

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 | | 22/4 | 6 | \$600 | 6 - 11 | |
| | | 8/4 | 15/4 | | | | | 29/4 |
| | | 6/5 | 13/5 | | | | | 20/5 |
| 4921.BA.2406.117 | Chow Sir | 星期一 MON 17:30 - 19:00 | | 1/7 | 5 | \$500 | 6 - 11 | |
| | | 27/5 | 3/6 | | | | | 17/6 |

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

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|------------------|-----------|-----------------------|------|------|------|------|---|---|-------|--------|-------------------|
| 4921.BA.2405.517 | James Sir | 星期五 FRI 17:30 - 19:00 | | | | | / | 5 | \$500 | 6 - 11 | 8-20 人 Persons |
| | | 3/5 | 10/5 | 17/5 | 24/5 | 31/5 | | | | | |

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.