

籃

球班

Basketball Class



課堂中會透過體能訓練和比賽以教授運球、傳球、碎步、投籃等籃球技巧。

學員可以籍此彼此交流，增加自信心及發揮團隊合作精神。

The course aims to develop children's muscle and body coordination through fitness training and basketball drills. Trainees can establish their confidence and learn how to work with teammates.

負責同工 Responsible Worker: 李文倩 Mandy Li

．．．恆常班 Regular Class．．．

上課地點 Venue

卜公花園籃球場 Blake Garden Basketball Court / 會所室內 LG3

CHOW SIR ★ 九年教練經驗，曾執教多間中、小學(如拔萃男附屬小學、優才書院)

Over 9 years of coaching experiences (Secondary, Primary School)

★ 曾效力甲一組球會：滿貫、福建、南華 Former player of A1 Team: Tycoon, Fukien, South China

課程編號 Course Code	導師 Tutor	日期 Date & Time	假期 Holiday	堂數 Session	費用 Fee	對象 Age	人數 Quota		
4921.BA.2404.117	Chow Sir	星期一 MON 17:30 - 19:00					6 - 11	8-20 人 Persons	
		8/4	15/4	29/4	22/4	6			\$600
		6/5	13/5	20/5					
4921.BA.2406.117	Chow Sir	星期一 MON 17:30 - 19:00					6 - 11	8-20 人 Persons	
		27/5	3/6	17/6	24/6	8/7			1/7

JAMES SIR ★ 現役乙組籃球員-億洋 Current Player of B Team: Billion Ocean

★ 中、小學校隊教練 Secondary & Primary Basketball School Team Coach

4921.BA.2405.517	James Sir	星期五 FRI 17:30 - 19:00					/	5	\$500	6 - 11	8-20 人 Persons
		12/4	19/4	26/4	3/5	10/5					

如有興趣報名星期五籃球班，可向職員留名~

Enquiry staff to reserve a spot if you are interested to enroll the Friday Class

備註 Remarks

★ 不設補堂及調堂。 No make-up class.. ★ 公眾假期不用上課。 No lesson on Public Holidays.

★ 所有課程提供基本器材。 All classes provide basic equipment. ★ 學員請穿著簡單運動服上課。 Sport wear is preferred.

★ 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 starts.

★ 如天氣不穩定，會改於會所活動室內進行。 If the weather is unstable, the class will be hold in our Centre activity room.