

“音樂”

Regular Course
Music

音樂學員注意事項 (鋼琴/樂理/小提琴班)

- 新學員不設試堂服務。
- 老師會因應個別學員的進度而在第一堂建議購買所需書籍。
- 英粵語授課。
- 公眾假期暫停上課。
- 學員可參加英國皇家音樂學院各級考試。(本會所收取約10%行政費)

報名繳費須知

- 所有音樂術科為個別教授之課程，學費以該月應上課之堂數計算(即以本會所之開放時間計算)。
- 學員必須於每月最後一堂繳交下一個月之學費。並請於第一節課時帶備收據，以便本會所職員核對其資格。
- 逾期繳費者，則視作自動放棄學位。

請假須知

- 為保障學員及導師，如有特別需要請假，必須為病假或指定學校活動，方會作補堂手續，並需要出示相關通告。
- 事假必須預早1日前通知本會職員，或每月繳付學費時預先知會職員該月堂數安排。
- 病假必須預早2小時前致電本會所請假。
- 若請假申請過了有關通知時限，該課堂會如常收費，同時亦不作補堂。
- 每個月只接受一次事假申請。
- 本會保留活動安排最終決定權。

Music Course Guidelines (Piano/Theory/ Violin)

- No trial class.
- Contact teachers for music books arrangement.
- Course will be conducted in English and Cantonese.
- No lesson on public holidays.
- Participants can apply for the piano exams of The Associated Board of Royal School of Music. (10% administration fee will be charge).

Registration details

- Our individual classes are personalized. Course schedule is negotiable and according to our center opening hours.
- Student is required to pay fees on the last lesson of every month. Bring your receipt on the first lesson.
- Students may be dropped from their classes if they have not paid their tuition fees due by the payment deadline.

Application of sick leave/ personal leave

- Student is entitled to sick leave and personal leave once per month.
- Student is required to submit the sick leave or mandatory school activity letter as a proof for make-up class arrangement.
- Students must provide 2 hours' in advance of notification for sick leave, 1 day in advance of notification for personal leave. Failure to provide proper notice, no make up class will be arranged and fee will be charged.
- YMCA reserves the right to make all final decisions on the final arrangements on all activities.



• Piano & Violin 鋼琴 & 小提琴

負責同工 Responsible Worker :
李曉嵐 Kenix Lee

內容包括基本樂理知識、演奏及聽力訓練等。著重提高參加者的演奏技巧，並培養學員對音樂的興趣與欣賞能力。
It contains basic theory, performance, listening and focusing on performance techniques.

| 課程 Course | 導師 Tutor | 時間 Time | 星期 Date | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|------------|--|----------------------------|--------------------|----------------------------|--------------------------------|-----------------------------|----------------------|---------------|
| 鋼琴 Piano | 導師持 英國皇家音樂學院 八級文憑或以上， 具豐富教學經驗 | 按月收費 Monthly Payment | 個別協商 Negotiable | 按月收費 Monthly Payment | 參閱 收費表 On Prices List | 4歲或以上 Aged 4 or above | 鋼琴室 Piano Room | 1對1 1 on 1 |
| 小提琴 Violin | | | | | | 6歲或以上 Aged 6 or above | | |

鋼琴、小提琴收費價目如下：Piano, Violin Prices List：

| 時間 Time | 初級 Primary | 一級 Grade 1 | 二級 Grade 2 | 三級 Grade 3 | 四級 Grade 4 | 五級 Grade 5 | 六級 Grade 6 | 七級 Grade 7 | 八級 Grade 8 | 演奏級 Diploma-Associate |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------------|
| 30分鐘 (Minutes) | \$165/堂 Lesson | \$180/堂 Lesson | | | | | | | | |
| 45分鐘 (Minutes) | \$240/堂 Lesson | \$260/堂 Lesson | \$280/堂 Lesson | \$300/堂 Lesson | \$320/堂 Lesson | \$330/堂 Lesson | \$335/堂 Lesson | | | |
| 60分鐘 (Minutes) | | | \$365/堂 Lesson | \$400/堂 Lesson | \$420/堂 Lesson | \$435/堂 Lesson | \$445/堂 Lesson | \$460/堂 Lesson | \$495/堂 Lesson | \$780/堂 Lesson |

• Music Theory Session 樂理課程考試班

負責同工 Responsible Worker :
李曉嵐 Kenix Lee



課程根據英國皇家音樂學院樂理科之考試範圍設計，內容包括不規則拍子記號、移調、音程、和弦辨別、裝飾音及基礎作曲等。著重提高學員樂理科之考試技巧，並考取高成績。

Course is designed by the circle of The Associated Board of Royal School of Music in theory exam. It contains theory, listening, etc. Focus on techniques in theory exam.

| 課程 Course | 導師 Tutor | 時間 Time | 星期 Date | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|----------------------|---------------------------------------|----------------------------|--------------------|----------------------------|--------------------------------|-----------------------------|----------------------|---------------|
| 樂理課程考試班 Music Theory | 導師持 英國皇家音樂學院 八級樂理文憑， 具豐富教學經驗 | 按月收費 Monthly Payment | 個別協商 Negotiable | 按月收費 Monthly Payment | 參閱 收費表 On Prices List | 7歲或以上 Aged 7 or above | 鋼琴室 Piano Room | 1對1 1 on 1 |

樂理課程考試班收費表

| 每堂時間 (Per Lesson) | 一至五級 Grade 1 - 5 | 六至八級 Grade 6 - 8 |
|-------------------|------------------|------------------|
| 60分鐘 (Minutes) | \$250 | \$315 |

鋼琴租用服務 Piano Room Rental Service

| 時間 Time | 30分鐘 Minutes | | 60分鐘 Minutes | |
|----------------------|-----------------|------------------------|-----------------|------------------------|
| | 費用 Fees | | 費用 Fees | |
| | 每次租用行政費 Once | 每四次租用行政費 Four times | 每次租用行政費 Once | 每四次租用行政費 Four times |
| 鋼琴班學員 Piano Students | \$30 | \$100 | \$50 | \$180 |
| 會友 Members | \$40 | \$140 | \$60 | \$220 |

備註 Remarks

- 如有興趣，請早預約。
- 詳細租用時間可向本會所職員查詢。
- 使用者不可作商業用途。
- Please make an appointment if you are interested.
- Contact us if you need more details.
- Piano room must be used for private use and for non-commercial purposes only.

66 學術

Regular Course Learning

Putonghua With Fun 齊看齊讀普通話



透過多元化教材及活動，讓小朋友在輕鬆愉快的氣氛下學習，自然地掌握普通話語音、語調，從小培養語言感和學習興趣。

The course gives your kids a fun-filled environment with a series of diversified activities. Children will be able to build up their interest and speak in Mandarin.

