

天氣惡劣勿嬉水  
Protect yourself and others  
顧己及人樂相隨  
Stay out of water in bad weather



二〇二四年水上安全標語創作比賽冠軍  
Champion of Water Safety Slogan Design Competition 2024

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# 游泳人士手冊

## Swimmers' handbook



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**游**泳是香港人最喜愛的夏日消閒活動之一。

康樂及文化事務署(康文署)積極為全港市民提供和管理各項公眾游泳設施。截至二零二五年三月，康文署共管理四十二個憲報公布的公眾泳灘和四十六個公眾游泳池。其中三十九個公眾泳灘和所有公眾游泳池均提供救生員服務，而提供救生員服務的各個公眾泳灘已裝設防鯊網。不過，**游泳人士仍須注重水上安全，免生意外。**

**S**wimming is one of the most popular summer pastimes in Hong Kong. The Leisure and Cultural Services Department (LCSD) takes an active role in the provision and management of various public swimming facilities for all members of the public. As at March 2025, there are 42 gazetted public bathing beaches and 46 public swimming pools under the management of the LCSD. Lifeguard services are provided at 39 public bathing beaches and at all public swimming pools. Shark prevention nets are installed at all public bathing beaches provided with lifeguard services. However,  
**swimmers still need to take heed of water safety advice to avoid accidents.**

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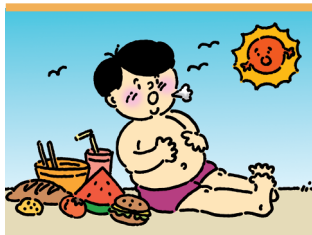
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## 一般安全指引 General Safety Advice



飽餐後切勿立即游泳。  
Do not swim immediately  
after a meal.



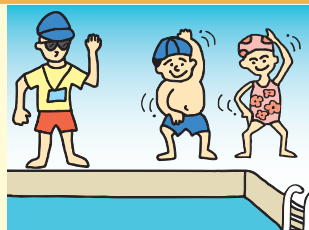
游泳時，切勿依賴  
浮泡或其他輔助物。  
Do not rely on swimming  
aids.



游泳前，先做熱身運  
動。  
Warm up before you swim.

要跟合資格教練學游泳，  
切勿高估自己的泳術。

Learn to swim with a  
qualified instructor, and  
be honest about your  
swimming ability.



遇險時，高呼求救。  
Cry for help when in  
difficulties.



小心照顧兒童。

Take good care of your  
children.



切勿在游泳池跳水  
或在池邊奔跑。

Do not dive into the  
swimming pool or run  
on the pool deck.



## 公眾泳灘安全指引 Safety Advice at bathing beaches

除遵守一般安全指引外，在公眾泳灘游泳的人士更須注意下列各點：

In addition to observing the general safety advice, swimmers should also pay attention to the following rules at bathing beaches:



切勿在浮台跳水或浮台底潛水。

Do not jump from a beach raft or dive underneath.



切勿單獨或在夜間游泳。

Do not swim alone or after dark.



不善於游泳者請勿游往浮台，切勿高估自己的泳術及體力，免生意外。

For safety reasons, do not attempt to swim to the beach raft unless you are a good swimmer. Be honest

about your swimming ability and physical fitness.

如有雷暴，切勿下水。

Stay out of water during thunderstorm.



切勿在沒有救生員當值的時間下水。

Do not enter the water outside the lifeguard service hours.



潮漲或會引致水位急升，切勿在岸邊掘蜆或捉蟹。

Do not dig clams or catch crabs by the seashore as the water level may rise rapidly at high tide.



切勿走近泥沼及窪地，以免被困。

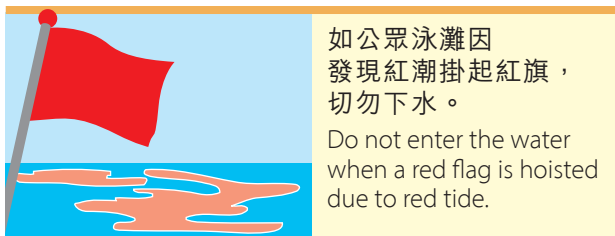
Keep away from mudflats and marshes to avoid the risk of being trapped.





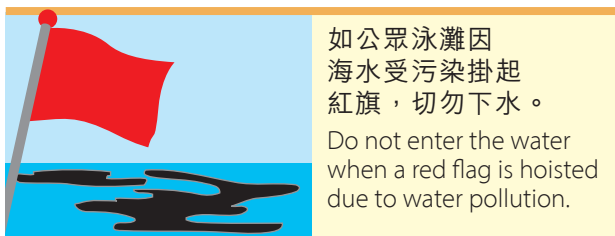
當紅旗及鯊魚警告旗懸掛時，切勿下水。

Do not enter the water when the red flag and the shark warning flag are hoisted.



