

主辦機構:
Organized By:



資助單位:
Subvented By:



2026-27 年度棒球推廣計劃 (第一期) 2026-27 District Promotion Baseball Training Scheme (Phase I)

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

#基於安全理由, 親子班上課期間, 每位兒童必須由最少一位成人 (18 歲或以上) 陪同, 最多兩位。

#For safety reasons, all children attending the Parent-Child Class must be accompanied by at least one adult (aged 18 or above). A maximum of two adults per child is permitted.

*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 HKD \$ 210 /人 (小朋友及陪同成人同價, 按人頭計算 The fee is charged
Enrollment per person, applicable to both the child and the accompanying adult.)
Fee: 少年組 Children HKD \$ 230 /人
青年及成人組 Youth & Adult HKD \$ 271 /人
女子組 Women HKD \$ 271 /人
(參考備註 4-5 See Remark 4-5)

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 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 New participants	舊生 [^] Existing participants
初級班一期 Elementary (Phase I)	親子兒童組及少年組 Parent-Child & Children 2026.02.16 12:00 – 2026.02.23 11:59	2026.02.23 @12:00
	青成及女子組 Youth & Adult, Women 2026.02.16 12:00 – 2026.02.23 11:59	
初級班二期 Elementary (Phase II)	親子兒童組及少年組 Parent-Child & Children 2026. 05 (暫定 Tentative)	兒童及少年組 Parent-Child & Children 2026. 05 (暫定 Tentative)
	青成及女子組 Youth & Adult, Women 2026. 05 (暫定 Tentative)	青成及女子組 Youth & Adult, Women 2026. 05 (暫定 Tentative)
中級班 Intermediate (Phase III)	親子兒童組及少年組 Parent-Child & Children 2026. 08 (暫定 Tentative)	兒童及少年組 Parent-Child & Children 2026. 08 (暫定 Tentative)
	青成及女子組 Youth & Adult, Women 2026. 08 (暫定 Tentative)	青成及女子組 Youth & Adult, Women 2026. 08 (暫定 Tentative)
新秀賽 Novice Competition	2026-27 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) The participants of 2026-27 District Promotion Baseball Training Scheme (Elementary Phase I, Elementary Phase II & Intermediate)	

註：棒總網上註冊系統均有記錄參加者過往的報名紀錄。在報名時，系統會將申請人分為「新申請者」及「非新申請者」兩類。於第一期報名時把名額優先給予「新申請者」，如有剩餘名額，再開放予「非新申請者」報名。「新申請者」指過去 12 個月未曾參加同一棒球推廣計劃的申請者。如申請者在過去 12 個月曾獲取錄並已繳費或曾參加同一地區棒球推廣計劃訓練班，不論有否完成整個過程，均被視為「非新申請者」。就雙人或多人參加的活動而言，如報名組合中任何一人屬「非新申請者」，則整個組合視作「非新申請者」。

Note : The BAHKC's online registration system records the application history of all participants. During registration, applicants will be categorized into two types: "New Applicants" and "Non-New Applicants." In the first round of registration, priority will be given to New Applicants. If any spots are still available, registration will then be opened to Non-New Applicants. A New Applicant refers to an applicant who has not participated in the same District Promotion Baseball Training Course in the past 12 months. If an applicant has been accepted and paid the fee, or has participated in any relevant District Promotion Baseball Training Scheme in the past 12 months—regardless of whether they completed the entire programme—they will be considered a Non-New Applicant.

For activities involving pair or group registration, if any member of the registration group is classified as a Non-New Applicant, the entire group will be treated as Non-New Applicants.

^已參加同一年度上一期推廣班的學員可於舊生優先報名期 3 日內優先選報 (不適用於第一期)

^ Participants who have enrolled in the previous phase of the same year's promotion programme are eligible to register during the 3-day priority registration period for returning students (not applicable to the first phase).

先報先收，額滿即止。接納報名與否，本會擁有最後決定權。

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:

- 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.
- 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.
- 參加者如需於課程完結後領取「參加證書」，請於報名時一併選取相關選項。證書費用如下：
親臨領取：港幣 30 元正；郵寄領取：港幣 40 元正。
Participants may optionally apply for a **Participation Certificate**, which will be issued upon completion of the course. The fee is **HKD30** for in-person collection or **HKD40 for mailing**.
- 本會已為參加者投保團體意外保險，費用港幣 45 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 participants are covered by Group Personal Accident Insurance, a premium of **HKD45 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.
- 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.
- 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).
- 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练查詢。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
- 主教练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
Enquiry: 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

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

新春辦公安排 | Lunar New Year Office Hours

 年廿九 (2月16日)
上午 9:00 至 下午 1:00
16 February (Year-End Eve)
9:00 a.m. to 1:00 p.m.