負責同工 Responsible Worker :
沈家懿 Pat Shum

導師資歷 Instructor Qualifications

黃晟 Huang Sheng

- 2004年 完成修讀幼兒普通話教學法課程 (香港中文大學校外進修學院)
- 2007年 完成修讀普通話教學法專業文憑 (香港中文大學校外進修學院)，成績優異
- 2013年 考取國家語言文字工作委員會之普通話水平測試，成績 94.1 分，獲一級乙等。
- 2014年開始 於本會所任教普通話課程長達 7 年以上，主要教授 3-9 歲兒童，包括外籍人士。
- Year 2004 Completed the Certificate in Teaching Putonghua for Toddler (School of Continuing and Professional Studies, The Chinese University of Hong Kong)
- Year 2007 Passed the requisite examinations in Professional Diploma in Teaching Putonghua and has received *Distinction* (School of Continuing and Professional Studies, The Chinese University of Hong Kong)
- Year 2013 Attended the Putonghua Proficiency Test organized by the Chinese University of Hong Kong according to the official standard set forth by the State Language and Writing Commission and has received *First Class Lower with a score of 94.1*
- Year 2014 - Present Has been teaching Putonghua courses in our Centre over 7 years, experience in teaching children aged 3 - 9, including foreigners.

6 - 7 月 • Jun - Jul

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|--|--------------------|------------|---------------|------------|-----------|---------------|-----------|----------------------|---------------|-----------------|
| 會話拼寫讀(初階) Speak, Write & Read (Elementary) 4921.MC.2106.610 | 黃晟 Ms. Huang | 19/6 | 26/6 | 3/7 | 六 SAT | 6 | \$600 | 3-6 歲 Aged 3-6 | RM 107 | 4-8人 Persons |
| | | 10/7 | 17/7 | 24/7 | | | | | | |
| 會話拼寫讀(新生) Speak, Write & Read (Beginner) 4921.MC.2106.611 | 黃晟 Ms. Huang | 19/6 | 26/6 | 3/7 | 六 SAT | 6 | \$600 | 3-6 歲 Aged 3-6 | RM 107 | 4-8人 Persons |
| | | 10/7 | 17/7 | 24/7 | | | | | | |

7 - 9 月 • Jul - Sep

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|--|--------------------|------------|---------------|------------|-----------|---------------|-----------|----------------------|---------------|-----------------|
| 會話拼寫讀(初階) Speak, Write & Read (Elementary) 4921.MC.2107.610 | 黃晟 Ms. Huang | 31/7 | 7/8 | 14/8 | 六 SAT | 6 | \$600 | 3-6 歲 Aged 3-6 | RM 107 | 4-8人 Persons |
| | | 21/8 | 28/8 | 4/9 | | | | | | |
| 會話拼寫讀(新生) Speak, Write & Read (Beginner) 4921.MC.2107.611 | 黃晟 Ms. Huang | 31/7 | 7/8 | 14/8 | 六 SAT | 6 | \$600 | 3-6 歲 Aged 3-6 | RM 107 | 4-8人 Persons |
| | | 21/8 | 28/8 | 4/9 | | | | | | |

備註 Remarks

- 本課程不設補堂。
- 公眾假期暫停，不用上課。
- 英粵語授課。
- 學員必須於每期最後一堂繳交下一期之學費。
- No make-up classes for this course.
- No lesson on public holidays.
- Course will be conducted in English and Cantonese.
- If student is interested to sign up for more upcoming sessions, then its payment must be paid no later than the last lesson of their current session.

個別專教 Private Coaching

| 課程編號 Course | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|--|--------------------|--------------------|---------------|------------|-----------|----------------------------|---|-----------------------------|---|-----------------|
| 普通話個別專教 Putonghua Private Coaching | 黃晟 Ms. Huang | 個別協商 Negotiable | | | | 按月收費 Monthly Payment | \$180 / 堂 lesson/ 每學員 per person/ 30 分鐘 minutes | 3歲或以上 Aged 3 or above | 必列者士街會所 Bridges Street Centre 以網上軟件 ZOOM 進行教學 Teaching with online software ZOOM | 1 對 1 1 on 1 |

備註 Remarks

- 請聯絡沈家懿同工 (Pat) 安排上課日期及時間。
- 課程必須依相方協定之日期內完成，逾期作廢。
- 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。
- Please contact Miss Pat Shum for arranging schedule.
- The course must be complete on schedule.
- 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.

自組班 Self-Formed Class

\$600

6 堂 lesson/
每學員 per person/
小時 hour

- 滿 3 人可自由組班，因應導師提供之時間彈性安排上課。
- 課程內容按學員水平及由教練制定。
- 上課日期確定後不得作更改及不設補課。
- 課堂需於 2 個月內完成。
- 可選擇於必列者士街會所上課/ 以網上軟件 ZOOM 進行教學。
- Form a group with minimum 3 people to have flexible schedule according to instructor's availability.
- The course contents depend on students' level and arranged by the tutor.
- No amendment allowed once the class time confirmed, and no make-up lessons for this course.
- Lessons must be completed within 2 months.
- Lessons could be taken at Bridges Street Centre / online software ZOOM.



Art and Painting Class 創意畫班



現代創意畫室富有趣味性，配合每期不同的主題，啟發學員的繪畫能力，對事物形象化和思考創造力。導師會利用各種素材以漸進式教學方法，讓小朋友畫出賦有層次及有個人特色的作品。

Painting Cognitive can be developing the sensation and wisdom of the children. It can develop the confidence, patience, observation skills and concentration of the children through the classes. It can also improve their creativity.

6 - 7 月 • Jun - Jul

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity | |
|--|-------------|------------|---------------|------------|-----------|---------------------|-----------|-----------|------------------------------|----------------|----------------|
| 專注力藝術班 Art Course for Improving Concentration 4921.CC.2106.610 | Miss Yoyo | 12/6 | 19/6 | 26/6 | / | 10:00 11:00 | 6 | \$840 | 3 - 3.5 歲 Aged 3 - 3.5 | RM 106 | 6 人 Persons |
| | | 3/7 | 10/7 | 17/7 | | | | | | | |
| ☆請自備 A4 畫簿及油粉彩。 Please bring your own A4 sketchbook and oil pastel. | | | | | | | | | | | |
| 創意力藝術班 Art Course for Creativity 4921.CC.2106.611 | Miss Yoyo | 12/6 | 19/6 | 26/6 | / | 11:00 12:00 | 6 | \$840 | 3.5 - 4 歲 Aged 3.5 - 4 | RM 106 | 6 人 Persons |
| | | 3/7 | 10/7 | 17/7 | | | | | | | |
| ☆請自備 A4 畫簿及油粉彩。 Please bring your own A4 sketchbook and oil pastel. | | | | | | | | | | | |
| 色彩藝術班 Living with Color of Art (Beginner) 4921.CC.2106.612 | Miss Yoyo | 12/6 | 19/6 | 26/6 | / | 12:00 13:00 | 6 | \$840 | 4 - 5 歲 Aged 4 - 5 | RM 106 | 8 人 Persons |
| | | 3/7 | 10/7 | 17/7 | | | | | | | |
| ☆請自備 A3 畫簿及油粉彩。 Please bring your own A3 sketchbook and oil pastel. | | | | | | | | | | | |
| 色彩進階藝術班 Living with Color of Art (Intermediate) 4921.CC.2106.613 | Miss Yoyo | 12/6 | 19/6 | 26/6 | / | 13:00 14:00 | 6 | \$840 | 5 歲或以上 Aged 5 or above | RM 106 | 8 人 Persons |
| | | 3/7 | 10/7 | 17/7 | | | | | | | |
| ☆請自備 A3 畫簿、油粉彩及木顏色。 Please bring your own A3 sketchbook, oil pastel and color pencil. | | | | | | | | | | | |

