

主辦機構:

Organized By:



資助單位:

Subvented By:



## 2025-26 年度棒球推廣計劃 (第二期)

### 2025-26 District Promotion Baseball Training Scheme (Phase II)

#### 章 程

#### Leaflet

**宗旨:** 推廣本地棒球運動，培養具潛質運動員，提高香港棒球水準，並提倡德、智、體、群、美五育。  
**Aims:** To promote baseball in local, cultivate potential athletes, improve the standard of baseball in Hong Kong, and promote the moral, intellectual, physical, social and aesthetic.

**內容:** 棒球推廣計劃全年分三期舉辦。  
**Content:** District Promotion Baseball Training Scheme to be distributed in three phases in the year.

- 親子兒童組軟式棒球訓練班：全期十二課，每課兩小時。  
Indoor Tee-Ball Training Scheme for Parent-child: Total 12 classes, each class 2 hours.
- 少年組、青成組及女子組棒球訓練班：全期十二課，每課三小時。  
Baseball Training Course for Children, Youth & Adult and Women: Total 12 classes, each class 3 hours.
- 由本會資深教練教授棒球基本技術及理論。  
Teach by the experienced coach for the basic skill and theories of baseball.

**參加資格:**  
Eligibility:

| 組別<br>Group             | 班別<br>Class                                                                         | 年齡*<br>Age*                             |
|-------------------------|-------------------------------------------------------------------------------------|-----------------------------------------|
| 親子兒童組#<br>Parent-child# | 室內軟式初級棒球訓練班(親子兒童組)<br>Indoor Tee-Ball Training Course for Parent-child (Elementary) | 兒童 Child : 4 - 8<br>親屬 Parent : 18 - 64 |
| 少年組<br>Children         | 初級棒球訓練班<br>Baseball Training Course (Elementary)                                    | 7 - 14                                  |
| 青年及成人組<br>Youth & Adult |                                                                                     | 13 - 64                                 |
| 女子組<br>Women            |                                                                                     | 13 - 64                                 |

- 基於安全理由，親子班兒童必須由 18 歲或以上成人陪同出席；陪同人員報名費與兒童同價。  
For safety reasons, children attending the parent-child class must be accompanied by an adult aged 18 or above; the enrollment fee is the same as for the children.
- 參加者於上課當日起計，必須年屆所選組別之所列年齡，年齡不足或超齡者，恕不接納。  
Participant should meet the age requirement, under-aged or over-aged would not be accepted.

**^報名費:** 親子兒童組 Parent-child **HK\$ 203**  
**^Enrollment Fee:** (陪同人員報名費與兒童同價; 每位兒童參加者最多由兩名陪同人員陪同出席)  
 (The enrollment fee for an accompanying adult is the same as the children. Each child participant may be accompanied by a maximum of two adults.)

少年組 Children **HK\$ 225**

青年及成人組 Youth & Adult **HK\$ 265**

女子組 Women **HK\$ 265**

**^請參閱本章程中備註部分的第 4 和第 5 節，瞭解報名費所包含的費用。**

**^ Please refer to Sections 4 and 5 of the Remarks in this leaflet for the charges included in the enrollment fee.**

報名辦法: 網上報名 Online Registration

Enrollment:

登入本會網頁 <https://www.hkbaseball.org/login.php>

完成用戶登記後，登入網頁報名課程，並以「傳款易」網上付款系統繳交費用。

1. 以「PPS 繳費靈」付款，需事先開啟「PPS 繳費靈」戶口。
2. 以「支付寶 HK AlipayHK」或「銀聯 UnionPay」付款，需事先開通付款戶口。
3. 以 Visa 和 Mastercard 支付。
4. 以「Payme」、「Apple Pay」或「Samsung Pay」支付。

Click the link provided [https://www.hkbaseball.org/product\\_cat\\_course.php?lang\\_id=2%20](https://www.hkbaseball.org/product_cat_course.php?lang_id=2%20) to login to the BAHKC Online Registration system and select the course, then complete the payment online via "PayDollar".