本會將於 2 月 17 日至 19 日休假，2 月 20 日恢復正常辦公。
Our office will be closed from 17 to 19 February and will reopen on 20 February.

 年初四 (2月20日) 起恢復正常辦公，辦公時間
20 February (Year-Start Day) onwards, resume normal office hours:

星期一至五: 上午 9:00 至 下午 1:00, 下午 2:00 至 下午 6:00
星期六、日及公眾假期全日休息
Mondays to Fridays: 9:00 a.m. to 1:00 p.m. and 2:00 p.m. to 6:00 p.m.
Closed on Saturdays, Sundays and Public Holidays

2026-27 年度棒球推廣計劃 (第一期)
2026-27 District Promotion Baseball Training Scheme (Phase I)

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

組別 Group	班別 Class	地點 Venue	開班人數/名額 Quota / Participants per class	上課日期 Date	星期 Week	時間 Time	截止日期 Deadline	
親子兒童組 Parent-Child	ET1SW	上環體育館 Sheung Wan Sports Centre 香港上環皇后大道中 345 號 上環市政大廈 345 Queen's Road Central, Sheung Wan, Hong Kong	15/30	2026 APR 11, 18, 25 May 2, 9, 23 JUN 13, 27 JUL 11, 18, 25 AUG 1	六 SAT	16:00 – 18:00	額滿即止	
	ET1NTK	牛頭角道體育館 Ngau Tau Kok Road Sports Centre 九龍牛頭角道 183 號 183 Ngau Tau Kok Road, Kowloon	15/30	2026 APR 12, 19, 26 MAY 10, 17, 31 JUN 7, 14, 28 JUL 5, 12, 19	日 SUN	14:00 – 16:00	額滿即止	
	ET1LK+ TWH	場地一) 荔景體育館 Lai King Sports Centre 新界葵涌麗祖道 60 號 60 Lai Cho Road, Kwai Chung, New Territories 場地二) 大窩口體育館 Tai Wo Hau Sports Centre 新界葵涌大窩口大廈街 39 號 39 Tai Ha Street, Tai Wo Hau, Kwai Chung, New Territories	15/30	詳見下表 See below schedule				額滿即止
		2026 Apr 12	日 SUN	荔景 Lai King	15:00-17:00			
		2026 Apr 18	六 SAT	荔景 Lai King	15:00-17:00			
		2026 Apr 25	六 SAT	荔景 Lai King	15:00-17:00			
		2026 May 3	日 SUN	荔景 Lai King	15:00-17:00			
		2026 May 10	日 SUN	荔景 Lai King	15:00-17:00			
		2026 May 23	六 SAT	荔景 Lai King	15:00-17:00			
		2026 May 30	六 SAT	大窩口 Tai Wo Hau	16:00-18:00			
		2026 Jun 6	六 SAT	大窩口 Tai Wo Hau	16:00-18:00			
		2026 Jun 13	六 SAT	大窩口 Tai Wo Hau	16:00-18:00			
2026 Jun 20		六 SAT	大窩口 Tai Wo Hau	16:00-18:00				
2026 Jun 27	六 SAT	大窩口 Tai Wo Hau	16:00-18:00					
2026 Jul 4	六 SAT	荔景 Lai King	15:00-17:00					

2026-27 年度棒球推廣計劃 (第一期)
2026-27 District Promotion Baseball Training Scheme (Phase I)