7 - 8 月 • Jul - Aug

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity | |
|--|-------------|------------|---------------|------------|-----------|---------------------|-----------|-----------|------------------------------|----------------|----------------|
| 專注力藝術班 Art Course for Improving Concentration 4921.CC.2106.610 | Miss Yoyo | 24/7 | 31/7 | 7/8 | 14/8 | 10:00 11:00 | 6 | \$840 | 3 - 3.5 歲 Aged 3 - 3.5 | RM 106 | 6 人 Persons |
| | | 21/8 | 28/8 | 4/9 | | | | | | | |
| ☆請自備 A4 畫簿及油粉彩。 Please bring your own A4 sketchbook and oil pastel. | | | | | | | | | | | |
| 創意力藝術班 Art Course for Creativity 4921.CC.2106.611 | Miss Yoyo | 24/7 | 31/7 | 7/8 | 14/8 | 11:00 12:00 | 6 | \$840 | 3.5 - 4 歲 Aged 3.5 - 4 | RM 106 | 6 人 Persons |
| | | 21/8 | 28/8 | 4/9 | | | | | | | |
| ☆請自備 A4 畫簿及油粉彩。 Please bring your own A4 sketchbook and oil pastel. | | | | | | | | | | | |
| 色彩藝術班 Living with Color of Art (Beginner) 4921.CC.2106.612 | Miss Yoyo | 24/7 | 31/7 | 7/8 | 14/8 | 12:00 13:00 | 6 | \$840 | 4 - 5 歲 Aged 4 - 5 | RM 106 | 8 人 Persons |
| | | 21/8 | 28/8 | 4/9 | | | | | | | |
| ☆請自備 A3 畫簿及油粉彩。 Please bring your own A3 sketchbook and oil pastel. | | | | | | | | | | | |
| 色彩進階藝術班 Living with Color of Art (Intermediate) 4921.CC.2106.613 | Miss Yoyo | 24/7 | 31/7 | 7/8 | 14/8 | 13:00 14:00 | 6 | \$840 | 5 歲或以上 Aged 5 or above | RM 106 | 8 人 Persons |
| | | 21/8 | 28/8 | 4/9 | | | | | | | |
| ☆請自備 A3 畫簿、油粉彩及木顏色。 Please bring your own A3 sketchbook, oil pastel and color pencil. | | | | | | | | | | | |

備註 Remarks

- 本課程不設補堂。
- 公眾假期暫停，不用上課。
- 學員必須於每期最後一堂繳交下一期之學費。

- No make-up classes for this course.
- No lesson on public holidays.
- If student is interested to sign up for more upcoming sessions, then its payment must be paid no later than the last lesson of their current session.

負責同工 Responsible Worker :
李曉君 Tracy Li

舞蹈 Regular Course Dance



Ballet Class 芭蕾舞班



教授英國皇家芭蕾舞考試內容包括：基本步、身體協調、旋轉、柔軟度、靈巧度、平衡力、重心轉移。學員成績達標，可參加考試。

At the beginning, it contains some basic footwork. The training is help to upgrade your dancing techniques, balance and reaction, etc.

負責同工 Responsible Worker :
沈家驥 Pat Shum

6 - 8 月 • Jun - Aug

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity | | | |
|--|-------------|------------|---------------|------------|-----------|---------------|---------------------|-----------|---------------|----------------|---------------------------------|--------|---------------------|
| 高班 Primary Ballet 4921.BL.2106.610 | - | 19/6 | 26/6 | 3/7 | 10/7 | / | 10:00 11:00 | 六 | 8 | \$1,080 | 6 歲或以上 Aged 6 or above | RM 108 | 2 - 15 人 Persons |
| | | 17/7 | 24/7 | 31/7 | 7/8 | | | | | | | | |
| 中班 ATOD 3 Ballet 4921.BL.2106.611 | - | 19/6 | 26/6 | 3/7 | 10/7 | / | 11:00 12:00 | 六 | 8 | \$1,080 | 3 - 5 歲 Aged 3-5 | RM 108 | 2 - 15 人 Persons |
| | | 17/7 | 24/7 | 31/7 | 7/8 | | | | | | | | |
| 初班 ATOD 2 Ballet 4921.BL.2106.612 | - | 19/6 | 26/6 | 3/7 | 10/7 | / | 12:00 12:45 | 六 | 8 | \$920 | 3 歲 Aged 3 新生 Beginner | RM 108 | 2 - 15 人 Persons |
| | | 17/7 | 24/7 | 31/7 | 7/8 | | | | | | | | |

8 - 10 月 • Aug - Oct

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity | | | |
|--|-------------|------------|---------------|------------|-----------|---------------|---------------------|-----------|---------------|----------------|---------------------------------|--------|---------------------|
| 高班 Primary Ballet 4921.BL.2106.610 | - | 14/8 | 21/8 | 28/8 | 4/9 | / | 10:00 11:00 | 六 | 8 | \$1,080 | 6 歲或以上 Aged 6 or above | RM 108 | 2 - 15 人 Persons |
| | | 11/9 | 18/9 | 25/9 | 2/10 | | | | | | | | |
| 中班 ATOD 3 Ballet 4921.BL.2106.611 | - | 14/8 | 21/8 | 28/8 | 4/9 | / | 11:00 12:00 | 六 | 8 | \$1,080 | 3 - 5 歲 Aged 3-5 | RM 108 | 2 - 15 人 Persons |
| | | 11/9 | 18/9 | 25/9 | 2/10 | | | | | | | | |
| 初班 ATOD 2 Ballet 4921.BL.2106.612 | - | 14/8 | 21/8 | 28/8 | 4/9 | / | 12:00 12:45 | 六 | 8 | \$920 | 3 歲 Aged 3 新生 Beginner | RM 108 | 2 - 15 人 Persons |
| | | 11/9 | 18/9 | 25/9 | 2/10 | | | | | | | | |

備註 Remarks

- 課程已提供練習用之基本器材。學員請在第一課穿著簡單運動服，芭蕾舞服裝可向教練查詢資料後自行購買。
- 公眾假期暫停，不用上課，任何情況均不設補課。
- 英粵語授課。
- 學員必須於每季最後一堂繳交下一季之學費。
- All classes supply the training equipment. The preferred dress code is sport wear in the first lesson. Contact the coach about uniform and buy it yourself.
- No lesson on public holidays. No make-up class will be arranged.
- Course will be conducted in English and Cantonese.
- If student is interested to sign up for more upcoming sessions, then its payment must be paid no later than the last lesson of their current session.

