應讓年幼子女單獨留在溜冰場內，包括課堂進行時。在溜冰課堂開始及結束時，家長應於冰面出口處接送子女。

- 2 Visitor QR codes will be issued to all students under the age of 12 upon their first course registration. This is for the use of their parents/ companions to gain access to the rink. Entering the rink area is not allowed without presenting a valid Visitor QR code and a fee of \$5 will be charged for any re-issued or replacement. Once a student cardholder leaves the rink, they will need to purchase a ticket to re-enter the rink.
- Students should wear gloves, socks, a long-sleeved sweatshirt, and track pants; skates must be returned when leaving.
- Students should arrive at the ice rink 15 minutes before the lesson starts.
- Student card must be used for entering and leaving the skating rink on lesson days. A HK\$10 administration fee will be charged to students who forget to bring their student card. If a student card is lost, then a HK\$50 administration fee will be charged for re-issuing a new card.
- With the student card, electronic lockers can be rented at the ticket office for HK\$15 each.
- Except for the reasons caused by skate school including student's class cannot be formed or number of student cannot match the minimum requirement, the course fee is neither refundable nor transferrable after payment.
- Lessons must be conducted as scheduled. Absentees will not be rescheduled for makeup classes or refunds.
- Lessons will be cancelled when a Black Rainstorm Warning Signal or Typhoon Signal No.8 or above is hoisted. Students will be notified of the rescheduled lessons accordingly. Those who are absent from make-up classes will be deemed to have given up automatically and lesson fee will not be refunded.
- Regarding the Rookie Programme, to ensure a smooth transition, students are recommended to re-enrol and pay the tuition fee for the continuing course by the 4th lesson of the existing course.
- Accidents can occur during any sports activity, both beginners and high-level skaters are exposed to the risk of injury in the ice rink owing to the miscalculation of themselves other skaters. Interested parties should take this into full consideration before enrolment. The rink operators, owners, and management will not be liable for any injuries caused during lessons.
- Students must read and comply with the accident disclaimer of the skating rink and safety rules and regulations for skaters before the lessons begin.
- Parents should not leave their children alone in the rink at any time, including the duration of class from beginning to end. Parents are also recommended to drop off and pick up their children at the entrance of the ice rink.