

## 2025 青苗各區訓練時間表 (第一階段)

修訂於 19/11/2024

時間及地點或需因應課程編排、場館維修或其他原因影響而作出相應調動或安排，如有更改將另行公布。

註：由於柴灣體育館即將維修，本年度預計將改於小西灣體育館進行訓練，敬請注意，謝謝。

| 地點                    | 組別 | 階段/期數 | 訓練日期      |                              | 時間                                     |
|-----------------------|----|-------|-----------|------------------------------|--|
| 小西灣體育館                | A1 | 1.1   | 2025/ 1 月 | 4, 7, 11, 14, 18, 21, 25, 28 | 星期二 / 1900 - 2100<br>星期六 / 1700 - 1900 |
|                       |    |       | 2025/ 2 月 | 1, 4                         |  |
|                       |    | 1.2   | 2025/ 2 月 | 8, 11, 15, 18, 22, 25        |  |
|                       |    |       | 2025/ 3 月 | 1, 4, 8, 11                  |  |
|                       |    | 1.3   | 2025/ 3 月 | 15, 18, 22, 25, 29           |  |
|                       |    |       | 2025/ 4 月 | 1, 5, 8, 15, 19              |  |
| 柴灣體育館<br>維修直至<br>另行通知 | B1 | 1.1   | 2025/ 1 月 | 2, 4, 9, 11, 16, 18, 23, 25  | 星期四 / 1900 - 2100<br>星期六 / 1900 - 2100 |
|                       |    |       | 2025/ 2 月 | 1, 6                         |  |
|                       |    | 1.2   | 2025/ 2 月 | 8, 13, 15, 20, 22, 27        |  |
|                       |    |       | 2025/ 3 月 | 1, 6, 8, 13                  |  |
|                       |    | 1.3   | 2025/ 3 月 | 15, 20, 22, 27, 29           |  |
|                       |    |       | 2025/ 4 月 | 3, 5, 10, 17, 19             |  |
| 港灣道體育館<br>(WC)        | A2 | 1.1   | 2025/ 1 月 | 4, 7, 11, 14, 18, 21, 25, 28 | 星期二 / 1800 - 2000<br>星期六 / 1600 - 1800 |
|                       |    |       | 2025/ 2 月 | 1, 4                         |  |
|                       |    | 1.2   | 2025/ 2 月 | 8, 11, 15, 18, 22, 25        |  |
|                       |    |       | 2025/ 3 月 | 1, 4, 11, 15                 |  |
|                       |    | 1.3   | 2025/ 3 月 | 18, 22, 25, 29               |  |
|                       |    |       | 2025/ 4 月 | 待定                           |  |
|                       | B2 | 1.1   | 2025/ 1 月 | 2, 4, 9, 11, 16, 18, 23, 25  | 星期四 / 1800 - 2000<br>星期六 / 1800 - 2000 |
|                       |    |       | 2025/ 2 月 | 1, 6                         |  |
|                       |    | 1.2   | 2025/ 2 月 | 8, 13, 15, 20, 22, 27        |  |
|                       |    |       | 2025/ 3 月 | 1, 6, 13, 15                 |  |