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

組別 Group	班別 Class	地點 Venue	開班人數/名額 Quota /Participants per class	上課日期 Date	星期 Week	時間 Time	截止日期 Deadline
少年組 Children	EC1QBP-A	鯽魚涌公園 (二號人造草場) Quarry Bay Park (Artificial Turf Pitch No.2) 香港鯽魚涌海澤街 28 號 28 Hoi Chak Street, Quarry Bay, Hong Kong	15/30	2026 APR 12, 19, 26 MAY 3, 10, 17	日 SUN	11:30 – 14:30	額滿即止
				2026 MAY 24, 31 JUN 7, 14, 28 JUL 5	日 SUN	09:30 – 12:30	
	EC1QBP-B	鯽魚涌公園 (二號人造草場) Quarry Bay Park (Artificial Turf Pitch No.2) 香港鯽魚涌海澤街 28 號 28 Hoi Chak Street, Quarry Bay, Hong Kong	15/30	2026 APR 12, 19, 26 MAY 3, 10, 17	日 SUN	11:30 – 14:30	額滿即止
				2026 MAY 24, 31 JUN 7, 14, 28 JUL 5	日 SUN	09:30 – 12:30	
EC1THT	大坑東遊樂場(三號場) Tai Hang Tung Recreation Ground (Soccer Pitch No.3) 九龍深水埗界限街 63 號 63 Boundary Street, Sham Shui Po, Kowloon	15/30	2026 MAY 10, 17 31 JUN 7, 14, 28 AUG 30 SEP 6, 13, 20 OCT 4, 11	日 SUN	09:30 – 12:30	額滿即止	
EC1TYNP	青衣東北公園人造草球場 Tsing Yi Northeast Park Artificial Turf Pitch 新界青衣担杆山路 10 號 10 Tam Kon Shan Road, Tsing Yi, New Territories	15/30	2026 APR 12, 19, 26 MAY 3, 10, 24, 31 JUN 7, 14, 28 JUL 5, 12	日 SUN	09:30 – 12:30	額滿即止	

2026-27 年度棒球推廣計劃 (第一期)
2026-27 District Promotion Baseball Training Scheme (Phase I)

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

組別 Group	班別 Class	地點 Venue	開班人數/名額 Quota /Participants per class	上課日期 Date	星期 Week	時間 Time	截止日期 Deadline
青成組 Youth & Adult	EY1BS	界限街遊樂場 Boundary Street Recreation Ground 九龍旺角洗衣街 200 號 200 Fung Mo Street, Wong Tai Sin, Kowloon	20/40	詳見下表 See below schedule			額滿即止
		2026 May 4		— MON	界限街 Boundary Street	20:00-23:00	
		2026 May 11		— MON	界限街 Boundary Street	20:00-23:00	
		2026 May 18		— MON	界限街 Boundary Street	20:00-23:00	
		2026 Jun 1		— MON	界限街 Boundary Street	20:00-23:00	
		2026 Jun 8		— MON	界限街 Boundary Street	20:00-23:00	
		2026 Jun 15		— MON	界限街 Boundary Street	20:00-23:00	
		2026 Jun 22		— MON	界限街 Boundary Street	20:00-23:00	
		2026 Jun 29		— MON	界限街 Boundary Street	20:00-23:00	
		2026 Jul 8		三 WED	界限街 Boundary Street	20:00-23:00	
		2026 Jul 15		三 WED	界限街 Boundary Street	20:00-23:00	
		2026 Jul 22		三 WED	界限街 Boundary Street	20:00-23:00	
		2026 Jul 27		— MON	界限街 Boundary Street	20:00-23:00	
EY1CSP-A	櫻桃街公園足球場 Cherry Street Park Artificial Turf Soccer Pitch 九龍旺角櫻桃街 1 號 1 Cherry Street, Mong Kok, Kowloon	20/40	2026 APR 13, 20, 27 MAY 4, 11, 18 JUN 1, 8, 15, 22, 29 JUL 6	— MON	20:00 – 23:00	額滿即止	
EY1CSP-B	櫻桃街公園足球場 Cherry Street Park Artificial Turf Soccer Pitch 九龍旺角櫻桃街 1 號 1 Cherry Street, Mong Kok, Kowloon	20/40	2026 APR 13, 20, 27 MAY 4, 11, 18 JUN 1, 8, 15, 22, 29 JUL 6	— MON	20:00 – 23:00	額滿即止	
EY1KF	大埔廣福球場 Kwong Fuk Football Ground 新界大埔廣福道 Kwong Fuk Road, Tai Po, New Territories	20/40	2026 APR 1, 8, 15, 22, 29 MAY 6, 13, 20, 27 JUN 3, 10, 17	三 WED	20:00 – 23:00	額滿即止	

2026-27 年度棒球推廣計劃 (第一期)
2026-27 District Promotion Baseball Training Scheme (Phase I)

