

# Rookie Programme



## 新冰訓練營



冰面飛翔、旋轉花樣，穿上溜冰鞋實現你的冰上夢想！  
在冬季奧運熱潮下，新冰訓練營提供花式溜冰入門課程，透過專業訓練，  
讓小朋友可以體驗這項世界矚目的冬奧項目，享受在冰上起舞的樂趣。

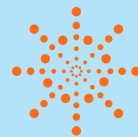
課程專為不同年齡、技術水平和語言背景的小朋友而設，於兩至三星期的密集訓練中，  
逐步掌握溜冰基礎。今個夏天，讓孩子在冰上探索專屬的冬奧夢！

Imagine gliding across the ice, spinning with grace — all on a pair of skates.  
With the excitement of the Winter Olympics still fresh in mind, our Rookie Programme offers a starting point for  
professional training in figure-skating, offering young skaters experience  
in the sport they recently watched on the world stage.

Designed for children of different ages, skill levels, and language backgrounds, the course offers intensive  
training over two to three weeks, building mastery of basic skills step by step. This summer,  
let your child take the very first step towards their own Winter Olympic fantasy!

## 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6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）（第一堂不設練習時間）
  - 課程收費為港幣\$1,680（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
  - 完成課程之學員將獲頒花式溜冰課程證書
  - 課程期間學員購買溜冰場入場券可享折扣優惠
- Open to children ages 3-16
  - Instruction is available in Cantonese, English, or Putonghua
  - Students are required to attend a total of 6 lessons on the specified dates and times
  - Each lesson is 55 minutes long, split into 30 minutes of teaching and 25 minutes of practice time (The first lesson does not include practice time.)
  - The fee for each student is HK\$1,680 and includes ice rink usage and skate rental fees
  - The deadline for registration is seven days before the first class
  - Students who complete the course will be awarded a figure skating course completion certificate
  - Students currently enrolled in the course are eligible for discounts on admission tickets to the rink



## 時間表 Schedules

課程編號 Course Code						
星期 Days	課堂日期 Lesson Dates		10:00am	11:00am	1:30pm	截止報名日期 Enrolment Deadline
一、三、五 Mon, Wed, Fri	7月Jul	6, 8, 10, 13, 15, 17	A10	A11	A13	29/6
	7月Jul	20, 22, 24, 27, 29, 31	B10	B11	B13	13/7
	8月Aug	3, 5, 7, 10, 12, 14	C10	C11	C13	27/7
	8月Aug	17, 19, 21, 24, 26, 28	D10	D11	D13	10/8
二、四 Tue, Thu	6月Jun	30	E10	E11	E13	23/6
	7月Jul	2, 7, 9, 14, 16	F10	F11	F13	14/7
	7月Jul	21, 23, 28, 30	F10	F11	F13	14/7
	8月Aug	4, 6	G10	G11	G13	4/8
	8月Aug	11, 13, 18, 20, 25, 27	G10	G11	G13	4/8

## 首次報名學員優惠 EXCLUSIVE PRIVILEGES FOR FIRST-TIME STUDENTS



9折早鳥優惠

(凡於5月31日前報讀

新冰訓練營課程，可享9折優惠1次)

One-time 10% Early Bird Discount for students who register before 31 May



買一送一

入場優惠券兩張

Two Buy-One-Get-One-Free vouchers for admission tickets



冰上皇宮  
帆布袋乙個

One Cityplaza Ice Palace Tote Bag



溜冰裝備  
購物優惠券1張  
One Shopping Coupon for  
the Skating Kits



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  
HK\$50 in administrative fees  
waived for first-time Rookie Programme  
students who also register for  
other regular courses (5 lessons)  
in September or October of this year



溜冰手套1對  
One Pair of Gloves

## 續報學員優惠 EXCLUSIVE PRIVILEGES FOR RENEWED ENROLMENT

- MOViE MOViE Cityplaza 電影贈券兩張(先到先得, 送完即止)或精美禮物乙份
- 凡報讀新冰訓練營課程, 可享常規課程(5節課) 8折優惠\*1次  
\*8折優惠有效期為2026年9月1日至10月31日
- Two MOViE MOViE Cityplaza complimentary tickets (available on a first-come, first-served basis, while supplies last) or one special gift
- Renewed enrolment in the Rookie Programme entitles students to a 20% discount\* on one regular skate school course (5 lessons)  
\*20% discount is valid from 1 September to 31 October 2026

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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, 專為家庭而設, 讓小朋友在暑假學習新技能, 同時促進親子合作和溝通, 一家大小同享溜冰的樂趣。

Family skating trial lesson is standalone class designed for families seeking to learn new skills during the summer. In this course, families 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\$380及大人之收費為港幣\$228(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1:00-1:30, 下午1:30-2:00, 下午2:00-2:30)
- 截止報名日期為開課日前7天
- Open to families with children over 3 years old
- One family per class
- Maximum capacity at 3 participants
- 30 minutes per class (does not include practice time)
- HK\$380 per child and HK\$228 per adult (includes ice rink usage and skate rental fees)
- Classes are available weekends only (Saturdays and Sundays; 1:00pm-1:30pm, 1:30pm-2:00pm, 2:00pm-2:30pm)
- The deadline for registration is seven days before the class