1. Pay by 「PPS」, please sign up a PPS account in advance.
2. Pay by 「HK AlipayHK」 or 「UnionPay」, please sign up an account in advance.
3. Pay by Visa and Mastercard.
4. Pay by 「Payme」、「Apple Pay」 or 「Samsung Pay」.

報名日期:  
Enrollment  
Date:

|                                    | 新生<br><b><u>New Participants</u></b>                                                                                                                      |                                | 舊生 <sup>^</sup><br><b><u>Existing Participants</u></b> |                                |
|------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|--------------------------------------------------------|--------------------------------|
| 初級班一期<br>Elementary<br>(Phase I)   | 兒童及少年組<br>Parent-Child & Children                                                                                                                         | 2025 年 3 月 10 日<br>10 MAR 2025 | 不適用<br>Not applicable                                  |                                |
|                                    | 青成及女子組<br>Youth & Adult, Women                                                                                                                            | 2025 年 3 月 10 日<br>10 MAR 2025 |                                                        |                                |
| 初級班二期<br>Elementary<br>(Phase II)  | 兒童及少年組<br>Parent-Child & Children                                                                                                                         | 2025 年 6 月 13 日<br>13 JUN 2025 | 兒童及少年組<br>Parent-Child & Children                      | 2025 年 6 月 12 日<br>12 JUN 2025 |
|                                    | 青成及女子組<br>Youth & Adult, Women                                                                                                                            |                                | 青成及女子組<br>Youth & Adult, Women                         | 2025 年 6 月 12 日<br>12 JUN 2025 |
| 中級班<br>Intermediate<br>(Phase III) | 兒童及少年組<br>Parent-Child & Children                                                                                                                         | 2025 年 9 月 16 日<br>16 SEP 2025 | 兒童及少年組<br>Parent-Child & Children                      | 2025 年 9 月 15 日<br>15 SEP 2025 |
|                                    | 青成及女子組<br>Youth & Adult, Women                                                                                                                            |                                | 青成及女子組<br>Youth & Adult, Women                         | 2025 年 9 月 15 日<br>15 SEP 2025 |
| 新秀賽<br>Novice<br>competition       | 2025-26 年度棒球推廣計劃之參加者 (初級班一期、初級班二期或中級班)<br>The participants of 2025-26 District Promotion Baseball Training Scheme (Elementary Phase I, II & Intermediate) |                                |                                                        |                                |

<sup>^</sup>已參加上一期的學員可於舊生優先報名期 1 日內優先選報(不適用於第一期)

<sup>^</sup>Who participated in the last phase available to enroll within 1 day in the prior period (not apply for Phase I)

先報先收，額滿即止。接納報名與否，本會有最後決定權。

Start to enroll until the quota full. BAHKC reserves the final discretion in accepting the application.

如參加者出席率不足三成，下一期報名之優次將排至最後。

Participants whose attendance less than 30%, will have the lowest priority to enroll the next phase.

實際報名日期及時間可登入本會網頁 <https://www.hkbaseball.org/> 查閱或來電本會查詢。

Please check the exact enrollment date and time on <https://www.hkbaseball.org/> or contact us.

備註:  
Remarks:

1. 為貫徹棒球精神，請參加者自備棒球手套及穿著棒球制服上課（包括：棒球衫、棒球褲、帽、皮帶）。如無手套及棒球制服，參加者不得上課。  
Participants should wear sneakers, athletic clothing (baseball uniform preferable), cap and bring a glove to attend training.
2. 報名資料不全，恕不受理。報名的資料，只作中國香港棒球總會的活動報名事宜、統計、日後聯絡及活動意見調查之用，亦只限於本會授權人員方可查閱有關資料作前述目的之用。遞交申請表後，如欲更正或查詢個人資料，請與本會職員聯絡。  
All of the information is used for applying course, statistical analysis, contact and survey only. Only authorized person of the Association allows to access the relevant information for the above purposes.
3. 參加者如需於課程完結後領取『參加證書』，請於申請課程時別選，申領『參加證書』費用港幣 30 元正；以郵寄領取者，費用港幣 40 元正。  
Participant can apply for a Participation Certificate optionally, it will be issued after completion of the course. It will charge HK\$30 for collecting in person or HK\$40 for mailing.
4. 本會已為參加者投保團體意外保險，費用港幣 35 元已包括在報名費內（保障內容詳見本會網頁 <https://www.hkbaseball.org/>）。參加者可按自己需要，自行安排額外投保。  
All participant are covered by Group Personal Accident Insurance, a premium of HK\$35 included in the enrollment fee, please refer to the website <https://www.hkbaseball.org/> for the coverage. Participant can arrange an extra insurance for themselves if needed.
5. 由網上付款系統公司所收取之手續費亦已包括在報名費內。  
Handling charge for online payment is included in enrollment fee.
6. 無論任何情況，本課程不設補課，包括因天氣問題取消的課堂，所繳費用，概不發還。  
Makeup classes, refund of application fee will not be arranged in this program (Includes bad weather).
7. 如天氣欠佳，上課與否，視乎場地是否關閉，如有疑問，請於出發前致電主教練查詢。如遇以下情況，場地政策均會封場：  
-天然草場及人造草場：當上課時間內黑雨警告或 8 號熱帶氣旋警告信號生效。  
-體育館：當上課時間內 8 號熱帶氣旋警告信號正在生效。  
In case the course is not closed despite a bad weather, the participants or his/her parent should decide whether to attend the class or not. Please contact the coach before go to the venue in case there is any concern. The venue will be closed in below situation: Natural Turf Surfaces/ Artificial Turf Surfaces : Typhoon Signal No. 8 or above or Black Rainstorm Warning is in force during the course. Sports Centres : Typhoon Signal No. 8 is in force during the course
8. 主教練如因判斷天氣或場地不適宜進行訓練，將於上課前致電通知學員。  
The coach will inform the participants in advance if the venue or weather is not suitable to continue the course.

查詢: 中國香港棒球總會  
Enquiries: The Baseball Association of Hong Kong, China

中國香港 銅鑼灣 大球場徑一號 奧運大樓一樓 1003 室  
Room 1003, 1/F., Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong

電話 Tel : 2504 8330 傳真 Fax : 2504 4663 電郵 Email : [office@hkbaseball.org](mailto:office@hkbaseball.org)

網址 Website : <https://www.hkbaseball.org/>

**2025-26 年度棒球推廣計劃 (第二期)**  
**2025-26 District Promotion Baseball Training Scheme (Phase II)**

親子室內軟式初級棒球訓練班  
Indoor Tee-Ball Training Course for Parent-child (Elementary)

