

# Chinatown YMCA Swimming Class 華埠青年會游泳班

NEMS iStart Smart Program is offering swimming classes at San Francisco Chinatown YMCA for qualified kids at a discounted rate!

東北醫療中心「精英少年」推出折扣游泳班計劃，讓符合資格的孩子可以在華埠青年會游泳。

## Qualifications:

1. NEMS Patients only;
2. Age 7-12 years old;
3. Overweight or obese kids only (consult with your doctor to confirm if you meet the weight requirement).

## 參加資格：

1. 僅限東北會員；
2. 7-12 歲青少年；
3. 僅限超重或肥胖青少年（請諮詢您的醫生確定您是否達到體重要求）。



Space is limited.

名額有限。

If you are interested, please schedule an appointment with NEMS Pediatrician, Dr. Nancy Hoo, or ask your doctor for referral.

如果您對本計劃感興趣，請聯繫東北兒科醫生何嘉儀醫生安排預約，或約見您的醫生獲取轉介。

Contact NEMS 聯絡東北：415.391.9686

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Spanish** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

**Chinese** 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電(415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

**Vietnamese** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).



## CLASS DURATION 課程時間

**Class 1** 3/9/2024 - 4/27/2024  
Saturdays, 8 Sessions  
逢週六，共八節課

**Class 2** 3/10/2024 - 4/28/2024  
Sundays, 8 Sessions  
逢週日，共八節課

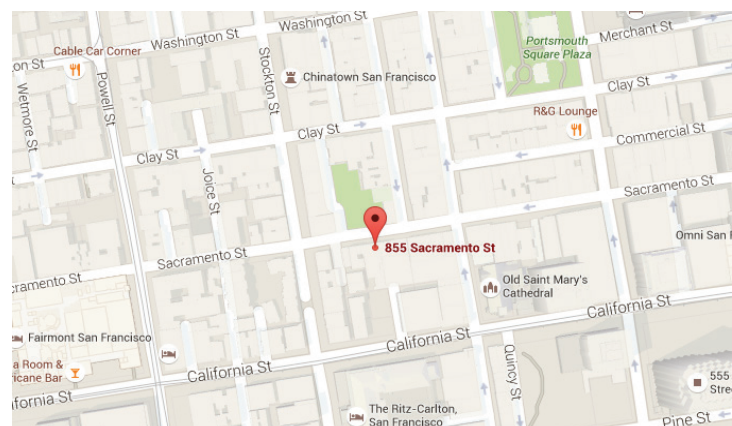
## LOCATION 地址

San Francisco Chinatown YMCA

三藩市華埠青年會

855 Sacramento Street

San Francisco, CA 94108



**NORTH EAST  
MEDICAL SERVICES**  
東北醫療中心

a california health center



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