

兒童花式跳繩初班

Rope Skipping Elementary Class

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

學員可通過本課程學習基本的跳繩技巧,例如,單腳跳,交叉跳繩,開合跳,雙人跳繩,甩繩跳等。花式跳繩更有助加強學員手腳的協調性、敏捷度、平衡力及肌肉耐力。

Student may learn the basic technique of rope skipping, for example single leg jump, cross jumping, side straddle, pair freestyle and so on. Besides, it may help students to improve their cooperation skills, agility, balance and muscle endurance.

課程編號	導師	日期 (星期二)				時間	堂數	費用	上堂地點	對象	人數
4921.RS.2403.217	Masterful Studio	5/3	12/3	19/3	26/3	17:30	8	\$1040	Rm 108	Aged 4-8 歲	5 - 15 persons
		2/4	9/4	16/4	23/4						
4921.RS.2404.217	全能技巧工作室	30/4	7/5	14/5	21/5	18:30	8	\$1040	Rm 108	Aged 4-8 歲	5 - 15 persons
		28/5	4/6	11/6	18/6						

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
4921.RS.2403.714	Masterful Studio	3/3	10/3	17/3	24/3	14:30	8	\$1040	Rm 108	Aged 4-8 歲	5 - 15 persons
		31/3	7/4	14/4	21/4						
4921.RS.2404.714	全能技巧工作室	28/4	5/5	12/5	19/5	15:30	8	\$1040	Rm 108	Aged 4-8 歲	5 - 15 persons
		26/5	2/6	9/6	16/6						



導師資歷:

徐英相教練 Tsui Ying Nam, Kay

- 中國香港跳繩總會註冊教練 Recognized coach of Hong Kong Table Tennis Association
- 2019年-現今 香港代表隊教練 Coach of Hong Kong team from 2019 to current
- 2017-現今 香港代表隊成員 Representative of Hong Kong team from 2017-Current
- 在超過 20 間學校及機構執教 Coaching in more than 20 schools and organizations

黃子樂教練 Wong Tsz Lok

- 9 年全職跳繩教練 Full-time coaching for 9 years
- 2022 香港代表隊教練 Coach of Hong Kong team in 2022
- 2022 香港代表隊成員 Representative of Hong Kong Team in 2022
- 於多間學校任教 Coaching in different schools



備註 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

花式跳繩自組班/專教班

Self-formed/Private Class

請聯絡負責同工
Responsible worker:
2540 0526 何慧莹 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.
- ※ 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.
- ※ 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.
- ※ 課堂需於 2 個月內完成。
Lessons must be completed within 2 month.

課程 Course	日期 時間 Date time	價錢 Fee	對象 Age	堂數 Lessons	上課地點 Venue	人數 Quota
自組班 Self-formed Class	個別協商 Negotiable	\$820 /每個學生 Per student / 4 堂	4 歲或以上 Aged 4 or above	4	必列者士街會所 Bridges Street Centre	3-8

- ※ 1 人即可開班，上限 2 人。
A group with 1-2 people could be formed.
- ※ 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.
- ※ 學員如生病或因事未能上課，需於上課前 24 小時通知本會職員，否則不會補堂，而每次交易只可安排一次補堂。
If 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. Every transaction allow for 1 make-up class only
- ※ 課程必須依雙方協定之日期內完成，逾期作廢。
The course must be complete on schedule.

私教班 Private Class

課程 Course	日期 時間 Date time	價錢 Fee	對象 Age	堂數 Lessons	上課地點 Venue	人數 Quota
私教班 Private Class	個別協商 Negotiable	1 人: \$600 / 人 / 1 小時 1 Student: \$600/ 1 hour 2 人: \$350 / 人 / 1 小時 2 Students: \$350/ per student /1 hour	4 歲或以上 Aged 4 or above	/	必列者士街會所 Bridges Street Centre	1-2