



水中

運動治療

Aqua-therapy

水中運動特別適合生活節奏急速緊張或缺乏適當運動訓練的都市人。如勉強做運動，身體容易於運動時受傷。於暖水池內進行運動及伸展，有助強化肌肉，同時減輕肌肉的疲勞感，更能增強平衡力和全面的身體控制能力，提升工作與運動表現。

Aquatic Sports Therapy are suitable for working population who have lack sports training. If we go beyond the limit of our body, we might get injured easily during sports. Undergoing sports and stretching in warm water can strengthen muscles and decrease the muscles fatigue. Also, it can improve the balance and control of the whole body which can enhance job efficiency as well as sports performance.

4/5

11/5

18/5

25/5

星期六 · Saturday
20:00 ~ 21:00

試玩體驗
Trial lesson

對象 Target : 16 歲或以上之會友

Members aged 16 or above

地點 Venue : LG2 泳池 LG2 Swimming pool

費用 Fee : \$150/堂 lesson ; \$520/4 堂 lessons

名額 Quota : 2 ~ 15 人 persons

活動編號 Program code : 492100969

查詢 Enquiry : 譚梓皓 Mouse