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

組別 Group	班別 Class	地點 Venue	開班人數/名額 Quota /Participants per class	上課日期 Date	星期 Week	時間 Time	截止日期 Deadline
青成組 Youth & Adult	EY1LF-A & EY1LF-B	樂富遊樂場 Lok Fu Recreation Ground 九龍樂富杏林街 1 號 1 Heng Lam Street, Lok Fu, Kowloon	20/40	詳見下表 See below schedule			額滿即止
		2026 Apr 10	五 FRI	樂富 Lok Fu	20:00-23:00		
		2026 Apr 13	一 MON	樂富 Lok Fu	20:00-23:00		
		2026 Apr 17	五 FRI	樂富 Lok Fu	20:00-23:00		
		2026 Apr 20	一 MON	樂富 Lok Fu	20:00-23:00		
		2026 Apr 24	五 FRI	樂富 Lok Fu	20:00-23:00		
		2026 Apr 27	一 MON	樂富 Lok Fu	20:00-23:00		
		2026 May 4	一 MON	樂富 Lok Fu	20:00-23:00		
		2026 May 8	五 FRI	樂富 Lok Fu	20:00-23:00		
		2026 May 18	一 MON	樂富 Lok Fu	20:00-23:00		
		2026 May 22	五 FRI	樂富 Lok Fu	20:00-23:00		
		2026 Jun 1	一 MON	樂富 Lok Fu	20:00-23:00		
		2026 Jun 5	五 FRI	樂富 Lok Fu	20:00-23:00		
EY1PTP-A	將軍澳寶翠公園 Po Tsui Park Artificial Turf Soccer Pitch 新界將軍澳寶康路毓雅里 Yuk Nga Lane, Tseung Kwan O, New Territories	20/40	2026 MAY 8, 15, 22, 29 JUN 5, 12, 26 JUL 3, 10, 17, 24, 31	五 FRI	20:00 – 23:00	額滿即止	
EY1PTP-B	將軍澳寶翠公園 Po Tsui Park Artificial Turf Soccer Pitch 新界將軍澳寶康路毓雅里 Yuk Nga Lane, Tseung Kwan O, New Territories	20/40	2026 MAY 8, 15, 22, 29 JUN 5, 12, 26 JUL 3, 10, 17, 24, 31	五 FRI	20:00 – 23:00	額滿即止	
EY1SYS	中山紀念公園 Sun Yat Sen Memorial Park Artificial Turf Soccer Pitch 香港西營盤東邊街北 16 號 16 Eastern Street North, Sai Ying Pun, Hong Kong	20/40	2026 APR 10, 17, 24 MAY 8, 15, 22, 29 JUN 5, 12, 26 JUL 3, 10	五 FRI	20:00 – 23:00	額滿即止	

2026-27 年度棒球推廣計劃 (第一期)
2026-27 District Promotion Baseball Training Scheme (Phase I)

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

組別 Group	班別 Class	地點 Venue	開班人數/名額 Quota /Participants per class	上課日期 Date	星期 Week	時間 Time	截止日期 Deadline	
女子組 Women	EW1BS	界限街遊樂場 Boundary Street Recreation Ground 九龍旺角洗衣街 200 號 200 Sai Yee Street, Mong Kok, Kowloon	20/40	詳見下表 See below schedule				額滿即止
		2026 May 4	— MON	界限街 Boundary Street	20:00-23:00			
		2026 May 11	— MON	界限街 Boundary Street	20:00-23:00			
		2026 May 18	— MON	界限街 Boundary Street	20:00-23:00			
		2026 Jun 1	— MON	界限街 Boundary Street	20:00-23:00			
		2026 Jun 8	— MON	界限街 Boundary Street	20:00-23:00			
		2026 Jun 15	— MON	界限街 Boundary Street	20:00-23:00			
		2026 Jun 22	— MON	界限街 Boundary Street	20:00-23:00			
		2026 Jun 29	— MON	界限街 Boundary Street	20:00-23:00			
		2026 Jul 8	三 WED	界限街 Boundary Street	20:00-23:00			
		2026 Jul 15	三 WED	界限街 Boundary Street	20:00-23:00			
		2026 Jul 22	三 WED	界限街 Boundary Street	20:00-23:00			
		2026 Jul 27	— MON	界限街 Boundary Street	20:00-23:00			

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.