球類

Regular Course
Ball Games

• Soccer Class 足球班



本課程提供一個安全、開心、有趣的環境，供小朋友享受踢足球的樂趣。當中教授正確的安全熱身、伸展動作及體能訓練，並教授踢足球各方面的基本技術及球感訓練。透過課堂間的活動，培養小朋友的溝通能力、情緒控制、發展肢體協調能力、增加自信心及學習團隊合作精神。

Basic soccer skills are taught through games, with the emphasis on safety and team spirit.

負責同工 Responsible Worker :
李曉嵐 Kenix Lee

星期五 FRI

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|---------------------|-----------------------|------------|---------------|------------|-----------|---------------|-----------|-----------|--------------------------------|------------------|
| 4921.FB.2105.517 | Cheng Sir + Wa Sir | 4/6 | 11/6 | 18/6 | - | 5 FRI | 6 | \$650 | 卜公花園 足球場 Blake Garden | 8-25人 Persons |
| | | 25/6 | 2/7 | 9/7 | | | | | | |
| 4921.FB.2107.517 | Cheng Sir + Wa Sir | 16/7 | 23/7 | 30/7 | - | 5 FRI | 6 | \$660 | 卜公花園 足球場 Blake Garden | 8-25人 Persons |
| | | 6/8 | 13/8 | 20/8 | | | | | | |
| 4921.FB.2108.517 | Cheng Sir + Wa Sir | 27/8 | 3/9 | 10/9 | 1/10 | 5 FRI | 6 | \$660 | 卜公花園 足球場 Blake Garden | 8-25人 Persons |
| | | 17/9 | 24/9 | 8/10 | | | | | | |

暑期特別班 For Summer

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|---------------------|-----------------------|------------|---------------|------------|-----------|---------------|-----------|-----------------------|--------------------------------|------------------|
| 4921.FBS.2107.516 | Cheng Sir + Wa Sir | 23/7 | 30/7 | 6/8 | / | 5 FRI | 6 | 5-11歲 Aged 5-11 | 卜公花園 足球場 Blake Garden | 8-25人 Persons |
| | | 13/8 | 20/8 | 27/8 | | | | | | |

備註 Remarks

- 課程已提供練習用之基本器材。學員請在第一課穿著簡單運動服。
- 本課程不設補堂。
- 卜公花園足球場為露天戶外場地，如天氣不穩定，會改於會所活動室練習，請家長留意。詳情可向會所職員查詢。
- 公眾假期暫停，不用上課。
- 英粵語授課。
- 學員必須於每期最後一堂繳交下一期之學費。
- All classes provide training equipment. Sport wear is preferred.
- No make-up classes for this course.
- Blake Garden is an outdoor soccer court. If the weather is unstable, our class will be changed to our Centre's Activity Room. Please contact our staff for the details.
- No lesson on public holidays.
- Course will be conducted in English and Cantonese.
- If student is interested to sign up for more upcoming sessions, then its payment must be paid no later than the last lesson of their current session.

• Basketball Class 籃球班



教授正確及安全之熱身、伸展動作及體能訓練。並且教授傳球、三脅勢、碎步、投籃等技術。課堂上安排比賽，讓學員彼此交流，增加自信心及發揮團隊合作精神。課堂間的活動，培養小朋友的溝通能力、情緒控制、發展肢體協調能力、增加自信心及學習團隊合作精神。

The teaching content include warm up and stretching exercise, fitness training and basketball techniques. Group competition will be arranged in the class.

負責同工 Responsible Worker :
李曉嵐 Kenix Lee

星期一 MON

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|---------------------|-------------|------------|---------------|------------|-----------|---------------|---------------------|-----------------------|--------------------------------|------------------|
| 4921.BA.2106.117 | Yu Sir | 21/6 | 28/6 | 5/7 | 12/7 | / | 17:30 19:00 | 6-11歲 Aged 6-11 | 卜公花園 籃球場 Blake Garden | 7-20人 Persons |
| | | 19/7 | 26/7 | 2/8 | 9/8 | | | | | |
| 4921.BA.2108.117 | Yu Sir | 16/8 | 23/8 | 30/8 | 6/9 | / | 17:30 19:00 | 6-11歲 Aged 6-11 | 卜公花園 籃球場 Blake Garden | 7-20人 Persons |
| | | 13/9 | 20/9 | 27/9 | 4/10 | | | | | |

星期五 FRI

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|---------------------|-------------|------------|---------------|------------|-----------|---------------|---------------------|-------------------------|--------------------------------|------------------|
| 4921.BA.2106.517 | Yu Sir | 11/6 | 18/6 | 25/6 | 2/7 | / | 17:30 19:00 | 11-16歲 Aged 11-16 | 卜公花園 籃球場 Blake Garden | 7-20人 Persons |
| | | 9/7 | 16/7 | 23/7 | 30/7 | | | | | |
| 4921.BA.2108.517 | Yu Sir | 6/8 | 13/8 | 20/8 | 27/8 | / | 17:30 19:00 | 11-16歲 Aged 11-16 | 卜公花園 籃球場 Blake Garden | 7-20人 Persons |
| | | 3/9 | 10/9 | 17/9 | 24/9 | | | | | |

暑期特別班 For Summer

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|---------------------|-------------|------------|---------------|------------|-----------|---------------|-----------|-----------------------|--------------------------------|------------------|
| 4921.BAS.2107.316 | Yu Sir | 14/7 | 21/7 | 28/7 | / | 3 WED | 6 | 6-11歲 Aged 6-11 | 卜公花園 籃球場 Blake Garden | 7-20人 Persons |
| | | 4/8 | 11/8 | 18/8 | | | | | | |

備註 Remarks

- 課程已提供練習用之基本器材。學員請在第一課穿著簡單運動服。
- 本課程不設補堂。
- 卜公花園籃球場為露天戶外場地，如天氣不穩定，會改於會所活動室練習，請家長留意。詳情可向會所職員查詢。
- 公眾假期暫停，不用上課。
- 英粵語授課。
- 學員必須於每期最後一堂繳交下一期之學費。
- All classes provide training equipment. Sport wear is preferred.
- No make-up classes for this course.
- Blake Garden is an outdoor basketball court. If the weather is unstable, our class will be changed to our Centre's Activity Room. Please contact our staff for the details.
- No lesson on public holidays.
- Course will be conducted in English and Cantonese.
- If student is interested to sign up for more upcoming sessions, then its payment must be paid no later than the last lesson of their current session.

