

棍網球班 Lacrosse Class

棍網球是一種團體運動，考驗速度和敏捷能力。課程會為參加者介紹棍網球的基本知識，而且在教練的指引下，課程可訓練兒童的反應能力和手眼協調。希望透過多元化的運動培養兒童來運動樂趣。

Lacrosse is a team game which required fast-paced speed and agility. Basic lacrosse skills will be taught through fitness training and lessons. Children are able to train up their motor skills and hand-eye coordination under the instructions of the coach.

負責同工 Responsible Worker: 李文倩 Mandy Li

需先到會所留名，如人數達到開班人數，職員會另行通知家長們到會所或網上繳交費用。

Come to Centre in-person and fill in form to hold the quota first and further notification for the payment when the class is available.

時間 Time 星期六 Saturday 10:00 - 11:30 AM

上課地點 Venue 卜公花園足球場 Blake Garden

課程編號 Course Code	導師 Tutor	日期 Date	假期 Holiday	堂數 Session	費用 Fee	對象 Age	人數 Quota
4921.LA.2303.610	Coach Andrew	4/3 18/3 25/3	11/3, 8/4	6	\$900	6 - 12	6-10 人 Persons
		1/4 15/4 22/4					

** Equipment requirement: A Lacrosse Stick (HKD\$300) **

備註

- 不設補堂及調堂。
- 公眾假期不用上課。
- 所有課程提供基本器材。
- 學員請穿著簡單運動服上課。
- 學員必須於課程開始前繳交課堂費用。
- 如天氣不穩定，會改於會所活動室內進行。

Remarks

- No make-up class.
- No lesson on Public Holidays.
- All classes provide basic equipment.
- Sport wear is preferred.
- The course fee must be paid before the course starts.
- If the weather is unstable, the class will be hold in our Centre activity room.