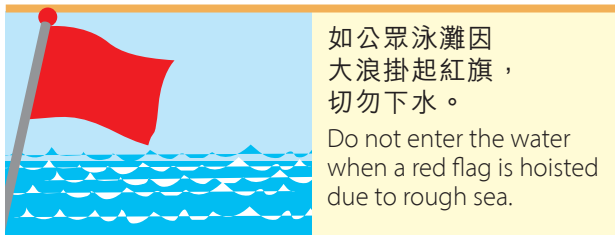
如公眾泳灘因發現紅潮掛起紅旗，切勿下水。

Do not enter the water when a red flag is hoisted due to red tide.



如公眾泳灘因海水受污染掛起紅旗，切勿下水。

Do not enter the water when a red flag is hoisted due to water pollution.



如公眾泳灘因大浪掛起紅旗，切勿下水。

Do not enter the water when a red flag is hoisted due to rough sea.



## 避免鯊魚襲擊的安全指引 Safety Advice on How to Avoid Shark Attack

1. 不要單獨游泳。  
Do not swim alone.
2. 不要在晨曦、黃昏或夜間游泳。  
Do not swim at dawn, at dusk or at night.
3. 身體如流血或有傷口時，不要下水。  
Do not enter the water if you are bleeding or have any open wound.
4. 假如魚群開始表現不尋常，或異常大量魚群開始聚集，泳客便應離開水面。  
If schooling fish start to behave erratically or start to congregate in unusually large numbers, swimmers should leave the water.
5. 如附近發現大魚的踪影，應盡快平靜地上水。  
If a large fish is sighted in the vicinity, leave the water as quickly and calmly as possible.
6. 在緊急情況下，請聽從救生員的指示。  
In case of emergency, please follow the instructions of lifeguards.
7. 為安全著想，切勿游近防鯊網。  
For safety sake, keep away from the shark prevention nets.
8. 如發現鯊魚或疑似鯊魚物體，請立即致電999通知警方。  
In case of sighting of shark or shark-like object, please dial 999 immediately.

## 惡劣天氣下的安全指引 Inclement Weather Safety Advice

### 惡劣天氣期間嚴禁進入暫時封閉的公眾泳灘 Prohibition of Entry to Temporarily Closed Public Bathing Beaches during Inclement Weather

在惡劣天氣下，公眾泳灘會按需要張貼告示，宣布泳灘暫時封閉。市民應遠離岸邊，切勿前往泳灘進行水上活動，以免危及個人及救援人員的安全。

In the event of inclement weather, public bathing beaches will be temporarily closed as necessary by the posting of notices announcing such closure. Members of the public should stay away from the shoreline and not engage in water sports activities to avoid endangering the safety of themselves and rescue personnel.

根據《公眾衛生及市政條例》下的《泳灘規例》(第132章，附屬法例E)，任何人士如不遵從有關泳灘暫時封閉的安排即屬違法，一經定罪，最高可被判罰款2,000元及監禁14天。

According to the Bathing Beaches Regulation under the Public Health and Municipal Services Ordinance (Cap. 132, sub. leg. E), any person failing to comply with the requirements of the notice posted at the beach commits an offence and shall be liable on conviction to a maximum fine of \$2,000 and up to 14 days' imprisonment.

## 衛生指引 Hygiene Advice

### 公眾游泳池 Public Swimming Pool

為了讓大家有一個清潔的游泳環境，請同心合力保持公眾游泳池清潔衛生。請留意下列事項：

To ensure a desirable swimming environment, your cooperation is needed to help keep public swimming pools clean and hygienic. Please observe the following when visiting public swimming pools:

1. 在泳池場館內，請保持更衣室及廁所清潔及整齊。

When you are inside the pool area, please keep the changing room and toilet clean and tidy.

2. 請勿吐痰、亂拋垃圾、飲食或吸煙。  
DO NOT spit, litter, eat, drink or smoke.

3. 在進入泳池池面前，穿上適當及清潔的泳裝。如認為有需要在游泳時穿著T恤，請攜帶清潔及白底的T恤，在更衣室穿上才出池面。

Before you enter the pool deck area, make sure you put on a proper and clean swimming suit. If you prefer to wear a T-shirt while swimming, bring along a clean white T-shirt to put on in the changing room.





**4. 應在更衣室淋浴，徹底清潔全身。**

Please wash your body thoroughly in the changing room.

**5. 必須經過水簾和洗腳池，讓已加氯的清水沖洗身體上的塵埃。**

Please walk through the shower bath and footbath containing chlorinated water and rinse your body to remove dirt.

**6. 只可攜帶清潔乾淨的衣物進入泳池池面範圍。**

Please only bring in clean clothing and personal belongings to the pool deck area.

**7. 請勿在泳池池面範圍穿著曾在泳池場館以外穿著的鞋或拖鞋。如認為有需要，請攜帶另一對清潔的拖鞋，在更衣室換上，在該處提供的地蓆上擦淨拖鞋的底部，及以清水沖去拖鞋的污垢後，才可穿著拖鞋行經洗腳池進入池面範圍。**

On the pool deck area, do not wear shoes/slippers that are worn outside the pool complex. If necessary, please bring along another pair of clean slippers, scrub the bases against a mat provided inside the changing room and spray thoroughly with water to remove any dirt. Wear your slippers to walk through the footbath and enter the pool deck.



游泳前沖身，  
清潔真開心！  
Shower before  
swimming!