66 體藝

Regular Course
Sports & Fitness



· Gymnastic Class 幼兒及兒童體操班



本課程教授學習技巧動作及部份器械訓練，從而促進兒童身心健康，培養機智、勇敢及體態的優美。

This course trains on basic skills of Artistic Gymnastics on apparatus and enhance the health condition of children's body and mind, also improve physical flexibility, agility and coordination.

負責同工 Responsible Worker:
李曉君 Tracy Li

5 - 6 月 • May - Jun 星期六 SAT

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|--|---|------------|---------------|------------|-----------|---------------------|-----------|------------------------|---------------|------------------|
| 幼兒體操班 Pre-school Gymnastic 4921.GY.2106.615 | Co-organized with *Tumbler Gymnastics Co., Ltd. | 22/5 | 29/5 | 5/6 | / | 15:00 16:00 | 6 | 3-6 歲 Aged 3-6 | RM 108 | 4-12人 Persons |
| | | 12/6 | 19/6 | 26/6 | | | | | | |
| 兒童體操班 Child Gymnastic 4921.GY.2106.616 | Co-organized with *Tumbler Gymnastics Co., Ltd. | 22/5 | 29/5 | 5/6 | / | 16:00 17:30 | 6 | 7-14 歲 Aged 7-14 | RM 108 | 4-12人 Persons |
| | | 12/6 | 19/6 | 26/6 | | | | | | |

7 - 8 月 • Jul - Aug 星期六 SAT

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|--|---|------------|---------------|------------|-----------|---------------------|-----------|------------------------|---------------|------------------|
| 幼兒體操班 Pre-school Gymnastic 4921.GY.2107.615 | Co-organized with *Tumbler Gymnastics Co., Ltd. | 3/7 | 10/7 | 17/7 | / | 15:30 16:30 | 6 | 3-6 歲 Aged 3-6 | RM 108 | 4-12人 Persons |
| | | 24/7 | 31/7 | 7/8 | | | | | | |
| 兒童體操班 Child Gymnastic 4921.GY.2107.616 | Co-organized with *Tumbler Gymnastics Co., Ltd. | 3/7 | 10/7 | 17/7 | / | 16:30 18:00 | 6 | 7-14 歲 Aged 7-14 | RM 108 | 4-12人 Persons |
| | | 24/7 | 31/7 | 7/8 | | | | | | |

8 - 9 月 • Aug - Sep 星期六 SAT

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|--|---|------------|---------------|------------|-----------|---------------------|-----------|------------------------|---------------|------------------|
| 幼兒體操班 Pre-school Gymnastic 4921.GY.2108.615 | Co-organized with *Tumbler Gymnastics Co., Ltd. | 14/8 | 21/8 | 28/8 | / | 15:30 16:30 | 6 | 3-6 歲 Aged 3-6 | RM 108 | 4-12人 Persons |
| | | 4/9 | 11/9 | 18/9 | | | | | | |
| 兒童體操班 Child Gymnastic 4921.GY.2108.616 | Co-organized with *Tumbler Gymnastics Co., Ltd. | 14/8 | 21/8 | 28/8 | / | 16:30 18:00 | 6 | 7-14 歲 Aged 7-14 | RM 108 | 4-12人 Persons |
| | | 4/9 | 11/9 | 18/9 | | | | | | |

載麟趾爵士康樂基金 SIR DAVID TRENCH FUND FOR RECREATION

香港中華基督教青年會必列者士街會所獲二零二零至二零二一年度載麟趾爵士康樂基金 (主要基金) 撥款資助非建設工程計劃下購置的體育康樂用品。
Chinese YMCA of Hong Kong Bridges Street Centre has been granted funding from the Sir David Trench Fund for Recreation (Main Fund) for 2020 - 2021 to support its purchase of sports / recreational equipment under Non Capital Works Projects.

暑期幼兒及兒童體操班 Gymnastic Summer Class 星期二 & 四 TUE & THU

歡迎初學者參加 For Beginner

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity | |
|--------------------------------|---|------------|---------------|------------|-----------|---------------------|-----------|-----------|------------------------|----------------|------------------|
| 7 月 • Jul 4921.GS.2107.2415 | Co-organized with *Tumbler Gymnastics Co., Ltd. | 13/7 | 15/7 | 20/7 | / | 15:00 16:30 | 6 | \$1,080 | 5-10 歲 Aged 5-10 | RM 106 | 4-12人 Persons |
| | | 22/7 | 27/7 | 29/7 | | | | | | | |
| 8 月 • Aug 4921.GS.2108.2415 | Co-organized with *Tumbler Gymnastics Co., Ltd. | 3/8 | 5/8 | 10/8 | / | 15:00 16:30 | 6 | \$1,080 | 5-10 歲 Aged 5-10 | RM 106 | 4-12人 Persons |
| | | 12/8 | 17/8 | 19/8 | | | | | | | |

· Competitive Cheerleading Class 競技啦啦隊體操班



本課程教授競技啦啦隊的基本動作如單雙底座、舞蹈、翻騰及跳步的技能等。從而，能提升對體操運動了解，及學習團體合作精神。

This course trains on foundation moment of competitive cheerleading such as floor exercises, backward roll. Enhance the team spirit.



暑期班 Summer Class 星期二 & 四 TUE & THU

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity | |
|--------------------------------|---|------------|---------------|------------|-----------|---------------------|-----------|-----------|------------------------|----------------|------------------|
| 7 月 • Jul 4921.GC.2107.2416 | Co-organized with *Tumbler Gymnastics Co., Ltd. | 13/7 | 15/7 | 20/7 | / | 16:30 17:30 | 6 | \$1,080 | 5-10 歲 Aged 5-10 | RM 106 | 4-12人 Persons |
| | | 22/7 | 27/7 | 29/7 | | | | | | | |
| 8 月 • Aug 4921.GC.2108.2416 | Co-organized with *Tumbler Gymnastics Co., Ltd. | 3/8 | 5/8 | 10/8 | / | 16:30 17:30 | 6 | \$1,080 | 5-10 歲 Aged 5-10 | RM 106 | 4-12人 Persons |
| | | 12/8 | 17/8 | 19/8 | | | | | | | |

備註 Remarks

- 課程已提供練習用之基本器材。學員請在第一課穿著簡單運動服。
- 本課程不設補堂。
- 公眾假期暫停，不用上課。
- 英粵語授課。
- 學員必須於每期最後一堂繳交下一期之學費。
- All classes provide training equipment. Sport wear is preferred.
- No make-up classes for this course.
- No lesson on public holidays.
- Course will be conducted in English and Cantonese.
- If student is interested to sign up for more upcoming sessions, then its payment must be paid no later than the last lesson of their current session.