| 組別<br>Group           | 班別<br>Class              | 地點<br>Venue                                                                                                                                           | 開班人數/名額<br>Quota /<br>Participants<br>per class | 上課日期<br>Date                                                                                                                                                                                                | 星期<br>Week | 時間<br>Time                               | 截止日期<br>Deadline    |
|-----------------------|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|------------------------------------------|---------------------|
| 親子兒童組<br>Parent-Child | ET2SWa                   | 上環體育館<br>Sheung Wan Sports Centre<br>香港上環皇后大道中 345 號<br>上環市政大廈<br>345 Queen's Road Central,<br>Sheung Wan, Hong Kong                                  | 15/30                                           | <u>2025</u><br>SEP 27<br>OCT 11, 25<br>NOV 8, 15, 22<br>DEC 20<br><u>2026</u><br>JAN 10, 24<br>FEB 7, 14, 21                                                                                                | 六<br>SAT   | 4:00pm<br>-6:00pm                        | 06/09/2025<br>(SAT) |
|                       | ET2SWb<br>新增班別<br>NEW    | 上環體育館<br>Sheung Wan Sports Centre<br>香港上環皇后大道中 345 號<br>上環市政大廈<br>345 Queen's Road Central,<br>Sheung Wan, Hong Kong                                  | 15/30                                           | <u>2025</u><br>SEP 27<br>OCT 11, 25<br>NOV 8, 15, 22<br>DEC 20<br><u>2026</u><br>JAN 10, 24<br>FEB 7, 14, 21<br>*Updated on 20/10/2025                                                                      | 六<br>SAT   | 4:00pm<br>-6:00pm                        | 26/09/2025<br>(SAT) |
|                       | ET2SL<br>取消<br>cancelled | <del>順利邨體育館<br/>Shun Lee Tsuen Sports Centre</del><br><del>九龍觀塘順利邨道 33 號</del><br><del>33 Shun Lee Tsuen Road,</del><br><del>Kwun Tong, Kowloon</del> | 15/30                                           | <u>2025</u><br><del>JUL 12</del><br><del>AUG 16, 23, 30</del><br><del>SEP 6, 13, 20, 27</del><br><del>OCT 4, 11, 25</del><br><del>NOV 1</del><br>*因報名人數不足取消<br>*Cancelled due to<br>insufficient enrollment | 六<br>SAT   | <del>12:00pm</del><br><del>-2:00pm</del> | 28/06/2025<br>(SAT) |
|                       | ET2LK                    | 荔景體育館<br>Lai King Sports Centre<br>新界葵涌麗祖道 60 號<br>60 Lai Cho Road, Kwai Chung,<br>New Territories                                                    | 15/30                                           | <u>2025</u><br>JUL 19, 26<br>AUG 2, 9, 16, 23, 30<br>SEP 6, 13, 20, 27<br>OCT 4                                                                                                                             | 六<br>SAT   | 3:00pm<br>-5:00pm                        | 05/07/2025<br>(SAT) |
|                       | ET2NTK<br>新增班別<br>NEW    | 牛頭角道體育館<br>Ngau Tau Kok Road Sports<br>Centre<br>九龍牛頭角道 183 號<br>183 Ngau Tau Kok Road,<br>Kowloon<br>*Updated on 20/10/2025                          | 15/30                                           | <u>2025</u><br>NOV 2, 9, 30<br>DEC 21, 28<br><u>2026</u><br>JAN 4, 11, 18, 25<br>FEB 1, 8, 15                                                                                                               | 日<br>Sun   | 2:00pm<br>-4:00pm                        | 12/10/2025<br>(Sun) |

| 2025-26 年度棒球推廣計劃 (第二期)<br>2025-26 District Promotion Baseball Training Scheme (Phase II) |                            |                                                                                                                                                              |                                                 |                                                                                                                                                                       |            |                    |                     |
|------------------------------------------------------------------------------------------|----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|--------------------|---------------------|
| 初級棒球訓練班<br>Baseball Training Course (Elementary)                                         |                            |                                                                                                                                                              |                                                 |                                                                                                                                                                       |            |                    |                     |
| 組別<br>Group                                                                              | 班別<br>Class                | 地點<br>Venue                                                                                                                                                  | 開班人數/名額<br>Quota /<br>Participants<br>per class | 上課日期<br>Date                                                                                                                                                          | 星期<br>Week | 時間<br>Time         | 截止日期<br>Deadline    |
| 少年組<br>Children                                                                          | EC2QBP                     | 香港鰂魚涌公園<br>(二號人造草場)<br>Quarry Bay Park<br>(Artificial Turf Pitch No.2)<br><br>香港鰂魚涌海澤街 28 號<br>28 Hoi Chak Street,<br>Quarry Bay, Hong Kong                  | 15/30                                           | <u>2025</u><br>SEP 14, 21, 28<br>OCT 5, 12, 19, 26<br>NOV 2, 9, 16, 23<br>DEC 7                                                                                       | 日<br>SUN   | 11:30am<br>-2:30pm | 31/08/2025<br>(SUN) |
|                                                                                          | EC2THT                     | 大坑東遊樂場(三號場)<br>Tai Hang Tung Recreation<br>Ground<br>(Soccer Pitch No.3)<br><br>九龍深水埗界限街 63 號<br>63 Boundary Street,<br>Sham Shui Po, Kowloon                | 15/30                                           | <u>2025</u><br>SEP 28<br>OCT 5, 12, 26<br>NOV 2, 9, 16, 23, 30<br><u>2026</u><br>JAN 4, 11, 18                                                                        | 日<br>SUN   | 9:30am<br>-12:30pm | 27/09/2025<br>(SUN) |
|                                                                                          | EC2THT1                    | 大坑東遊樂場(三號場)<br>Tai Hang Tung Recreation<br>Ground<br>(Soccer Pitch No.3)<br><br>九龍深水埗界限街 63 號<br>63 Boundary Street,<br>Sham Shui Po, Kowloon                | 15/30                                           | <u>2025</u><br>SEP 28<br>OCT 5, 12, 26<br>NOV 2, 9, 16, 23, 30<br><u>2026</u><br>JAN 4, 11, 18<br>*Updated on 14/9/2025                                               | 日<br>SUN   | 9:30am<br>-12:30pm | 27/09/2025<br>(SAT) |
|                                                                                          | EC2TYNP<br>取消<br>cancelled | 青衣東北公園人造草場<br>Tsing Yi Northeast Park<br>Artificial Turf Pitch<br><br><del>新界青衣担杆山路 10 號</del><br><del>40 Tam Kon Shan Road, Tsing Yi, New Territories</del> | 15/30                                           | <u>2025</u><br>SEP 14, 21, 28<br>OCT 5, 12, 19, 26<br>NOV 2, 9, 16, 23, 30<br>*因報名人數不足取消<br>*Cancelled due to<br>insufficient enrollment<br><br>*Updated on 14/9/2025 | 日<br>SUN   | 9:30am<br>-12:30pm | 31/08/2025<br>(SUN) |