走過水簾洗腳池  
涼快又衛生！

Walk through the  
shower bath and  
footbath!

## 清潔拖鞋的步驟

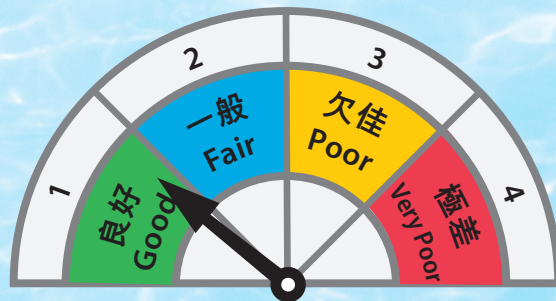
### Steps of Cleaning Slippers

1. 在放於指定地方的地毯上擦掉拖鞋底的污垢；  
Scrub slippers against a coarse mat placed at a designated area to remove any dirt on the bases of the slippers;
2. 以清水沖洗及徹底清潔拖鞋；  
Spray the slippers with a hose to clean them thoroughly;
3. 如有需要，請使用場地提供的清潔用具，刷除黏在拖鞋底的污垢；  
Where necessary, use a brush provided in the venue to scrub off any dirt stuck on the bases of the slippers; and
4. 以清水再次沖洗及清除已鬆脫的污垢，徹底清潔拖鞋；  
Spray the slippers with a hose again to remove the loosen dirt so that the slippers are thoroughly cleaned;
5. 在徹底清潔拖鞋後，穿上拖鞋穿過水簾及洗腳池，方可進入池面。  
After the slippers are thoroughly cleaned, wear them to walk through the shower bath and footbath, and enter the pool deck.

## 公眾泳灘

### Bathing Beaches

1. 泳灘在大雨期間或之後較易受污染，市民應避免在大雨後3天內到泳灘游泳。  
Beach is likely to be polluted during and after heavy rain. Bathers are advised not to swim at beach for three days after heavy rainfall.
2. 根據環境保護署提供的資料，若泳灘的水質被評定為第四級，表示水質極差，市民應盡量避免在這些泳灘游泳。  
Bathers are advised not to swim at beach where water quality is classified as "Grade 4 - Very Poor" according to the information provided by Environmental Protection Department.



## 健康指引 Health Advice

1. 出現發燒或患紅眼症、腸胃炎、手足口病、有外露的切割傷口或其他損傷、傳染性皮膚病或其他傳染病患者，不得進入泳池範圍，及儘快找醫生診治。

Persons having fever or suffering from Acute Infectious Conjunctivitis (Red Eye Syndrome), gastroenteritis, "Hand, Foot and Mouth Disease", has an open cut or wound, contagious skin diseases or other communicable diseases are not allowed to enter the precincts of the swimming pool.

2. 為本身及他人著想，患有呼吸道感染的人士，請不要進入公眾泳池範圍。

For the benefit of yourself and others, please refrain from entering the precinct of public swimming pools if you are suffering from respiratory tract infections.

3. 高齡游泳人士應定期檢查身體。

Elderly swimmer should have a periodic body check.

4. 如在游泳後皮膚痕癢、雙眼不適、咳嗽、呼吸困難或其他身體不適，應立即去看醫生。

Medical advice should be sought in case of itchy skin, eye irritation, cough, breathing difficulties or other discomfort after swimming.

5. 日光浴人士宜採取下列防護措施，以免皮膚和眼睛受紫外線損害：

Sunbathers are advised to take the following measures to protect eyes and skin from UV radiation:

- \* 戴上太陽帽。

Wear a suncap.

- \* 在泳衣上加穿清潔的白底T恤。

Wear a clean white T-shirt on top of the swimming suit.

- \* 配戴能吸收紫外線的太陽眼鏡。

Wear UV-absorbing sunglasses.

- \* 避免長時間受陽光照射。

Avoid exposure to sunlight for long periods of time.

- \* 重複塗抹防曬系數15或以上的太陽油。

Use a sunscreen lotion of sun protection factor 15 or above; reapply frequently.

身體不適  
勿下水！  
Don't swim  
if feeling unwell!