|                       |    | 1.3   | 2025/ 3 月 | 20, 22, 27, 29               |  |
|                       |    |       | 2025/ 4 月 | 待定                           |  |
| 順利邨體育館<br>(KT)        | A3 | 1.1   | 2025/ 1 月 | 4, 7, 11, 14, 18, 21, 25, 28 | 星期二 / 1900 - 2100<br>星期六 / 1400 - 1600 |
|                       |    |       | 2025/ 2 月 | 1, 4                         |  |
|                       |    | 1.2   | 2025/ 2 月 | 8, 11, 15, 18, 22, 25        |  |
|                       |    |       | 2025/ 3 月 | 1, 4, 8, 11                  |  |
|                       |    | 1.3   | 2025/ 3 月 | 15, 18, 22, 25, 29           |  |
|                       |    |       | 2025/ 4 月 | 1, 5, 8, 12, 15              |  |
|                       | B3 | 1.1   | 2025/ 1 月 | 2, 4, 9, 11, 16, 18, 23, 25  | 星期四 / 1900 - 2100<br>星期六 / 1600 - 1800 |
|                       |    |       | 2025/ 2 月 | 1, 6                         |  |
|                       |    | 1.2   | 2025/ 2 月 | 8, 13, 15, 20, 22, 27        |  |
|                       |    |       | 2025/ 3 月 | 1, 6, 8, 13                  |  |
|                       |    | 1.3   | 2025/ 3 月 | 15, 20, 22, 27, 29           |  |
|                       |    |       | 2025/ 4 月 | 3, 5, 10, 12, 17             |  |
| 何文田體育館<br>(HMT)       | A4 | 1.1   | 2025/ 1 月 | 4, 7, 11, 14, 18, 21, 25, 28 | 星期二 / 1900 - 2100<br>星期六 / 1500 - 1700 |
|                       |    |       | 2025/ 2 月 | 1, 4                         |  |
|                       |    | 1.2   | 2025/ 2 月 | 8, 11, 15, 18, 22, 25        |  |
|                       |    |       | 2025/ 3 月 | 4, 8, 11, 15                 |  |
|                       |    | 1.3   | 2025/ 3 月 | 18, 22, 25, 29               |  |
|                       |    |       | 2025/ 4 月 | 待定                           |  |
|                       | B4 | 1.1   | 2025/ 1 月 | 2, 4, 9, 11, 16, 18, 23, 25  | 星期四 / 1900 - 2100<br>星期六 / 1700 - 1900 |
|                       |    |       | 2025/ 2 月 | 1, 6                         |  |
|                       |    | 1.2   | 2025/ 2 月 | 8, 13, 15, 20, 22, 27        |  |
|                       |    |       | 2025/ 3 月 | 1, 6, 8, 13                  |  |
|                       |    | 1.3   | 2025/ 3 月 | 15, 20, 22, 27, 29           |  |
|                       |    |       | 2025/ 4 月 | 待定                           |  |