66 體藝

Regular Course
Sports & Fitness



負責同工 Responsible Worker:
李曉嵐, Kenix Lee

· Taekwondo Class 跆拳道



課程教授跆拳道禮儀、熱身運動、體能訓練、單招式練習、踢腿訓練、自由搏擊、領袖才能訓練，能訓練學員的靈活性、思考力、意志力和處理特發事情的應變能力，更能培養學員紀律及團體精神。

The training is to help improve your body techniques, reaction, etc. Training in Taekwondo boosts self-confidence and self-esteem. We've seen children become more sure of themselves and gain the confidence to speak in front of the class.

6 - 8 月 • Jun - Aug

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity | | | |
|--|----------------------|------------|---------------|------------|-----------|---------------|---------------------|-----------|---------------|----------------|----------------------|--|-------------------|
| 初班 Elementary 4921.TA.2106.315 | 與香港 智道跆拳道總會 合辦 | 30/6 | 7/7 | 14/7 | 21/7 | - | 15:45 16:45 | ≡ WED | 8 | \$1,040 | 4-9 歲 Aged 4-9 | 必街會所 Bridges Street Centre 1/F | 4-12 人 Persons |
| | | 28/7 | 4/8 | 11/8 | 18/8 | | | | | | | | |
| 中班 Intermediate 4921.TA.2106.316 | 與香港 智道跆拳道總會 合辦 | 30/6 | 7/7 | 14/7 | 21/7 | - | 16:45 17:45 | ≡ WED | 8 | \$1,040 | 4-9 歲 Aged 4-9 | 必街會所 Bridges Street Centre 1/F | 4-12 人 Persons |
| | | 28/7 | 4/8 | 11/8 | 18/8 | | | | | | | | |

8 - 10 月 • Aug - Oct

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity | | | |
|--|----------------------|------------|---------------|------------|-----------|---------------|---------------------|-----------|---------------|----------------|----------------------|--|-------------------|
| 初班 Elementary 4921.TA.2108.315 | 與香港 智道跆拳道總會 合辦 | 25/8 | 1/9 | 8/9 | 15/9 | 22/9 | 15:45 16:45 | ≡ WED | 8 | \$1,040 | 4-9 歲 Aged 4-9 | 必街會所 Bridges Street Centre 1/F | 4-12 人 Persons |
| | | 29/9 | 6/10 | 13/10 | 20/10 | | | | | | | | |
| 中班 Intermediate 4921.TA.2108.316 | 與香港 智道跆拳道總會 合辦 | 25/8 | 1/9 | 8/9 | 15/9 | 22/9 | 16:45 17:45 | ≡ WED | 8 | \$1,040 | 4-9 歲 Aged 4-9 | 必街會所 Bridges Street Centre 1/F | 4-12 人 Persons |
| | | 29/9 | 6/10 | 13/10 | 20/10 | | | | | | | | |



暑期特別班 Summer Special 7 - 8 月 • Jul - Aug

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity | | | |
|---------------------|----------------------|------------|---------------|------------|-----------|---------------|---------------------|-----------|---------------|----------------|----------------------|--|-------------------|
| 4921.STA.2107.314 | 與香港 智道跆拳道總會 合辦 | 7/7 | 14/7 | 21/7 | 28/7 | / | 14:45 15:45 | ≡ WED | 8 | \$1,040 | 4-9 歲 Aged 4-9 | 必街會所 Bridges Street Centre 1/F | 4-12 人 Persons |
| | | 4/8 | 11/8 | 18/8 | 25/8 | | | | | | | | |

備註 Remarks

教練資格：
本會教練均持有世界認可之國際跆拳道聯盟 (International Taekwondo Federation) 及世界跆拳道聯盟 (World Taekwondo Federation) 黑帶段證及多年教授經驗。

- 本課程不設補堂。
- 公眾假期暫停，不用上課。
- 英粵語授課。
- 學員必須於每期最後一堂繳交下一期之學費。

- No make-up classes for this course.
- No lesson on public holidays.
- Course will be conducted in English and Cantonese.
- If student is interested to sign up for more upcoming sessions, then its payment must be paid no later than the last lesson of their current session.



· Yoga Class 瑜珈班

靜態瑜珈 Yin Yoga

(適合初學者)

靜態是代表靜，當中有維持某些動作的練習，亦有靜態放鬆的休息，舒緩繃緊的情緒。一動一靜後，使「身」、「心」、「靈」達致平衡的狀態。

During this class, you will wake up, lengthen and strengthen your muscles, body and mind with an invigorating Vinyasa practice followed by a series of floor postures held passively for several minutes in order to access a safe and positive stress on the deep layers of connective tissue in the body.

排毒瑜珈 Detox Yoga

透過進行律動瑜珈，節奏緊湊而連貫，要求每個呼吸與動作結合一起，同時活躍了心肺功能，使「氣」更提升，刺激淋巴系統，透過排汗促使毒素排出體外。

Class filled with energizing and powerful postures that flow together to create a heat from within to work up an intense sweat. Working out hard to release stress built up from the week.

背部療癒瑜珈 Back Care Yoga

以放鬆緊張疼痛的背部，及改善身體的活動性和穩定性為目的。學員可透過按摩球的應用和不同的瑜珈動作，以達到深層肌肉的放鬆，及為關節帶來靈活性。課堂中亦會教授肌肉強化的動作，以改善身體姿態和穩定程度。除了肌肉關節的訓練，亦會進行呼吸練習，以達到身心平衡的效果。

The goal of the class is to release tightness and stress of the back and to improve participants range of motion and body stability. Participants will enjoy deep muscles release with the use of massage balls and props and yoga postures, so as to bring in fluidity and mobility for body joints. Some stabilizing postures will also be taught to help improve body posture and muscular strength. Class will end with pranayama (breathing practices) to improve balance and well being in both physical and mental levels.

瑜珈治療 Yoga Therapy

現代人工作及生活節奏急速，導致容易患上都市病如：坐姿不正導致肩頸背痛。瑜珈治療結合了物理治療及瑜珈的優點及理論，透過長期而有系統的練習及訓練從而改善身體不同的問題。

The modern lifestyle and work is becoming more stressful, resulting different types of diseases and pressure (e.g. back pain) Yoga therapy combines the benefits of physical therapy and yoga, via long term and systematic yoga exercises and training to reduce different problems.