# 公眾泳灘 Bathing Beaches



## 公眾泳灘分佈圖

### Map on Bathing Beaches

- |                                  |   |                                    |                                  |  |
|----------------------------------|---|------------------------------------|----------------------------------|--|
| 1 深水灣泳灘<br>Deep Water Bay Beach  | 9 龜背灣泳灘<br>Turtle Cove Beach            | 17 銀礦灣泳灘<br>Silver Mine Bay Beach  | 25 舊咖啡灣泳灘<br>Cafeteria Old Beach | 34 近水灣泳灘<br>Approach Beach               |
| 2 淺水灣泳灘<br>Repulse Bay Beach     | 10 石澳泳灘<br>Shek O Beach                 | 18 貝澳泳灘<br>Pui O Beach             | 26 新咖啡灣泳灘<br>Cafeteria New Beach | 35 馬灣東灣泳灘<br>Ma Wan Tung Bay Beach       |
| 3 中灣泳灘<br>Middle Bay Beach       | 11 石澳後灘泳灘<br>Rocky Bay Beach            | 19 下長沙泳灘<br>Lower Cheung Sha Beach | 27 黃金泳灘<br>Golden Beach          | 36 三星灣泳灘<br>Trio Beach                   |
| 4 南灣泳灘<br>South Bay Beach        | 12 大浪灣泳灘<br>Big Wave Bay Beach          | 20 上長沙泳灘<br>Upper Cheung Sha Beach | 28 釣魚灣泳灘<br>Anglers' Beach       | 37 橋咀泳灘<br>Kiu Tsui Beach                |
| 5 春坎角泳灘<br>Chung Horn Kok Beach  | 13 洪聖爺灣泳灘<br>Hung Shing Yeh Beach       | 21 塘福泳灘<br>Tong Fuk Beach          | 29 雙仙灣泳灘<br>Gemini Beaches       | 38 廈門灣泳灘<br>Hap Mun Bay Beach            |
| 6 聖士提反灣泳灘<br>St. Stephen's Beach | 14 蘆鬚城泳灘<br>Lo So Shing Beach           | 22 蝴蝶灣泳灘<br>Butterfly Beach        | 30 海美灣泳灘<br>Hoi Mei Wan Beach    | 39 銀線灣泳灘<br>Silverstrand Beach           |
| 7 赤柱正灘泳灘<br>Stanley Main Beach   | 15 觀音灣泳灘<br>Kwun Yam Beach              | 23 青山灣泳灘<br>Castle Peak Beach      | 31 更生灣泳灘<br>Casam Beach          | 40 清水灣第一灣泳灘<br>Clear Water Bay 1st Beach |
| 8 夏萍灣泳灘<br>Hairpin Beach         | 16 長洲東灣泳灘<br>Cheung Chau Tung Wan Beach | 24 加多利灣泳灘<br>Kadoorie Beach        | 32 麗都灣泳灘<br>Lido Beach           | 41 清水灣第二灣泳灘<br>Clear Water Bay 2nd Beach |
|                                  |   |                                    | 33 汀九灣泳灘<br>Ting Kau Beach       | 42 大埔龍尾泳灘<br>Tai Po Lung Mei Beach       |

# 公眾泳灘設施 Bathing Beaches Facilities



餐廳  
Restaurant



小食亭  
Refreshment  
Kiosk



燒烤爐  
Barbecue  
Pit



更衣室  
Changing  
Room



淋浴設備  
Shower  
Facilities



洗手間  
Toilet



暢通易達  
洗手間  
Accessible  
Toilet



泳屋  
Bathing  
Shed



浮台  
Raft



防鯊網  
Shark  
Prevention  
Net



救生員  
服務  
Lifeguard  
Services

編號	泳灘名稱	餐廳	小食亭	燒烤爐	更衣室	淋浴設備	洗手間	暢通易達洗手間	泳屋	浮台	防鯊網	救生員服務
1	深水灣泳灘 Deep Water Bay Beach		●	●	●	●	●	●		●	●	●
2	淺水灣泳灘 Repulse Bay Beach	●	●		●	●	●	●		●	●	●
3	中灣泳灘 Middle Bay Beach		●	●	●	●				●	●	●
4	南灣泳灘 South Bay Beach		●	●	●	●			●	●	●	●
5	春坎角泳灘 Chung Hom Kok Beach		●	●	●	●	●	●		●	●	●
6	聖士提反灣泳灘 St. Stephen's Beach		●	●	●	●	●	●		●	●	●
7	赤柱正灘泳灘 Stanley Main Beach		●	●	●	●	●	●		●	●	●
8	夏荳灣泳灘 Hairpin Beach*			●		●	●	●				
9	龜背灣泳灘 Turtle Cove Beach			●	●	●	●			●	●	●
10	石澳泳灘 Shek O Beach	●		●	●	●	●	●			●	●
11	石澳後灘泳灘 Rocky Bay Beach*											
12	大浪灣泳灘 Big Wave Bay Beach		●	●	●	●	●	●			●	●
13	洪聖爺灣泳灘 Hung Shing Yeh Beach			●	●	●	●	●			●	●
14	蘆鬚城泳灘 Lo So Shing Beach		●	●	●	●	●				●	●