## 上課須知 General Guidelines

- 所有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港幣\$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。學生卡如有遺失，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。
  - 關於新冰訓練營，為確保延續課程順利開課，本校建議學員於第五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。
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- Upon registration, all students aged 12 and younger will be issued two Visitor QR codes to allow their parents or guardians access to the rink. No one may enter the rink without a valid Visitor QR code; a fee of \$5 will be charged to reissue or replace lost Visitor QR codes. Once a student leaves the premises, they will need to purchase a ticket to re-enter.
  - Students should wear gloves, socks, a long-sleeved sweatshirt, and track pants for lessons. A valid student card must be presented to rent skates, and skates must be returned before leaving.
  - Students should arrive at the ice rink 15 minutes before the lesson starts.
  - A student card is required to enter and exit the rink on lesson days. Students who forget their card will be charged a HK\$10 administrative fee. A HK\$50 administrative fee will be charged to re-issue a lost card.
  - A student card may be used to rent an electronic lockers for HK\$15 per day at the ticket office.
  - Once paid, course fees cannot be refunded or transferred unless the course is cancelled due to insufficient enrolment or inability to hold lessons.
  - Lessons must be conducted as scheduled. There will be no make-up classes or refunds for absent students.
  - 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 lesson date accordingly. Those who miss make-up classes will be deemed to have forfeited those lessons; fees will not be refunded.
  - Regarding the Rookie Programme: to ensure a smooth transition in training, the school recommends students register and pay tuition fees for the continuing course by the fifth lesson of their current course.
  - Accidents can occur during any sports activity, to both beginners and experienced skaters alike, whether due to their own actions or those of other skaters. Parents and participants should take this into full consideration before registering for classes. The rink operators, owners, and management will not be liable for any injuries sustained during lessons.
  - Students must read and comply with the rink's accident disclaimer, safety rules and regulations before the lessons begin.
  - Parents should not leave their children alone in the venue at any time, including while classes are in session. It is recommended that parents personally escort their children to the ice at the beginning of each lesson, and from it afterwards.

# 暑假短道速滑課程

## Summer Short-Track Speed Skating Course

短道速滑講求速度和策略，是冬季奧運中備受注目的競賽項目。只要孩子具備基本溜冰能力，就可以在今個暑假參加課程，學習短道速滑的專門技巧。

在專業教練指導下，學員將學習正確的速度滑冰姿勢與動作，提升冰上平衡與協調能力，逐步建立速度基礎。

今個夏天，讓孩子在冰上突破自我，感受速滑帶來的刺激與成就感。

Short-track speed skating is a fastpaced and highly strategic ice sport, and one of the most exciting events in the Winter Olympics. Children who have mastered basic skating skills can join our summer programme to experience the sport and learn the techniques unique to speed skating.

Under the guidance of professional coaches, students will learn proper speed skating posture and movement, hone their balance and coordination on the ice, and gradually build a solid foundation in speed skating.

This summer, let your child challenge themselves on the ice with the victorious thrill of speed skating.

### 課程資料 Course Details

- 歡迎4歲或以上人士報名
- 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
- 每堂共120分鐘（包括45分鐘冰上授課時間、45分鐘陸上訓練，以及更換短道速滑裝備及運動講解）
- 每位學員之收費為港幣\$1,650（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
- Open to participants aged 4 and above
- Participants are required to have basic skating skills (i.e. the ability to skate forward unassisted)
- Each course lasts three days and consists of three lessons
- Each lesson lasts 120 minutes and is split into 45 minutes of on-ice instruction and 45 minutes of off-ice training, with additional time for dressing and briefing
- The fee for each student is HK\$1,650 and includes lesson fees and short-track speed skating equipment rental fees
- The deadline for registration is seven days before the first class

### 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、四、五 Wed, Thu, Fri	7月Jul 15, 16, 17	8:30am - 10:30am 第一天8:15am開始 Day 1 starts at 8:15am	8/7
B	三、四、五 Wed, Thu, Fri	8月Aug 5, 6, 7	8:30am - 10:30am 第一天8:15am開始 Day 1 starts at 8:15am	29/7



## 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、管理層及溜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溜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溜冰學校網頁報名。
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- The course fee includes rental of short-track speed skating equipment (skates, helmet, and gloves). This equipment must be returned before leaving the venue.
  - Students must arrive at the ice rink five minutes before class.
  - Lessons must be conducted as scheduled. There will be no make-up classes or refunds for absent students.
  - 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 lesson date accordingly. Those who miss make-up classes will be deemed to have forfeited those lessons; fees will not be refunded.
  - Accidents can occur during any sports activity, to both beginners and experienced skaters alike, whether due to their own actions or those of other skaters. Parents and participants should take this into full consideration before registering for classes. The rink operators, owners, management and the skating school will not be liable for any injuries sustained during lessons.
  - Students must read, sign and comply with the liability and accident disclaimer, safety rules and regulations posted by the skating rink and school before the lessons begin.
  - Parents should not leave their children alone in the venue at any time, including while classes are in session. It is recommended that parents personally escort their children to the ice at the beginning of each lesson, and from it afterwards.
  - For detailed information on courses and registration, scan the QR code below to visit the skate school's website.

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



### 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 )  
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