瑜珈伸展 Yoga Stretch

透過瑜珈的伸展運動，來伸展全身肌肉，例如：頸部、肩膀、脊椎與背部肌肉，幫助關節維持靈活度，讓背部維持挺直動作，改善姿勢不良習慣。同時透過簡單伸展，可以舒緩一天的工作壓力，放鬆身心，改善都市病，消除疲勞，有效減壓並改善失眠。

Yoga can be used to stretch the whole body muscles, such as neck, shoulders, spine and back muscles, to help the joints maintain flexibility, maintain the back straight, and improve bad posture habits. At the same time, through simple stretching, you can relieve the stress of a day's work, relax your body and mind, improve urban diseases, eliminate fatigue, effectively reduce stress and improve insomnia.

瑜珈輪 Yoga Wheel

瑜珈輪加強後彎、平衡、支撐、負重、倒立的體式難度。也可加強鍛煉較難達成的體式，在平衡動作時可以找到穩定的力量，更能打開人體重要的脈輪：「心輪」。適合對象：瑜伽入門人士、塑身及改善身體狀況人士、青少年及寫字樓工作人員、性格內向、心胸鬱結人士。

Yoga Wheel strengthens the bending, balance, support, weight, inverted style of difficulty, also can strengthen the exercise more difficult to achieve the style; in the balance action can find a stable force. It more opens to the body of the important chakras: The Heart Chakras. Suitable person: beginner, body sculpting and physical condition improvement, teenagers and office person, introverted, heart care person.

動態流瑜珈 Dynamic Flow Yoga

是一種學習呼吸和基礎瑜珈體位法的瑜珈，適合不同人士學習。導師更會因應不同學員的程度，而作出不同的配合。

It is learning the breath and basic yoga asana, suitable for different level of people. Also, the experienced yoga coach Miss Venus Lo will adjust the ex tent for different levels participants.

成人瑜珈 Adult Yoga

透過修練呼吸，配合各種式子、運動，包括坐式、站式、蹲式、臥式、俯伏等式子。

Breathing exercises with a combination of yoga asanas, including sitting, standing, squatting and relaxation poses.

• June - August Yoga Class

6 - 8月瑜伽班

負責同工 Responsible Worker :
李曉君 Tracy Li

報名須知 Enrollment Details:



- 所有會友可於 24/5 - 4/6 以支票形式報讀 6 - 8 月 瑜伽班課程，如該時段之報名人數超出限額將以抽籤處理。
- 成功參加者名單將於 5/6 (下午 4 時) 在本會所網頁內公布。
- 公開報名日於 7/6 開始以先到先得形式報名。
- All members can enroll June - August Yoga Class from May 24 to June 4 by CHEQUE. When the chosen time slot is oversubscription, enrollment will be made by drawing lots.
- All successful enrollment list will be published on June 5, 2021 (16:00) on our website.
- The Public Enrollment Day will be started on June 7, 2021 by first come first serve.

6 - 8 月 • Jun - Aug
星期一 MON

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|--|-----------------|--------------------------|---------------|---------------|-----------|---------------|-----------|----------------------------|---------------|----------------|
| 靜態瑜伽 Yin Yoga 4921.YO.2107.118 | 羅詩雅 Venus Lo | 28/6 5/7 12/7 19/7 | - | 18:30 19:30 | — MON | 8 | \$660 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 26/7 2/8 9/8 16/8 | | | | | | | | |
| 排毒瑜伽 Detox Yoga 4921.YO.2107.119 | 羅詩雅 Venus Lo | 12/7 19/7 26/7 2/8 | - | 19:45 20:45 | — MON | 8 | \$660 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 9/8 16/8 23/8 30/8 | | | | | | | | |

6 - 8 月 • Jun - Aug
星期二 TUE

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|--|------------------|---------------------------|---------------|---------------|-----------|---------------|-----------|----------------------------|---------------|----------------|
| 背部療癒瑜伽 Back Care Yoga 4921.YO.2106.210 | 李吟秋 Erika Lee | 8/6 15/6 22/6 29/6 | - | 10:30 11:30 | — TUE | 4 | \$360 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 6/7 13/7 20/7 27/7 | | | | | | | | |
| 背部療癒瑜伽 Back Care Yoga 4921.YO.2107.210 | 李吟秋 Erika Lee | 10/8 17/8 24/8 31/8 | - | 10:30 11:30 | — TUE | 4 | \$360 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | | | | | | | | | |

6 - 8 月 • Jun - Aug
星期三 WED

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|--|-----------------|--------------------------|---------------|---------------|-----------|---------------|-----------|----------------------------|---------------|----------------|
| 瑜伽伸展 Yoga Stretch 4921.YO.2107.311 | 羅詩雅 Venus Lo | 30/6 7/7 14/7 21/7 | - | 11:00 12:00 | — WED | 8 | \$660 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 28/7 4/8 11/8 18/8 | | | | | | | | |
| 瑜伽治療 Yoga Therapy 4921.YO.2107.318 | 羅詩雅 Venus Lo | 23/6 30/6 7/7 14/7 | - | 18:30 19:30 | — WED | 8 | \$660 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 21/7 28/7 4/8 11/8 | | | | | | | | |
| 動態流瑜伽 Dynamic Flow Yoga 4921.YO.2107.319 | 羅詩雅 Venus Lo | 23/6 30/6 7/7 14/7 | - | 19:45 20:45 | — WED | 8 | \$660 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 21/7 28/7 4/8 11/8 | | | | | | | | |

6 - 8 月 • Jun - Aug
星期四 THU

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|--|-----------------|--------------------------|---------------|---------------|-----------|---------------|-----------|----------------------------|---------------|----------------|
| 瑜伽輪 Yoga Wheel 4921.YO.2107.418 | 羅詩雅 Venus Lo | 24/6 8/7 15/7 22/7 | 1/7 | 18:45 19:45 | — THU | 8 | \$740 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 29/7 5/8 12/8 19/8 | | | | | | | | |
| 瑜伽伸展 Yoga Stretch 4921.YO.2107.420 | 羅詩雅 Venus Lo | 24/6 8/7 15/7 22/7 | 1/7 | 20:00 21:00 | — THU | 8 | \$660 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 29/7 5/8 12/8 19/8 | | | | | | | | |

6 - 8 月 • Jun - Aug
星期五 FRI

Only conducted in Cantonese, foreigners are not suitable for this Friday classes.