\* 不設救生員服務 Lifeguard services are not available

## 公眾泳灘設施 Bathing Beaches Facilities



餐廳  
Restaurant



小食亭  
Refreshment  
Kiosk



燒烤爐  
Barbecue  
Pit



更衣室  
Changing  
Room



淋浴設備  
Shower  
Facilities



洗手間  
Toilet



暢通易達  
洗手間  
Accessible  
Toilet



泳屋  
Bathing  
Shed



浮台  
Raft









防鯊網  
Shark  
Prevention  
Net



救生員  
服務  
Lifeguard  
Services

編號	泳灘名稱	餐廳	小食亭	燒烤爐	更衣室	淋浴設備	洗手間	暢通易達洗手間	泳屋	浮台	防鯊網	救生員服務
15	觀音灣泳灘 Kwun Yam Beach		●		●	●	●			●	●	●
16	長洲東灣泳灘 Cheung Chau Tung Wan Beach				●	●	●	●		●		●
17	銀礦灣泳灘 Silver Mine Bay Beach		●	●	●	●	●	●			●	●
18	貝澳泳灘 Pui O Beach		●	●	●	●	●	●			●	●
19	下長沙泳灘 Lower Cheung Sha Beach				●	●	●	●			●	●
20	上長沙泳灘 Upper Cheung Sha Beach		●	●	●	●	●	●			●	●
21	塘福泳灘 Tong Fuk Beach				●	●	●				●	●
22	蝴蝶灣泳灘 Butterfly Beach				●	●	●	●			●	●
23	青山灣泳灘 Castle Peak Beach	●		●	●	●	●	●			●	●
24	加多利灣泳灘 Kadoorie Beach			●	●	●	●				●	●
25	舊咖啡灣泳灘 Cafeteria Old Beach		●	●	●	●	●	●	●		●	●
26	新咖啡灣泳灘 Cafeteria New Beach		●								●	●
27	黃金泳灘 Golden Beach	●	●		●	●	●	●			●	●
28	釣魚灣泳灘 Anglers' Beach			●	●	●	●	●			●	●

## 公眾泳灘設施 Bathing Beaches Facilities

	 餐廳 Restaurant	 小食亭 Refreshment Kiosk	 燒烤爐 Barbecue Pit	 更衣室 Changing Room	 淋浴設備 Shower Facilities	 洗手間 Toilet	 暢通易達 洗手間 Accessible Toilet	 泳屋 Bathing Shed	 浮台 Raft	 防鯊網 Shark Prevention Net	 救生員 服務 Lifeguard Services
<b>29</b> 雙仙灣泳灘 Gemini Beaches*			●	●	●	●					
<b>30</b> 海美灣泳灘 Hoi Mei Wan Beach			●	●	●	●	●	●		●	●
<b>31</b> 更生灣泳灘 Casam Beach								●		●	●
<b>32</b> 麗都灣泳灘 Lido Beach		●		●	●	●	●	●	●	●	●
<b>33</b> 汀九灣泳灘 Ting Kau Beach				●	●	●				●	●
<b>34</b> 近水灣泳灘 Approach Beach			●	●	●	●	●	●		●	●
<b>35</b> 馬灣東灣泳灘 Ma Wan Tung Wan Beach				●	●	●	●			●	●
<b>36</b> 三星灣泳灘 Trio Beach		●	●	●	●	●	●		●	●	●
<b>37</b> 橋咀泳灘 Kiu Tsui Beach		●	●	●	●	●		●		●	●
<b>38</b> 廈門灣泳灘 Hap Mun Bay Beach		●	●	●	●	●		●		●	●
<b>39</b> 銀線灣泳灘 Silverstrand Beach		●		●	●	●	●		●	●	●
<b>40</b> 清水灣第一灣泳灘 Clear Water Bay 1st Beach			●	●	●	●		●		●	●
<b>41</b> 清水灣第二灣泳灘 Clear Water Bay 2nd Beach		●		●	●	●		●		●	●
<b>42</b> 大埔龍尾泳灘 Tai Po Lung Mei Beach		●		●	●	●	●			●	●

\* 不設救生員服務 Lifeguard services are not available

## 水上安全及警告訊號 Water Safety and Warning Signals

康樂及文化事務署轄下指定作游泳用途的公眾泳灘設有旗桿及告示板，用以發放水上安全訊息。如發生緊急事故，本署會在泳灘張貼公告，並會透過廣播系統或擴音器通知泳客。

At public bathing beaches of the Leisure and Cultural Services Department designated for swimming, there are flag poles and notice boards for dissemination of message on water safety. In case of an emergency, notices will be put up at beaches and messages will be broadcast through the public announcement system or loudhailers to alert swimmers.

## 泳灘的旗號 Flag Signals of Beaches



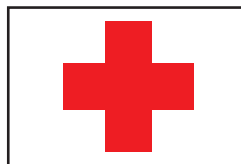
本泳灘有救生員當值。  
Lifeguard service is provided at this beach.



附近水域懷疑有鯊魚出沒。  
Suspected shark sighting in nearby waters has been reported.



在本泳灘游泳會有危險，切勿下水。  
It is dangerous to swim at this beach. Do not enter water.