**2025-26 年度棒球推廣計劃 (第二期)**  
**2025-26 District Promotion Baseball Training Scheme (Phase II)**

初級棒球訓練班  
Baseball Training Course (Elementary)

| 組別<br>Group          | 班別<br>Class | 地點<br>Venue                                                                                                                                      | 開班人數/名額<br>Quota /<br>Participants<br>per class | 上課日期<br>Date                                                                                                                   | 星期<br>Week | 時間<br>Time         | 截止日期<br>Deadline    |
|----------------------|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------|--------------------|---------------------|
| 青成組<br>Youth & Adult | EY2SYS      | 中山紀念公園人造草場<br>Sun Yat Sen Memorial Park<br>Artificial Turf Soccer Pitch<br>香港西營盤東邊街北 16 號<br>16 Eastern Street North,<br>Sai Ying Pun, Hong Kong | 20/40                                           | <u>2025</u><br>JUL 11, 18, 25<br>AUG 1, 8, 15, 22, 29<br>SEP 5, 12, 19, 26                                                     | 五<br>FRI   | 8:00PM<br>-11:00pm | 20/06/2025<br>(FRI) |
|                      | EY2CSP      | 櫻桃街公園足球場<br>Cherry Street Park<br>Artificial Turf Soccer Pitch<br>九龍旺角櫻桃街 1 號<br>1 Cherry Street,<br>Mong Kok, Kowloon                           | 20/40                                           | <u>2025</u><br>AUG 4, 11, 18, 25<br>SEP 1, 8, 15, 22, 29<br>OCT 6, 13, 20                                                      | 一<br>MON   | 8:00PM<br>-11:00pm | 21/07/2025<br>(MON) |
|                      | EY2BS       | 界限街遊樂場<br>Boundary Street Recreation<br>Ground<br>九龍旺角洗衣街 200 號<br>200 Fung Mo Street,<br>Wong Tai Sin, Kowloon                                  | 20/40                                           | <u>2025</u><br>JUN 24<br>JUL 8, 15, 22, 29<br>AUG 5, 12, 19, 26<br>SEP 2, 9, 16                                                | 二<br>TUE   | 8:00PM<br>-11:00pm | 17/06/2025<br>(TUE) |
|                      | EY2LF       | 樂富遊樂場<br>Lok Fu Recreation Ground<br>九龍樂富杏林街 1 號<br>1 Heng Lam Street, Lok Fu,<br>Kowloon                                                        | 20/40                                           | <u>2025</u><br>SEP 17<br>OCT 8, 15, 22<br>NOV 5, 12, 19<br>DEC 3, 10, 17<br><u>2026</u><br>JAN 7, 14                           | 三<br>WED   | 8:00PM<br>-11:00pm | 20/08/2025<br>(WED) |
|                      | EY2MP2      | 摩士公園三號公園<br>人造草一號場<br>Morse Park (Park No.3)<br>Soccer Pitch No.1<br>黃大仙鳳舞街 40 號<br>40 Fung Mo Street,<br>Wong Tai Sin, Kowloon                  | 20/40                                           | <u>2025</u><br>JUL 11, 18, 25<br>AUG 1, 8, 15, 22, 29<br>SEP 5, 12, 19, 26                                                     | 五<br>FRI   | 8:00PM<br>-11:00pm | 20/06/2025<br>(MON) |
|                      | EY2MP1      | 摩士公園三號公園<br>人造草一號場<br>Morse Park (Park No.3)<br>Soccer Pitch No.1<br>黃大仙鳳舞街 40 號<br>40 Fung Mo Street,<br>Wong Tai Sin, Kowloon                  | 20/40                                           | <u>2025</u><br>JUL 14, 21, 28<br>AUG 4, 11, 18, 25<br>SEP 1, 8, 15, 22, <del>29</del><br>OCT 20 (補課)<br>*Updated on 17/10/2025 | 一<br>MON   | 8:00PM<br>-11:00pm | 23/06/2025<br>(FRI) |