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時間及地點或需因應課程編排、場館維修或其他原因影響而作出相應調動或安排，如有更改將另行公布。

註：由於柴灣體育館即將維修，本年度預計將改於小西灣體育館進行訓練，敬請注意，謝謝。

| 地點          | 組別        | 階段/期數               | 訓練日期                        |  | 時間                                     |
|-------------|-----------|---------------------|-----------------------------|--|--|
| 源禾路體育館 (ST) | A5        | 1.1                 | 2025/ 1 月                   | 4, 6, 11, 13, 18, 20, 25, 27           | 星期一 / 1900 - 2100<br>星期六 / 1600 - 1800 |
|             |           |                     | 2025/ 2 月                   | 1, 3                                   |  |
|             |           | 1.2                 | 2025/ 2 月                   | 8, 10, 15, 17, 22, 24                  |  |
|             |           | 2025/ 3 月           | 1, 3, 8, 10                 |  |  |
|             |           | 1.3                 | 2025/ 3 月                   | 15, 17, 22, 24, 29, 31                 |  |
|             |           | 2025/ 4 月           | 待定                          |  |  |
| B5          | 1.1       | 2025/ 1 月           | 4, 8, 11, 15, 18, 22, 25    | 星期三 / 1900 - 2100<br>星期六 / 1800 - 2000 |  |
|             |           | 2025/ 2 月           | 1, 5, 8                     |  |  |
|             | 1.2       | 2025/ 2 月           | 12, 15, 19, 22, 26          |  |  |
|             | 2025/ 3 月 | 1, 5, 8, 12, 15     |                             |  |  |
|             | 1.3       | 2025/ 3 月           | 19, 22, 26, 29              |  |  |
|             | 2025/ 4 月 | 待定                  |                             |  |  |
| 大埔墟體育館 (TP) | A6        | 1.1                 | 2025/ 1 月                   | 4, 6, 11, 13, 18, 20, 25, 27           | 星期一 / 1900 - 2100<br>星期六 / 1600 - 1800 |
|             |           |                     | 2025/ 2 月                   | 1, 3                                   |  |
|             |           | 1.2                 | 2025/ 2 月                   | 8, 10, 15, 17, 22, 24                  |  |
|             |           | 2025/ 3 月           | 1, 3, 8, 10                 |  |  |
|             |           | 1.3                 | 2025/ 3 月                   | 15, 17, 22, 24, 29, 31                 |  |
|             |           | 2025/ 4 月           | 5, 7, 19, 21                |  |  |
| B6          | 1.1       | 2025/ 1 月           | 4, 8, 11, 15, 18, 22, 25    | 星期三 / 1900 - 2100<br>星期六 / 1800 - 2000 |  |
|             |           | 2025/ 2 月           | 1, 5, 8                     |  |  |
|             | 1.2       | 2025/ 2 月           | 12, 15, 19, 22, 26          |  |  |
|             | 2025/ 3 月 | 1, 5, 8, 12, 15     |                             |  |  |
|             | 1.3       | 2025/ 3 月           | 19, 22, 26, 29              |  |  |
|             | 2025/ 4 月 | 2, 5, 9, 16, 19, 23 |                             |  |  |
| 楊屋道體育館 (TW) | A7        | 1.1                 | 2025/ 1 月                   | 5, 7, 12, 14, 19, 21, 26, 28           | 星期二 / 1900 - 2100<br>星期日 / 1400 - 1600 |
|             |           |                     | 2025/ 2 月                   | 2, 4                                   |  |
|             |           | 1.2                 | 2025/ 2 月                   | 9, 11, 16, 18, 23, 25                  |  |
|             |           | 2025/ 3 月           | 2, 4, 9, 11                 |  |  |
|             |           | 1.3                 | 2025/ 3 月                   | 16, 18, 23, 25, 30                     |  |
|             |           | 2025/ 4 月           | 待定                          |  |  |
| B7          | 1.1       | 2025/ 1 月           | 2, 5, 9, 12, 16, 19, 23, 26 | 星期四 / 1900 - 2100<br>星期日 / 1600 - 1800 |  |
|             |           | 2025/ 2 月           | 2, 6                        |  |  |
|             | 1.2       | 2025/ 2 月           | 9, 13, 16, 20, 23, 27       |  |  |
|             | 2025/ 3 月 | 2, 6, 9, 13         |                             |  |  |
|             | 1.3       | 2025/ 3 月           | 16, 20, 23, 27, 30          |  |  |
|             | 2025/ 4 月 | 待定                  |                             |  |  |
| 大興體育館 (TM)  | A8        | 1.1                 | 2025/ 1 月                   | 4, 6, 11, 13, 18, 20, 25, 27           | 星期一 / 1900 - 2100<br>星期六 / 1600 - 1800 |
|             |           |                     | 2025/ 2 月                   | 1, 3                                   |  |
|             |           | 1.2                 | 2025/ 2 月                   | 8, 10, 15, 17, 22, 24                  |  |
|             |           | 2025/ 3 月           | 1, 3, 8, 10                 |  |  |
|             |           | 1.3                 | 2025/ 3 月                   | 15, 17, 22, 24, 29, 31                 |  |
|             |           | 2025/ 4 月           | 待定                          |  |  |
| B8          | 1.1       | 2025/ 1 月           | 4, 8, 11, 15, 18, 22, 25    | 星期三 / 1900 - 2100<br>星期六 / 1800 - 2000 |  |
|             |           | 2025/ 2 月           | 1, 5, 8                     |  |  |
|             | 1.2       | 2025/ 2 月           | 12, 15, 19, 22, 26          |  |  |
|             | 2025/ 3 月 | 1, 5, 8, 12, 15     |                             |  |  |
|             | 1.3       | 2025/ 3 月           | 19, 22, 26, 29              |  |  |
|             | 2025/ 4 月 | 待定                  |                             |  |  |