本泳灘有救傷服務。  
First aid service is provided at this beach



## 地區及電話 Districts & Telephones

### 香港 Hong Kong



- |           |  |           |
|-----------|--|-----------|
| <b>1</b>  | 深水灣泳灘 (南區)<br>Deep Water Bay Beach (Southern)  | 2812 0228 |
| <b>2</b>  | 淺水灣泳灘 (南區)<br>Repulse Bay Beach (Southern)     | 2812 2483 |
| <b>3</b>  | 中灣泳灘 (南區)<br>Middle Bay Beach (Southern)       | 2812 2546 |
| <b>4</b>  | 南灣泳灘 (南區)<br>South Bay Beach (Southern)        | 2812 2468 |
| <b>5</b>  | 春坎角泳灘 (南區)<br>Chung Hom Kok Beach (Southern)   | 2813 0454 |
| <b>6</b>  | 聖士提反灣泳灘 (南區)<br>St. Stephen's Beach (Southern) | 2813 1872 |
| <b>7</b>  | 赤柱正灘泳灘 (南區)<br>Stanley Main Beach (Southern)   | 2813 0217 |
| <b>8</b>  | 夏萍灣泳灘 (南區)*<br>Hairpin Beach (Southern)*       | 2813 0217 |
| <b>9</b>  | 龜背灣泳灘 (南區)<br>Turtle Cove Beach (Southern)     | 2813 0386 |
| <b>10</b> | 石澳泳灘 (南區)<br>Shek O Beach (Southern)           | 2809 4557 |
| <b>11</b> | 石澳後灘泳灘 (南區)*<br>Rocky Bay Beach (Southern)*    | 2809 4557 |
| <b>12</b> | 大浪灣泳灘 (南區)<br>Big Wave Bay Beach (Southern)    | 2809 4558 |

\* 不設救生員服務 Lifeguard services are not available

### 新界及離島 New Territories and Islands



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|-----------|--|-----------|
| <b>13</b> | 洪聖爺灣泳灘 (南丫島)<br>Hung Shing Yeh Beach (Lamma)               | 2982 0352 |
| <b>14</b> | 蘆鬚城泳灘 (南丫島)<br>Lo So Shing Beach (Lamma)                   | 2982 8252 |
| <b>15</b> | 觀音灣泳灘 (長洲)<br>Kwun Yam Beach (Cheung Chau)                 | 2981 8472 |
| <b>16</b> | 長洲東灣泳灘 (長洲)<br>Cheung Chau Tung Wan Beach<br>(Cheung Chau) | 2981 8389 |
| <b>17</b> | 銀礦灣泳灘 (大嶼山)<br>Silver Mine Bay Beach (Lantau)              | 2984 8229 |
| <b>18</b> | 貝澳泳灘 (大嶼山)<br>Pui O Beach (Lantau)                         | 2984 7675 |
| <b>19</b> | 下長沙泳灘 (大嶼山)<br>Lower Cheung Sha Beach (Lantau)             | 2980 2674 |
| <b>20</b> | 上長沙泳灘 (大嶼山)<br>Upper Cheung Sha Beach (Lantau)             | 2980 2114 |
| <b>21</b> | 塘福泳灘 (大嶼山)<br>Tong Fuk Beach (Lantau)                      | 2980 2730 |
| <b>22</b> | 蝴蝶灣泳灘 (屯門)<br>Butterfly Beach (Tuen Mun)                   | 2404 8656 |
| <b>23</b> | 青山灣泳灘 (屯門)<br>Castle Peak Beach (Tuen Mun)                 | 2450 6326 |
| <b>24</b> | 加多利灣泳灘 (屯門)<br>Kadoorie Beach (Tuen Mun)                   | 2450 6336 |

<b>25</b>	舊咖啡灣泳灘 (屯門) Cafeteria Old Beach (Tuen Mun)	2450 6306
<b>26</b>	新咖啡灣泳灘 (屯門) Cafeteria New Beach (Tuen Mun)	2450 6440
<b>27</b>	黃金泳灘 (屯門) Golden Beach (Tuen Mun)	2618 8412
<b>28</b>	釣魚灣泳灘 (荃灣) Anglers' Beach (Tsuen Wan)	2491 0348
<b>29</b>	雙仙灣泳灘 (荃灣)* Gemini Beaches (Tsuen Wan)*	2491 1229
<b>30</b>	海美灣泳灘 (荃灣) Hoi Mei Wan Beach (Tsuen Wan)	2491 1229
<b>31</b>	更生灣泳灘 (荃灣) Casam Beach (Tsuen Wan)	2496 2940
<b>32</b>	麗都灣泳灘 (荃灣) Lido Beach (Tsuen Wan)	2491 1209
<b>33</b>	汀九灣泳灘 (荃灣) Ting Kau Beach (Tsuen Wan)	5364 1218
<b>34</b>	近水灣泳灘 (荃灣) Approach Beach (Tsuen Wan)	2491 1341
<b>35</b>	馬灣東灣泳灘 (荃灣) Ma Wan Tung Wan Beach (Tsuen Wan)	2986 5817
<b>36</b>	三星灣泳灘 (西貢) Trio Beach (Sai Kung)	2792 3672
<b>37</b>	橋咀泳灘 (西貢) Kiu Tsui Beach (Sai Kung)	2798 8171
<b>38</b>	廈門灣泳灘 (西貢) Hap Mun Bay Beach (Sai Kung)	2796 6788

\* 不設救生員服務 Lifeguard services are not available

<b>39</b>	銀線灣泳灘 (西貢) Silverstrand Beach (Sai Kung)	2719 8230
<b>40</b>	清水灣第一灣泳灘 (西貢) Clear Water Bay First Beach (Sai Kung)	2719 8308
<b>41</b>	清水灣第二灣泳灘 (西貢) Clear Water Bay Second Beach (Sai Kung)	2719 0351
<b>42</b>	大埔龍尾泳灘 (大埔) Tai Po Lung Mei Beach (Tai Po)	2671 1686

