

# 兒童田徑啟蒙班

## Track & Field Beginners Class

負責同工 Responsible worker:  
何慧瑩 Koey Ho

通過多元化的教學方式，學員可以掌握並跑、跳的正確姿態及基礎技巧。有助提升學員的身體協調能力，促進體格發展。更可通過適合的體能訓練增強意志力及提升自信心。

Students may learn the basic technique and improve the ability of running and jumping through using variety of teaching methods. Students may also enhance their physical coordination ability and promoting physical development, willpower and self-confidence would also be improved through proper fitness training.



課程編號	導師	日期 (星期日)				時間	堂數	費用	上堂地點	對象	人數
492100931A	溫 sir	5/11	12/11	19/11	26/11	13:00	8	\$1,120	Rm 108	Aged 4-8 歲	5 - 9 person
		3/12	10/12	17/12	24/12						
492100931B	Wan sir	7/1	14/1	21/1	28/1	14:00	8	\$1,120			
		4/2	11/2	18/2	25/2						

### 導師資歷

- 美國一級田徑教練 USA Level 1 Track & Field Coach
- 前全職精英運動員 Former full-time elite athlete
- 前香港田徑隊代表 Former Hong Kong Team Member
- 香港中文大學 理學士 (運動科學與健康教育) Awarded the degree of Exercise Science and Health Education
- 香港中文大學 運動醫學及健康科學理學碩士 Awarded the master of Science in Sports Medicine & Health Science
- 香港大專體育協會周年陸運會男子 4x100 米紀錄保持者 Men's 4x100m record holder of USF annual competition
- 2017 年亞洲田徑錦標賽 4x100 米接力 銅牌 2017 Asian Athletics Championships 4x100m relay bronze medal



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### 備注 Remarks

- 不設補堂及調堂
- 學員請穿著簡單運動服上課
- 公眾假期不用上課
- No make-up classes
- Suitable sport wear is preferred
- No lesson on public holiday

# 田徑自組班/專教班

## Self-formed/ Private Class

請聯絡負責同工  
Responsible worker:  
2540 0526 何慧瑩 Koey Ho

### 自組班

### Self-formed class

- 滿3人可自由組班，上限8人。  
Form a group with a minimum 3 people and within 8 people.
- 課堂需於2個月內完成。  
Lessons must be completed within 2 months.

**\$780/4堂**

課程	日期 時間	價錢	對象	堂數	上課地點	人數
自組班 Self-formed	個別協商 Negotiable	\$780 /每個學生 Per student /4 堂 lessons	4 歲或以上 Aged 4 or above	4	必列者士街會所 Bridges Street Centre	3-8

### 私教班

### Private class

- 1人即可開班，上限2人。  
A group with 1-2 people could be formed.
- 如需請病假/事假需24前通知本會職員，否則不會補堂。另病假需提交上課當日由註冊西醫或中醫病簽發之病假證明信。  
For student is unable to attend the lesson on that day, please give notice to our staff at least 24 hours before lesson start. Otherwise no make up class can be arranged. Due to the sick reason, student need to provide a medial certificate of the date of sick leave.
- 每次交易只可安排一堂補堂。  
Every transaction allow for 1 make up class only

課程	日期 時間	價錢	對象	堂數	上課地點	人數
Course	Date time	Fee	Age	Lessons	Venue	Quota
私教班 Private Class	個別協商 Negotiable	1 人: \$650 / 人 / 1 小時 1 Student: \$650/ 1 hour 2 人: \$350/人/小時 2 Student: \$350/ per student/ hour	4 歲或以上 Aged 4 or above	/	必列者士街會所 Bridges Street Centre	1-2

### 備註 Remarks

#### 以上課堂:

※因應導師提供之時間彈性安排上課。

Having a flexible schedule according to instructor's availability.

※課程內容按學員水平及由教練制定。

The course contents depend on the student's level and are arranged by the tutor.

※自組班上課日期確定後不得作更改及不設補課。

There will be no changes and make-up classes after the confirmation of date.

※學員必須於課程開始前繳交課堂費用

The course fee must be paid before the course commence