## 2025-26 年度棒球推廣計劃 (第二期) 2025-26 District Promotion Baseball Training Scheme (Phase II)

### 初級棒球訓練班 Baseball Training Course (Elementary)

| 組別<br>Group          | 班別<br>Class | 地點<br>Venue                                                                                                                 | 開班人數/名額<br>Quota /<br>Participants<br>per class | 上課日期<br>Date                                                                    | 星期<br>Week | 時間<br>Time         | 截止日期<br>Deadline    |
|----------------------|-------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|---------------------------------------------------------------------------------|------------|--------------------|---------------------|
| 青成組<br>Youth & Adult | EY2KF       | 大埔廣福球場<br>Kwong Fuk Football Ground<br>新界大埔廣福道<br>Kwong Fuk Road, Tai Po, New Territories                                   | 20/40                                           | <u>2025</u><br>JUN 25<br>JUL 2, 9, 16, 23, 30<br>AUG 6, 13, 20, 27<br>SEP 3, 10 | 三<br>WED   | 8:00PM<br>-11:00pm | 18/06/2025<br>(WED) |
|                      | EY2PTP1     | 將軍澳寶翠公園<br>人造草場<br>Po Tsui Park Artificial Turf Soccer Pitch<br>新界將軍澳寶康路毓雅里<br>Yuk Nga Lane, Tseung Kwan O, New Territories | 20/40                                           | <u>2025</u><br>JUL 11, 18, 25<br>AUG 1, 8, 15, 22, 29<br>SEP 5, 12, 19, 26      | 五<br>FRI   | 8:00PM<br>-11:00pm | 20/06/2025<br>(FRI) |
|                      | EY2PTP2     | 將軍澳寶翠公園<br>人造草場<br>Po Tsui Park Artificial Turf Soccer Pitch<br>新界將軍澳寶康路毓雅里<br>Yuk Nga Lane, Tseung Kwan O, New Territories | 20/40                                           | <u>2025</u><br>JUL 11, 18, 25<br>AUG 1, 8, 15, 22, 29<br>SEP 5, 12, 19, 26      | 五<br>FRI   | 8:00PM<br>-11:00pm | 20/06/2025<br>(FRI) |
| 女子組<br>Women         | EW2BS       | 界限街遊樂場<br>Boundary Street Recreation Ground<br>九龍旺角洗衣街 200 號<br>200 Sai Yee Street, Mong Kok, Kowloon                       | 20/40                                           | <u>2025</u><br>JUL 14, 21, 28<br>AUG 4, 11, 18, 25<br>SEP 1, 8, 15, 22, 29      | 一<br>MON   | 8:00PM<br>-11:00pm | 23/06/2025<br>(MON) |

上課地點及時間最終按康文署所批出場地為準。 \*\*

The booking of venues, date and time will be finalized upon receiving the approval of LCSD.

詳情可登入本會網頁 <https://www.hkbaseball.org/> 查閱或來電本會查詢。

Please check the details in BAHKC Website <https://www.hkbaseball.org/> or contact us.