## 公眾游泳池 Public Swimming Pools

### 地址及電話 Addresses & Telephones

#### 香港 Hong Kong



<b>1</b>	柴灣游泳池 Chai Wan Swimming Pool 柴灣新慶街345號 345 San Ha Street, Chai Wan	2558 3538
<b>2</b>	港島東游泳池 Island East Swimming Pool 西灣河鯉景道52號 52 Lei King Road, Sai Wan Ho	2151 4082
<b>3</b>	小西灣游泳池 Siu Sai Wan Swimming Pool 小西灣道15號小西灣綜合大樓1樓 1/F, Siu Sai Wan Complex, 15 Siu Sai Wan Road	3427 3341
<b>4</b>	摩理臣山游泳池 Morrison Hill Swimming Pool 灣仔愛群道7號 7 Oi Kwan Road, Wan Chai	2891 7335

5	維多利亞公園游泳池 Victoria Park Swimming Pool 香港銅鑼灣興發街1號 1 Hing Fat Street, Causeway Bay, Hong Kong	2570 8347
6	灣仔游泳池 Wan Chai Swimming Pool 灣仔港灣道27號 27 Harbour Road, Wan Chai	2827 5240
7	堅尼地城游泳池 Kennedy Town Swimming Pool 堅尼地城西祥街北2號 2 Sai Cheung Street North, Kennedy Town	2817 7973
8	中山紀念公園游泳池 Sun Yat Sen Memorial Park Swimming Pool 香港西營盤東邊街北16號 16 Eastern Street North, Sai Ying Pun, Hong Kong	2540 6708
9	包玉剛游泳池 Pao Yue Kong Swimming Pool 黃竹坑深灣道2號 2 Shum Wan Road, Wong Chuk Hang	2553 3617
九龍 Kowloon		
10	觀塘游泳池 Kwun Tong Swimming Pool 觀塘翠屏道2號 2 Tsui Ping Road, Kwun Tong	2717 9022
11	藍田游泳池 Lam Tin Swimming Pool 藍田慶田街1號藍田綜合大樓1樓 1/F Lam Tin Complex, 1 Hing Tin Street, Lam Tin	2205 6535
12	佐敦谷游泳池 Jordan Valley Swimming Pool 牛頭角彩霞道6號 6 Choi Ha Road, Ngau Tau Kok	2305 5919

13	斧山道游泳池 Hammer Hill Road Swimming Pool 黃大仙龍翔道30號 30 Lung Cheung Road, Wong Tai Sin	2350 6173
14	摩士公園游泳池 Morse Park Swimming Pool 黃大仙鳳舞街80號 80 Fung Mo Street, Wong Tai Sin	2320 2023
15	九龍仔游泳池* Kowloon Tsai Swimming Pool* 延文禮士道13號九龍仔公園 Kowloon Tsai Park, 13 Inverness Road	2336 5817
16	何文田游泳池 Ho Man Tin Swimming Pool 何文田忠義街1號 1 Chung Yee Street, Ho Man Tin	2715 0139
17	大環山游泳池 Tai Wan Shan Swimming Pool 紅磡環海街7號 7 Wan Hoi Street, Hung Hom	2333 1335
18	九龍公園游泳池 Kowloon Park Swimming Pool 尖沙咀柯士甸道22號九龍公園 Kowloon Park, 22 Austin Road, Tsim Sha Tsui	2724 3577
19	大角咀游泳池 Tai Kok Tsui Swimming Pool 大角咀福全街63號大角咀市政大廈4樓 4/F Tai Kok Tsui Municipal Services Building 63 Fok Tsun Street, Tai Kok Tsui	2393 1237
20	深水埗公園游泳池 Sham Shui Po Park Swimming Pool 深水埗荔枝角道733號 733 Lai Chi Kok Road, Sham Shui Po	2360 2329

\* 九龍仔游泳池於2020年12月1日起暫停開放，以便進行改建工程，並預計於2025年度重開。

\* Kowloon Tsai Swimming Pool has been temporarily closed from 1 December 2020 for redevelopment. It is anticipated to be reopened in 2025.

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| <b>21</b> | <b>李鄭屋游泳池</b><br>Lei Cheng Uk Swimming Pool<br>深水埗廣利道25號<br>25 Kwong Lee Road, Sham Shui Po  | 2387 4224 |
| <b>22</b> | <b>荔枝角公園游泳池</b><br>Lai Chi Kok Park Swimming Pool<br>荔枝角荔灣道1號<br>1 Lai Wan Road, Lai Chi Kok | 2745 5234 |