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|--|----------------|--------------------------|---------------|---------------|-----------|---------------|-----------|----------------------------|---------------|----------------|
| 成人瑜伽 A Adult Yoga A 4921.YO.2107.509 | 劉英 Miss Lau | 25/6 2/7 9/7 16/7 | / | 09:15 10:15 | — FRI | 8 | \$560 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 23/7 30/7 6/8 13/8 | | | | | | | | |
| 成人瑜伽 B Adult Yoga B 4921.YO.2107.510 | 劉英 Miss Lau | 25/6 2/7 9/7 16/7 | / | 09:15 10:15 | — FRI | 8 | \$560 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 23/7 30/7 6/8 13/8 | | | | | | | | |

備註 Remarks

- 課程已提供練習用之基本器材。學員請在第一課穿著簡單運動服。
- 本課程不設補堂及調堂。
- 公眾假期暫停，不用上課。
- 粵語授課，星期五班除外。
- All classes provide training equipment. Sport wear is preferred.
- No make-up classes and change classes for this course.
- No lessons on public holidays.
- Course will be conducted in English and Cantonese except Friday classes.

August - October Yoga Class

8 - 10 月瑜珈班

負責同工 Responsible Worker :
李曉君 Tracy Li



報名須知 Enrollment Details:



- 所有會友可於 26/7 - 6/8 以支票形式報讀 8 - 10 月 瑜珈班課程，如該時段之報名人數超出限額將以抽籤處理。
- 成功參加者名單將於 7/8 (下午 4 時) 在本會所網頁內公布。
- 公開報名日於 9/8 開始以先到先得形式報名。
- All members can enroll August - October Yoga Class from July 26 to August 7 by CHEQUE. When the chosen time slot is oversubscription, enrollment will be made by drawing lots.
- All successful enrollment list will be published on August 7, 2021 (16:00) on our website.
- The Public Enrollment Day will be started on August 9, 2021 by first come first serve.

8 - 10 月 • Aug - Oct
星期一 MON

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|--|-----------------|------------------------------|---------------|---------------------|-----------|---------------|-----------|----------------------------|---------------|----------------|
| 靜態瑜珈 Yin Yoga 4921.YO.2109.118 | 羅詩雅 Venus Lo | 23/8 30/8 6/9 13/9 | - | 18:30 19:30 | — MON | 8 | \$660 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 20/9 27/9 4/10 11/10 | - | | | | | | | |
| 排毒瑜珈 Detox Yoga 4921.YO.2109.119 | 羅詩雅 Venus Lo | 6/9 13/9 20/9 27/9 | - | 19:45 20:45 | — MON | 8 | \$660 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 4/10 11/10 18/10 25/10 | - | | | | | | | |

8 - 10 月 • Aug - Oct
星期二 TUE

背部療癒瑜珈

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|--|------------------|------------------------------|---------------|---------------------|-----------|---------------|-----------|----------------------------|---------------|----------------|
| 背部療癒瑜珈 Back Care Yoga 4921.YO.2109.210 | 李吟秋 Erika Lee | 7/9 14/9 21/9 28/9 | - | 10:30 11:30 | — TUE | 4 | \$360 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 5/10 12/10 19/10 26/10 | - | | | | | | | |
| 背部療癒瑜珈 Back Care Yoga 4921.YO.2110.210 | 李吟秋 Erika Lee | 10/9 17/9 24/9 31/9 | - | 10:30 11:30 | — TUE | 4 | \$360 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 7/10 14/10 21/10 28/10 | - | | | | | | | |

8 - 10 月 • Aug - Oct
星期三 WED

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|--|-----------------|------------------------------|---------------|---------------------|-----------|---------------|-----------|----------------------------|---------------|----------------|
| 瑜伽伸展 Yoga Stretch 4921.YO.2109.311 | 羅詩雅 Venus Lo | 1/9 8/9 15/9 22/9 | 22/9 | 10:30 11:30 | — WED | 8 | \$660 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 6/10 13/10 20/10 27/10 | | | | | | | | |
| 瑜伽治療 Yoga Therapy 4921.YO.2109.318 | 羅詩雅 Venus Lo | 18/8 25/8 1/9 8/9 | 22/9 | 18:30 19:30 | — WED | 8 | \$660 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 15/9 22/9 6/10 13/10 | | | | | | | | |
| 動態流瑜珈 Dynamic Flow Yoga 4921.YO.2109.319 | 羅詩雅 Venus Lo | 18/8 25/8 1/9 8/9 | 22/9 | 19:45 20:45 | — WED | 8 | \$660 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 15/9 22/9 6/10 13/10 | | | | | | | | |

8 - 10 月 • Aug - Oct
星期四 THU

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|--|-----------------|----------------------------|---------------|---------------------|-----------|---------------|-----------|----------------------------|---------------|----------------|
| 瑜伽輪 Yoga Wheel 4921.YO.2109.418 | 羅詩雅 Venus Lo | 26/8 2/9 9/9 16/9 | 14/10 | 18:45 19:45 | — THU | 8 | \$740 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 23/9 30/9 7/10 21/10 | | | | | | | | |
| 瑜伽伸展 Yoga Stretch 4921.YO.2109.420 | 羅詩雅 Venus Lo | 26/8 2/9 9/9 16/9 | 14/10 | 20:00 21:00 | — THU | 8 | \$660 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 23/9 30/9 7/10 21/10 | | | | | | | | |

8 - 10 月 • Aug - Oct
星期五 FRI

Only conducted in Cantonese, foreigners are not suitable for this Friday classes.

| 課程編號 Course Code | 導師 Tutor | 日期 Date | 假期 Holiday | 時間 Time | 星期 Day | 堂數 Session | 費用 Fee | 對象 Age | 上課地點 Venue | 人數 Capacity |
|--|----------------|-----------------------------|---------------|---------------------|-----------|---------------|-----------|----------------------------|---------------|----------------|
| 成人瑜珈 A Adult Yoga A 4921.YO.2109.509 | 劉英 Miss Lau | 27/8 3/9 10/9 17/9 | 1/10 | 09:15 10:15 | — FRI | 8 | \$560 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 24/9 8/10 15/10 22/10 | | | | | | | | |
| 成人瑜珈 B Adult Yoga B 4921.YO.2109.510 | 劉英 Miss Lau | 27/8 3/9 10/9 17/9 | 1/10 | 10:30 11:30 | — FRI | 8 | \$560 | 16歲或以上 Aged 16 or above | RM 108 | 10人 Persons |
| | | 24/9 8/10 15/10 22/10 | | | | | | | | |

備註 Remarks

- 課程已提供練習用之基本器材。學員請在第一課穿著簡單運動服。
- 本課程不設補堂及調堂。
- 公眾假期暫停，不用上課。
- 英粵語授課，星期五班除外。
- All classes provide training equipment. Sport wear is preferred.
- No make-up classes and change classes for this course.
- No lessons on public holidays.
- Course will be conducted in English and Cantonese except Friday classes.