## 新界及離島 New Territories and Islands



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| <b>23</b> | <b>梅窩游泳池</b><br>Mui Wo Swimming Pool<br>大嶼山梅窩銀石街5號<br>5 Ngan Shek Street, Mui Wo, Lantau                         | 2984 2496 |
| <b>24</b> | <b>東涌游泳池</b><br>Tung Chung Swimming Pool<br>東涌達東路5號<br>5 Tat Tung Road, Tung Chung                               | 2109 9107 |
| <b>25</b> | <b>屯門游泳池</b><br>Tuen Mun Swimming Pool<br>屯門海皇路8號<br>8 Hoi Wong Road, Tuen Mun                                   | 2404 1918 |
| <b>26</b> | <b>賽馬會仁愛堂游泳池</b><br>The Jockey Club Yan Oi Tong Swimming Pool<br>屯門青松觀路37號<br>37 Tsing Chung Koon Road, Tuen Mun | 2464 7149 |
| <b>27</b> | <b>屯門西北游泳池</b><br>Tuen Mun North West Swimming Pool<br>屯門鳴琴路95號<br>95 Ming Kum Road, Tuen Mun                    | 2164 8355 |
| <b>28</b> | <b>天秀路游泳池</b><br>Tin Sau Road Swimming Pool<br>天水圍天秀路20號<br>20 Tin Sau Road, Tin Shui Wai                        | 2381 1433 |
| <b>29</b> | <b>元朗游泳池</b><br>Yuen Long Swimming Pool<br>元朗體育路10號  | 2475 0184 |

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| <b>30</b> | <b>天水圍游泳池</b><br>Tin Shui Wai Swimming Pool<br>元朗天水圍天柏路1號<br>1 Tin Pak Road, Tin Shui Wai, Yuen Long               | 2446 9057 |
| <b>31</b> | <b>屏山天水圍游泳池</b><br>Ping Shan Tin Shui Wai Swimming Pool<br>元朗天水圍聚星路1號<br>1 Tsui Sing Road, Tin Shui Wai, Yuen Long | 2856 2244 |
| <b>32</b> | <b>荃景圍胡忠游泳池</b><br>Tsuen King Circuit Wu Chung<br>Swimming Pool<br>荃灣荃景圍178號<br>178 Tsuen King Circuit, Tsuen Wan  | 2413 5523 |
| <b>33</b> | <b>城門谷游泳池</b><br>Shing Mun Valley Swimming Pool<br>荃灣城門道21號<br>21 Shing Mun Road, Tsuen Wan                        | 2416 0522 |
| <b>34</b> | <b>青衣游泳池</b><br>Tsing Yi Swimming Pool<br>青衣青敬路51號<br>51 Tsing King Road, Tsing Yi                                 | 2435 6407 |
| <b>35</b> | <b>葵盛游泳池</b><br>Kwai Shing Swimming Pool<br>葵涌葵盛圍306號<br>306 Kwai Shing Circuit, Kwai Chung                        | 2426 2081 |
| <b>36</b> | <b>北葵涌賽馬會游泳池</b><br>North Kwai Chung Jockey Club<br>Swimming Pool<br>葵涌和宜合道290號<br>290 Wo Yi Hop Road, Kwai Chung  | 2422 9764 |
| <b>37</b> | <b>青衣西南游泳池</b><br>Tsing Yi Southwest Swimming Pool<br>青衣涌美路70號<br>70 Chung Mei Road, Tsing Yi                      | 2715 4202 |

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| <b>38</b> | <b>上水游泳池</b><br>Sheung Shui Swimming Pool<br>上水天平路 <b>38</b> 號<br>38 Tin Ping Road, Sheung Shui                              | 2679 4844 |
| <b>39</b> | <b>粉嶺游泳池</b><br>Fanling Swimming Pool<br>粉嶺新運路 <b>73</b> 號<br>73 San Wan Road, Fanling                                       | 2675 6951 |
| <b>40</b> | <b>大埔游泳池</b><br>Tai Po Swimming Pool<br>大埔汀太路 <b>11</b> 號<br>11 Ting Tai Road, Tai Po  | 2661 2244 |
| <b>41</b> | <b>東昌街游泳池</b><br>Tung Cheong Street Swimming Pool<br>大埔東昌街康體大樓 <b>1</b> 樓<br>1/F, Tai Po Tung Cheong Street Leisure Building | 2691 2428 |
| <b>42</b> | <b>馬鞍山游泳池</b><br>Ma On Shan Swimming Pool<br>馬鞍山鞍駿街 <b>33</b> 號<br>33 On Chun Street, Ma On Shan                             | 2641 0776 |
| <b>43</b> | <b>沙田賽馬會游泳池</b><br>Sha Tin Jockey Club Swimming Pool<br>沙田源禾路 <b>10</b> 號<br>10 Yuen Wo Road, Sha Tin                        | 2693 6613 |
| <b>44</b> | <b>顯田游泳池</b><br>Hin Tin Swimming Pool<br>沙田大圍車公廟路 <b>68</b> 號<br>68 Che Kung Miu Road, Sha Tin                               | 2607 3423 |
| <b>45</b> | <b>西貢游泳池</b><br>Sai Kung Swimming Pool<br>西貢惠民路 <b>12</b> 號<br>12 Wai Man Road, Sai Kung                                     | 2792 7285 |
| <b>46</b> | <b>將軍澳游泳池</b><br>Tseung Kwan O Swimming Pool<br>將軍澳運隆路 <b>9</b> 號<br>9 Wan Lung Road, Tseung Kwan O                          | 2706 7646 |